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Speech delivered in Jinnuru,
dated 8-8-04.

- ❁ Of all the incarnations of God, the incarnations of Lord Krishna and Lord Shiva are important. Both of them are swayambhoo (ie emerged on their own). There is a question: ‘What is the cause of God?’ If there is a cause for God’s Existence, how can He be referred to as God? God is the cause of all the motives.
- ❁ Whatever Lord Krishna has narrated in the Gita is all practicality. He never asked you to give up the work in hand or run away from life. The Lord said: “You come across both the good and bad in life. Whatever may come, face it but don’t run away.” All this is not for time pass. You must habituate to face both the happiness as well as sorrow that you come across in life. The Lord, who is the witness of your intellect, has presumed the form of Lord Krishna. He has preached these only after examining the life from various perspectives.
- ❁ Life is full of dualities. You sometimes face gain or good luck and sometimes loss or bad luck. Don’t get disturbed by them. The Lord said: “Understand these dualities and try to know thyself on this basis.” If you get elated on being victorious and get depressed on being defeated, there is no chance of knowing Thyself.
- ❁ Give up the attitude of doership. Some people work only if they are told that they will gain merit out of it else they will not work. This is not correct. Give up the thought of having done a particular task. By thinking so, the ego will increase. Don’t run away from the incidents of life. If you understand them, they will be useful in knowing thyself.

- 🌸 Lord Krishna said: “Know Me”. Here, ‘Know Me’ implies attaining liberation. One can understand God only on attaining liberation.
- 🌸 Compassion is one of the ingredients needed to attain liberation. Once Lord Buddha said: ‘ Let me speak out 4 good words. Saying so, he uttered the word ‘Compassion’ for four times.
- 🌸 If the mind possesses the attitude of violence, you can never Know Thyself. In spite of performing Japa or meditation, you cannot attain liberation if you hurt others either physically or mentally.
- 🌸 Work without expecting the fruit of action. Be contented with what you have. Don’t worry for not having attained this or that and thereby ruin your mental health. Imitating others is not recommended.
- 🌸 If you perform the work allocated by God willingly and lovingly, the tendencies will get annihilated. If you expect the fruit of action, the purity, concentration and intellect will get reduced.
- 🌸 You will get neither more nor less based on your desire. You will get only that which has been allocated by God.
- 🌸 If you possess Love and devotion for God, most of the problems will get resolved. The weaknesses which you would like to overcome with the aid of Japa and Meditation can be overcome even without your knowledge by having devotion towards the feet of God ie If you have love and devotion for God, you will attain the fruit of Japa and

Meditation even without your knowledge. You will get released from those tendencies which have been troubling your mind.

-  God is one only. Some refer to Him as Ram; some refer to Him as Allah and some refer to Him as Yahova. By whatever name He may be referred to, there is only one Self which resides within the Heart. Though it is much nearer than your body, mind and senses, it seems to be far away due to ignorance and body mindedness.
-  Some people become ascetic in order to attain Self Realization. Asceticism is needed to enhance dispassion. If anyone becomes an ascetic but don't increase their dispassion, they are equivalent to a householder. Dispassion is very important. Dispassion brings about introversion of mind and the attitude of service and sacrifice. Suppose you are getting sorrow, it implies that you don't possess the requisite dispassion.
-  There are several layers of delusion within the mind. All of them should be transcended. Unless they are transcended one cannot become attribute less.
-  Science can only bring comfort to the body whereas religion can bring peace to the mind. Religion doesn't merely imply worshipping God, taking holy dip, making prayers and visiting temples etc., All of these resemble the peel of a mango. The essence (juice) of religion is different. It is Self Knowledge. You will attain equipoise on attaining it. Leaving aside the juice, you are holding onto the peel.

 You presume the non-existent to be existent. This is the cause of your disturbance and sorrow. It is only your mouth which utters that God exists. If you really have faith in the existence of God, you must develop reverence towards His preaching. If it doesn't happen, it implies that you don't trust Him but are only enacting the same. The root cause of sorrow is that you falsely presume the non-existent to be existent and that which really doesn't exist apparently you strongly presume it to exist. It implies you have the attitude of Non Self towards the Self and vice-versa. From here originates all the sorrow and disturbance. Until you realize the non-existing Non Self to be non-existent, you don't realize the existing Self to be existent and this is not possible without possessing dispassion.

