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- ❁ If you study the subject (words of God or Guru or scriptures), understand it and put it into practice, it will then come into your experience. This requires the Grace of Guru.
- ❁ The doubts get reduced on possessing Shraddha (faith). Without Shraddha, the doubts increase.
- ❁ Sri Ramakrishna said: 'Every person utters 'i', 'i'. Realizing that you are not that 'i' itself is Jnana.' This is something to be remembered forever.
- ❁ One becomes sorrowful only when there is ignorance. Without ignorance, none can become sorrowful. As an ignorant person clearly identifies himself with the physical body, the Jnani too has such identification with the Supreme Consciousness.
- ❁ It doesn't matter where your physical body is. Mental contact with the Guru is needed. You will become subject to Guru's Grace through such mental contact. This will in turn purify the mind. Guru's words as well as His sight are all Compassion personified.
- ❁ Bhagavan said: 'God implies Existence'. All of you want to live forever. None of you would like to die. That Existence itself is God. You may refer yourself as aged or as a child but when you refer to 'I' (Self ie Existence) it is attribute less, nameless and formless. Does it imply that it is non- existent? No. It is existent. Such is its glory.
- ❁ As you get identified with the Non Self ie the mind, sensory objects and attributes, you get depressed and become subject to emotion. All these are the defects of mind. Self Realization cannot be secured without getting released from identification with the Non Self.

 If you surrender to God, your entire mental disturbance disappears here and now. Whether your situation is favourable or adverse, it is by the will of God. If you have the capability to understand God's will, there cannot be any disturbance or sorrow. The physical body expires after having performed all the tasks it is destined to do. You may get honoured or dishonoured in life. They are not true. Without God's knowledge nothing can happen in this creation. You presume that you are separate from God. Hence you are not able to accept His will and thereby become subject to mental disturbance. Man proposes and God disposes. Ishwara drives all the Jivas according to their destiny. Therefore perform the task in hand whole-heartedly without expecting any result. God bestows the fruit of action. It is not within your control. God alone is the Karta (doer). No one else is the Karta (doer). If this is understood, there cannot be anymore sorrow. Births and deaths are not true. As they seem to be true, you become subject to sorrow. Whoever is considered to be the root cause of your sorrow, God dwells even in their Hearts. The body cannot exist without having God inside. You may think: 'My father-in-law has done me injustice or say mother-in-law or brother has done me injustice etc.,' You may think so in 90 different ways. Who are they to bring you injustice? They are not the Karta (doer). God alone is the Karta (doer). If this is understood, there is no more sorrow.

 If four of you sit together, it cannot be called as Satsang. Satsang means having mental contact with the Truth, God and Guru dwelling within.

 The fruit of action is not permanent. You may do a great deed and get a great result in return. Once the fruit of action is enjoyed, it gets exhausted. Extremely great empires got washed out. Compared to

them how great are you and how great is your work? Even if the result is favourable, how long does it last?

- ❁ Human love is not true. A Jiva is comprised of gunas (attributes). When he is Sattvic, his behavior is different. Similarly he behaves differently when he is Rajasic and Tamasic. Therefore such love cannot be relied upon. God alone is the true lover.
- ❁ Being identified with the body, wealth and education ie Non Self, you become proud. From here originates the ignorance which destroys your existing beauty. When you are more learned and wealthy compared to others, why are you not able to remain stable like anyone else? Your entire madness starts here. As you get identified with the things that have been acquired by the senses, mind and intellect, the mind becomes defective. All such acquired things remain here after death but those defects are carried forward even after death. It is because the Karma has to be experienced.
- ❁ Though you possess money and education, be normal and simple. There is no wealth greater than Jnana. Securing Jnana is most important. Make it as your prime goal.
- ❁ There is a deathless Truth within the Heart. 'Revealing itself' is different from mere Existence. The Truth within the Heart has to reveal itself. You utter 'i', 'i'. Unless it is realized that you are not that 'i', the Truth inside the Heart doesn't get revealed. When it reveals itself, it is only liberation and Peace. Then it doesn't matter whether the physical body exists or not.
- ❁ Name and form represent a big forest. The entire sorrow originates from them. Without Guru's Grace one cannot get released from this

name and form. This name and form are creating hindrance in securing purity of mind. You are able to see only the name and form throughout but not the indwelling Narayana. If the name, form and action are set aside, whatever remains is Narayana alone.

🌸 When referred to as a bad person, you get angry. It is because you want to be called good. All these are related to the mind. Unless the mind undergoes certain experiences, it doesn't get introverted. Unless the mind gets introverted, Self Realization cannot be secured. The end point of all the Knowledge, efforts and spiritual practices is Self Realization.

🌸 The tendency to enjoy is more in the Jiva. One who diverts the mind from this enjoyment related tendency is referred to as Guru. It is possible to the Guru alone. The inner Self cannot be secured with the aid of intellect and mind alone.

🌸 Where ever the mind gets subsided, the Self is revealed. As and when you become subject to Guru's Grace, the name and form mindedness get reduced. All the time you cling to a name and form. If you get angry with a particular form, you cling to another form. Moving around these forms, you finally die clinging to a particular form. If you die clinging to a particular form, how can you avoid getting another form? It is only referred to as rebirth.

🌸 You are unable to taste the inner Bliss and Peace. Hence your mind gets extroverted. If a cow is fed with the fodder at home, it doesn't go out in search of food. When it doesn't get the fodder at home, it falls back onto the roads seeking food. Similarly if the mind tastes the Self related Bliss, it doesn't come out into the market seeking happiness. When the inner Bliss is tasted, neither Japa nor meditation is needed.

- ❖ The mind gets extroverted due to several reasons. By the Grace of Guru, all of them are lost even without your knowledge. Currently you are deeply connected with the world. If you maintain the same kind of relationship with the Guru also, all your weaknesses get destroyed. You get released from your tendencies and desires. You will taste the liberation related Bliss when the body is very much alive.
- ❖ When the cause is wiped out even its effect gets wiped out. Ignorance is the cause of sorrow. If the ignorance is lost, the sorrow also vanishes.
- ❖ Without the strength of past merit, the subject cannot be understood, though you may listen vigorously. Spiritual practices are needed. But they alone are not sufficient to experience the inner Self. Without God's Grace, any amount of spiritual practices cannot bring in Self Realization.
- ❖ Perform the task in hand. Don't become an escapist. Learn to place your burdens on God and devotedly perform the task in hand.
- ❖ In the Holy Company, the body mindedness gets reduced irrespective of whether or not any Japa and meditation is done.
- ❖ The entire forest of happiness-sorrow originates from the body mindedness. As and when the body mindedness gets annihilated, the mental disturbance and sorrow also get destroyed.