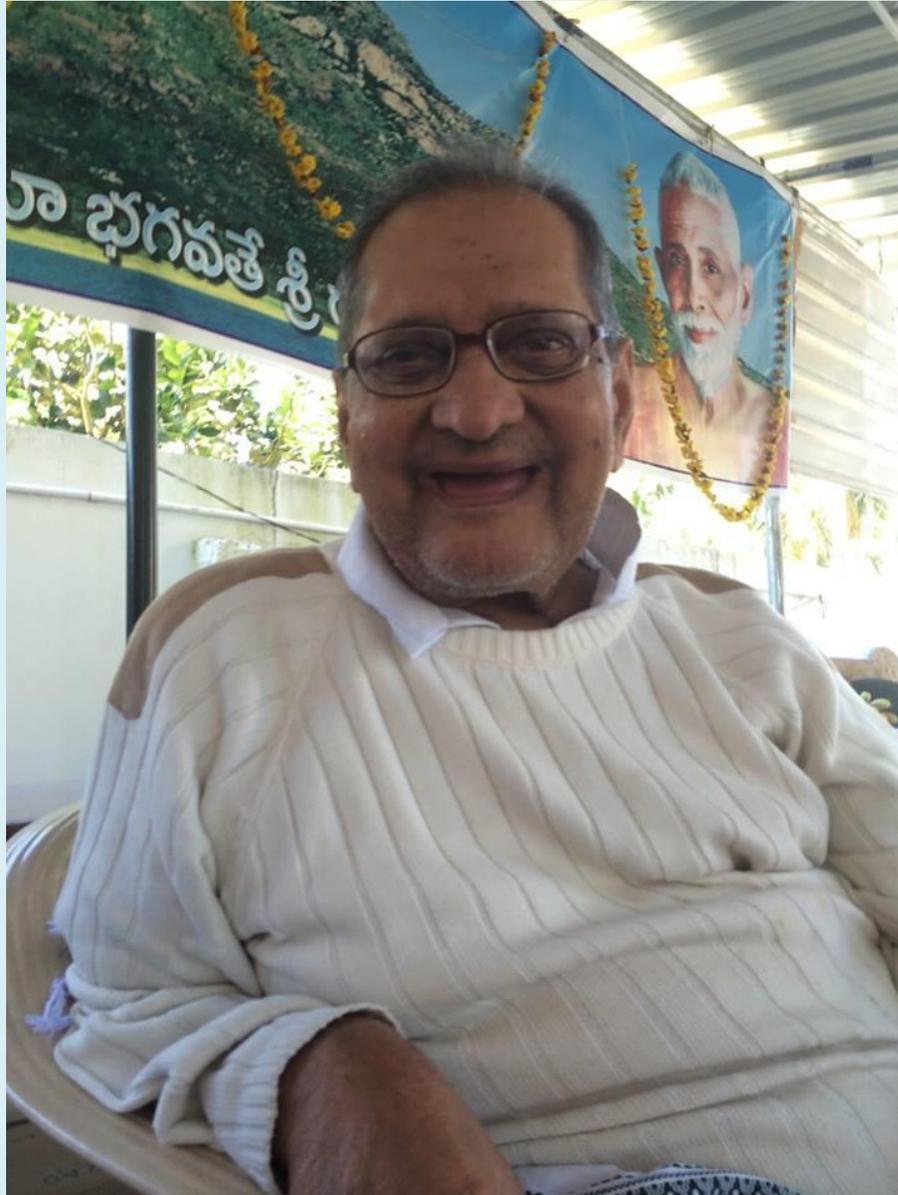




Ramana Bhaskara



Speech delivered in
Muramalla, dated 3-12-02.

