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Speech delivered in Siddhapuram,
dated 10-6-01.

There is a saying that: “Ramayana is our protector.” Several householder related virtues have been mentioned in the Ramayana. The entire Ramayana is filled with Love. Valmiki has preached several good things to the mankind through various characters. All the Vedas existed in the form of mantras. It was Sage Valmiki who brought out the essence of all the four Vedas in the form of Ramayana verses. Ramayana is the first epic and Valmiki, the first poet. The First Purusha (God) as propagated by the Vedas is Lord Sri Rama. On reading the Ramayana, it is equivalent to reading all the four Vedas. Ramayana mentions about the dharma, artha, kama and moksha. Next to the Valmiki Ramayana, the Ramayana written by Tulsidas became more famous. Recently Rajaji has written Ramayana in easily understandable words. Even this has attained a great fame. The uniqueness of Rajaji is that there is no pomp and show in his thought process and language. Preaching is done to mind but not to the Self. Ramayana teaches the virtue of how one should behave towards others.

Lakshmana got the companionship of Rama whereas Shatrugna got the companionship of Bharatha. In the present era, the brothers not only hate each other but have several litigations between them. It doesn't matter even if you don't have positive thinking but if you have the negative thinking, the mind gets rotten gradually.

The elders have defined the Ramayana and Mahabharatha thus: Duryodhana's downfall came due to his greed for land and Ravana's downfall came due to his craving for a woman.

🌸 When Rama addressed Lakshmana casually, He would refer to him as Lakshmana. But when a situation arose where He had to talk very carefully, Rama would address him as Soumithri. Hanuman and Sugriva introduced themselves to Rama. Rama then said: “Introduce ourselves carefully, Oh! Soumithri. Tell them about us.” Rama implied: Oh! Lakshmana, you are the son of Sumithra. Your Mother talks very carefully. Therefore follow her in this regard.” Even if Sumithra talked for an hour, not even a single mistake could be found in that. Her talk used to be so soft. It is referred to as speech related penance which contains an immense spiritual strength.

🌸 When Anjaneya went to Ravana as a messenger of Rama, Valmiki made him speak thus: “Oh! Ravana, what do you think of Rama? Rama is the Supreme Self (Self of the selves) ie from whom the entire creation originates, the one who drives the entire Universe, in whom lays the foundation and existence of this entire Universe, where this Universe is getting dissolved, that Parabrahman itself is referred to as Rama. Thus Anjaneya described the strength and bravery of Lord Sri Rama to Ravana in the form of Rama’s messenger. Moreover Anjaneya also warned Ravana that his boon (attained from Brahma for being deathless in the hands of certain species) doesn’t protect him from death in the hands of men and monkeys. But Ravana did not heed to the words of Anjaneya. How much ever one may advise, there should be sufficient eligibility to grasp the good things.

🌸 While introducing his mother to Bharadwaja Maharishi, Bharatha blamed and criticized her. Then Bharadwaja Maharishi instructed Bharatha thus: “Criticizing Mother is not good. The entire creation (as

well as all the Jivas in it) is being driven by a wonderful power. That same Power has decided Rama's banishment into forests through Kaikeyi."

There are several paths to attain God. Out of them, the path of Love is the easiest one. One who cannot Love can never become a devotee or a Maharishi or a Mahatma. A person can constantly behold God only with the strength of his devotion. One who forbears the honour as well dishonour with equipoise attains equanimity. Only they become a Yogi. Though the body of Mother Sita existed in the Ashoka garden of Lanka, Her mind always contemplated upon Lord Rama. Being where the mind prevails- this is only referred to as Upasana.

Irrespective of whether the situations are favourable or unfavourable as per body's destiny, the mind should constantly behold the feet of God. It is God's feet alone which protects us and bestows His Grace.

Every person has some inherent weaknesses by birth. The Mother Veda declares: If a man's wealth strengthens such weaknesses, such wealth turns out to be his enemy becoming the root cause of his downfall. Contrarily, if such wealth aids him in overcoming those weaknesses, it will assist him as a friend." Therefore Valmiki said: "God has placed the entire delusion of the Universe in the form of money."

The Ramayana states: "One who doesn't behave according to the family's situation will attain the state similar to those who sleep on the tip of the top most branch of a tree."

- 🌸 Your speech, deed and thought should aid in the purification of mind. The task that doesn't aid in the purification of mind is not worthwhile. One has to attain liberation only through the entrance of purity of mind. The poet Vemana said: "The worship and Japa, devoid of purity of mind are imperfect." This life has provided you an opportunity to earn the purity of mind.
- 🌸 There might be several differences of opinion in the society. They have to be resolved with maturity. When you lack that power, the differences of opinion get converted into clashes and then finally into tendencies, becoming the root cause of rebirth.
- 🌸 The Vedas state: "Earn with a hundred hands and donate with a thousand hands." If the rich possess the habit of giving, their wealth gets rightly utilized. Wealth doesn't indicate money alone. Peace, boldness, forgiveness, skill, education, eligibility, qualification – all these are part of wealth. All these are hidden wealth. Not only this, they also purify the Jiva to a great extent.
- 🌸 God doesn't refer to a particular person. The Truth within the Heart is only God. It is deathless. It is not gross. Its very nature is Bliss. It is beyond the visible names, forms, attributes and birth-deaths.
- 🌸 The gross body doesn't perform the Japa. The Brahman is in no way concerned with the Japa. It is the mind which performs the Japa. As the mind constantly performs the Japa and gets subsided in its source, the Brahman alone becomes remnant. Even Japa represents a thought. It

drives away all the other thoughts and disappears in the end. Then whatever is left is the state of Samadhi.

- ❁ Even death is a part of Life. On being sorrowful about the dead, your time gets wasted. The mind also gets polluted. People with a polluted mind lose not only in this world but also in the worlds hereafter.
- ❁ Each one's mind is a punishment for them. The grievance created by the mind is much greater than the suffering created either by society or family or the world. The mind has certain limitations. The source of the mind has no limitations. It is only the Truth. It is only the Peace. It is only the Brahman. It is only Self Knowledge. It is only Infinity. It is only Narayana.
- ❁ God is the giver of fruit of action. Everyone's action is bound to have some result or the other. They are bound to get good results for the good deeds and bad results for the bad deeds. Though they may not get it in this very birth, it is bound to happen in the process of time.
- ❁ All the dualities are within the mind. One can get released from the duality based life by contemplating upon God throughout their life with great concentration.
- ❁ Some people don't put back the things in their appropriate place. They are very haphazard and disorganized in nature. On being so, their time and energy get wasted. Some people throw away the plates used for eating. By doing so, they lose whatever they have and their hands get converted into eating shells in the forthcoming births. This

disorganization and haphazardness is lost due to Japa and Meditation and the things are put back in their appropriate place. Reverence is developed for the things. The Craziness is lost and steadiness is gained.

 As you are aware of the Rupee's value, you preserve the rupee notes carefully. Similarly when you are cognizant of the worth of chanting God's name, you will chant His name whole-heartedly.

 Compared to a gloomy life of 60 long years, it is better to have a Blissful 10 year old life. Ensure that day by day your every breath is filled with sweetness.