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Speech delivered in Jinnuru,
dated 7-8-06.

- 🌸 God alone exists. The Jiva doesn't exist. The world, friends, foes, gain, loss etc do not have any existence. All of them are false but they seem to be true. Hence you become sorrowful. Friendship begets liking whereas enmity begets dislike. All of them seem to be true. But they are 100% false. You don't realize them to be Maya. The Lord said in the Gita: 'None can overcome My Maya without My Grace'. The thoughts that you get are all false. Sometimes you may get anger and some other times fear, desire, hatred etc., All these are but thoughts. All this is but Maya (delusion). You don't realize it to be Maya. If you realize so, you will try to transcend it.
- 🌸 Lord Krishna was a very good friend. Krishna and Kuchela were childhood friends who studied together. Lord Krishna expelled the poverty of Kuchela. Some people enact friendship but are not true friends. Kuchela never asked Krishna to get rid of his poverty. However Krishna understood Kuchela's distress and got rid of his poverty.
- 🌸 In the Mahabharata war, some of the arrows directed towards Arjuna hit Lord Krishna. Lord Krishna broke His oath (of not handling any weapon in the war) for the sake of Arjuna. In the Mahabharata war, when Bheeshma fought ferociously, Lord Krishna tried to charge Bheeshma with a chariot wheel in His hand. Then Arjuna pleaded with the Lord stating: "You are breaking your oath. This will bring you disgrace. Please come back." The Lord replied: "What shall I do with this honour after your death? I am no way concerned with my prestige and honour. You are my friend. Protecting you is my duty." This is an instance of true friendship.
- 🌸 Mahendranath Gupta penned the preachings of Sri Ramakrishna Paramahansa. Mahendranath used to work as a high school's head

master. The working hours of the school completed at 5 O'clock in the evening. One day Mahendranath came to Sri Ramakrishna at 2 O'clock in the afternoon. Sri Ramakrishna asked Mahendranath the reason for his early arrival. Mahendranath replied: "The school's owner has come today for an inspection. When the school owner visits the school, we declare holiday for the afternoon session in his honour. Hence I came here now without bunking the school." Sri Ramakrishna then asked: "What is the name of your school owner?" Mahendranath replied: 'It is Ishwara Chandra Vidya Sagar'. Then Sri Ramakrishna said: "I saw him twice in Calcutta. He promised me to visit Dakshineswar but never kept his word. He considers himself to be very rich and well educated and considers me to be a poor Brahmin. Normally the rich and scholars are arrogant within but they enact as if they are not so. Vidyasagar may have great fame in Calcutta. He may be a great scholar as well as very rich. But all these (honour, richness, fame) are three days affairs (very temporary). Don't befriend the rich and scholars. It is because they have nothing else other than arrogance. They read some Upanishads and try to speak some dry words. Do not befriend such people. Befriend the Holy people, Sages and the Wise. You will then attain Self Realization. Neither the Jiva nor the riches nor the honours are true. Remember that all these are three days affairs."

 If you work out of anger or vexation or desire, it is you who has to grieve for your own deeds. When you speak to someone out of anger or vexation, they do not suffer. It is you who is going to suffer. Anger resembles itching. Itching begets burning sensation. Similarly if you speak out of anger, you will later repent for having spoken thus.

 Give up the likes and dislikes if you want Self Knowledge. The dangerous aspect about likes and dislikes is that they extrovert your

mind. If a person is really bad, stop thinking about him. Don't contemplate upon his badness. By doing so, the mind gets polluted. If the likes and dislikes get reduced, you lose the faculty of doing good as well as the faculty to discriminate between the right and wrong. Therefore reduce your likes and dislikes.


Utilize only 10% of your mind for the day to day activities. Utilize the remaining 90% of the mind for taking refuge in God's feet. Perform the household tasks also without any expectation. Expectation increases the ego sense. You will neither gain more nor lose more by having expectation. You will get only that whatever God decides. However if you still have expectation, the false 'I' will increase. The Lord said in the Gita: "The degree of my likes and dislikes is more. So how can I attain Self Realization? Don't worry thinking thus. If you start practicing, all the likes and dislikes will vanish."


It is of no relevance whom (which God) you adore. Don't forget that the mind has to be reformed. Air pollution and water pollution beget disease. Usage of medicine will cure such disease but if you befriend bad people with ill intentions, it will lead towards aptitude pollution. If you are careless in this aspect, this aptitude pollution will lead towards thousands of births. Hence be careful about your companionships.