- 🌸 While treading the path of spirituality, it is important that one should neither give up self confidence nor imitate others. You will attain the Supreme Peace and the Immortal state if you tread the path that you believed in and don't give it up till the last breath.
- 🌸 There is a saying in the scriptures: Those who tread the path of righteousness attain more happiness than the ones who are habituated to earning money.
- 🌸 Be careful about the following two: the food consumed and the words spoken out. Most of the conflicts in the society arise due to the words spoken out. Therefore the speech should be gentle. It should benefit others and calm down their minds. Don't criticize others merely because you can speak well. Try to reform yourselves. Help others in reforming themselves. If you don't have that strength, be calm. Don't become greedy regarding the food you eat. Eat according to your capacity. Don't eat in excess. If you are not careful about the food and speech, you cannot tread the right path. If you don't give up the right path, God bestows you with good thinking faculty which in turn bestows with the yearning to attain Self Realization. This yearning leads you towards Self Realization and annihilates the ignorance within the Heart. Such is the power of God.
- 🌸 Try to attain Self Realization. Don't give up humility in any circumstance. You are not aware of the weaknesses within your Heart. God places you in painful situations (similar to being placed in the gap of the door and getting pressed) in order to reveal them. Only then your weaknesses get revealed. Not that God is Compassionless; He

does it only to reveal your weaknesses and thereby release you from them. Don't become arrogant even if the circumstances are favourable. Your downfall begins the moment you start getting arrogant. Back biting pollutes the mind. Therefore don't abuse others.

 The Scriptures state: Lead your life and maintain your social behavior in such a manner that it begets sense control and mind control. Sense control and mind control cannot be attained without treading the path of righteousness.

 You may worship God or meditate upon Him but observe whether they extrovert or introvert your mind. If your mind gets extroverted, your ignorance keeps increasing. If your mind gets introverted, you will attain Self Realization even without your knowledge.

 By reducing the likes-dislikes, the mind stops extroverting which in turn reduces the wandering of the mind. A stick may not look straight and may have many curves but all of them get burnt when the stick is placed in a stove. Similarly the thinking faculty may contain any number of flaws but all of them get extinguished in the fire of Knowledge.

 Lead the Life cautiously without the interference of the ego. Until the ego gets annihilated along with its root, you cannot become a Jivan Mukta (Jnani). Every Jivan Mukta is adorable.

 If the body is inflicted with disease, you think that you are inflicted with disease. If the body is honoured or dishonoured, you presume that you have been honoured or dishonoured. Who is the one within you who

makes these presumptions? He is only referred to as Jiva or Ahamkara (ego). It is the Jiva or Ahamkara (ego) who resides within and identifies with the body and declares: 'I am dying' when the body is about to die.

- 🌸 Understand the subject thoroughly. As God gifted you with the legs to walk and the hands to work, He has gifted you with the thinking faculty to understand. Therefore understand the subject carefully.
- 🌸 Possess self confidence. Be bold; Be anger less and fearless. If you become angry or get frightened very often, the mind gets extroverted. Only the fearless, anger less and the one devoid of jealousy attain Self Realization. If one possesses anger or fear or jealousy, there is no chance of attaining Self Realization.
- 🌸 The most important thing is: Don't often try to satisfy yourselves. If throughout the 24 hrs, you try to satisfy yourselves or examine whether others are able to satisfy you or not, how can you attain Jnana? If you are least bothered about others satisfaction or happiness and always think about your satisfaction or happiness alone, your body consciousness will increase. How can you attain Self Knowledge when you keep satisfying your ego?
- 🌸 It is inevitable to get a body until you experience the deathless Self. The nature won't leave you till then.
- 🌸 If others are jealous about you, don't get jealous with them. Don't get trapped by them.

- 🌸 Intelligence and discrimination are needed not to deceive others but in order not to get deceived.
- 🌸 Externally ensure that you behave normally like any other people. However internally increase your dispassion and enhance the depths of your Heart.
- 🌸 As you identify yourselves with the body, if you identify yourselves with the country, it is termed as patriotism. Similarly if you are able to merge the mind with the Divine, it is termed as devotion. Unison with Brahman is termed as Self Realization.
- 🌸 You may worship with your hands or do japa with your mouth. But don't forget one thing. Without sense control and mind control, the God within the Heart is not revealed. Without God's Grace, the inner darkness cannot vanish. The Sun can extinguish the external darkness. However the internal darkness has to be destroyed only by the Indwelling God within the Heart. Therefore surrendering to the indwelling God should become the goal of your life. There is no other state greater than that of Surrender.
- 🌸 It is irrelevant whether others are good or not. Observe how far you are good. Once you start judging others, your downfall becomes inevitable. Examine the flaws within your mind and try to get rid of them. The flaws and tendencies within your mind become the root cause for rebirth. In the process of judging others, you get new tendencies. Without criticizing others, observe yourselves and reform your mind.

