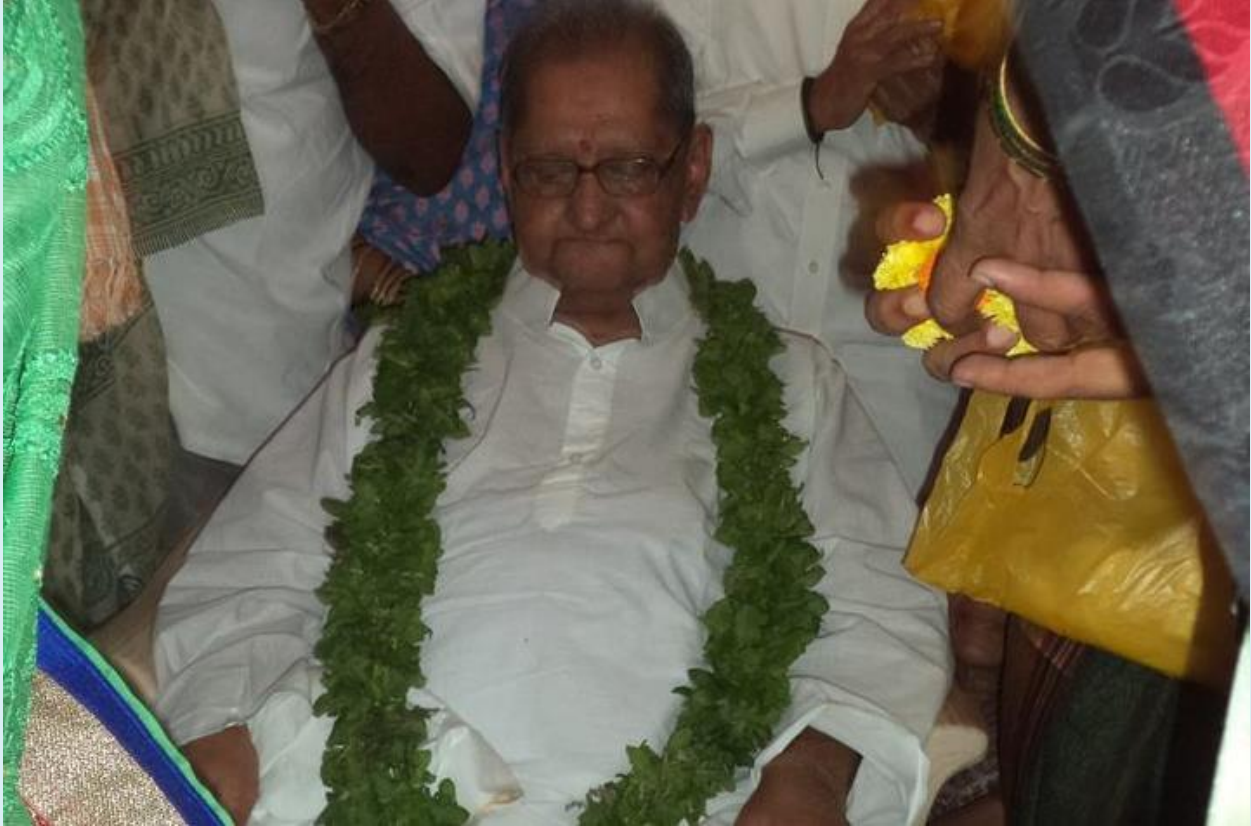







Ramana Bhaskara




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 Peace and Bliss exist within your Heart. God exists as indweller within the Heart. But as you are unable to experience Him, you presume that He doesn't exist. He is revealed to them whose Rajas subsides completely, whose tendency pertaining to world gets annihilated completely, whoever is taintless and whose mind is pure, still and peaceful. When the mind is impure, performing any amount of spiritual practices is of no use. You identify yourselves with the incidents in Life. You identify yourselves with the body and mind. Similarly when you identify yourselves with the Brahman within your Heart, you can experience the Peace and Bliss within the Heart.


 Sri Ramakrishna Paramahansa was an illiterate. Still He became a world teacher. How was this possible? It was because He was completely crooked less and Purest of the Pure. As long as you don't become as pure as the Self, you cannot become one with it. The Bliss is contained nowhere else outside except within Brahman but you presume it to exist outside. All such happiness is a myth, which gets converted into sorrow in future. Every Jiva craves for happiness. Why is it so? It is because the mind originated from Bliss. If it reaches back its source, whatever is left out is Peace and Bliss only.

 Bhagavan said: "Don't worry even if you get thousands of thoughts. All these occur only to the false 'i'. There are no thoughts to the True 'I'. You get the thoughts only when the 'i' thought exists. The source of the 'i' thought exists within you. Reach the same. In order to reach there, forget the bad (harm) and remember the good done to you by others. But you remember that which ought to be forgotten and forget that

which ought to be remembered. Then how can you get introverted? If anyone told Bhagavan Ramana: 'I am doing Japa', Bhagavan replied: 'You say that you are doing Japa but there should be someone within in order to do the Japa. Who is it? Keep observing him; enquire him. By doing so, the Japi will gradually get introverted and reach the Heart which is the abode of God. Self Realization is attained only on reaching there. If you enquire your fellow beings, the ignorance increases. If you enquire yourselves, you will attain Self Knowledge.

 As long as the mind has flaws and weaknesses, you are bound to get rebirth. It is because a body is needed for their manifestation.

