





# Ramana Bhaskara





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 It is the mind and the ego which wavers. There is no wavering to the Self. There is no wavering to the Supreme Consciousness. Unless the wavering mind attains the non wavering state, it cannot abide in the Self and thereby attain its state. The state of differentiation and the state of doer-ship will not get annihilated unless the state of Brahman is attained. Irrespective of the wealth or authority possessed, a person with doer-ship is always accompanied by sorrow not only in this world but also in the other worlds (after death).


 Shiridi Baba said: “I am toiling hard and earning wealth but the same is getting robbed. Still I am earning back the wealth. However the robbers are robbing it again and again. This has been happening since several births. I don’t know when I will get liberated.” Here wealth refers to spiritual practices and dispassion. Baba implied: I have been doing spiritual practices and earning dispassion. I have been doing penance and earning merit. However the worldly enjoyments and sensory attractions of the world are stealing my dispassion. I am revolting against the worldly enjoyments and getting back my wealth. However they are retaliating back out of grudge and re-robbing the spiritual practices and dispassion. This has been happening since several births. Soiling the legs and washing them again, Earning and losing it again. This has been happening in every birth. Then how will I get liberated? I am retaliating against those who are stealing my wealth but not killing them. I have come to the conclusion that my wealth cannot be sustained unless they get killed. The mind related tendencies and the tendency to enjoy are the thieves here. If you hit them, they get subsided else they roar back. Until they are completely annihilated, this

robbery will not stop. The stability cannot be attained and Self Knowledge cannot be sustained till then.


 The goal of Yoga is annihilating the tendencies that extrovert your mind. The things that increase your body consciousness, the tendencies that bind you to the body, first get released from them. Later you can understand about liberation only out of experience as it is not something to be imagined about.


 The Truth exists within your Heart. Once the mind gets melted in the Heart, it presumes the form of Heart. You will then experience the Self within. You will attain immortality on sacrificing the body consciousness but not due to the external things like children, wealth and power. The mind will not get subsided due to your intellect. It gets subsided only due to God's Grace. But when is God's Grace attained? You will become a recipient of God's Grace if you set aside your liking and lead the life according to God's will.


 If you are not attracted by any object of the world, the mind immediately settles down in the cave of heart. The mind itself becomes the Self to those who are devoid of the tendencies pertaining to body, world and scriptures.

 The Liberation exists within the Heart. But why is Yoga still needed? It is needed in order to annihilate the tendencies that create a hurdle for your liberation. Your Master, your true husband, the one who regulates your state exists within the Heart only. But He is incomprehensible to your speech, mind, senses and intellect. On contemplating upon the

Self, on loving it, on listening about it, you will experience the Supreme Bliss within. You must enjoy the Self within in a similar manner as you enjoy eating porridge. The Self should become the goal of your intellect. Suppose you are travelling somewhere and see someone in between, you stop there and talk to them but don't forget your goal. Similarly in your worldly affairs, even if you talk to someone or do any task, your goal should always be God. Don't forget this. Don't forget your husband. Listen about God's glory without getting vexed.

 The aero-planes are getting hijacked. Similarly hijack the divine attributes of Lord Sri Rama. If you see any good attributes in your fellow beings, hijack them. But leaving aside their good attributes, you talk about their bad attributes. Finally their flaws get attached to you while they get released from them. Shiridi Baba said: "If you look at the good in others, you will become good. If you look at the bad in others, they will get reformed and you will earn their bad attributes."

 On being criticized, try to get rid of your flaw if it really exists. Even if you are flawless, don't try to find fault with your critics. Don't criticize them back. Your mind will then attain introversion. But if you criticize them, your mind will get extroverted. Rather than getting subsided, your mind will then become vigorous.


 Reading the Gita and Upanishads on a daily basis is not important. But if you understand them, put them into practice and lead your life accordingly, you will attain Self Realization. Reading them on a daily basis is not important.


- 🌸 Try to resolve those problems that you face in your practical life. You got this birth as there are many lessons to be learnt in life. Suppose there are no lessons to be learnt, you will not even get the birth.
- 🌸 Rather than working for the pleasure of the world (and to attain fame) perform the work to acquire God's pleasure. You will then become the recipient of His Grace. The Bliss within your Heart will then flow into your head (sahasrara).
- 🌸 Everything happens as per God's will. But if you feel that it happens because of you or if you feel 'I am the doer', it is not true. You feel so only due to your ignorance. Those who abide by God's will, represent the true devotees. Even such people become adorable. Those who don't abide by God's will are all miscreants. A devotee always co-operates with the God's will. That's the reason he is bestowed with Self Realization.
- 🌸 On experiencing the peace within your Heart, you will gain spiritual strength. With this spiritual strength, you may serve the society to some extent. The mind's wavering will beget sorrow. Devotion will reduce the mind's wavering; make the mind soft and steady. If you start enquiring: 'Who is the adorer?', then the 'i', gets merged into Him whom it adores. The Supreme Self is then revealed as 'I'.
- 🌸 Knowledge is of two types. The one that is acquired in college is referred to as Kshara vidya (perishable knowledge). They are as much false as the mind. Your daily hood can be earned with the aid of such knowledge. When the mind gets annihilated, even this knowledge gets

annihilated. Self Knowledge is Akshara vidya ie the imperishable knowledge.