While rectifying the flaws within the mind, if you make an attempt to reform your life, even the world will get reformed along with you.

 Don't postpone your spiritual practices with the thought of performing them tomorrow. The tomorrow has no guarantee. Complete your day's task on that very day. Similarly complete the spiritual practices on the very day they ought to get completed. Don't postpone them to the next day. If you keep on postponing them to the next day, the death would suddenly advent on one fine day. Therefore don't waste your time. The time lost cannot be regained back. Forget the past happenings. If you remember them, your mind will get polluted. If you are careful about the present period and perform the spiritual practices accordingly, you will face only the good in future. You will thereby attain Self Realization.

 Don't get angered for every petty thing. Don't incite others to get angry. Even if others try to make you angry, don't get angered. You must understand the reason behind their talk. You must possess at least that much of discrimination. When you become angry, you must shut your mouth else filthy words will be spoken out. If anyone tries to make fun of you, don't get angered. It is the attribute of a Jiva to get angered. Until all the attributes of a Jiva get annihilated, there is no chance of attaining Self Realization.

 In the deep sleep, you reside in the Heart ie you reside in your true abode, where you get separated from your body, relatives, world as well as God ie you get separated from the Non Self (that which you are not). You must attain this state in the waking state. It is only termed as

Self Realization. As long as you don't go back home, there is neither Peace nor happiness. Till then, you have to carry these corpses.

 You examine whether all the required comforts exist or not in order to fall asleep. Similarly if you make all the attempts in the waking state to consciously enter into the cave of Heart, you will attain Self Realization.

 When Bhagavan Ramana was asked: 'Where is God?', Bhagavan did not state that God existed in Vaikunta or Kailasa. As the body, world and merit-demerit are false, the God in Vaikunta or Kailasa is also equally false. Such God is also relative truth only and not the absolute truth. The Absolute Truth exists within your Heart. The journey of your life will not stop until you reach there. The journey of your physical body ends in the burial ground but until you reach your true abode and settle down there, your life keeps continuing.

 If you get inflicted with any hardships, don't escape from them but try to get them resolved. You get elated on being praised and get depressed on being criticized. It is because you consider them to be true. If you realize them to be false, your mind doesn't get disturbed. Bhagavan Ramana said: "Your mind doesn't stop wandering how much ever you may try to stop it whereas my mind remains still and doesn't move how much ever I may try to move it." Constantly contemplate upon God. Don't give up the feet of God in any circumstance. Though your house is full of atheists, don't give up devotion. After the body's death, no one is going to accompany you. Those who praise you excessively don't even accompany you till the burial ground. All such

praises are not true. Therefore be ready to traverse all alone. If you aren't ready, you cannot attain Self Realization.

 Don't consider the enjoyments in this world to be true. If God gifts you with any wealth, don't enjoy it all alone. Try to utilize at least a portion of it in attaining Self Realization and for the sake of society. It is God only who exists in the form of society. You should become subject to His Grace.

 A Jnani resides with you; talks with you; laughs as well as cries with you but internally He seems to be far away from you. Your body is within the control of the ego whereas a Jnani's body becomes an instrument of God. Once the attributes of Jiva get annihilated, the indwelling God occupies the body and performs His task through it. You then become a Jivan Mukta (Jnani). As void exists within Lord Krishna's flute, if your Heart also becomes void & empty, you will become an instrument of God similar to the Lord Krishna's flute.

 If possible, preach good things to others, else keep quiet but don't incite jealousy in others.