 The Scriptures declare: Destiny is very strong. Bhagavan has condemned it in a single sentence. He spoke out of experience and did not imitate others. Bhagavan looked upon the destiny as a blade of grass. Bhagavan said: "Destiny pertains to what? It is for the body. If you surrender yourselves to God, where is the scope for the applicability of destiny? If you offer your mind to the feet of God, what can the body related destiny do to you?" A devotee asked Bhagavan: "If I surrender myself to God, will He fulfill my desire?" Bhagavan replied: "Is it the surrendered mind which is posing these questions? It is God's will whether He wants to fulfill your desire or not. If you have really surrendered your mind, such questions will not arise. If you are asking so, it implies that you have not yet surrendered to God."

 Without the fruit of past good deeds, you cannot get Holy Company. Even if you get Holy people, you will not enjoy their company. Holy Company aids you in attaining the spiritual strength much beyond your

imagination. The Spiritual strength attained in 10 hours of meditation can be attained in a mere 5 minutes of Holy Company. Those who realize this are lucky whereas those who don't realize this are unlucky.

🌸 The good thoughts that you get, the good words that you speak out and the good deeds that you perform do not go in vain. They help you in internal growth.

🌸 The fruit of performing Japa is that an evil person gets converted into a good one. The Japa performed internally is much greater than the external Japa done with the mouth. The mental Japa gets converted into meditation in the process of time.

🌸 Without love and affection in the mind, any amount of physical proximity is of no use. Mental contact is important. One should have mental contact with God. Bhagavan said: "When your mind is getting regulated, how does it matter where you are going to stay?"

🌸 If your meditation is true, it will bring you steadfastness. Ability to concentrate upon a single object is termed as meditation. The other thoughts get subsided due to meditation. Then the mind gets introverted and reaches its source. The Self within is revealed to you.

🌸 Don't increase the diversions of mind. The plate used for consuming food is kept aside after taking food. Similarly utilize the mind whenever needed and keep it aside later. Mind itself implies disturbance. Don't bother it frequently. Don't increase your vain desires and vain thoughts. All the Japa that you perform will not go in vain. The God, who's Japa

you are performing, will certainly respond. Don't get panicked. If your mind has to be stilled and purified, don't give up Japa and meditation.

🌸 When you do any work, the entire focus is on its result but you don't have the tolerance to do it. When you have the required tolerance, the result comes even without your desire. If you are tolerant enough and work without any expectation, not only the worldly desires get fulfilled but even liberation is attained.

🌸 As long as the likes-dislikes exist, it is inevitable that the mind gets polluted. If the mirror is covered with dust, you cannot view your face. Similarly when the mind gets polluted, you cannot view God though He exists within Heart.

🌸 The ego-centered life is artificial whereas Self centered life is natural. As you are leading an artificial life, you are not aware of the most natural Self.

🌸 Don't chant the name of God mechanically and un-attentively. Chant His name with due love, devotion and reverence. When you chant the name of God, the mind shouldn't be absent. By doing so, you will be insulting God.

🌸 If you are suffering from a disease, you must take the required medicine in order to get it cured. Mere listening of the name of medicine will not suffice. The disease will get cured only when you take that medicine. Similarly you got trapped in the vicious cycle of birth and death and reside in the jail of ego. Mere declaration of 'I am Brahman, I

'I am Brahman' is of no use. Mere utterance of 'I am Brahman' is vain. You should have the experience pertaining to it. You must become one with Brahman. Only then you get released from the vicious cycle of birth and death.

🌸 All the three are needed ie self effort, arrival of appropriate time and God's Grace. Don't give up your self-effort. If you are not tolerant while making effort, you cannot make any effort. Without tolerance and Sattva, you cannot progress in your spiritual practices. Even appropriate time has to arrive. These two alone are not enough. God's Grace is needed. This is most important of all. Without God's Grace, nothing can be attained.

🌸 Don't question the actions of God. By doing so, your devotion will be lost. If you have living faith in God, don't question God's will. Rather surrender yourselves to it. You will then transcend the nature (Maya) and thereby attain liberation.

🌸 Man doesn't live to get rid of his ego. He lives only to satisfy his ego. Rather than annihilating the ego, man is decorating the same. So how can the ego vanish? How can one attain Jnana in such a situation?

🌸 A devotee asked Bhagavan: "You ask me to perform Japa and meditation. But my mind craves for Bliss." Bhagavan replied: "By constantly performing Japa, the mind gets matured. When the thinking faculty gets purified and attains concentration, the Self within reveals itself. It is no different from Bliss. Self itself is Bliss."

- 🌸 You must forbear the dualities at least to a certain extent. Don't get flattered on being praised and don't get dejected on getting rebuked. Forbear the excessive cold as well as the excessive heat (with equanimity). Your mind loses the right path if it is unable to forbear the dualities.

- 🌸 Try to reform yourselves. Don't wait for someone to come and reform you. Perform the work peacefully. Don't wait for the result. Work done without any expectation will not bind you whereas work done with some expectation will bind you. The mind gets polluted on the expectation of result.

- 🌸 Getting contended with whatever is attained in life is a devotee's attribute. Don't get attached to a particular person or place. Attachment breeds anxiety which in turn binds you. You will get whatever you are destined to get. If you are not contended with it, you cannot get contended even after attaining the entire world.

- 🌸 God declared: "Surrender unto Me. I will cleanse you of all your weaknesses and sins and bestow you with the permanent peace. If you are unable to do anything, don't get disturbed. I am your solution. I am your goal. You have to attain Me alone." Don't presume that you don't have any relatives. There is no greater relative other than God. God alone is the refuge for those who lack any other refuge.