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- ❖ Ordinary intellect is enough whether you want to prosper materially or spiritually. Your behavior should comprise of responsibility. Reverence for righteousness is developed through such responsible behavior. You will be inspired to practice virtue. The mind gets introverted by practicing virtue.
- ❖ Brahman exists within your Heart. It is your ignorance which hinders its experience. One who creates incidents in life to transcend the ignorance and bestows you the power to overcome ignorance is the Guru.
- ❖ Whatever may be the spiritual practices you may adopt (worship, japa, meditation etc), the mind should get introverted. It is because Brahman exists internally. Nothing exists externally. Except the Brahman within the Heart, everything else is creation of the mind.
- ❖ Whatever may be the task in hand, perform it egolessly. Habituate equanimity. You always utter 'i', 'i'; rather say 'we', 'we'. It will broaden the mind. Brahman is not being revealed due to the narrowness of the mind. When the mind gets broadened, thinned and purified, the glimpses of Brahman can be experienced.
- ❖ Where to take birth, where to die, which all tasks the body has to perform before its death- everything is determined by God's will. If this is understood, the ego gets reduced.
- ❖ Four things are important to attain God Realization- Firstly you must develop a firm faith in God's Existence. It is not about uttering with the mouth. Firm faith has to be attained by the mind. Mere faith in His

Existence will not be sufficient. Secondly you must develop Love for Him. Mere Love for Him will not be sufficient. Thirdly an intense yearning to merge in Him must be attained. Further you must also make effort in that direction. Fourthly you must be able to sustain that Divine state ie remain in the state of God. Following these four steps will beget Self Knowledge. Then you will experience the Supreme Peace pertaining to Self.

- ❖ If Money is lost, it can be earned back but if the time is lost, it cannot be regained. Therefore make the best utilization of the time. If you waste the time, it is equivalent to insulting God. Most of the people waste their time in unnecessary gossip. Whomever you gossip with, will not accompany you after death. Therefore don't waste your time.
- ❖ You are the Self; still you get the body consciousness. You will attain Self Knowledge by giving up the root cause of body consciousness and not by forgoing anything externally.
- ❖ Surrender to God. Compromise with His will. Sometimes you may face hardships. Don't become anxious. God is aware of them. Therefore learn to compromise with God's will. Even that is a spiritual practice.
- ❖ By leading a responsible life and by enhancing the subtle intellect, you will grasp the glory of God's power. Before the body gets converted into corpse, one who gets released from the ego sense merges into the Brahman when the body is all alive.

- 🌸 Your desire is powerless. If anything is destined to happen, it will happen even without your desire. If you are not destined, you won't get even if you desire for it. If you are able to understand this, the mind gets cooled down.
- 🌸 Sit in seclusion and observe your thoughts. Whatever thought you may get, observe the reason behind it. You will find that all the thoughts are based on body. If all the body centered thoughts are lost, your Love becomes Universal. It implies that when the personal desires are given up, your Love becomes Universal. One who leads an egoless life attains a passionate Heart. Then his Love becomes boundless and spreads across the world having no relation with any caste or religion or nation.
- 🌸 You get several thoughts. You are answerable to God for all the thoughts that you get. Since you consider yourselves to be separate from God, you are answerable to Him for each and every thought that you get.
- 🌸 As a ripened fruit naturally falls down from a tree, you must also naturally get separated from the body consciousness and attain the birth less state through your work and duty bound life.
- 🌸 Stay at home, carry on your day to day activities and continue with the spiritual practices. Don't get angered and run away from home. By doing so, you will not attain Self Knowledge. If you run away from home, you will lose even the amenities available at home. You can get liberated even by performing spiritual practices at home. However the purpose of visiting Arunachala or Kasi or Rameswaram is only to earn

some spiritual energy. It is because several Maharishis and Mahatmas have wandered in those holy places. Therefore don't try to run away abandoning home. Stay at home only and try to transform your inner nature.

-  You will face several hardships and sorrows in the process of transforming your inner nature. When the hand is placed in fire, a dreadful pain is experienced. A similar pain is experienced in the process of transforming your inner nature. Forbear all of them and make effort.
-  Observe what the obstacles are for Self Realization. You cannot get rid of them by running away somewhere. You must make effort to get rid of them. Focus all of your efforts on that which has to be given up. Don't bother about others. Don't imitate others. Search out a way for your reformation. If the God inside comes into your experience, this world will get benefitted substantially. Several people will attain a transformed mind.
-  The devotion may be attained at any age. Kick off and strengthen the same. Don't think: 'Why did I get devotion at this age? What can I do now?' If you currently do whatever is possible, the same will continue in the forthcoming birth.
-  Don't presume: 'I have achieved this or I have achieved that'. God alone is the doer. What can you do? God has utilized your body. That's all. It is God who has done it. He alone is the doer. If you presume that you have done it, you will get disassociated with the doer (ie God).

- 🌸 The Supreme state attainable through meditation, japa and self enquiry can be attained through work also. But the work has to be done without any doer-ship.
- 🌸 Don't presume: 'I am bad. I am bad.' There is at least some goodness within you. Try to enhance the same. Habituate positive thinking.
- 🌸 You identify yourselves with the body, the senses and the sensory objects. This is the cause of your sorrow and disturbance. As long as you identify with the Non Self (that which you are not), the Self (that which you are) will not be revealed.
- 🌸 There are several attractions in the world. Whichever attraction you may be subject to, you will become disassociated with your true nature. Devotionally, all of you are still children. When a child is sent to fetch something, it stops and watches the attractive play that it comes across forgetting the purpose for which it was sent. It is the same even with you. Being subject to the attractions of the world, you forget the very purpose of the advent into this world. Therefore Bhagavan often said: "Don't forget the purpose of your arrival into this world."
- 🌸 Though the body is fasting, don't presume that the mind is also fasting. If you think more about food on the day of fasting, it indicates that the mind is not fasting. You have to reform the mind. But you are leaving aside that which has to be reformed. Then how can you attain Self Knowledge? Try to reform your mind. Don't wait for someone to come and reform the same. If you reform the mind, it will lead to liberation

else it will lead towards bondage. Both of them are within your control. Decide it yourself which has to be adopted.

- 🌸 The external wealth doesn't accompany you after death. However the internal wealth accompanies you after death. Therefore enhance the internal wealth ie the spiritual wealth.
- 🌸 Though you may attempt to change your inner nature, you may not succeed in doing so. Still don't give up making an attempt. Make effort as far as possible. As the inner nature gets transformed, your spiritual heights keep increasing. Then your speech becomes pure and powerful.
- 🌸 You are ready to travel very far and visit foreign countries in order to earn money. Similarly in order to meet a good hearted person, travel up to the edge of the world, if needed. But the love you possess for money doesn't exist for good heartedness. Therefore you don't travel.
- 🌸 Start making effort. Don't become anxious. You will progress gradually. Your effort will not go in vain. You break the coconut by lashing it on the ground. If it breaks in the fourth attempt, you presume that the coconut got broken only due to the fourth lash. But it is not true. The effect of the prior three lashes did exist on it. It got broken with the fourth lash. Similarly the effect of each of your effort will certainly prevail. You will attain Self Knowledge as a result of your effort. If you are traversing towards Hyderabad, it is enough if you sit in the Hyderabad train. It will take you towards the goal automatically. Similarly start your effort first. Once it is started, it will take you towards the goal.