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 The meritorious deeds done in the past lives result as happiness whereas the sinful deeds done in the past lives result as sorrow in the present birth. Take the Lord's words alone as the authority. Abiding by the words of God will beget merit whereas non abidance will beget sorrow. If you consider Lord's words to be authentic and lead your life accordingly your mind will get annihilated. You must never divert from the path of righteousness. You may presume that you can attain Self Realization on attending some training. It is not possible. Without practicing righteousness, any amount of exercises performed will only beget physical health but will not ensue in the annihilation of mind. Remember that it will not result in liberation. While practicing righteousness, you may temporarily feel that you are losing out something but you don't lose anything. In fact it will result in happiness. God will fulfill all your necessities and not only that; He will also bestow you with liberation in the end.

 You are similar to politicians in having short-sightedness. It is enough if any of your desires get fulfilled. You get contented by that. The politicians focus upon winning the elections. A true politician cum patriot should never delude the people but explain them the ground realities in an understandable manner. A true politician focuses on the advancement of the nation but not on how to win his election. Similarly the devotees also should have a plan. They should lead a planned life while practicing righteousness. It is necessary to possess patience, perseverance and trust in the righteousness. Whatever may be one's religion; if they lead their life against the path of righteousness, they can never attain Self Realization.

- 🌸 Synchronize the paths of Karma, Bhakti and dhyana and bring the indweller within your Heart into your experience. This requires the mind to be steady and peaceful. Don't get anxious if you get disturbed. The disturbance will be lost once you find out the reason for the same. Holy Company begets effulgence and increases the spiritual strength. It enhances the concentration of mind, brings in courage, increases devotion and gives the strength to stand on your own feet.
- 🌸 God is not concerned with your speech. He is concerned with the intention behind the same. Your mental advancement is dependent upon it. Therefore always try to get good thoughts.
- 🌸 Mind is a collection of several thoughts. The origin of all these thoughts is the 'i' thought. This 'i' thought always identifies itself with the body. It is the body which supplies food to this 'i' thought. The body has to be separated from the 'i' thought. If you practice the same, the food supply to the 'i' thought ceases that leads to the annihilation of the 'i' thought.
- 🌸 There is a lot of diversity in this world ie the people, their colour, their situations are all different. The elders have prescribed you to view oneness in that diversity. But how is it possible? All of us are same at Heart. We are one and the same (Brahman). Diversity exists only in the world. The Supreme Consciousness, the driving force within the Heart of everyone, exists as one and the same. Unity in diversity implies looking at that Supreme Consciousness within everyone. This outlook pertaining to Supreme Consciousness must not be given up under any circumstance. One and only One exists and that is Supreme

Consciousness. It is the very basis of this creation. It is the Supreme Consciousness which is visible as the Jiva, world as well as God. Rebirth becomes inevitable and you cannot get rid of the ego until you bring the Supreme Consciousness into your experience.

 Some people perform good deeds. When they are praised for their good deeds, they state: 'What did we do? It is God who has done it.' However in the heart of their hearts, they feel that they are the doer. Whatever their mouth utters is not within their experience. If whatever they utter is within their experience, the sense of separateness will be lost.

 God has bestowed you with the body, senses and intellect so that you will experience the fruit of your past deeds. Being unaware of it, you presume them to be great and get delighted by them.

 The only investment required for Self Realization is pure & steady mind as well as pure intellect. When is God's Grace descended upon you? It is only when there is sincerity in your word and deed. God's Grace bestows you with everything including liberation.

 Jatayu obstructed the path of Ravana when Ravana kidnapped Sita. Then Ravana cut the wings of Jatayu. Later Rama and Lakshmana reached the place of Jatayu. After giving the whereabouts of Sita to Rama, Jatayu died. Ravana and Jatayu did not have any personal rivalry. However Jatayu lost his life for a good cause. Rama said: 'The pain of Jatayu's death is much greater than the pain of being separated from Sita. Oh! Jatayu you have lost your life for my sake.' Saying thus, Rama

lightened the funeral pyre of Jatayu. Jatayu's funeral was thus performed by the Supreme Lord Himself. Rama then said: 'Oh! Jatayu, attain the higher worlds that are acquired by, those who perform the yagna, charity and penance, the foremost among the good as well as the Maharishis.'" Such is the Grace of God. God's will is Supreme. His utterances are bound to happen. Jatayu did not perform any penance. By sending Jatayu to the higher worlds as attained by those who perform yagna, charity and penance, Lord Rama has indicated the glory of yagna, charity and penance.

