








Ramana Bhaskara




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- 🌸 Self Knowledge is not the asset of a single person. Everyone is eligible to inherit Peace, Bliss and Knowledge.
- 🌸 Stop presuming: ' I am good' or 'I am bad' or ' I am great' or ' I am insignificant' etc., If you leave the book from your hand, the books falls down due to the gravitational force of the earth. Similarly if you stop presuming, the Truth within the Heart will drag you inside. Then the mind merges in the Spiritual Heart ie it accepts your ignorance and bestows with Self Knowledge.
- 🌸 As you identify yourself with the name and form, you get the weaknesses. But the Self within the Heart is natural, formless and very simple. If your life is as simple as the Self, if that simplicity is reflected in your behavior also, you will become subject to the Grace of the Self.
- 🌸 Though Yagna, Yaga, Japa and Dhyana are being performed in order to attain the Self, you are already that Self. Then why should you earn yourself? Bhagavan has said in this regard: 'There is nothing to be earned here. Whatever is there has to be lost.'
- 🌸 Right now you get identified with the Non Self (that which you are not) ie the body, mind and attributes. By doing so, you are being distanced from the Self. As you get distanced from the Self, only sorrow and disturbance become remnant. Currently whatever is being referred to as 'i' is the false 'i'. It gets identified with the body. It is the first thought and the root cause of sorrow. As long as the wrong 'i' prevails, even the wrong thinking will prevail. When this body bound 'i' gets annihilated, the Self within will be experienced. There is nothing to be earned here.


Whatever is there has to be lost. Spiritual practices (sadhana) do not imply earning the inner Self. Getting rid of the hurdles for Self Realization is the goal of Spiritual practices (sadhana).

-  If you want to become a Yogi or a Rishi, it is not something that can be bought in the market for money. The entire glory exists within the Heart. In order to attain the same, previously our kings had given up their kingdoms too.
-  You identify yourselves with the body. Hence you presume yourselves to be dead when the body dies. Though the body dies, there is a deathless Self within the Heart. Before the body's death, if you get identified with that Self, you will experience that your existence will prevail even after the body's death. You will then attain the deathless state. This is the very goal of your life. Without attaining this state, even if you achieve anything else externally, it is all equivalent to a dream.
-  Ensure that your thought, speech and deed will not supply food to the false 'I'. This is only referred to as spiritual practice (sadhana). If you stop supplying food to the body bound 'I', it will get subsided naturally.
-  There is nothing that you really own. Everything that you have is by Grace of God. Even if you attain anything it is by God's Grace. The food that you eat also doesn't belong to you. It is also God's Grace. Accept it as His Blessing.
-  'I' and mine' are but two thoughts. As they are deep within, you are being subject to disturbance. They alone are the cause of your sorrow.

Don't presume Maya to be somewhere else. It exists in the form of 'I'. The feeling of 'I am separate from God' ie the separateness from God is created by this 'I'. Get released from the same.

 Presuming that there is something special about you is also not true. It is also an illusion of the false 'I'. Try to get rid of it. It is only called as sadhana (spiritual practice).

 You may be well educated but you are not that education. You may possess abundant wealth but you are not that wealth. Thus getting identified with the Non Self, the false 'I' presumes itself to be great. This is not true. Get released from the false 'I'.

 The speech of the Guru is His Grace; the sight of the Guru is His Grace; the Silence of the Guru is His Grace; everything is but Guru's Grace. One cannot imagine Guru's Grace to be so and so. It is beyond the imagination of your mind. In this very second, the Guru can make you the Master of the Kingdom of Heaven (Liberation). While talking and roaming along with you, He will release you from the false 'I' which agonizes you and ensures that the Truth (ie Self) is experienced. Therefore the one who inspires you to perform the spiritual practices and ensures that your goal is reached is Guru alone. There is no separate existence for you apart from the Guru. If you are able to contemplate upon the Guru, it is not due to your intellect. It is only due to Guru's Grace. Remember this very well: Nothing can be done against Guru's Supreme will. Your relatives and friends are not obstructing you in knowing Thyself. It is the false 'I' which is creating the obstacle. Without Guru's Grace you cannot get released from the false 'I'. If you

don't give up the feet of God, all your weaknesses that obstruct in attaining the Immortal state get washed away in the torrent of Guru's Grace. Guru's Grace is most powerful.