 Worshipping the Lord, performing Japa are all equivalent to maintenance dose. They bestow you with peace which is very transient. If you worship the Lord or perform Japa, you will not get other thoughts. After completing the Japa, you will again get back the thoughts. All this is temporary. If you have to get released from sorrow and disturbance forever, the ever existing Self must be revealed as it is. When you utter 'I', you perceive the body. Similarly you must perceive the Self on uttering 'I'.

 If you don't have equanimity towards the enemies and friends, your mind doesn't get introverted. When Bhagavan Ramana was asked: "Do you have any enemies?", he did not stop saying : ' I don't have any enemies.' He further said: ' I don't have any friends either.' This implies Brahman alone exists and Thou are that. Externally though some people may seem to be friends and some people may seem to be

enemies, try to balance them. This attitude of balancing will help you in knowing thyself.

 God remains as a witness for every thought that you get. You may curse God if you get any adverse situation. However you reap whatever you sow. You don't get that which you don't deserve. Therefore if you learn lessons from them and do not repeat it again, you will become subject to God's Grace.

 Once a lawyer asked Bhagavan Ramana: "In Hindu religion the following four stages of life have been prescribed: Brahmacharya, Grihastha, Vanaprastha and Sanyasa. Which among these do you belong to?" Bhagavan replied: "I am beyond these four stages. It is referred to as the state of Turiya."

 The main hurdle for Self Realization is the 'i' thought. This 'i' thought gets identified with the Non Self. You initially get the 'i' thought after which arises the thought of 'mine'. Both of them are thoughts only. The Self is thoughtless. Its nature is Existence. It considers itself to be neither good nor bad. It is the ego which considers itself to be either good or bad which leads to bondage. One who gets completely released from these thoughts of 'i' and 'mine' experience the Supreme Peace. It is only referred to as liberation. Even if the body dies, he is not worried about it because He already got released from the body.

 If you get headache, it indicates that there is something wrong within. Similarly if your mind becomes sorrowful, it indicates that there is some weakness within the mind. If you are completely healthy, you are not

reminded of any organ within the body. Similarly if you are experiencing the Supreme Peace and Bliss, you will not be reminded of either the world or body or mind.

- 🌸 Even if you are told that you will attain something after death, don't believe it. The mind and speech should synchronize. If the mind and speech are not soft and don't subside, you will not attain Self Realization how much ever effort you may put in.
- 🌸 Some people perform their work without any pomp and show due to their past meritorious deeds. One cannot view any pompousness either in their face or deed. A person with purity carries on his work peacefully. He never desires any recognition from others. It is because there are no others for the Self. Others exist only for the ego. Self never craves for recognition whereas it is the ego which craves for the same.
- 🌸 It is the 'i' thought which brings us limitations and sorrow. Its food supply has to be cut down. Victory-defeat, gain-loss has to be accepted with equanimity. This equanimity will reduce the food supply to the ego. When the food supply to the ego gets reduced, it gradually falls back into its source from where it originated.
- 🌸 Perform those deeds that are dear to God. It is because the body bound 'i' doesn't get withdrawn unless God gets endeared. The Lord said in the Gita: "Perform the tasks that are dear to Me and thereby become subject to My Grace. You will then attain Self Realization."

- 🌸 Everyone performs the task that begets either merit or sin. None of them perform the work that brings them God's Grace. You falsely presume that you are currently working to attain God's Grace. But how can God get deceived? Victory or defeat is not dependent upon the tasks that you perform. They are dependent upon the deeds done in the past births (destiny) which are invisible to the eyes.
- 🌸 God is invisible to your eyes. Don't presume that God doesn't exist as He is invisible to your eyes. The cause for good luck and bad luck is beyond the perception of your mind. God alone exists in the form of good luck as well as bad luck. You are unable to acknowledge the same.
- 🌸 You perform some tasks willingly whereas some other tasks to create hurdles for those whom you dislike. Suppose the Mother in law dislikes the daughter in law, she will create hurdles even if the daughter in law intends to do any good deed. Thus no one desires to attain God. They are devotees who work in order to attain God's Grace.
- 🌸 There is a Truth within your heart. It is only Self Knowledge, Supreme Bliss and all in all. Without attaining that Truth in the Heart, if you declare that you have done something or the other, all of them become equivalent to zeroes without having a prefix of the digit one (ie they become totally insignificant).
- 🌸 Don't depend upon others for the maintenance of your house. Perform your duty and spend the remaining amount of time in seeking the Truth. Time is the most valuable thing. One can purchase anything in the market with the aid of money but not the time. Suppose you are 50

