



Ramana Bhaskara



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🌸 Today is Bhagavan Sri Ramana Maharishi's 126th birthday. If any Mahatma is identified with their body, it implies that they don't exist now. But they are not their body. If they are not their body, they exist forever in all the periods of time (ie past, present and future) and in all the states of mind (waking, dream and deep sleep). That which exists equally and singly in all the periods of time, in all the states of mind and in all the circumstances is called as the Supreme Consciousness or the Supreme Self.

🌸 Our elders and rishis have been preaching us to seek the Self Knowledge. Self is not alien to us. It is our true abode that exists within the Heart. Even God is referred to as the dweller of Heart. The very nature of the Self is Happiness, Peace and Bliss. Existence is its very nature. Until it comes into your experience, the sorrow, disturbance and anxiety are inevitable.

🌸 Some people are always sorrowful inspite of having favourable external circumstances whereas some people are always happy inspite of having unfavourable external circumstances. It implies that the external circumstances are not the root cause of sorrow. If you feel that Peace and Happiness are dependent upon external circumstances, it indicates that basically you know nothing.

🌸 You lack watching which is very important in life. You must keep watching the circumstances of life and the mind. If you keenly observe all that is happening internally as well as externally, then the body, the senses and the mind get conditioned (controlled) automatically.

🌸 God has bestowed you with physical body, senses, mind, various conveniences as well as the Guru. God has also declared: 'I exist as the Supreme Self in the Hearts of everyone'. Therefore make the best

utilization of the things bestowed by God and bring into experience the Supreme Self dwelling within the Heart. Only this should be the goal of your life. If you make the best utilization of the God given opportunities in this birth, though you may not immediately get liberated, you will certainly get a higher birth. Remember this: Your desire doesn't decide the birth. It is your mental state which decides the birth.

 The Lord said in the Gita: 'Perform the work as Yoga. Don't give up the work but give up the doer-ship. Up to a certain extent, offer the result of your actions to the society. It will purify you'. You may offer the Lord a leaf or flower or a fruit or water. Along with these offer the fruit of your actions to the Lord existing in the form of creation.

 Every shipyard has a light house which symbolizes the place where the voyagers can end their journey. Similarly God sends some Truth realized souls onto the earth and makes them your ideal. If you also are able to attain their Supreme state, all the sorrow, disturbance and anxiety can be overcome and the true Bliss experienced. Though your external circumstances are adverse, if you are able to overcome them, you will then be blessed with the true bliss. Comparatively which of the two are great- the external circumstances or the Supreme Self? You may point out a particular person to be the root cause of your sorrow. Who amongst these two are great- that person causing sorrow or the God dwelling within the Heart? Certainly it is God. Having learnt to blame others, you have got habituated to escapism.

 Adi Shankara, Bhagavan Ramana and Sri Ramakrishna represent the light houses of mankind. Don't have the misconception that only they have Self Knowledge and not the others. Some people have Self Knowledge but don't preach others whereas some people not only

have the experience (of Self) but also preach others. Preaching can be done either orally or through Silence. The body of a Jnani is within the control of God.

- 🌸 What is the purpose of this spiritual teaching? The sole purpose of this spiritual teaching is to bestow you all with the state of the teacher. Therefore all of you must listen devotedly, contemplate upon it, meditate upon it and ultimately own this subject. Unless all this is done, Self Realization cannot be secured.
- 🌸 Getting depressed on being sorrowful and getting elated on being happy – if you thus start identifying yourselves with the happiness and sorrow, any amount of spiritual practices cannot take you into the depths of the Heart. Hence forbear the sorrow and restrain the happiness.
- 🌸 What is Sin? Sin refers to all those things that form hurdle in securing God realization and all those which distance us from God.
- 🌸 If you are getting mentally disturbed, try to get that disturbance resolved. Find out the root cause of mental disturbance. Find out whether it is the identification with body or mind that brings in this sorrow? Find out the root cause of mental disturbance and cut it down. On being disturbed, some people loudly chant the bhajans. Once they stop doing the bhajan, the mental disturbance reverts back. This is merely a diversion. This is not the solution. Find out the root cause of the problem and work towards its solution.
- 🌸 The elders prescribed: ‘Compassionate Hearts are the abode of God’. It is good to have compassion but it should not hamper your progress.

Compassion is not your goal. Supreme Consciousness is much greater than Compassion. Don't forget this.

 Ramana Swami took a physical body in the village namely Tiruchulli in the state of Tamil Nadu. Though He did not require a physical body, He took it for the sake of teaching. Brahman has neither name nor form. The nameless and formless one cannot be imagined about. Therefore Brahman is being adored as God identifying it with a particular name and form like Vishnu or Shiva or Kumara Swami. But whatever is secured through that Divine form is Brahman only ie you secure yourself. Bhagavan had death experience at the tender age of 16 only. The body has expired. He felt: 'The 'I' has to die along with the body but the 'I' continues to exist even after the body's death'. Though the body has expired, He experienced that the 'I' continued to exist without being related to the body, mind, senses and the world. Within few seconds, He became victorious over death and secured the Immortal state. Thus He became Ramana rishi. Having attained the Immortal state, how can Ramana be allowed to sit there? Arunchaleswara brought Him to Arunachala for the sake of teaching. Ramana had fatherly attitude towards Lord Arunachala. On His arrival to Arunachala, Ramana said: 'Oh! Father, I have come here not on my own. I came here as per your decree'. He thus completely surrendered Himself to Lord Arunachala. Bhagavan said: 'I have not achieved anything new after coming to Arunachala. Everything has been achieved before arriving to Arunachala.'

