



# Ramana Bhaskara



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- 🌸 Try to understand the subject properly. Don't bother about who speaks the subject but try to understand it. Without understanding the subject, Jnana cannot be secured inspite of getting innumerable births. Without Jnana there is no Bliss.
- 🌸 The Scriptures state: 'Except within the God in Heart, Bliss cannot be found anywhere else externally. It cannot be found in any other world.' This has to be understood first. Where is the Bliss? And where are you searching for it? This contrast has to be understood. Bliss is within the Heart but you are seeking it in the world. Hence Bliss cannot be secured inspite of getting innumerable births. Until and unless Complete Happiness is attained, rebirth cannot be avoided and nature cannot be done away with.
- 🌸 You take bath on a daily basis in order to keep the body clean. The Lord said: 'It is good to have external cleanliness but one should have internal cleanliness too'. Internal cleanliness implies the thinking faculty must become clean. Japa and Dhyana have to be done for that sake. Japa and Dhyana increase the discrimination. If the thinking faculty gets cleansed, it differentiates between the good and bad. It discriminates as to what brings in happiness and what brings in sorrow. Internal cleanliness is as important as the external cleanliness. Don't become a stupid in the name of devotion. Increase your discrimination. Increase your subtle intellect. Understand as to what is permanent and what is transient.
- 🌸 The Lord's Heart is very large. The Lord said in the Gita: 'Irrespective of whom you meditate upon and whose name you chant, all of you are going to reach Me alone.' God has several names and

forms. Meditate upon the form you like and contemplate upon the name you love.

❁ The body related things and the mind related attributes are being imposed on the Self ie the Non Self is being imposed as the Self. This is only called as ego. The body will die. When the body dies, you feel as if you are dying. But you will not die. Who are you? You are the Self. The Self is deathless. The death pertaining to body is being imposed on the Self.

❁ Duryodhana, Dushyasana, Karna and Shakuni are referred to as dushtachatushtayam (the evil four). You can take their advice if you plan to do any evil deed. Also there are three evil doers within the mind ie lust, anger and miserliness. They are referred to as dushtatrayam. The dushtatrayam block your wisdom and create hurdles in your reformation. Lust, anger and miserliness are the gateways towards hell. You need not possess all the three weaknesses. It is enough if you possess atleast one of them. The dushtachatushtayam are external whereas the dushtatrayam are internal.

❁ The purpose of all these Jnana Yagnas is not for the sake of any honour and esteem but to ensure that you will all taste atleast some Bliss. One who craves for the sake of honour and esteem cannot secure Jnana inspite of being born for innumerable times.

❁ Currently you are able to differentiate between the body and mind. Similarly you must be able to differentiate between the mind and Self. If you are able to do so, the Maya will clear your path towards God. Many people declare: 'I am undergoing hardships as part of my destiny.' Who experiences so? It is the mind and not the Self. Self is birth less. How can the birth less one have any destiny? The mind is full


of sorrow whereas the Self is full of Bliss. When you differentiate between the mind and Self (saying this is mind; this is Self), you stop imposing the mind upon the Self. Then the sorrow within the mind gets subsided and the Bliss within the Self is revealed.


🌸 Until the Self related Bliss is experienced, you keep getting rebirths. It is because till then you keep seeking for that Bliss in the market. In order to seek it in the market, you will need a body. Therefore the goal (Self Realization) should not be forgotten. The purpose of all the worship, Japa and meditation is self control and sense control. The purpose of self control and sense control is seeking Self Realization. Without Self Realization, the Self related Bliss cannot be experienced. Without experiencing the Self related Bliss, rebirth becomes inevitable.

🌸 If you want to reduce the force of mind, beware of your friendships. The food that you eat should be Sattvic and moderate. It will then increase your memory and discrimination.

🌸 Human Love is not true. God's Love alone is true. Remember this very well: Others may love you or you may love others but don't depend upon them. If you depend upon human love, you are left with sorrow in future. Usually no person is egoless. How long will you live depending on their ego? If you depend upon others for the sake of your happiness, it implies that you lack depths of heart. You may love others. It should resemble a drama. Depend upon God's Love and the Knowledge that He bestows. If you depend upon Human Love, you are left with a big zero. Suppose you love your mother-in-law extremely and she too has such an extreme love for you but at some point of time if she stops loving, you will become sorrowful. Therefore let your mother-in-law love you, if she desires so. But in the heart of the hearts don't depend


upon such love. Just enact as if you are dependent upon it. If you really become dependent, you are left with sorrow. You cannot guess when she will get angry. Love your household members. They will also love you in return. Thus Love each other but don't consider it to be true. This is what I want to convey. If you consider it to be true, you cannot realize the Truth within the Heart. If your fellow beings talk to you reverentially, you can also reciprocate back reverentially. You may ask them: 'How are you?' and they may ask you back: 'How are you?' They may help you and you may help them back in return. All this drama is very normal but don't consider it to be true. You may compile friends and relatives. But after the body's death, no relationship is going to sustain except with that of God. Leaving aside such God with whom your relationship is not going to end even after death, don't get deceived and fall into the trap of Maya for the sake of this temporary happiness.