A lot of effort is being made to earn wealth, education and authority. But what is the effort being made for the reformation of mind? All this wealth or education or authority will not accompany us after death. It is the mind alone which accompanies us after death. No effort is being made for the reformation of such mind.


Observe whether every word that you speak and every deed that you do is being inspired by the thought 'I am the body' or is being done for

pleasing God? Any thought that you get any words that you speak and any deeds that you do originate from 'I am the body' thought. Then how can the false 'I' disappear? By performing the deeds that increase body consciousness, by speaking the words that increase body consciousness, how can you transcend the body consciousness?

 Sri Ramakrishna told Mahendranath: 'As you are careful in dealing with a poisonous cobra, beware of the worldly people who resort to speaking lies. It is irrelevant even if they are rich or scholars. If you want to get reformed, have the companionship of Holy people and good hearted ones.'

 Don't trust your mind. If there is a conflict between your opinion and the Lord's preaching in the Gita, then overlook your mind. In order to get reformed, understand the preaching in the Gita and lead your life accordingly.

 Don't judge every visible person. How many people would you like to judge about? Try to understand the subject. Rather than judging your fellow beings, try to understand them. You have tendencies pertaining to body, world and scriptures. Without trying to get rid of them, how dare you judge others including the Guru? Therefore don't judge others.


 The Lord exists within your Heart. The Lord as well as the Gurus preach that the Supreme Peace is within your Heart and not outside. But you feel these utterances to be false. You feel that if the Supreme Peace is within the Heart, then why isn't that revealed? As you lack the required grasping power, you think so. The Lord's utterance is true. Peace and Bliss exist within the Heart. But you are unable to realize that the body related tendency, world related tendency and likes-dislikes are creating


hurdles in experiencing that Peace. It is alright even if you don't realize this but you make a judgment that your thinking is true and God's preaching is false. Your well-wishers give you good advice and not bad advice. Then how can the Supreme Lord advice you something which is bad? Unable to understand His words, you feel as if the Lord is lying.


- 🌸 When you read the Lord's preaching, evaluate the following: how far you are able to understand that preaching? If you are able to understand, how far you are able to put them into practice? In case you are unable to put them into practice, what is the reason behind the same? If you start analyzing thus, one day you will be able to put the Lord's preaching into practice.
- 🌸 Irrespective of the riches or education or authority that you possess, if the mind is not reformed, they are all insignificant (ie zeroes without one on the left hand side). Suppose you get a ministerial portfolio but your mind gets polluted, what will you do with such a ministerial position? The ministerial position is transient. It may exist today and may be lost tomorrow. If it is lost, there will be none to greet you. Sri Ramakrishna referred to them all as three day's affairs. If you remember these words of Sri Ramakrishna, the force of the mind traversing in that direction gets reduced.
- 🌸 Your mouth utters that the false 'i' has to be lost but you perform the tasks that strengthen the false 'i'; so how can you get rid of it? How can you attain Self Realization?
- 🌸 The Magic is not true. The Magician alone is true. This world is not true. Its creator alone is true. Presuming the world to be true brings in sorrow.


- ❁ You get elated on being praised and get depressed on being rebuked. Who is experiencing this? It is the false 'i' and not the true 'I'. If the thinking faculty understands this, whether praised or rebuked you won't get any reaction.
- ❁ Without mental contact with God, if you maintain mental contact with the world, roam around with the 'i' and 'mine' thoughts and desire for God, how can God get revealed? God observes how sincere you are in the efforts being made to reach Him.
- ❁ How long does a cinema last? Our lives are as transient as a cinema. A person may enact the role of a king or the role of a servant in the cinema. But neither of the roles is true. Similarly some people may be rich and some other people may be poor here. Neither the riches nor the poverty is true. Shakespeare said: 'This world itself is a big drama house. Each body has a unique role to play. Enact your role and go out but don't get identified with it.'
- ❁ The elders prescribe: 'Chant the name of the Lord in order to get purified'. But one cannot get purified merely by chanting the Lord's name. Purification is possible only when the Lord purifies us. The Lord may or may not purify us. Still the Lord should not be questioned. He will purify us in the appropriate time. Therefore don't give up chanting the Lord's name if you feel that you are not being purified.
- ❁ Cultivate such devotion for God that the Gopikas possessed towards Lord Krishna and that Anjaneya Swami possessed towards Lord Rama. If such devotion is developed, then there is no questioner left to question the Lord. As you lack that devotion and surrender, you are being subject to such anxieties and doubts. If you lack the faith that there is someone driving this entire creation and who is comparatively more


intelligent than us, how can you develop love and devotion for Him? Abidance by the Lord's words reduces the rebirths whereas abidance by the ego's words increases the rebirths.