- 🌸 Once the Self Knowledge is attained, it cannot be lost. It is because the Self is imperishable. Creation, sustenance and destruction happen within Brahman. One who attains Self Realization transcends all the three ie creation, sustenance and destruction.
- 🌸 The physical bodies are made up of five elements. They are given a name for the sake of day to day affairs. It is only referred to as creation. On getting released from it, the Self Realization is attained. If you understand and assimilate this, you will get rid of the delusion for name and form. Till then you cannot stop clinging to name and form.
- 🌸 Whatever God bestows as per your body's destiny, accept it willingly and lovingly and get contented. Whether God gifts you with happiness or sorrow, don't reject it but accept the same willingly. As you go on practicing it, the mind will get subsided. If you don't revolt against God's will, you will attain the state of surrender and the mind will get annihilated even without your knowledge.
- 🌸 You may presume that this mistake has been done by this particular person or that mistake has been done by that particular person etc., but as per Bhagavan Ramana, mistakes are not manifold. Only a single mistake has been committed and it is presumption of body to be Self (ie the feeling of 'I am the body'). Compared to this, what else can be considered to be a bigger mistake? When you utter 'i', you are not referring to the Brahman but referring to the body. What else can be a

greater mistake than this? It is the only mistake. When this mistake is committed, the other mistakes will be committed naturally. When you possess body consciousness, others also seem to be body. You will then get the likes and dislikes. From here originate all the other mistakes. The feeling of 'I am the body' is the first mistake and the biggest mistake. If you can get rid of it, there is no need of any more spiritual practices. A person with body consciousness naturally keeps committing the mistakes. Whether the mistakes are committed knowingly or unknowingly, pray God to release you from them. Pray Him to release you from the first mistake. Leaving out the first mistake of 'I am the body', any amount of spiritual practices cannot release you from bondage.

 Some people argue that God exists and some other people argue that God doesn't exist. Don't get into such arguments. You are able to experience your body and senses. Isn't it? Mould your body, mind and senses as per the Lord's preaching and lead the life accordingly. You will then experience the Divinity. If you get rid of the root cause of your birth, you need not take birth again. Without doing this, you are acquiring new causes for birth.


 Work performed as Yoga becomes fruitful and will not bind you. Action done with an expectation will certainly bind you. It will generate tendency. As and when the mind is diverted from the senses and directed towards the Self, it will taste the Bliss pertaining to Self and will continue contemplating upon the Self. If you start introverting the mind with the aid of yoga, it will start travelling towards its source. Then the source of the mind is revealed. What exists in the source of


the mind? Peace, Bliss and Brahman exist there. Thou are that. But your mind makes you feel that you are far away from Brahman. As the mind withdraws into its source, the Truth gets revealed.


- 🌸 If anyone approached Bhagavan Ramana and asked for a spiritual instruction, Bhagavan replied: “All the instructions are contained in the Upadeshasara. There is nothing to be preached specially.” In the first 15 verses, Bhagavan preached the essence of Upanishads and the tradition contained in the Vedas. In the remaining 15 verses, Bhagavan opened out His Heart and cleansed the humanity with the ganges of Knowledge.
- 🌸 When the source of the mind is unknown, even if you state that you have seen God, it is only a vision which is as false as the mind. God may appear and bestow you with a boon. But all of them get washed away in the process of time. They are as false as the body, the likes-dislikes and the happiness-sorrow. Buddha said: “When my body itself doesn’t belong to me, how can the fruit derived from a boon belong to me?”
- 🌸 When a calf is tied to a pillar, it remains motionless. Similarly when the animal called mind is bind to a certain name and form (of a diety or a Guru), the wavering of the mind ceases. Once the wavering ceases, the mind reaches its source.
- 🌸 The mind has three flaws: Aavarna, Mala and Vikshepa. If you get rid of these three flaws, the mind withdraws into its source. First get released from those which bind you. Later you will very naturally attain that whatever has to be attained. The source of the mind is deep within the



Heart. Withdraw the mind to such a depth. Make effort and send the mind into its source. Do this till your last breath until you reach ashore ie attain Self Realization. Until you become a Jnani make effort willingly, without any frustration and without taking any break. If the mind meditates upon a certain object, it may remain subsided but it won't get annihilated until it reaches its source. Until the mind is annihilated, Self Knowledge cannot be attained. Until Self Knowledge is attained, there is neither Peace nor happiness.