 Half of your life is spent in deep sleep. If you don't make the best use of the remaining half of the life, you cannot attain Self Realization. You came on to this earth to rectify the flaws within your thinking faculty and not merely to eat food or wear clothes or to attain fame.

 Little tasks done devotedly, lovingly and attentively begets God's Grace. The Lock is with you whereas its key is with God. Until God gives you

the key, the lock cannot be opened. Unless God becomes Gracious, He will not give you the key.

 God resides as the indweller within you. As per the body's destiny, if you don't give up His feet in all the periods of time and in all the states of mind irrespective of whether the circumstances are favourable or not, He will lighten the lamp of Knowledge and the lamp of Bliss within your Heart. Then there is no scope for darkness to prevail and where ever you see it is all Light, it is all Bliss, it is all Peace.

 Bhagavan said: "Everything comes into existence only if the ego exists. This entire Creation is dependent upon the single pillar called ego. If the ego is destroyed, nothing else prevails except You ie all that which is false gets destroyed and Truth alone prevails. As you came onto this earth, perform your spiritual practices and get released from the ego. Rather than attempting to reform the world, try to reform yourselves. If you get reformed, the world also will get automatically reformed.

 A Jnani doesn't identify Himself with a name or form. You can get a glimpse of His glory even if you observe His behavior in the day to day life in this world. There is something special about it. The Jnani doesn't want to make it special but you can sense the specialty in it. The speech, sight as well as action of the Jnani are all pure ie everything about Jnani is pure. Even if the Jnani gets a thought, it doesn't bind Him.

 God resides within you. He is not devoid of Compassion. He is the very embodiment of Compassion. Your faith in God is not as much as your

faith in the ego. As you lack surrender and faith in God, you are unable to mould your life to get the eligibility of being the recipient of God's Grace.

 Try to realize that which you are (ie Self). Don't try to know others. Try to know thyself. When you know thyself, others will be benefitted by you. Analyze yourselves. Identify your weaknesses and try to get released from them. The weaknesses in this birth become the root cause of the forthcoming birth.

 Without God's Grace, you cannot get released even from a single tendency. Don't fear the death. Death implies change of body. A Mother feeds her child with milk. When she tries to shift him from one breast to another breast that contains more milk, the child starts crying. The child is not aware of the Mother's intention. However the Mother is aware of the same. You resemble that child and cry like him on facing death. You don't realize that you will get a much better body than the current ones which will bestow you with more favourable circumstances for performing spiritual practices. Being unaware of this fact, you become anxious. Only God knows why your body is being changed.

 If you give up your body sorrowfully, sorrow becomes inevitable in the forthcoming birth. At the time of death, you must think: "The same God, who has bestowed me with breath, is taking away my breath. It is all His Blessing." Only then you can leave the body without any anguish. You must learn how to die. You must be peaceful at the time of death. If you have any disturbance, you must get rid of it before the death

itself. Why are you frightened by death? It is because you are afraid that you will not be able to see the world or the body anymore. Leave about death. Are you able to see them in your deep sleep? No, you are not able to see them. Then why are you not afraid of deep sleep? Try to understand this: While going to sleep, you are aware that you will wake up again in the morning. Due to this thought, you are not afraid of deep sleep. However at the time of death, you are afraid that you will not be able to see the body and the world again. Hence you fear the death and become sorrowful.

 Both the Jnani as well as Ajnani look at this world but view it with a different perspective. Ajnani considers this world to be true whereas Jnani considers them as images on a screen. He is aware that they are not true. Therefore Jnani doesn't get affected or disturbed by any incident of the world. Jnani views this world as a Leela (Play). You have come to play your role on the screen of this world. On the screen, the king is not a king, the washerman not a washerman and the collector not a collector. All these are but roles enacted. You have all assumed the roles according to your body's destiny and again depart from the body giving up those roles. Therefore forget the past. Live in the Present. If you lead a righteous life in the present, balance your mind at every step, lead your life attentively, lovingly and consciously without any differentiating faculty, you are bound to attain Self Realization in future.