 Having done good deeds, if anyone came to Sri Ramakrishna, Sri Ramakrishna spoke innocently as if He knew nothing. Sri Ramakrishna said: "Someone has built that particular ghat in Kasi". He was aware that the builder whom He is referring to is sitting there. When Sri Ramakrishna raised this question, the builder used to get up saying: 'I have built that ghat'. Sri Ramakrishna then replied: "Look, the false 'I' has come. Who are you to build the ghat? It is God who has given you that thought. It is God who has given you the required money. It is God alone who enabled you to build the ghat. You state: 'I have built the ghat'. Who is that 'I'? You are unable to understand that it is the false 'I'. It is God who made you do this. Do you have any existence to act in this manner? The 'I', which you are referring to, is the false 'I'. It is not sufficient if you utter this with your mouth. Until this comes into experience, Self realization cannot be secured."

 Liberation implies losing the false 'I' and experiencing the true 'I'. The true 'I' is Blissful and Peaceful. Heat cannot be separated from the fire. Similarly Peace and Bliss cannot be separated from the Jnana.

 Currently you identify yourselves with the physical body. Therefore you feel: 'I am in Palakollu or I am in Bheemavaram etc.,'. When the true 'I' is experienced, you will experience that you are present everywhere because the true 'I' is omnipresent. Then you are no more concerned with coming and going ie birth and death.

 Do remember this: 'Except God, any other achievement in this world is a three day's affair ie transient'.

 A true devotee doesn't even desire liberation. He has no expectation of the fruit of his action. Even if the Lord appears before him and states: 'You have a further 1000 more births to get liberated', the devotee won't get disturbed. Rather he would say: "Oh! Lord, when You are with me bearing my entire burden, how does it matter whether my remnant births are a 1000 or a crore?" Such a true devotee has no expectation at all. Expectation increases anxiety which brings in disturbance of mind. Devotee is an embodiment of Love. The devotee speaks only to cite that God exists for whose sake he leads his life and for whose sake he performs Japa and Meditation. Otherwise the devotee has no other purpose to talk. Such is the nature of a devotee. Devotion increases power. It enhances Peace. The differentiating faculty of 'I' and 'You' gets destroyed through devotion. It brings in the Immortal state. Suppose the Lord asks the devotee to seek a boon, the devotee won't ask for anything. Rather he would say: "Oh! Lord, you know better what is good for me. I will accept it if you grant me else it doesn't matter. Suppose I ask You for something, it might harm me in future. Therefore I won't seek anything. Whatever you bless me with, I will accept it willingly." These are the attributes of a true devotee. Observe whether or not you have such attributes of a true devotee.

 The entire power belongs to God. The false 'I' is powerless. This has to be recognized. Though you may experience Peace at some point of time, it is all God gifted. You don't own it. Don't be under an impression that the Peace is experienced due to your intellect. It is experienced only when gifted by God. Don't ever think that Self Knowledge has been secured through your effort. Without God's Grace, any amount of effort from your end will not bring in Peace.


- ❖ Without reforming the mind that accompanies you after death, why do you boast of having achieved something or having reformed someone? This reformation should transform your mind. But if it increases your ego, your rebirths will increase and you are left with the darkest worlds.
- ❖ The Lord said in the Gita: “Oh! Arjuna, you have fought several wars in the past. But you were never subject to sorrow and disturbance then. Now after seeing these Kauravas, you declare: ‘They are my own people. They include my Guru as well as my family members.’ Thus you are getting attached to them. What happened to this attachment when you fought against them in the past? All this has come only due to the false presumption of considering them to be your own. I am here to cut down this attachment. If someone causes harm to the society, wipe him out, though he might be your relative.”
- ❖ Body mindedness is the root cause of sorrow and disturbance. A person devoid of body mindedness is never subject to sorrow and disturbance even in adverse circumstances. Liberation exists within the Heart. ‘The body itself is truth, the body is only the Self’- if such thinking faculty is destroyed, the liberation is secured here and now. Not that the inner bliss doesn’t exist; It is not being experienced due to the force of thoughts and force of habits. If the inner bliss is tasted, it doesn’t make any difference whether the body is alive or dead. The scriptures state: ‘If you have body consciousness, you are bound to get trapped by Lord Yama after death. He will then send you to the appropriate place. Once you get trapped, nothing remains in your control. If Self Knowledge is acquired before death, you cannot get trapped by Lord Yama’.
- ❖ Stop wondering why a particular person behaves in a particular manner. They behave so according to their past deeds and past


