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 Today is Gita Jayanti. The Birthday celebrations are not done for any other book other than the Bhagavad Gita in this world. Gita is referred to as Mother. Again it is 'The Gita' alone which got the name of Mother. Bad children may exist but a bad Mother never exists. Even when a son kills his mother and carries her head, the Mother desires his welfare only. The Mother alone gets this place. People with different attributes may exist but the Mother Gita loves every one of them equally. How much ever sinful a person may be, Mother Gita still loves him. Such is the glory of 'The Gita'. The king among the books, which co-ordinates people with diverse mentalities, views them with equanimity, preaches them according to their level of Consciousness and tries to bestow the entire mankind with liberation, is 'Bhagavad Gita'. Krishna has narrated it as God and not as Krishna. Therefore it came to be known as 'Bhagavad Gita'. Our Tradition prescribes a slogan: Gita, Ganga, Gayatri, Govinda. Reading and digesting the Gita alone is equivalent to studying all the books in the world. Taking bath in the Ganges is equivalent to taking bath in all the rivers of the world. The merit attained by chanting the Gayatri mantra is equivalent to the merit attained on chanting all the mantras in the world. Saluting Govinda is equivalent to saluting all the gods.

 Some people fast on every ekadasi especially on the day of Mukkoti ekadasi. Lord Vishnu enters the yogic sleep on the eve of first ekadasi. Again He wakes up in the Vaikunta on the eve of Mukkoti ekadasi and blesses with His darshan to the Mukkoti (3 crore) gods through the northern entrance. Therefore this ekadasi is referred to as Mukkoti ekadasi. In Tirupathi and Bhadrachalam, the Lord is viewed from the northern entrance on this day. As the Saivas celebrate the Shiva ratri,

even the Vaishnavites celebrate the Mukkoti ekadashi with great grandeur.

 The Food regulation is much greater than the worship and Japas that you perform. There is no regulation greater than that of food regulation. Without consuming oily foods, if you reduce the food that doesn't suit you and be cautious regarding your food habits, you will get 50 out of 100 marks in spirituality. In spite of performing spiritual practices, one cannot progress spiritually without practicing the food regulation. Both the physical health as well as mental health improves due to the food regulation. Take Gandhiji as ideal with respect to food regulation.

 In the book Bhajagovindam Adi Shankara said: "Meditate upon the form of Govinda, study the Gita, chant the verses in Vishnu sahasranama in order to get liberated." A little study of the Gita or understanding of a single verse in The Gita will liberate you.

 Lust and anger emerge from Rajas. You will not get introverted without reduction of the force of Lust and anger. Without introversion, you cannot attain the indwelling God.

 The Lord has mentioned the following three in the Gita: a) devotion b) determination c) discrimination. If you have to inculcate devotion towards the feet of God, you must have firm determination. Without such determination, you will get diverted. You will get dragged down by some attraction or the other pertaining to the world. Discrimination implies the faculty to decide the right and wrong. One must try for Self

Realization and increase dispassion towards the Non Self. This is possible only with the aid of discrimination. If you can discriminate as to what to eat and what not to eat, whom to befriend and whom not to befriend, your path will get cleared.

- 🌸 Bhagavan Ramana said: “Without having to invest anything in terms of effort one can effortlessly transcend the defects in the thinking faculty with the aid of Holy Company.” The Holy people will not suggest you to get rid of your flaws but their influence will enable you to do so. Such is the glory of the Holy Company.”
- 🌸 If you keep watching T.V for hours together on a daily basis, your mind starts getting polluted even without your knowledge. Therefore be cautious with regard to the things that you see, the things that you hear about and the things that you speak out.
- 🌸 Observe how far the mind is getting introverted. You seem to get delighted in prosperity and disturbed in adversity. All the prosperities and adversities get washed away in the process of time. They are all transient. An introvert associates himself neither with the prosperity nor with the adversity.
- 🌸 The ego pertaining to wealth, power and caste are of no use. A person possessing them can never become humble. Without humility, the mind will never subside. In spite of performing spiritual practices, they will not allow the mind to introvert. Therefore be diligent in understanding these things.

- 🌸 God reveals the exact intentions of your heart similar to an X-ray revealing a disease. It is because He is the indweller. God is the witness of all your deeds. He observes everything as a witness and compiles the karma to be experienced in the Divine bank where each one has a separate account. He sends out the Karma to be experienced one after the other.

- 🌸 Don't develop enmity towards anyone. Also don't develop excessive friendship with anyone. This will lead towards wastage of time.

- 🌸 People with desires or tendencies pertaining to enjoyment need the world. Otherwise why is this world needed?

- 🌸 What have you done? What can you do? Nothing is possible to you. Leave everything to the will of God. Attentively perform the task in your hand. Do whatever is possible.

