



Ramana Bhaskara



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- 🌸 These sermons represent Jnana Yagnas. The Lord said in the Gita: 'Don't give up Yagna(sacrifice), Daana (charity) and Tapas (penance) till your last breath. Though you have secured Self Realization and don't need those three, practice Yagna(sacrifice), Daana (charity) and Tapas (penance) atleast for the sake of others'.
- 🌸 God is one and only one. He only decides when to assume a body. Names and forms are different but the Self is one and only one.
- 🌸 Though science has made a tremendous progress, you are not happy because you don't have reverence towards practicing dharma and seeking the Truth. You don't have the awareness of the abode of Peace. Everyone wants to be happy but don't know how to be happy. You don't have devotion. Going to the temple alone doesn't infer that you are all devotees. The craving for God Realization should emerge from the Heart. It cannot emerge from something outside. It cannot be purchased in a market. Your riches and honour cannot bring in God Realization. That glory should emerge from Heart.
- 🌸 Guru Nanak said: 'An ant possessing love and devotion for God is much better than those possessing vast wealth or enormous scholarship or ample authority or abundant popularity'.
- 🌸 Your ancestors did not have the wealth and comforts that you currently have. But comparatively they were more happy and peaceful. There is only one reason for it: Your Ego and Attachment (I and Mine) have increased a lot when compared to that of your ancestors. It is due to this reason that inspite of possessing huge riches and comforts you are being distanced from peace and happiness. You don't have the self control that your ancestors possessed. Only this visible world seems to

be true to you. You are not able to go deeper than this and think accordingly. This is the cause of your mental disturbance.

- ❖ The honours and glowing things (attractive things) pertaining to world are all equivalent to a dream. Blessed indeed are those who have grasped this Truth.
- ❖ Though you may possess riches, honour and intellect, you don't own them. They have been bestowed by God. As your body belongs to you, similarly the world also belongs to God. As you think: 'This is my body', even the Lord thinks: 'This is my world'. Therefore utilize all the God given opportunities for the sake of God's body ie the world.
- ❖ If you depend upon others for the sake of body's sustenance, it will lead towards slavery. In spite of possessing a vast wealth, if you depend upon others for every small thing, you will experience the hell verily in this body. Contrarily in spite of not being rich, if your life is not dependent upon others, you can experience the heaven verily on this earth. If you make your own living (without depending on others) and become beneficial to the society in some form or the other, you will then become subject to God's Grace.
- ❖ Don't excessively meddle with the affairs of the world. Take the words of God to be authoritative. Have complete faith in God. Your faith alone takes you ashore and releases you from the vicious circle of birth and death.
- ❖ There is nothing in the Gita that the Lord has left unmentioned. If you keep reading the Gita, you will find solutions for the problems in your life.

- ❖ Even the mind is an instrument. It is an internal instrument. Yagna Karmas purify it. The body can be cleansed with soap. Similarly the internal instrument called mind can be cleansed with prayer, surrender and Yagna Karmas. You caress your body to a great extent ie take medicine when it falls sick. Similarly if you take care of any other's body, it represents Yagna Karma. But if you get the feeling of having reformed someone, your Rajas will increase and lead towards your downfall. A person cannot become Madhava merely by shutting his mouth ie maintaining external silence. Mental Silence, Yagna Karmas, discrimination and dispassion convert a person into Madhava.
- ❖ Perform the task in hand naturally and normally. Don't do it artificially. Stop contemplating upon the past.
- ❖ There will be many incidents happening in this world which you may not like. Don't get frightened by them. These incidents may become a stepping stone for your progress in future. What is good for you and what really benefits you, the indwelling Narayana knows it better. He is all powerful.
- ❖ Don't have any expectation from your work. Work doesn't bring in tiredness. It is the expectation of result that brings in tiredness.
- ❖ God alone is independent in this world. No Jiva (individual soul) is independent. Where ever He asks you to sit, you will have to sit.
- ❖ The happiness is being sought in the market. Though you may seek thus for innumerable births, you cannot find happiness. It is because happiness cannot be found externally. It is within the Heart. If the mind is introverted, it can then be experienced. Whatever has to be attained is within the Heart. Nothing exists externally. You feel that there is


something achievable outside. It is only an illusion. It is only referred to as Maya. In order to transcend this Maya, Adi Shankara prescribes you to adore Lord Mukunda. Adi Shankara said: 'One who releases you from ignorance and bondage, He is only referred to as Mukunda. Take refuge in Him'.


- ❖ If you ask God of something, you are granted only that. But if you ask nothing of God, God grants that which is good for you.
- ❖ The Scriptures state: 'Those who lack gratitude towards Guru and God cannot secure Jnana inspite of performing innumerable spiritual practices.'
- ❖ Some people are so fond of devotion that they even reject liberation. You take care of your daughter very devotedly; ensure that she gets the best education; purchase gold for her and very selectively arrange for her marriage with due caution. Does your daughter ask you for all these? No. It is all the fuss created by you. Finally you start crying while sending her to the in-law's place after marriage. Your daughter is merely moving from one place to another. That is all. Referring to this context, Sri Kanchi Paramacharya said: 'Irrespective of the form adored or the name chanted, you may experience some pain when you get merged in the Ultimate Reality after having got released from your name and form.' Therefore some people state: 'We don't need liberation; we are contented with devotion'. Though they secure liberation, they still have such a feeling. That which bestows you with liberation is devotion. Hence habituate devotion.
- ❖ The Lord said in the Gita: 'Though some people possess a lot of anger, they reduce it for My sake; though some people possess lot of riches,


they spend it for My sake; though some people are very intelligent, they utilize it for My sake. Such people attain Me (Supreme Self).'


