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- 🌸 God is nameless as well as formless. But based on the need of the hour, God descends down assuming a form. In spite of assuming a form, He is always aware that He is not that form. Today is Shivaratri. Shivaratri refers to the day on which the incomprehensible Lord has assumed the form of a Linga. Linga implies a symbol. It symbolizes the existence of God. By worshipping, adoring and meditating upon the Linga, the Lord wants you to reach the incomprehensible Self through the comprehensible Linga. It is for providing us a support that the Lord assumed the form of Linga.
- 🌸 Shiva implies 'the most auspicious one' and the one who bestows us with auspiciousness. Contemplation of Lord Shiva purifies us.
- 🌸 There is only one reason for getting sorrow ie 'You are unable to forbear the world'. There are different types of people in this world. Those who are unable to co-ordinate them and understand the ways of the world, they are unable to forbear the world and being subject to sorrow.
- 🌸 Ishwara refers to the Supreme Master and the regulator who regulates all the Jivas according to their destiny. Unable to bear the physical suffering, even if you want to die early, the breath doesn't stop. Ishwara ensures that the Jiva clings to the body as long as the Jiva gets subject to all the required experiences he has to undergo and as long as the Jiva is destined to stay on this earth. Take the refuge of the Ishwara who represents the indweller in everyone's heart and become subject to His Grace.
- 🌸 The money and gold at home may be hidden secretly. It doesn't imply that there is no money or gold at home. Similarly God resides secretly inside us. As God is not visible, don't conclude that He doesn't exist.

God resides in your heart as a witness to your thoughts. He is the all witness to everything. Since He resides secretly within you, don't presume that He doesn't exist. Don't get deceived thus. Realize that though the Lord exists inside, you are unable to perceive Him. Unable to perceive Him doesn't infer that God ceases to exist.





- 🌸 Don't exhibit the material wealth and spiritual wealth. If you have material wealth, utilize it in helping others. If you have the spiritual wealth or the wealth of Knowledge, preach others in an understandable manner.
- 🌸 The attractions in the world are as many as the mysteries in the body. One disease is enough to kill the body. Similarly one attraction is enough for a person to get ruined.
- 🌸 On his deathbed, Prophet Mohammed heard a formless voice saying: 'You have been victorious, You have been victorious'. The voice could be heard but the person could not be seen. But the Prophet understood who was speaking. Then the Prophet replied: 'There are 5 more minutes for me to die. I can fall prey to Maya during this period. Therefore don't declare me to be victorious right now. After the body's death, make that declaration ie Prophet Mohammed has been victorious.' The Prophet implied: One may fall prey to Maya even in the last moments of the life. Therefore be very careful.
- 🌸 Lord Shiva decorates his neck with a snake. Lord Vishnu sleeps on a snake. Still they are peaceful. This world contains several types of cruel people. Also there is a lot of cruelty in this world. You must be able to remain peaceful amidst them.

🌸 Buddha is the one who loved the mankind profusely. A devotee approached Buddha with flowers in his two hands. Looking at him, Buddha said: 'Drop it'. The devotee thought that the flowers should not be given with the left hand. Hence he dropped the flowers in the left hand. Buddha again said: 'Drop it'. Then the devotee dropped the flowers in the right hand too. But Buddha still continued saying: 'Drop it. Drop it.' Then the devotee replied: 'I have nothing else with me to drop. What do you want me to drop?' Buddha replied: "You have the feeling 'I have brought these flowers'. You have been carrying this 'I'. Drop this 'I'. Only then you will enjoy the bliss of Nirvana. Only then you will become the recipient of true joy." It is very difficult to attain introversion of mind. One who facilitates mind's introversion is only the Guru.


🌸 Upavasa (fasting) implies: 'Staying nearby God'. But you always do it otherwise by staying nearby the world. On the day of Shivaratri, it is prescribed to do upavasa (fasting) ie Stay nearby Lord Shiva. Fasting is not restricted to forbidding the intake of food through mouth alone. Adi Shankara said: 'The bad seen through the eyes becomes food supply to the mind. Bad words listened through ears also become food for the mind. You may intake from any sense organ. It is all food for the mind.' Therefore on the day of Shivaratri, it is forbidden to take any form of food (through any of the sense organs).


🌸 God resides within the Heart. If you regulate the mind and send it into those depths of the Heart where God actually resides, the mind gets annihilated and God reveals Himself. Identification with the body increases the body related tendency and identification with the world increases the world related tendency. Purity, concentration and introversion of mind are secured through constant contemplation of

the indwelling God. Without good heartedness, discrimination and subtle intellect, God is not revealed. You cannot deceive God through external actions and secure the God experience. The fruit of Jnana is liberation. It should come through discrimination and dispassion. It doesn't come through construction of a wall or by digging a well. Perform good deeds. It is good doing so. It begets merit. Once the fruit of merit is experienced, it gets exhausted. But liberation cannot be secured thus. It requires subtlety of intellect, strength of discrimination, strength of dispassion, purity and concentration of mind and ability to work without any expectation. The Kingdom of Knowledge cannot be inherited unless one possesses all these attributes.