 Enhance your discrimination. The mind always associates itself with the body. As the discrimination increases, the mind stops associating itself with the body and moves in the direction of the Supreme Consciousness. You cannot get enlightened by merely stating: 'I have to get reformed. I must get enlightened.' The mind has to be diverted in the direction of the Heart, the abode of God. It implies that the mind has to get introverted. If the mind gets extroverted, it gets polluted. If the mind gets introverted, it gets purified. Extroversion begets dust whereas introversion brings in Knowledge.


 In order to get rid of the ego, adopt some path or the other. Be it the path of Karma or Bhakti or dhyana or Jnana. Tread in the path of your liking but don't adopt evil path.


- ❖ If you lack Self Knowledge, you must run around people. If you have Self Knowledge, you need not run around people. Contrarily people will run around you. Such is the glory of Jnana.
- ❖ You don't know the meaning of most of the words that you speak. Christ said: 'Oh! Father, they know not what they speak. Hence forgive and bless them.'" Therefore don't talk excessively. Speaking unnecessary words will pollute the mind. Even the necessary words should be spoken out lovingly keeping in mind the welfare of your fellow beings.
- ❖ Whatever has to happen will happen to this body. It will die in the appropriate time. Leave the body to its destiny and perform the spiritual practices carefully. Try to get purified within. Externally you may have any number of friends and relatives. Externally you may have any amount of wealth. All of them are equivalent to a dream. They cannot bring in an iota of Jnana.
- ❖ All of you have become habituated to an artificial life. Though you may possess a wealth of hundred crores, it is a big zero from God's perspective. All these are nature related affairs. The relatives, friends and wealth are as much false as the mind. They are not the absolute truth. As long as the mind doesn't get merged within the Heart, the mind and tendencies don't get destroyed. As long as the tendency is not destroyed, the births become unavoidable and the nature cannot be done away with.
- ❖ The thoughts, words and deeds should melt the mind but should not increase its force. Therefore be careful about your thoughts, words and deeds. Carelessness is forbidden. It is because, if not today, these thoughts, words and deeds get converted into habits over a period of


time. You may think: 'I am speaking funnily'. These funny words get converted into habits over a period of time. The force of these habits brings in rebirth over a period of time. If you are careless about little things, they turn out to be big stones.

 The Lord mentioned in the Gita: 'Compassion is necessary'. If you give money to the needy who are in need of food and clothing it indicates Compassion but charity made for the sake of honour doesn't represent Compassion. When the Heart melts and inspires you to do something, it is called as Compassion.

 Don't act as directed by your ego. Make the scriptures as the authority. You may whole-heartedly show your Compassion towards someone. But unable to understand it, they may criticize you. However don't get enraged.

 The Lord has mentioned several good things in the Gita. But you are unable to grasp them. It is because you lack tolerance and Sattva. As you are unable to understand the Gita, don't stop reading it. Some marks are allocated even for reading.

 Without the wealth of Divine attributes, any amount of spiritual practices cannot bring in Self Realization. Increase the Divine attributes and reduce the demonic attributes. Inculcate Sattva and tolerance for this purpose. Take refuge in the feet of God for the sake of Sattva. It is possible only when you understand the power and glory of God.

 When there is a creation, there is also a creator. Take refuge in the feet of the creator. He will then release you from creation. More than God, God created things seem to be more attractive. So rather than taking refuge in the God created things, if you take refuge in the feet of God,

you will get liberated. If your surrender towards God is true, you would say: 'Oh! Lord, Your will is my will. Your plan is my plan. I don't have any likes and dislikes. You alone exist in my life; if there is anything left in my life, it is you alone'. If you Love God whole-heartedly in this manner, there will be no more sorrow and hardship in the name of spiritual practices.

- 🌸 Whatever you are destined to do, perform it willingly. If done willingly, you will experience Peace else you will experience disturbance.
- 🌸 Don't ever think of doing something in this way or that way. Desire to become neither superior nor inferior. Don't ever compare with either friends or relatives. Be empty within the Heart. You will secure liberation in this very birth here and now.
- 🌸 Till now none has secured Self Realization by doing something externally. You may gain merit by doing something externally. Merit and sin are related to the mind and are in no way related to the Supreme Consciousness.
- 🌸 As disliking anyone brings in hell, liking anyone also begets hell. It is because disliking is as much defective as liking. But you feel that disliking is bad and liking is good. Both of them are related to the mind. Disliking drags the mind into the market. Liking also drags the mind into the market. Suppose the person whom you like starts disliking you after a while, you will become sorrowful. Carrying that burden and unable to bear that grief, you will die. Why do you have such anxieties? All of you are the very embodiment of Self. You are neither the children of goats nor the children of sheep. But you are the children of Lions (Self).



