






# Ramana Bhaskara



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 Brahman exists within the Heart. It is omnipresent. Brahman alone is Truth. Whether the world exists or not, whether the physical bodies exist or not, that which exists forever in all the periods of time and in all the states of mind without being perturbed is Brahman. The words that we speak out are all relative truths. Truth (Absolute) implies Brahman only. The gods, incarnations, Jnanis and the entire creation derive their power from Brahman only. You get the power only due to its Grace. Irrespective of the number of sermons heard, holy dips taken and pilgrimages done, the firm determination that 'the Truth is within the Heart' has not been attained yet. Such is the influence of Maya (delusion). The scriptures and the Maharishis state that the Brahman exists within the Heart. It is 100% true. Whether you know it or not, Brahman is within the Heart. But you are unable to experience it due to your flaws and weaknesses. Leave aside experiencing the Brahman, you are not even able to acknowledge that Brahman exists within the Heart. Such is the influence of flaws and weaknesses.

 The Rajasic and Tamasic people always carry some burden or the other. Whether or not they have education & wealth, their mind creates something or the other and carries that burden. They have no other task till their death other than carrying their burden. Therefore take refuge in the Sattva. One who takes refuge in the Sattva gets the faculty to seek the Truth.

 Bhagavan said: "Earn the wealth of Self Knowledge. Everything else is but a dream." A lawyer then asked: "If someone suffers from the pangs of hunger, shouldn't we give them food? Is it fair to remain action less (without giving them food) presuming everything to be a dream?" Then


Bhagavan replied: “That is not my intention. Try to understand correctly. I don’t say that you should stop giving food to the hungry. When the Truth comes into experience, you will understand that both the pain of hunger as well as the donation of food is false. Not that a hungry man should be denied any food.”


- 🌸 The body is driven by its destiny. Leave the body to its destiny. When you try to get rid of the identification with the body, the Truth within shines forth in a flash.
- 🌸 Unless good deeds were done in the previous births and the fruit of past meritorious deeds is possessed, the introversion of mind cannot be attained. The Maharishi said: “When the mind is getting introverted, what is the necessity of scriptures?”
- 🌸 The essence of all the religions of the world is to experience the Truth within the Heart. You will attain freedom and get released from the vicious circle of birth and death when the Truth is experienced.
- 🌸 When a person gets limited to a particular religion and caste, he cannot advance spiritually. The Truth reveals itself only to them upon whom it showers its Grace and not to everyone who desire for it. Every person presumes himself to be wise. It is not enough if they presume so. The Truth within should consider thus. Any person who considers himself to be a ‘good man’ is not a good person in a true sense. It is because a truly good person is not even aware of his goodness. Therefore he cannot consider himself to be good.


- ❖ There are some people who always contemplate upon past tussles and waste their most valuable time. There are some other people who imagine that they will have hardships in future though currently they have none and waste their most precious time. Both are of no use to a spiritual aspirant. Utilize the time in hand.
  
- ❖ Except the Brahman within the Heart, everything else is an imagination of your mind. The Brahman within your Heart is the Truth of Truths, Reality of Realities. You presume all the gods to be true. However it is the Brahman within your Heart which is the basis of all the gods. It has no bondage. If you get identified with it, you will also attain a state devoid of bondage. The Sun god originates the power to shine (give light) from Brahman only. The Sun god cannot view the darkness. But the Brahman within can view darkness too. Catch hold of that Supreme power from which the wind derives the power to blow, the sun derives the power to shine (give light) and the moon derives the power to bestow coolness. Don't presume that Supreme power is somewhere else. It is very much within your Heart.
  
- ❖ Some people state: When the Brahman comes into experience, shouldn't the 'i' prevail in order to enjoy the same? The entire dvaita (duality) principle lies here. Their intention is: Jiva (individual soul) should prevail in order to enjoy. Who will enjoy if the Jiva ceases to exist? They get such doubts as they got habituated to external enjoyments. When the Brahman comes into experience, the Brahman only enjoys itself. The Jiva need not exist there.