tendencies pertaining to previous births. Without knowing this, you keep wondering about a person's behaviour. The past deeds performed in previous births decide the pattern of a person's life, how long a person has to live and when he has to die. If this is understood, there is nothing that can generate bewilderment or anxiety. You will remain pure and steady.

- 🌸 All these physical bodies are false. But the one who drives these bodies is true. He is only the indweller.
- 🌸 When Lord Krishna approached Duryodhana as a messenger of Pandavas, Duryodhana tried to capture Him. The defective faculty of Duryodhana restricted him from understanding the Supreme power of Lord Krishna. Whether Duryodhana understood or not, Lord Krishna is the Supreme Lord. Due to lack of good thinking faculty, inner depths and the strength of past merit, Duryodhana could not recognize the divinity of Lord Krishna and presumed Him to be an ordinary man.
- 🌸 Sri Ramakrishna said: "Oh! Divine Mother, I want neither honour nor dishonor; neither virtue nor vice; neither merit nor sin; Please accept all these dualities and bestow me with pure knowledge and pure peace which is totally unrelated to the physical body as well as the world". Is there anyone amongst us who desires so? Is there anyone who prays God only for purity of mind after having realized that until and unless the mind gets purified the inner 'I' doesn't get revealed?
- 🌸 Don't worry about anything. Don't hurry but traverse in the right path. Walk as slow as an ant but walk in the right direction.

- ❁ A Silk worm gets trapped and dies in its own woven den. Similarly getting trapped in the den of your desires, you are being subject to death.
- ❁ Without knowing what is good and what is bad, you desire something or the other. But a true devotee doesn't ask for a particular thing. Rather He would say: 'Oh! Lord, you know better what is good for me. Shower your Grace accordingly.'
- ❁ A devotee asked Sri Ramakrishna: 'The Jnanis often refer to the Brahman but contrarily you refer to the Shakti and not the Brahman. Why is it so?' Sri Ramakrishna replied: "Can the heat exist without fire?' No. Similarly can the Shakti exist without Brahman? Wherever there is Brahman there is Shakti. The Shakti, whom I am referring to, can it remain without Brahman? No. What kind of a question is this?"
- ❁ Recently a Mahatma said: "Descend down (from up) rather than ascending up (from down). When you try to ascend up, the body, mind, senses, tendencies etc form hurdle. Due to these tussles, you are unable to ascend up which is the abode of Brahman and God. Rather catch hold of God or Brahman and descend down. All the hurdles will then be eradicated by Him. Enhance your devotion for Him. Take refuge in His feet and descend down. All these tussles will get settled. When a district collector is approached, he may refuse to do your work. But if you visit Hyderabad and get the recommendation of a minister, the same collector will sign your file silently. When you attempt to ascend up, the false 'i' tries to suppress all your efforts. If you take refuge in God's feet, He will eradicate this false 'i'. But whatever you do, do it whole-heartedly. In some people there is a difference of thought, speech and deed. All the three seem to be different. It shouldn't be so.

Whatever is in the mind should be spoken out and whatever is spoken out should be carried out. By doing so, irrespective of your path, success will knock your door.

 Mahendranath, Narendranath and Surendranath- all the three were disciples of Sri Ramakrishna Paramahansa. Surendranath spoke well with Sri Ramakrishna. One day Surendranath said: “Oh! Master, I have nothing to worry. Do you know the reason? It is because you have accepted my entire burden. Therefore I have no burden to carry and nothing to worry about. Not only have you accepted my burden, I have been aware of the same. Hence I am burden-free.” Having listened to Surendranath, Sri Ramakrishna replied: “How excellently have you grasped this fact, Oh! Surendranath.”

 Mental pollution is much more dangerous than the air pollution and water pollution. Mental pollution ruins the mind. Therefore be careful about the friendships and the words spoken.