- ❖ As per the body's destiny it doesn't matter whether you have education or wealth or authority. But don't get identified with them. If you get identified with them, you will experience sorrow while alive and reach the hell after death.
- ❖ Some people keep crying inspite of amassing crores of rupees. They try to lick their fellow being's mouth so that they can get atleast two grains of rice but never allow others to lick their mouth. If not they, who else will reach the hell?
- ❖ Your body's journey will end in the burial ground. But the Jiva's journey is not going to end in the burial ground. The Jiva looks at the things in the world through his eyes and listens about them through his ears. Whatever is seen and heard are as much false as the Jiva. You consider yourself to be Jiva. But you are not the Jiva. The Jiva is the false 'i' and not the true 'I'. Liberation is possible only if you are able to get rid of this false 'i'. As long as you identify yourself with this false 'i', you cannot perform spiritual practices. When you identify yourselves with the false 'i', how can you lose it? You cannot lose yourself. Unless your life is based on scriptures, this false 'i' cannot die. Unless the false 'i' dies, the True 'I' inside is not revealed. Unless the true 'I' is revealed, you cannot escape from the vicious circle of birth and death. You identify yourself with the Non Self (that which you are not). Unless you get released from this identification, the true 'I' is not revealed. As long as the disturbance prevails, Peace cannot be experienced. Similarly if the false 'i' cannot be lost, the true 'I' cannot be gained. One who decides when and where to give a turning point to your life in order to release you from the false 'i' is referred to as Guru. As your Mother aspires for your material prosperity, even the Guru aspires to get you released from the root causes of sorrow.

- ❖ People think that a Mother's debt can be cleared off when she is taken care of on being bed ridden. But how can one clear the Guru's debt? It is possible only when you reach the Guru's state.
- ❖ It is said that Self alone exists and nothing else. Then the question arises: 'When did this mind emerge? Why are we unable to bear its anguish?' There is no existence for the mind. Mind is an illusion. Self alone exists. It is wrongly being identified as the mind. If the rope is being identified as a snake, does it imply that snake exists within the rope? No. The snake doesn't really exist. The rope only is visible as snake. Similarly the Self is being viewed as mind. You are under an illusion that the Self is only mind. If this illusion is transcended, there is no more existence for the mind. The mind did not originate from somewhere else. The Self only is visible as mind. When you are able to discriminate that it is not a snake but only a rope, the snake is no more visible. Similarly after securing Jnana, you will understand that it is not the mind but the Self only. Then the mind is not visible anymore.
- ❖ Adi Shankara said: "Everyone makes effort for the sake of self control and sense control. But how is that effort being made? A great displeasure is reflected on the face as if castor oil has been consumed. By doing so, self control and sense control is not possible. On visiting a friend's house, if you are given a sweet to eat, you may eat it willingly and slowly enjoying its taste to the full extent. Similarly if the effort made towards self control and sense control is made with such willingness, it is possible to secure them."
- ❖ Adi Shankara said: 'Medicine is taken in order to cure a disease. Similarly take food moderately in order to cure the disease of hunger. Don't eat excessively.'

- ❖ If you have many desires to fulfill, it indicates that the mind is not stable and you have not yet surrendered to God. When you lack devotion for God's feet, the desires keep increasing. If the mind is pure, stable and perfect, then no desire will arise. As the desires increase, the body consciousness also increases. As long as the body consciousness prevails, as long as the body and mind are identified to be Self, you cannot get released from mental disturbance.
- ❖ If anyone loves you intensely, let them do so but internally don't depend upon such love. If you depend so, you will turn out to be a big zero. If they stop loving, you will not be able to bear that burden. Divine Love brings in Peace whereas Human Love doesn't beget Peace and introversion. Disliking anyone is as dangerous as liking anyone. Attachment towards anyone is as dangerous as hatred towards anyone.
- ❖ The Non Self seems to be great ie the body, mind, friends and relatives seem to be great. As you lack dispassion, everything else except the Truth within the Heart seems to be great. When there is no dispassion, the existing ones seem to be non-existent and the non-existing ones seem to be existent. Without dispassion, Jnana cannot be secured.
- ❖ You can lead your life on your own but don't depend upon others for that sake. If you depend so, you are left with mental disturbance when this dependency is lost.
- ❖ If you lack reverence for God's words, any amount of listening to them is of no use. If you find faults in that God who bestows you with Jnana, how can you secure Jnana? How can such defective faculty secure Jnana? Without listening about God, how can His glory be understood? Without understanding God's glory, how can you develop reverence for Him?

- 🌸 They don't believe in God's Existence who has done evil deeds in their previous births. Their evil karma won't allow them to believe. Though your mistakes are as big as the Himalayan mountains, if you have complete faith in God, God licks off your faults and defects in the thinking faculty, purifies it, bestows you with the faculty to seek Jnana, gives you the strength to perform spiritual practices and bestows you with Jnana similar to a cow cleansing its calf.
- 🌸 The false 'I' can be lost even in the path of surrender. You cannot tread the path of surrender without having devotion for God. If you lack devotion for God, then tread the path of Jnana and get released from the false 'I'.
- 🌸 There is none in this creation who have transcended their desires while fulfilling the same.
- 🌸 All the names of the Lord are mantras. The mind has to get drenched in the names of God. By doing so, the mind gets melted. Once the mind gets melted, the Truth within the Heart is revealed.