-  Exercise caution in reforming the mind. Reform yourself. Make effort to get released from your tendencies. Make effort from your end. Grace will descend down automatically. Grace cannot come without effort. God helps them who make effort in purifying themselves.
-  God resides within us. God alone is independent. He alone is beyond creation, sustenance and dissolution. If you want true freedom, bring the Lord within the Heart into your experience. The first thought (ego) gets annihilated if you make effort and send it into its source. Then the Lord in its source reveals Himself.
-  The Knowledge which brings into experience the Truth within the Heart ie the Supreme God is called as Self Knowledge. Until God experience is secured, there is neither Happiness nor Peace nor Bliss. A Jnani alone is the enjoyer of true Bliss.
-  God bestows you with certain experiences. Sometimes they may seem to be bitter and some experiences may not be favourable. But if you are on the right path and if you are the seekers of Truth, there is a chance


that even this bad may lead towards some good. Certain hardships may raise a question in you: 'Why should I get these hardships?' There is a chance that these hardships may divert your mind towards the Truth ie the Supreme Lord. Without knowing this, you question hastily. Remember that God is not partial towards anyone.

 Your mind gets extroverted due to likes and dislikes. As much the mind gets extroverted, the body consciousness and ego sense increase to that extent and drive the mind towards densest darkness. Irrespective of whether you are poor or rich, ensure that the mind is conditioned ie within your control. Then you will remain unaffected by both poverty as well as the riches. Getting perturbed by the ups and downs of life implies that the mind is not conditioned (ie not within your control). God is beyond the likes-dislikes, gain-loss, lust-anger and all your sorrows. All these come according to the body's destiny. They are all equivalent to a dream. They are in no way related to God. If you become sorrowful as a well versed person has stopped talking to you, it is termed as world related tendency. If the root cause of suffering is understood, then there is no more sorrow to experience. If you cannot bear a small word of criticism then how can you enter the cave of Heart? Bhagavan said: 'If you cling to the Self, the Self reveals itself. But right now what is the basis of your life? It is the ego-sense. When your life is based on ego, how can the Self reveal itself? Your life is based upon the thought which identifies itself with the body. When it is so, how can you secure Self Realization?'

 Read only those books that aid in securing God realization. Contemplate upon their words who have secured God Realization. Don't read those books which enhance the body, world and scripture related tendencies.

- ❖ Bhagavan said: 'You declare: I exist, I exist. But you really don't exist. Realizing this is termed as Jnana. Realizing the non-existent one to be non-existing is only termed as Jnana.' Whatever is being referred to as 'I', its existence refers to darkness (ignorance) and its non existence refers to light (knowledge). Guru's Grace is required in order to understand this.
- ❖ It is God who has assumed all the forms in this creation. Not only that- It is God who drives all these forms. If you have been rebuked by your spouse, it is God who has inspired them. God does everything. If your anxiety has to reduce, if your mind has to calm down, if your tension has to decrease, you have to understand that all the forms in this creation have been assumed by God only. Then whom can you hate and who can become subject to your anger?
- ❖ The society is filled with both good as well as bad people. God utilizes the bad people as an instrument to enhance the goodness of the good people. All the bodies and minds are within the control of God. Realize that God alone exists.
- ❖ The rich as well as the poor; the scholar as well as the fool; the employed as well as the unemployed, everyone has the same question: 'When can I enjoy?' Where does this thought originate from? It originates from the thought 'I am the body'. Getting this thought indicates that the magnitude of the body related tendency is more. Whom are you trying to make happy through enjoyments? It is the body. If you are still craving for enjoyments, you are increasing the ego's arrogance unknowingly. Right now your physical bodies are in Chinchinada. But where are you in a true sense? You are in Brahman. In spite of abiding in the Brahman, you are seeking for it. In spite of

being Brahman, you think that you are separate from it. It may take innumerable births to overcome this small thought. Without God's Grace, it is not possible to get released from this separateness.

 Though you may crave for enjoyments and remain nearer to the world for 364 days in a year, seek the Truth atleast on the day of Mahashivaratri and become nearer to Shiva. Shiva is an embodiment of Love and Knowledge. He doesn't need anything. He bestows everything to everyone. Such is His glory. Since Shiva remains concealed and undisclosed, it becomes difficult to secure Him. God exists as indweller within us. As we lack introversion, He remains unrevealed. God reveals Himself to the introverted people. God alone exists and you don't exist. This has to be understood. But you always think contrarily ie God doesn't exist but you exist. As long as this problem remains unresolved, rebirth becomes inevitable. You are bound to get body again.