 Resolve the problem: 'Who am I?' Self enquiry is for the annihilation of the false 'i'. All the worship and Japa done excluding the false 'i' cannot be considered as spiritual practice. It may beget merit. The false 'i' experiences the fruit of merit. However the false 'i' is left out. Enquiring into the source of the false 'i' and annihilating it can alone be termed as Self enquiry in a true sense.


 Pranayama is one of the spiritual practices. The Pranayama subsides the mind but will not annihilate it. Some people adopt the nature cure treatment. The mind remains subsided as long as the treatment is done. But when they return back home, the desires roar back. They eat whatever they like. These are of no relevance. If you restrict your mind to your pooja room alone, the mind won't get annihilated. If you understand the mind and its whereabouts in the day to day life and send it into its source, the mind will get destroyed.


 A devotee asked Bhagavan Ramana: "I work as a head master in a school. I have to work more when compared to others. Comparatively I have to utilize the mind more. Therefore I would like to give up my job,

retire into a place of solitude, perform penance and thereby get liberated.” Bhagavan replied: “Don’t give up your job. Remain in the same place and continue with your job. It is something routine for you. There is someone inside who nourishes your mind and enables you to perform the work. If you remember Him and perform the work, you will not get tired. Man doesn’t get tired due to work. The doer-ship (the feeling of I am doing the task) makes him tired. When you realize who the doer is, the doer-ship will be lost. When the doer-ship is lost, you won’t get tired. Can everyone become a head master? You have become a head master according to your body’s destiny. Complete that task and then retire. If you try to give it up forcibly, you will face the same job in the next birth. Any work performed willingly can be done away with. If you don’t do it willingly and grumble for having to do such task, you will face the same task in the next forthcoming birth. You have to learn some lessons from those tasks. Therefore you got the body. Otherwise why do you need a body? Even after completion of 100 years, you will not find even a single person questioning himself: ‘Why did I get this physical body?.’ If you don’t have any lessons to be learnt, you will not even get the body. Don’t perform the task in hand inattentively out of vexation. Perform the task in hand attentively, lovingly and without any doer-ship. It will become equivalent to meditation. It will bring about your spiritual progress. It will aid you in Self Realization. If you squeeze off the poison in a snake, it becomes harmless. Nothing will happen even if it bites you. It is the same even with the selfless work. One who performs selfless work gets the fruit of it but will not get bound by it. If you are performing the work in a pure manner without desiring any recognition, you will unknowingly develop a relation with the Truth within. Once this relation is built, you will

realize that you are not the doer. Then there is no question of getting tired. Only those who perform the work without any doer-ship can be termed as intelligent in this creation. Referring to such people, the Lord said in the Gita: 'Though they perform the work, it is as good as not doing it.' Don't presume that you are working hard and reforming others. It will increase your ego sense. You will get distanced to the Self. Most of the people presume that sitting for a while in the pooja room, performing the Holy bath to the deity in a temple alone is a spiritual practice. It is not correct. Your day to day task must enable you experience the Supreme Consciousness. Only that can be termed as spiritual practice. Giving up the work in hand is not Sanyasa but giving up the fruit of your action is Sanyasa. As a headmaster, if you get elated when the pass percentage is high and get depressed when the pass percentage is low in your school, it cannot be termed as an offering to God. If you perform your work attentively without any expectation of result, only then it becomes an offering to God. If you mechanically utter: 'I offer to God' and then get elated when the school pass percentage is high, it will not become an offering to God."

 Excessive eating makes you drowsy whereas eating less will make you weak. Both the situations are dangerous. Adopt the moderate path. Eat moderately. Be careful regarding your food habits. Be careful about your companionship. Excessive friends will affect your spiritual practices. There is someone inside who makes you work. If you are pure and steady, you will become His instrument. If you perform the work silently like God, God will bestow you with Self Realization. You work for the pleasure of the world and not for the pleasure of God. Therefore you can never attain Self Realization.

 Narasimha Mehta said: “They alone can be termed as true devotees of Vishnu, who suffer on seeing the hardship of their fellow beings in the same manner when they are inflicted with such hardship.” It is not sufficient if you merely apply a vertical dot on your forehead. The Lord has clearly mentioned the attributes of a devotee in the Gita. Read them and examine whether you possess them or not. If you don’t have them, make effort and earn them. Leaving out the seeds, you are running after the husk. Leaving out the divine attributes, you have caught hold of the dot on the forehead.

 Whether you are calling out Rama or Krishna, you are referring to Brahman. Since they are very embodiment of Brahman, you will attain Brahman on contemplating upon them. They are Brahman only. But name and form are visible here. As you cannot understand the formless God directly, the formless God has assumed a form for your sake. Those who realize this are blessed indeed.