 You are praised by some people and rebuked by some other people. Don't think: 'What is all this?' It is God who is doing all this in order to ensure that you will maintain equanimity towards friends as well as foes, to prevent the mind from being extroverted and to measure how

balanced your mind is. If you can understand all this to be a play of God for the sake of your spiritual progress, you will remain quiet and cool.

 As you listen devotedly, try devotedly to put them into practice too.

 I met a High court advocate. He said: 'I study the law related books till 2 O' Clock in the night. Due to this dedication towards the subject (law), I don't contemplate upon sensory objects'. I felt even that lawyer is my Guru. As the lawyer practiced the law without differentiating between day and night, if you also similarly practice the scriptures, then liberation can be secured.

 A person's life is not always the same. There may be several ups and downs. Externally there may be some hardships and internally there may be some mental disturbance (which may be self created). It implies that inspite of having external as well as internal turmoil, if you have equanimity and a stable mind, you will become a Jivan Mukta in this very birth. Jivan Mukta implies that you will enjoy the liberation related Bliss in this very birth.

 Referring to Bhagavan, Bhagavan's brother said: 'You seem to look like a Rishi and a Yogi. Why don't you go somewhere?' Bhagavan felt: 'Where shall I go?' Immediately Bhagavan's intuition said: 'Arunachalam, Arunachalam'. That's all. Bhagavan started for Arunachalam. The day He came to Arunachalm, Bhagavan entered the temple premises and said: 'Oh! Father, I have not come here on my own. I came here as per thy will. Utilize this body according to your wish.'

 There is none in this creation for Bhagavan to hate and there is none in this creation for Bhagavan to Love. The reason being, there are no

others for Bhagavan. He alone exists and no one else. It is the Supreme state.

 In 1907, when Bhagavan stayed in the Virupaksha cave, Ganapati Shastri visited Him for the first time. Ganapati Shastri said: 'I have read all the books that ought to be read, I have done all the required Japa that ought to be done and also I have performed several good deeds. Still I don't understand the essence of Tapas (penance). I am unable to experience the internal Bliss'. Bhagavan then replied: 'Everyone has this thought called 'i'. Brahman exists in the origin of this 'i' thought. Enquire into the source of this 'i' thought. Then the 'i' thought gets withdrawn into its source. As the first thought 'i' reaches its source, it gets annihilated. Then the Brahman is revealed as your very nature'. Thus Bhagavan preached about this 'i' thought to Shastri garu in the year 1907. It was Shastri garu who gave the name Bhagavan Sri Ramana Maharishi. It was Shastri garu who named the Ramana ashram. It was Shastri garu who has written the Ramana Gita and it was again Shastri garu who has spread the glory of Bhagavan in this world. In the year 1936, Shastri garu died in Bengal. Bhagavan received a telegram about Shastri garu's death. Then a devotee asked Bhagavan: 'Did Shastri garu secure liberation?' Bhagavan then replied: 'How is it possible? Unless all the three ie mind, world and God become one, liberation cannot be secured'. As long as the separateness prevails, however great a person may be, liberation cannot be secured.

 Bhagavan gave up His body on 14th April, 1950. Don't think that Bhagavan doesn't exist now. Bhagavan existed even before His body's birth and continues to exist even after His body's death. If He were the body, He doesn't exist now. Even when the body existed, He was not that body. Therefore Bhagavan exists forever.

🌸 You think that you don't exist after the body's death. But what happens to the body in deep sleep? Do you have any relationship either with the body or world or God in the deep sleep? No, you don't have any relationship with them in deep sleep. As you don't have any relationship, did you cease to exist? No, you still do exist. Who is that existing one? Whether you acknowledge it or not, it continues to exist. But until the relationship is established with it, you are chased by the sorrow.

🌸 Dakshinamurthy was completely silent whereas Adi Shankara was always involved in teaching. Adi Shankara said: 'If you devotedly listen to the subject, 90% of the work is done. You are left with 10% only'. Acharya means not only the one who does teaching but also the one who ensures that the teaching is grasped and Ultimate reality is secured. Ramana Maharishi neither reflected Dakshinamurthy completely nor Adi Shankara completely. He adopted the middle path. Most of the time Ramana remained silent. Whenever it seemed necessary, He spoke a word. When there was no necessity to answer any question, He remained silent. Though He remained silent, He never denounced the questioner. While being silent, He ensured that their mind got matured. It is possible to the Acharya alone.

🌸 Don't meddle with the society excessively. Be within your limitations. If you meddle excessively with the society, you will be distanced from the Self.