- ❁ Unless you possess the merit pertaining to past births, it is not possible to transcend the dualities. You cannot experience the state of Advaita (the non dual state of Oneness) unless you have performed good deeds for thousands of births. Bhagavan has beautifully narrated about the dvaita (duality) and advaita (non duality) principles: 'If you identify yourselves with the Non Self (that which you are not), it is dvaita and if you identify yourselves with the Self (that which you are), it is advaita'.
- ❁ One who considers that his death happens upon the body's death is the Jiva. It is because he is limited to the body. The Brahman within the Heart is devoid of such limitations. Its very nature is Bliss, happiness and Peace. Until it is attained, you keep searching in the market for the sake of Bliss, Happiness and Peace. The true happiness exists within the Heart. Even if you enjoy any happiness in the market, it will beget double fold sorrow. Therefore be very careful.
- ❁ The Brahman is within your Heart. It is ever ready to reveal itself. Drive out the tendencies that you have been carrying since several thousands of births. Then the Self within the Heart shines forth in a flash. The tendencies resemble heavy knots. You cannot get rid of them through your effort alone. Without Guru's Grace, you cannot shake them. Make effort. At some point of time, the Guru's Grace will come and drive them out. Therefore perform the task that will make you subject to Guru's Grace.
- ❁ Bhagavan asked: "Do you want the God who appears and disappears or the God who accompanies you all through the 24 hrs?" Whether your body exists or not, whether the world is visible or not, even if your


friends and relatives abandon you, that which accompanies you all through the 24 hrs is Brahman alone. It will never abandon you. Where is the question of abandoning, when thou art that Brahman. You are not apart from Brahman. Getting rid of the 'sense of separateness from Brahman' alone is the goal of all your spiritual efforts.


 The Truth inside is in no way related to the body. The awareness pertaining to the Truth is life (that will lead you towards Immortality) whereas the forgetfulness of the same is death. Both are being put forth for you to adopt. You are not being forced here. Decide it yourselves which has to be adopted.

 Select one intellect pertaining to any field in this world and ask him: 'Do you know who you are?' He has to bow down his head (not knowing the answer). He doesn't know who he is. All these worldly sciences are merely for earning the livelihood. They are as false as the stomach. The Lord said in the Gita: 'The Kingly science amongst all the sciences is the Self Knowledge (Atma Vidya).' The science on learning which, you will know who you are is termed as Self Knowledge. That which facilitates the direct experience of the Truth within the Heart is described as the true science. It is only the Self Knowledge. The sensual knowledge is all relative knowledge. It is not independent. The sensual knowledge is as false as the mind which compiles it. That which brings into experience the ever existing one (ie Self) is the Self Knowledge.


 Knowing the Brahman implies being the Brahman. Who is that Brahman? You adore the god in the temple. Brahman is the God of such god. In spite of having the God of gods within your Heart, you still go on

pilgrimages and have holy dips in rivers! You remember the Non Self (that which you are not) on a daily basis. You stop increasing your discrimination and enhance your irrationality. You stop increasing your wisdom and enhance your ignorance. You completely forget about the Self (that which you are). You don't have the awareness pertaining to it. Unless you give up the Non Self, you will not know who you are. The identification with the Non Self will not be lost unless it is cut down with the axe of dispassion. Even if you remember the Non Self, you will not become that. But if you remember the Self (that which you are), you will become that. The darkest worlds are inevitable as long as you contemplate upon the Non Self.

 If you are a householder, perform your duty perfectly. Nothing more is needed. All of us were not born on the same day. Therefore all of us will not die on the same day. Hence quietly perform the God assigned tasks.

 By the time the body reaches the burial ground, you may have several sweet as well as bitter experiences (of life). Let them come. When you are destined to get them, they become unstoppable even on resisting them. Though you cannot stop having the sweet and bitter experiences (of life), being unaffected by them is within your control. All these experiences are related to the 'i' that identifies itself with the body. Once the identification with the body is lost, whether the experiences are sweet or bitter, you will remain unaffected. You will neither get elated nor get depressed. Even if you get all the happiness and sorrow of the world, they cannot disturb you if the identification with body is lost. If the fire god's burning power is taken back by the Brahman, the

fire god can do nothing. Similarly if the identification with the body is lost, you will lose nothing even if you get the entire hardships of the world. Your mind will remain unperturbed. Let the entire hardships of the world bestow upon you. There is nothing in it. It is all equivalent to dust. It seems to be hardship only because you are nurturing it. Once the body consciousness is lost, you will remain non-agitated, irrespective of how many ever hardships you may get. You will become grave and deep.

 You always need some memories. Your mind needs some sort of support. Therefore rather than contemplating upon the Non Self, lead your life contemplating upon the Self. Catch hold of Arunachala with your mind. Perform the work with your hands. Whatever may be the work, don't give up the inner awareness pertaining to Arunachala. Carelessness is forbidden. You will become a Yogi by constantly contemplating upon the Lord. The Lord reveals Himself as the Self. Mere remembrance is enough. If you give up God's remembrance, the Non Self related thinking yields in ensuing bondage. Inattentiveness is forbidden. Laziness is forbidden.