years old currently and you would like to get back to 30 years of age, it is not possible. The time passed off cannot return back. Suppose the final moments have drawn near and you would like to have an additional hour at your disposal in order to contemplate upon Lord Narayana, the same will not be granted.

- ❁ Nothing can be done after the body's death. You will reach heaven on doing meritorious deeds or reach the hell on performing sinful deeds. After experiencing the good or bad in those worlds accordingly, you will have to return back to the earth and perform the spiritual practices. You must attain Self Realization even before the body expires.
- ❁ As you identify yourselves with the body, you must get the same extent of identification with the Self within, when the body is very much alive. Though the Self is very much proximate, it is imperceptible as you presume the Non Self to be Self and vice-versa. The spiritual practices must be continued. One must wait till the Self's Grace is attained. The effect of effort from your end is meager whereas the effect of Grace from Self is abundant.
- ❁ The Self exists within. It will bestow its Grace. Don't be in haste. Don't change your path hastily. Have faith in the path that you tread in and traverse in it with stability. God examines whether you have surrendered your mind or not. Though the Jiva may frisk about hither thither, the entire power belongs to God. The Jiva is powerless.
- ❁ You cannot attain Self without it's Grace. Don't imitate others. Perform the spiritual practices sincerely. Don't lead a life filled with pomp and

show. It will only make you indebted to others. As you keep performing the spiritual practices, attaining God's Grace that exists within you and God revealing Himself to you happen simultaneously.

 Sun exists in the sky. Oh! Mad one, even if you refuse to look into the sky, the sun won't cease to exist. Similarly there is a sun of Knowledge within you. If you refuse to look within, will He cease to exist?

 Self Knowledge as well Grace exist within. Suppose you are afflicted with any hardship, God sends it only to prepare your mind and bestow it with maturity; Not that He doesn't like you.

 God is an embodiment of Compassion, Love and Grace. The Power belongs to God. Hence He determines the epoch (for Self Realization). Don't get anxious. Don't give up the spiritual practices. He will be revealed when you are very much alive. When you taste the Bliss pertaining to Self, your mind starts getting introverted which ensues in reduction of sensory object related contemplation as well as the body, world and scriptures related tendencies. Therefore don't get anxious. Wait for a while. You will certainly attain Self Realization. Let not your faith waiver. Don't swerve from the path that you are treading in. Traverse slowly. Don't miss your goal. If you traverse hastily and thereby forget the goal, how will it serve the purpose? Suppose you wanted to travel to Madras but have hastily boarded the Calcutta train, what is the use of such hastiness?

 A devotee asked Bhagavan Ramana: "My Mind is wavering. It doesn't stop." Bhagavan replied: "Your mind is wavering. You are trying to stop

it but it doesn't stop. I am asking my mind to move but it doesn't move." The mind gets disturbed only when there is a visual. Their mind gets disturbed who contemplate upon sensory objects. If there is no contemplation upon sensory objects, the mind will not get disturbed. Even if the mind gets disturbed, don't become anxious. Watch out the cause for such disturbance and try to get rid of the same. Your effort gets converted into God's Grace, which annihilates the cause of your disturbance. When God's Grace starts working upon you, all the tendencies get annihilated one after the other. Then the Self gets revealed. You cannot get rid of the tendencies with the aid of your effort alone. The Power and Grace of the Self is needed to annihilate the tendencies. When you go to your Mother she may give you clothes and money out of Love. When your Mother loves you so much, don't you think that you should also love her in return? You may not return her in the same lines for all that she has given but you must at least have the gratitude for her generosity. Similarly the indwelling Lord is trying to annihilate your ignorance. Don't you think that you should co-operate with Him in all such efforts? God Loves the Jiva much more than its Mother. God always tries to unite within Him. It is enough if you co-operate with Him without creating any hurdles. You will then attain Self Realization.