- ❖ Whether the circumstances are favourable or not, don't give up the devotion towards the feet of God. Guru Nanak said: 'An ant possessing devotion towards the feet of God is much greater than a millionaire or a higher executive.' What is the essence of such a life which is devoid of devotion? The entire glory lies in devotion. A poet said: 'If you don't chant the Divine names of Shiva, Rama, Krishna etc, what is the difference between your tongue and the snake in an ant hill?'
- ❖ Suppose there is an image on the screen, the screen is not limited to that image alone. It forms the basis of that image as well as exists in a place where the image doesn't exist. It is the same even with the God. God is omnipresent and this Creation is visible as part of Him.
- ❖ Bhagavan said: 'This world is neither good nor bad. It is a training ground.' Some people presume the world to be good whereas some other people presume it to be bad. Some people presume the world to be in a particular manner and some other people presume it to be different. Leave aside all the presumptions pertaining to the world. Then your mind withdraws into the cave of heart which will make you peaceful and blissful. There is a Master to this Universe. He will take care of its tussles. Don't imagine something about this world. Be quiet. Man proposes whereas God disposes. Therefore those who completely and whole-heartedly abide by the will of God, only their mind gets subsided and such people alone attain Self Realization.

- ❁ Bhagavan was never surprised with anything that happened in this world. He only said: 'It was bound to happen and so it happened.'
- ❁ Enhance the inner glory; increase the spiritual practices internally. Remain cool internally and behave like any other ordinary person externally. Having done little sadhana (spiritual practices), if you presume that something has been achieved, you will fall backward (in spiritual practices). If you move one foot forward and four feet backward, how can you ever reach the destination? It is the same in presuming that something has been achieved with your little sadhana. You will lose whatever has been gained till date.
- ❁ The external Guru will try to send you within. He will cut down the root cause of the mind's extroversion. The true Guru exists within. He will drag you inside.
- ❁ As and when the source of the first thought is touched, when the touch and taste pertaining to the source are experienced, an ocean of Bliss floods into the sahasrara (thousand petalled seat in your head). Then the mind and its differentiating faculty get annihilated. You will then very naturally get separated from the Non Self.
- ❁ You need not wait till death in order to enjoy the Bliss pertaining to Self. Stop identifying with the Non Self. The inner Bliss can be experienced here and now.

- ❁ Do not feel: 'I am tired. I am tired'. Lead a pure and natural life. There shouldn't be any pomp and show in your thought, speech and deed. The work must continue but the person should not be visible externally.
- ❁ You need not kill the body. Kill the faculty of separateness. The first thought that gets identified with the body begets the faculty of separateness. Annihilate it. That itself is referred to as sadhana (spiritual practice). Tread the path of your liking for this purpose.
- ❁ A particular name and form can be taken as the basis for your spiritual practice purposes. But the Truth is being restricted to a particular name and form which is most unfortunate. Someone has recently written a letter to me stating: Jesus Christ is God. Does it imply that the body of Jesus is God? Restricting the omnipresent Brahman to a particular name and form is equivalent to insulting the same.
- ❁ Don't get deceived by the external deeds and miracles. The delusion within the mind is the root cause of your attachment for them.
- ❁ Bhagavan stated: 'Traverse in the path that you like. There are several Mahatmas and Maharishis in this world. In whose presence, the mind ceases to wander, gets introverted and tastes atleast some Bliss pertaining to the Nirvana state, accept them as your Guru. It doesn't matter as to which religion and caste He belongs to. Bhagavan never possessed the habit of forcing the people to be in a particular manner. When the creation itself doesn't exist for Bhagavan, why will he enforce the things?

- 🌸 The dharma and adharma can be defined thus: Performing the duty implies dharma and not performing the duty implies adharma.
- 🌸 When a person takes birth, He is bound to be accompanied by sorrow. However rich a person may be, he cannot be completely devoid of sorrow.
- 🌸 A person works either willingly or unwillingly. Keeping aside the likes and dislikes, you do not perform the work merely because God has prescribed the same. If the likes and dislikes are kept aside, you don't get bound by the Karma (past deeds). But you work on the basis of likes and dislikes which beget birth. Once the birth comes, sorrow is bound to come. The likes and dislikes arise due to the false 'i' that identifies itself with the body. Without getting released from the false 'i', you cannot transcend the vicious circle of birth and death.
- 🌸 Don't presume that the ignorance exists somewhere else. It exists in the form of the false 'i'. Nothing can exist without the false 'i'. It is only the first thought. Truth exists in the source of this first thought.
- 🌸 Introvert your mind. One who introverts your mind is only your Guru. Guru's Love is unworldly. It is unconditional ie No reason can be found behind the Guru's Love. Unconditional devotion and unconditional Love will lead towards Self Realization.
- 🌸 The Truth exists within the Heart. It can neither be described in words (with the mouth) nor in writings (with the hand). Does it imply that the Truth doesn't exist? No, it is not so. It is revealed only due to its

Existence. It shines on its own without even a single break in all the three states of the mind ie the waking, dream and deep sleep state. It is neither aware of birth nor of death. It is an ocean of Peace, Bliss and Happiness. If you want to enjoy that Supreme Bliss which is completely unrelated to birth-death, nature and the body, annihilate the hurdle of the false 'i' ie eliminate the false 'i'. Then a torrent of Bliss floods into your sahasrara. Then the person performing sadhana becomes invisible. He gets flooded away in the ocean of Peace.