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Speech delivered in Jinnuru,
dated 10-09-2000.

🌸 The root thought (ego) utilizes the body and mind for the sake of its happiness. The root thought can prevail even without the body. Hence it gets rebirth. As long as you depend on the body, senses and mind for the sake of happiness, you are bound to get rebirth. One who attains Self Realization need not depend upon either body or mind or external surroundings or circumstances for the sake of their happiness. Jnani alone is independent.

🌸 In spite of possessing abundant wealth, some people are dispassionate internally. Be dispassionate internally. Incorporate responsibility in your behavior. You will then become subject to God's Grace. If you equally rejoice in other's happiness when they get exulted due to their good luck, then also you will become recipient of God's Grace.

🌸 You may experience certain Bliss during meditation. Don't stop there. Enquire as to who experiences that Bliss and send him into his source. It is You (Self) who exist in the source. Why are you unable to experience the source of the root thought? It is due to the identification with the Non Self (ie that which you are not) called body. If you possess the strength of past meritorious deeds and subtle intellect, the inner Brahman will get revealed. The Brahman gets revealed only to the purest of the pure.

🌸 Your thought, speech and deed should be serene. Though you may get exulted due to any external circumstances, don't presume it to be the final state. Don't get elated when the circumstances are favourable and don't get disturbed when the circumstances are unfavourable. By doing so, the root thought gets strengthened. If anything bad happens, don't

get disturbed thinking 'why it happened so?' This bad may lead towards some other good.

🌸 As you progress in surrender, the mind gets regulated even without your knowledge.


🌸 Even a spiritual aspirant is subject to several attractions. Unless you knock them out considering 'I am not this', 'I am not this' the depths of Heart cannot be reached. There is Supreme Peace within the Heart. It is independent. Don't stop your journey until it is reached.


🌸 You don't have any thoughts in deep sleep. Hence you are Blissful in deep sleep. Likewise if you remain thoughtless in the waking state, it is referred to as the state of Samadhi. You are aware of your Existence in the Samadhi state. You are also Peaceful and Blissful in that state. You are thoughtless there; even if you get any thoughts, they cannot bind you. Being Supreme Consciousness alone is your natural state. Its very nature is Peace and Bliss. The forgetfulness pertaining to Supreme Consciousness has created this bondage. Without this forgetfulness, there is no bondage at all.


🌸 The wealth, fame, power and authority etc are attained only if you are destined to get them. On identifying yourselves with them, the root thought (ego) gets strengthened. Whatever may come as per destiny, if you don't identify yourselves with them, the root thought gets subsided automatically. The Self is revealed wherever the root thought gets subsided.


- 🌸 The Truth is revealed if your behavior is natural. Try to get rid of the hurdles that hinder the natural behaviour. Try to get rid of the barriers that impede Self Realization.
- 🌸 Unison with the Brahman inside is referred to as Holy Company. If that is not possible, attain the external Holy Company of the Holy people. It will bestow you with good heartedness and good thinking faculty.
- 🌸 Always think positively. Don't think negatively. Establish the mind in the Brahman and ensure that it contemplates upon the personal God. Then all the weaknesses and hurdles disappear one after the other automatically.
- 🌸 The mind has been habituated to eat the false grass since innumerable births ie the mind did not get habituated to natural Peace inside but got habituated to the peace derived from the senses and the bliss derived from the external things. Now if you want to transform the mind, where will these habits go? It is not so easy to get rid of them. Your body might be 50 years old but its habits have been carried forward since thousands of births. You cannot get rid of them today with your little spiritual practices. Having listened about the Self as well as God, you might try to establish the mind upon them but the mind will not settle down. The cow which got habituated to eat the false grass will not consume the true grass even if offered. It moves towards the false grass according to its habit. If you offer it the true grass on a daily basis, it will start liking the true grass gradually and will suddenly stop eating the false grass on some day. Similarly the Peace derived by the mind from the external things is not true. When the mind understands that the

Peace within the Heart is only true, the mind cannot go out even if asked to do. The mind gets extroverted according to its habit. Don't get panicked. Withdraw it back and try to establish on either the Supreme Consciousness or the Personal God or the Guru.


 Self Realization is not the fruit of action. It is the fruit of Self Knowledge. It is the fruit of Love. Some people naturally possess an intense Love for the mankind. The fruit of such Love is Self Realization. If you can remain pure, peaceful, wise and natural, the fruit of it is Self Realization.


 You may declare: 'I am sick'. It is not you who is sick. It is your body which is sick. As you identify yourselves with the body, you consider yourselves to be sick. You may state: 'I am anxious, I am sorrowful etc.,' You need not suppress them. It is because you are unnatural, you become anxious. If you are natural, there won't be any anxiety. When you become sorrowful, enquire into its root cause. It will then subside. All these tussles arise if you cannot remain in your natural state and identify yourselves with something or the other.

 Don't try to escape in the name of worship and Japa. Avoid the temporary affairs. Try to get rid of the hurdles that hinder the experience of the Self existing within the Heart.

 Once Bhagavan was asked: "There are several people in this world trying to establish virtue. But why do you sit in this ashram only?" Bhagavan replied: "Do you think of virtue in the deep sleep?" The questioner replied: "No, I don't think of virtue in the deep sleep." Bhagavan then said: "So, when do you think of virtue? It is only in the waking state when the mind arises. The virtue that you are referring to

is as false as the mind. It is a Relative Truth only and not the Absolute Truth. Virtue and Vice are worldly affairs. They are as false as your body and mind but do not represent the Truth. Supreme Consciousness alone is your goal. Practicing virtue is not your goal.” If anyone told Sri Ramakrishna: ‘I am performing good deeds’, Sri Ramakrishna retorted: ‘Don’t you have any other work? It is good to perform good deeds. But it is not your goal. There is something else (Self) to be attained through them. As the good deeds facilitate in Self Realization continue performing them. They are the means only but not the goal. Virtue-vice, good-bad are all pertaining to the world. The Self is in no way related to them.”

 Without looking at yourself, if you try to see the world, you will face confusion only in every birth. Don’t become anxious if you get confused. Question yourselves: who is getting confused? It is the ‘i’ (ego) which is getting confused. The ‘i’ also represents a thought. Enquire as to who this ‘i’ is? If it moves back into its source, then there is no more confusion. You will remain serene even in the midst of confusion.

 Currently the mind contemplates upon the sensory objects. If it stops thinking about them, it withdraws back and starts contemplating upon the Self. Then the source of the mind gets revealed. The Tattva (essence of Self) is revealed when the mind’s source is known. When the tattva is known, you will know who you are. When you know who you are, you will escape the vicious circle of birth-death and transcend the nature thereafter.