 Rama is ideal for us in the practice of righteousness. After the death of Ravana, Vibheeshana refused to perform the ceremonial rites. Look at the glory of Rama. Rama then said: 'Irrespective of what kind of a person Ravana is, we must perform our duty.' Saying thus, Rama made Vibheeshana perform the ceremonial rites.

 There is a question: "If God is the doer and everything happens as per His will, why should I get sorrow?" Though you may utter with your mouth that 'God is the doer', internally you feel that you are the doer. You cannot deceive God. If you have it in experience that whatever is happening is as per God's will, you will not get sorrow. But you consider yourselves to be the doer. This doer-ship is bringing you sorrow. Sorrow exists in the form of doer-ship. Bhagavan said: "You ask about the reason for your sorrow. It is good in asking so. But you need God only when inflicted with sorrow. When you are happy, you boast about your achievements and presume yourselves to be great. You never realize that you are happy only due to God's Grace. It is due to the defect within your thinking faculty. You state with the mouth that God is the

doer but in the heart of your hearts consider yourselves to be the doer. You are able to understand these double standards. Isn't it? Not merely faith but if you have it in your experience that God is the cause for everything, the sorrow can touch neither your body nor your life nor your surroundings. You will then reach the sorrow less state."

-  You have more faith in the Narayana residing in the temple than the indwelling Narayana within the Heart. You adore the Lord in the temple with the aid of the 'i' thought. Such Lord is also false similar to the 'i' thought.

-  Once you awaken from the deep sleep, the 'i' thought emerges and binds the body. Once the body arises, you get into the forest of merit-sin, god etc., Until and unless the 'i' thought which is the root cause of the other thoughts subsides, the other thoughts will not subside. The root cause has to be annihilated along with its root. Only then the other thoughts get subsided. You don't have the world in your deep sleep. The world arises only after the emergence of the mind. When you see the world, you see only that which exists within your mind. You cannot see that which doesn't exist within your mind. Therefore the world cannot vanish without the annihilation of the mind. Brahman alone exists. It comes into experience only after the body consciousness and likes-dislikes get annihilated. As long as you possess likes-dislikes, body consciousness, lust-anger, you feel the separateness from the Supreme Consciousness. As long as the hurdles for Self Realization exist, the sense of separateness cannot be lost ie you cannot realize the Brahman to be non dual ie the ever-existent one and only one.

 The Upainshads state: 'You will become lusterless if you don't have the Holy Company.' The preceptor-disciple relationship should be in such a manner that the preceptor should love the disciple and the disciple should have devotion towards the preceptor. While preaching the disciple, the preceptor should come down to the level of the disciple. The Guru should desire making the disciple equivalent to him. Their Love should be unconditional. Both of them should remain as one. This should sustain till their last breath.

 Leave aside the self enquiries, meditations and the spiritual practices. If you practice whatever God has prescribed and refrain from doing what God has forbidden, you need not try to get rid of body consciousness. It will be lost on its own. Then you need not get into the market in search of happiness but the Peace, Happiness and Bliss themselves will embrace you. Without depending upon the Self, if you depend upon the external sensory objects for the sake of your happiness, all such happiness will get converted into sorrow in return.

 Your speech, thought and deed are not one and the same. You are not cohesive (tending to unite) with yourself. You have been separated from God. The reason for this being the likes-dislikes, self-centered thinking and utmost greed. Though you exist within God, you have the feeling of being separated from Him. It is only doer-ship, the root cause of your sorrow.

- 🌸 Why do you want to reform someone or the other? Get rid of the separateness from God and attain Him. Leaving aside this, why do you want to reform someone else? First reform yourselves.
- 🌸 The happiness experienced at the time of passing the examination should exist even at the time of preparation for that exam. If you cook a delicious curry, the enjoyment experienced at the time of eating the curry should exist even at the time of its preparation. If the work being done brings in pleasure, it will yield some or the other result. Then it doesn't matter whether the result is favorable or not. This equipoise will beget peaceful mind, enhance the mental progress and mental strength and bestow you with self confidence.
- 🌸 Your entire focus is on the fruit of your action. Therefore you become useless both to this world as well as to the higher worlds. Even if you are helping anyone, it should be done in a manner as if you are helping yourselves.
- 🌸 One and Only one Brahman exists. Whatever you do, do it as an offering to God. You state: 'I am doing this work.' Reduce the usage of that 'I'. This 'I' mingles with the body, senses and sensory objects and ruins itself. It is not the pure one. It is a monkey. How does the monkey behave after drinking wine? Suppose it is bitten by a scorpion additionally, can you imagine its behaviour? Your mind resembles that monkey. Even if you do good to others egoistically, it will neither benefit them nor bring about your spiritual progress. You will get ruined internally.