🌸 Some people state: 'This world is agonizing us. We are being tortured by our relatives.' Your relationship with the world is not correct. Hence the sorrow arises. The world has never asked you to cry but still you are crying. Your relatives have not asked you to cry but still you are crying.

The relationship with the world and relatives is what makes you cry but not the world. If you are tortured by your daughter in law, who has asked you to cry? Are you more foolish than your daughter in law? If someone makes you cry, are you so foolish to cry? Don't you at least possess the intelligence that they have? You may have money, status and devotion. But if you lack self confidence, you cannot secure liberation. If you don't have confidence in yourself, every Dick and Harry will make you cry. When you have an understanding about yourself, others cannot do anything to you.

 Referring to Bhagavan, Ganapati Shastri garu said: 'With the aid of Divine insight, I declare Bhagavan Ramana to be an incarnation of Lord Subrahmanya'. He further said: 'Oh! Bhagavan, though you are not accompanied by your family, though you don't have any weapons in hand, though you have come all alone, I acknowledge you to be Lord Subrahmanya'. Bhagavan neither got elated nor cared for the words of Ganapati Sastry. However if anyone asked Bhagavan whether Ganapati Sastry was right in calling Him an incarnation of Lord Subrahmanya, Bhagavan replied: 'An idol may be installed and referred to as Lord Subrahmanya, Similarly let Ganapati Sastry garu consider this body to be Lord Subrahmanya. Who can shut his mouth?' Such was the glory of Ramana Swami.

 Many people are fond of being praised. It is very dangerous. If you are praised by someone, don't get identified with them. You will face several defects in future. Do not care both the praise and blame. A scholar once wrote a poem in praise of Bhagavan referring to Him as an incarnation of God. Looking at it, Bhagavan said: 'How are you benefitted whether I am Lord Subrahmanya or Lord Shiva or a great

Mahatma? Why are you concerned with such words? Find out a way for your reformation’.

- ❖ One who is beyond place, time, surroundings, circumstances and the physical body is referred to as a Jnani.
- ❖ Adi Shankara said: ‘Trying to secure liberation while completely relying upon the physical body is equivalent to trying to cross an ocean with the aid of a crocodile’.
- ❖ If you cannot get rid of the faculty ‘I am the body alone’, Self Realization cannot be secured inspite of performing innumerable spiritual practices or taking innumerable births.
- ❖ Some people do not perform good deeds if they don’t get recognized for that. It is a kind of poverty. You already have poverty in hand and are craving for another one. By craving for honour, you may get honoured. But the essence of it is a big zero. These honours are as false as your body. Milton said: ‘There is nothing dirtier than the craving for fame’. The craving for fame increases the body consciousness. As you identify yourselves with the body, you crave for fame. One who understands that he is not the body doesn’t crave for fame. If you are craving for fame and honour internally, it implies that you don’t have sufficient depth.
- ❖ Something good happens through your body only if you are selfless, pure and peaceful. Else it is not possible.
- ❖ If you are Sattvic in helping others, they get benefitted. If you are Rajasic in helping others, they can’t get benefitted. If your behavior is Sattvic, others experience Peace, Bliss and Happiness through it.

- 🌸 I am repeating this point once again. Do remember this: 'It is not this world which troubles you. Can this wall trouble anyone? No. Striking your head against the wall, if you feel that you are being troubled by the wall, does it really make sense? Is it your fault or the wall's fault? Similarly the world doesn't trouble anyone. Your relationship with the world and your attachment for the world is what troubles you. The world by itself doesn't create the trouble.
- 🌸 Whoever has the opportunity, read the Bhagavad Gita on a daily basis. If possible, listen to it from an Acharya. Try to contemplate upon it, understand it and bring it into your experience. Drink the nectar of Gita very well such that it generates belching. Your cup should get filled as well as overflow. Then others will get benefitted through you.
- 🌸 When you are suffering from sorrow and disturbance, how can you distribute Peace to others? Some elders said: 'If you are sorrowful, try to stay at home for that day as far as possible. Don't come out and pass on that sorrow to your friends and relatives. Some relatives behave in such a manner that if they become sorrowful, they will trouble you until their sorrow gets subsided. But if they meet with any good luck, they don't share it. They in fact stop looking at you. Adi Shankara said: 'One who creates bandham (bondage) can be termed as Bandhu (relative)'. Such is the way of the world. Oh! Innocent one, don't get upset seeing such world. The behavior of the world resembles the tail of a dog ie it cannot be straightened. This is very natural.
- 🌸 Japa and dhyana are done for the sake of driving the lives in the correct path. Your spiritual practices comprise in making the maximum utilization of the God given opportunities. By doing so, they act as a bridge to take us from disturbance towards Peace.

 Ramana Swami said: 'Every person has a birthday. At least on that birthday, enquire from where this 'i' thought originates. It is because you were not born when the body was born. You were born on the day when this 'i' thought was born'. So Bhagavan has implied: Future births are inevitable until the 'i' thought gets resolved. Till then the nature doesn't leave you.