- 🌸 You need not perform very great tasks. If little tasks are done elegantly, modestly and egolessly, then you need not seek the Self; rather the Self only bestows you with the Self Realization.
- 🌸 God is never concerned with the dualities like high-low, merit-sin, good-bad, virtue-vice etc., It is you who is concerned with them. Unless you get released from these dualities, you cannot get merged with Brahman.
- 🌸 The names, forms and ideals differ from person to person. Still all of them are equal from a Jnanis perspective. How is it possible? Equality is the very nature of Jnani. Though the names, forms and attributes are different but the one who is the basis of everyone and the one who dwells in everyone's heart as the indweller is one and only one (Self). Those who are able to view Him (Self) have the true sight. Such a sight is possessed by a Jnani naturally. Though the names, forms and attributes differ from a person to person, a Jnani is aware that these differences are all external and are not true. You may refer to a person as a good man. Goodness is an attribute. Today's good man may become tomorrow's bad man and vice-versa ie today's bad man may become tomorrow's good man. Therefore all these are very insignificant issues from a Jnani's perspective.
- 🌸 Whether the Jnani closes His eyes or opens them, He sees only the Brahman. There is a song on Bhagavan which states: 'When Bhagavan closes His eyes, He views Himself whereas when He opens His eyes He shows us that which exists within Him'. One sight and one word of a Jnani is enough. It comes from the depths of the Heart. A Jnani speaks

without any expectation. His words are not based on the world. You cannot understand a Jnani's words. Your mind cannot grasp them. Only a Jnani can understand another Jnani. An Ajnani (ignorant) cannot understand a Jnani.

 Buddha never spoke about God. He always tried to send us into the cave of Heart without the interference of any mediators. When asked whether God exists or not, Buddha maintained Silence. Gautama Buddha was not an atheist. He accepted the life after death. He is an atheist who believes thus: 'You can earn, eat and enjoy. There is no life after death. The body alone is true. When the body's journey comes to end, the life also comes to an end'. But Buddha never said that the journey of life gets ended in the burial ground. He accepted the concept of re-birth. Not knowing about Buddha, He is often referred to as an atheist. It is due to the flaw in our understanding.

 While mentioning about Nirvana, Buddha said: 'The physical body dies on one day or the other. At the time of death, one who gets drenched in 100% Happiness and 100% Bliss will not have any more re-birth.'

 Buddha never quoted from the Vedas. He said: 'I tell you only that which is known to Me.' But He never quoted Himself to be all knowing.

 Wealth and scholarship cannot bring in self control. Self control is dependent upon the pattern of life, the extent of surrender and perception about society and not upon any external wealth. Don't convert your mind into your enemy. Make your own effort to reform your mind. Don't wait for someone's help but if anyone wants to extend their help, accept it. When your mind becomes your friend and is within your control, even if the entire society turns out to be your enemies, your Peace and Bliss will remain unperturbed. But if your

mind is not within your control, even if the household members or the society would like to extend their help, they cannot do so. Your happiness is based on you and not on someone else.

- 🌸 Your life may comprise several ups and downs. But they are all insignificant. Don't ruin your mind based on them. Whether chased by good luck or bad luck, it is all equivalent to a dream. Therefore don't waste your time here. Without forgetting the goal of life, carry on your work and make effort to secure liberation.
- 🌸 If you are idle, don't think: 'I am idle. I am idle.' But meditate upon God's form, chant His name, listen to His words, contemplate upon them, put them into practice and bring them into experience. You will then understand here and now verily in this body what Bliss is and that there is no other happiness equivalent to this Bliss either in this world or in any other worlds.
- 🌸 Don't consider yourselves to be either good or bad. Constantly remember the goal to be achieved. If the mind is introverted towards the Heart, the good-bad, the birth-death and this nature seem to be essence less.
- 🌸 The Lord said in the Gita: 'I exist in the Heart of everyone'. But without seeking Him within the Heart, you are seeking Him in the nature. A devotee asked Bhagavan: 'We are being told that God exists within our Heart. If it is so, why can't we experience Him?' Bhagavan replied: 'First try to overcome your habits, mind wavering and wrong thinking. You will then understand whether or not God exists within the Heart. You presume selfishness to be supreme good. Without getting rid of selfishness, you are trying to secure the supreme good. This is not possible'.

- ❁ Be clear in your expression. Don't mix ego sense with it. By doing so, you will get polluted as well as pollute others.
- ❁ The Lord mentioned in the Gita: 'Perform the deeds that I admire.' It implies: Any deed done for the sake of society's welfare or from the view point of Universal harmony is accepted by God as His own work. By doing such work, God bestows you not only with the spiritual status but also with Self Realization.
- ❁ The body accompanies you only till the burial ground and not thereafter. Still you develop so many enemies and hostility for its sake! The service and good done to others alone accompany the Jiva after death. If you have done anything that pleases God, even that accompanies you after death. God doesn't need the result of your good deeds. He will return you back the same.
- ❁ Read the Bhagavad Gita and keenly observe whether the mind practices them accordingly or not. Don't develop hatred towards any one. Reduce the likes and dislikes. If the likes and dislikes increase, the mind gets extroverted. If they are reduced, the mind gets introverted. The introverted mind secures Self Realization. Therefore try to introvert the mind.
- ❁ Peace and Bliss originate from the Heart and not from the external world. You are forgetting this fact. If you reform yourself, the Peace and Bliss which none can bestow stream out from the Heart.
- ❁ Perform your task devotedly. Don't work for the sake of others praise. Don't get elated on being praised and don't get dejected on being rebuked. Both the praise as well rebuke is done by the other egos. Those egos are as false as your ego. When the body is very much on

this planet, try to transcend the praise-rebuke, ups-downs and all the other dualities. Only then the Peace, Bliss and Happiness can be experienced.