 Only their ego gets annihilated who honour the will of God. Socrates was poisoned. Gandhiji was shot dead. Jesus was crucified. It was because the society could not tolerate their goodness. You cannot tolerate them who are comparatively better than you in terms of goodness. You may not be able to help each and everyone. But why do you display poverty in desiring everyone's welfare?

- ❁ Dont get anxious if you have not yet attained that (Self Realization) which you ought to attain. If you become anxious, it indicates the flaw within your mind. Perform the work in hand attentively. God decides when, where and how to bestow you with Self Realization. You need not remind the Lord about His task. Forgetfulness and remembrance are the tendencies pertaining to Jiva. God is beyond both the forgetfulness as well as remembrance.
- ❁ Whatever you possess ie whether it is education or wealth or honour, share it with others. By doing so you will become subject to God's Grace. They will aid you in attaining Self Realization.
- ❁ If you have firm faith in the Existence of God, Surrender unto Him. If you can make His will as your will, His resolve as your resolve, you will cease to exist and He alone will prevail ie the Jiva vanishes and the Lord alone exists. If you doubt the Existence of God ie whether He exists or not, try to reach the source of the 'i' thought. It will then get annihilated and beget Self Realization.
- ❁ Whatever may be the path you tread in, you must transcend body consciousness. Suppose you are getting disturbed, you must find out its root cause and try to resolve it. Without making effort in that direction, any amount of prayer that you do will only bring you peace which is very transient. All this is equivalent to maintenance dose only. You cannot attain permanent peace through it.

- ❁ Many people came to Bhagavan and narrated that they took Holy dip in a particular river or made a particular pilgrimage or performed Japa or meditation or sacrifice etc., Bhagavan merely listened to them but never got attracted by them. Why is it so? It is because Bhagavan has become the Self. It doesn't imply that Bhagavan is restricting you in doing them. Make effort. Make effort until you realize that nothing can be attained through effort. Perform pilgrimages. Perform pilgrimages until you realize that there is nothing worthwhile seeing. Whatever has to be attained exists here and now within your Heart. If you attain it before the body turns into corpse, all your journeys (pertaining to birth and death) will cease. If not, the journeys become inevitable. Attain the Truth within your Heart here and now when the body is very much alive. Then you need not enter this abode of sorrow (body) again.

- ❁ Once you enter the physical body, sorrow becomes inevitable. It is because whatever thought you get is based upon the thought called 'I am the body'. Any thought that originates from 'I am the body' thought begets sorrow.

- ❁ Anyone devoid of body consciousness is not bound even if he gets any thought. It is equivalent to a line drawn in water (ie temporary).

- ❁ Until the liberation is attained, you cannot experience the independent peace and bliss.

- ❁ Make the best utilization of every minute at your disposal. Even if you are ready to spend a crore, you cannot buy back yesterday.

- 🌸 Both the good luck as well as bad luck pop in before the body expires. It is God who represents the both. Why is God sending them? It is not because He hates you. God is creating such situations so that you will learn lessons from them and thereby develop equanimity and undisturbed mind.

- 🌸 Some people experience sorrow both at Mother's house as well as at in law's house. Where ever they see, it is all sorrow for them, yet they are always peaceful. God bestows such people with the Kingdom of Heaven. As you sprinkle water over your head, the Lord pours down the ganges of Knowledge over their head. Even in the midst of so many hardships, sorrows, tussles and disturbances, when they swim in the ocean of Peace, they need not ask for liberation exclusively, God Himself approaches them and bestows them with the Supreme Knowledge. Suppose anyone asks them: "You are facing hardships from all the directions. Isn't it?" They would then reply back: "Aren't these hardships helping me in not giving up the feet of God?" Such people will be ready to face any kind of hardship.

- 🌸 Some people get a big result out of a small deed whereas some other people get a small result out of a big deed. It is all by the will of God and one should accept God's will unconditionally as His Grace.