🌸 If there is money here (being not donated to anyone) then no one will derive pleasure out of it. Suppose you donate it to someone then the donee considers the money to be his own. This ownership brings him happiness. 'i' is a thought and it gets another thought called 'mine'. Though both of them are false, you derive pleasure out of them. If this can beget pleasure, imagine the Bliss contained in the true 'I'. If the false can beget such an amount of pleasure, imagine the glory contained in the Truth. Suppose a person enacts the role of a king in a cinema, he will derive pleasure out of it. Can you imagine his happiness if he becomes a king in the real life?

🌸 A devotee asked Bhagavan Ramana: "Please tell me a device by which I can get rid of my sorrow?" Bhagavan replied: "Until you attain that which is completely devoid of sorrow(Brahman), experiencing sorrow becomes inevitable." You cannot get rid of sorrow on the death of the body. Upon the death of the body, all the tendencies and habits get transferred to the next birth. You may get either good thoughts or bad thoughts but you will forget them. However the tendencies generated by them cannot be dispensed with. They will accompany you to the next birth and you become answerable to them on one day or the other.

🌸 Don't imitate others or compare yourselves with others. When you want to get a shirt stitched, you give your shirt and not anyone else's shirt as sample specimen. Similarly one should tread their own path and should not compare themselves with others. By doing so, they will incur a great loss. They will get disturbed and become sorrowful. The spiritual practices must beget happiness but should not make you

sorrowful. How long can you continue with the spiritual practices while being sorrowful?

-  Have more focus upon spiritual practices without expecting any result. Continue doing the work. It may or may not yield any fruit. The work alone should give you the strength as well as happiness. Mere effort will not suffice; You should also pray God to get rid of the tendencies that form a hurdle to attain Him.
-  You don't have a God centered life. Your thought process is always body centered. Your every thought and deed must please God. Everything will be attained if God bestows His Grace. Every family has some or the other trivial issue. While giving importance to such trivial issues, you always contemplate upon them and forget your ultimate goal. You don't make an attempt to attain the Truth within.
-  If you are criticized by anyone, don't get disturbed. Try to enquire who that critic is and what kind of a person he is. Then the entire disturbance will subside and the mind's wavering will get reduced.
-  If you touch the dirt, you make use of a soap to cleanse the hand. But if the mind gets polluted, what kind of effort are you trying to make in order to cleanse the same? Holy company, Meditation and worship have been prescribed only for cleansing the mind. If your life is body centered, it will increase your mental pollution. But if you make your life God centered and abide by His words, your mental pollution will automatically get subsided. The separateness with the God as well as the world is brought about by the mental pollution alone. What effort

are you making to get rid of the same? Without doing this, you are wasting your precious time in resolving trivial issues! The body will die on some day or the other. This corpse will get burnt in a burial ground. After death, neither friends nor relatives will accompany you. Your mind alone accompanies you. This mind contains the tendencies, thoughts and all the dirt. Without annihilating this dirt, how can you attain Self Realization?

🌸 Adi Shankara said: “As the sun shines gloriously then and there when the rain and clouds subside even the sun of Knowledge within the Heart shines gloriously here and now when the body is very much alive if you can get rid of your thoughts, tendencies and desires.”

🌸 Don't presume someone or the other to be the cause of your sorrow. The cause of your sorrow is not external. It is completely internal. You will acknowledge it when the mind becomes pure. Others need not tell you then.

🌸 The difference between a Jnani and Ajnani: The Ajnani identifies himself with the body or mind or intellect whereas the Jnani (Self Realized) identifies Himself with that which is deathless (Brahman). Therefore He finds Peace and Bliss alone everywhere. However the Ajnani (ignorant) finds sorrow and disturbance everywhere. It is because he identifies himself with the Non Self.

🌸 When the body dies, the body related history comes to an end but not the history pertaining to the mind. It will continue to exist till the mind unites with the Brahman. You get disturbed when your clothes become

dirty. Then why don't you become anxious when your mind gets polluted? The torn cloth will be thrown away; the expired body will be burnt out. However the mind will accompany you after death. Won't you make any effort towards the reformation of such mind that accompanies you after death and inspire it to attain Self Realization?

 Bhagavan said: "Until you attain that which is completely devoid of sorrow (Brahman), experiencing sorrow becomes inevitable irrespective of whichever world you may attain after death. You may reach some or the other world that may seem to be good initially. But finally you realize that there is nothing to attain in those worlds. All of them are but illusions of the mind." You reach some world or the other and realize that there is nothing to attain and return back to the earth. Thus you keep polluting your feet and cleansing the same. If your entire life is spent in rectifying your mistakes, when will you reach the cave of Heart? The Lord said: "I reside as indweller within everyone and make them enact their roles as per their body's destiny." You must earn introversion of mind and reach the Heart. Self Realization is not possible to a person devoid of introversion.

 You are aware of the ego's existence in the waking state. What happens to it in the deep sleep? Where does it disappear? How can that be true which exists in one state of mind and disappears in another state of mind?

 Bhagavan said: "The body, world, honour, power etc are all but bubbles. You can't say when they will get blown out. Are you dependent upon these bubbles for the sake of your happiness? This

body seems to be fine today but it is uncertain how it is going to be tomorrow. It may get blown out. The body, honour and wealth are as transient as the bubble in an ocean. Are you dependent upon those things which seem to be green today and that wither away tomorrow? The happiness dependent upon external things is equivalent to bubbles. It is transient. Either the bubbles vanish away when you are alive or the bubble called body expires even if those transient bubbles continue to exist. How long will you depend upon them for the sake of your happiness? Peace, Happiness and the deathless Truth exist within your Heart. Try to find out the same. This is the very purpose of your advent into this world. Without trying this, you forget the spiritual practices by getting involved in some trivial issue and thereby get disturbed. Don't get involved in trivial issues. If you give up your body without attaining Self Realization, all your achievements are equivalent to a dream. When you are not blissful and peaceful, how can you bestow peace and bliss upon your fellow beings? The only mistake being committed is that you all don't try to reform yourselves but try to reform others. It is a kind of delusion. Whom can you reform with your ego? How can you serve the world when you are 100% selfish?

 No selfish person can serve the world. Even if he seems to serve, he utilizes them for the sake of his selfishness. There is a story where ten people were going together in a forest. Suddenly a tiger started chasing them. One amongst them was very selfish. He said: "Don't worry. I will first lie down on the ground. All of you can lie upon me." His intention was that the tiger will first eat the people on top and he can escape the tiger accordingly. This is an instance of your selfish intellect. Sri

Ramakrishna said: “You cannot refrain from being polluted if you befriend worldly people.”

 Lord Krishna and Kuchela were classmates and studied together. According to his body's destiny, Kuchela experienced acute poverty. Kuchela's wife told Kuchela: “Both you and Lord Krishna, the consort of Goddess Lakshmi, have been classmates. Lord Krishna is the husband of goddess of wealth; infact He is wealth itself. Therefore we need not experience such an acute poverty.” Thus she suggested Kuchela to meet Lord Krishna in order to get rid of their poverty. In spite of experiencing such acute poverty, Kuchela never prayed Lord Krishna to get rid of His poverty. Such was the glory of Kuchela. Being forced by his wife, Kuchela consented to visit Lord Krishna but his intention was not to earn wealth but to have a glance of Lord Krishna. The elders prescribe that when you visit the Mahatmas, you should not go to them empty handed. You should take either a flower or fruit as an offering. Therefore Kuchela's wife sent parched rice as an offering to Lord Krishna. However when Kuchela reached Lord Krishna, he neither asked for wealth nor offered the parched rice out of hesitation. Lord Krishna observed this. Therefore He Himself took the parched rice and ate the same. The parched rice reaching the mouth of Lord Krishna and Kuchela turning out to be a wealthy man happened simultaneously. Such is the glory of Lord Krishna.

 Bhagavan said: “You possess the ‘i’ thought which is non-existent in deep sleep. However when you wake up, the ‘i’ thought binds itself with the body. After the arising of the ‘i’ thought, you get the thought called ‘mine’. Later emerge the world, god, happiness-sorrow and

merit-sin. Get rid of the 'i', the source of everything. Only then everything else will subside. If you keep enquiring who the 'i' thought is, it will get subsided. Once it gets subsided, all the tussles pertaining to it also get subsided. The death-birth, happiness-sorrow, gain-loss are all pertaining to mind. The Lord has said: 'You are not the mind.' The Lord would have said thus: 'There are innumerable tussles in the world. All of them are pertaining to the mind' and stopped there. However He has been supremely gracious in stating that you are not that mind. How can one clear the debt of the Lord? God alone exists. Then why is He visible as dual? God is not the reason for it. It is only due to the likes-dislikes and the sense of separateness and selfishness within you. Whatever may be your outlook; God is non dual and exists as one and only one. If you hate anyone, it is equivalent to hating yourselves. If you love anyone, it is equivalent to loving yourselves. If you help anyone, it is equivalent to helping yourselves. You are unable to understand this. Whatever exists is one and only one and that is Brahman and you should get it into experience."