- 🌸 Duryodhana felt it to be futile to have the Lord on his side in the Mahabharata war as the Lord said that He will not hold any weapon. He couldn't understand that the Lord can fight even without a weapon. The Lord enacts as if driving the horses but wipes out everyone. Such is His glory. You don't possess devotion. If you possess devotion, you will understand the glory of Lord.

- 🌸 Bhagavan Ramana said: "You can remain as Self if you don't get attracted by the Non Self. If you can abide as the Self, the Non Self can never attract you. If you leave the Divinity, you will fall back into the nature."

- 🌸 Controlling desire brings in more peace than fulfilling the same.
- 🌸 Bhagavan said: 'There is no existence for the mind. Identifying yourselves with your mind is equivalent to identifying yourselves with your shadow. Does your shadow really exist? No. As you are not aware of the existing Self, you identify yourselves with the non-existent body, mind, honour, money etc and thereby toil hard getting trapped in the whirlwind.'
- 🌸 God exists within your Heart. He exists within the heart of your fellow beings too. Leaving aside God within your Heart, why do you try to escape by running after the God in the temple? Learn to look within. If the worldly enjoyments seem to be good, all of that will result in sorrow.
- 🌸 The bond between wife and husband is not Love but delusion. The wife says: 'I am fond of my husband' and the husband says: 'I am fond of my wife.' If anyone of them expires, their spouse is getting re-married within a span of 24 hrs. All this is but a drama.
- 🌸 If anyone asked Bhagavan to accompany them to Kasi or Rameshwaram, Bhagavan replied: "Is there anything worthwhile to watch there?" By speaking thus, Bhagavan did not indicate that you shouldn't visit Kasi or Rameswaram. You go there only because you still possess body consciousness. A person without body consciousness has nothing to see or listen. It is because Brahman is one and non dual.

- 🌸 Delicious food is equally enjoyed by the rich and the poor. The sensory enjoyments are the same for both the rich and the poor. Likes-dislikes, significant-insignificant people etc are all dust within the mind. First try to get rid of this dust. Abide in the Self that which you are. Settle down in the Self. Enjoy the same. It is the true enjoyment. Only then you become a person with steadfast devotion.
- 🌸 One who sacrifices the fruit of their action is much greater than those who perform worship, Japa and meditation. A person with steadfast abidance in Self is much greater than those who sacrifice the fruit of their action.
- 🌸 Don't get anxious on getting sorrow. Sorrow comes only to get rid of the flaws within your thinking faculty. Therefore enjoy the sorrow. As you enjoy eating delicious porridge, similarly enjoy your sorrow. Prosperity and adversity come and go. They don't exist forever. Why is it so? It is because they are false. That which is false is always transient. As they are transient, learn to forbear them. This forbearance brings you introversion of mind.
- 🌸 One doesn't know how the wealth comes in and how it is lost out. Whether you get prosperity or adversity, you are neither of them. Don't identify yourselves with them. Don't allow your mind to get influenced by them. If you get identified with the external tussles and the Non Self, you will remain an extrovert forever and cannot become an introvert. One cannot attain Self Realization without becoming an introvert.

- 🌸 Watch out whether the mind is moving towards its source ie where the regulator of mind resides. This is the very purpose of all the spiritual practices. If the mind is controlled and sent into its source, the mind gets annihilated immediately on viewing its Master. As and when the mind gets annihilated, God is revealed to you.

- 🌸 A devotee asked Bhagavan Ramana: “You state that the source of the mind and breath is one and the same. Then why doesn’t one die (lose the breath) when the mind gets annihilated?” Bhagavan replied: “When the mind gets annihilated, one is still alive as each and every body has a pre-determined destiny. The life is sustained so that the destiny can be burnt out. Once the mind gets annihilated, the body doesn’t get affected by the destiny. God uses such a body as his instrument.”

- 🌸 The tendencies pertaining to Jiva have to be lost only due to God’s Grace and the unconditional Love of the Guru but not due to your intellect. Devotion alone doesn’t beget liberation. It is within your control to possess devotion. Therefore possess the same. Don’t wait for the sake of liberation. Don’t get excited. God knows better when to bestow you with the liberation. Therefore leave it to Him. Observe whether or not there is sincerity in your devotion. Don’t compromise there. Leaving aside the feet of the Lord, don’t try for liberation. It will not come for it is not within your control.

- 🌸 Penance doesn’t infer running away somewhere. It can be done even while staying at home. Penance is done with the body, mind and speech. The senses pertaining to body have to be controlled. The speech should be soft and loving to listen. If you speak out a single

word, it should be understandable to others and bring clarity to the mind. It is not enough if you speak about the spirituality, you must watch how far you are able to put it into practice. If you are able to grasp the spiritual science, you can perform the spiritual practices effortlessly. Always keep the mind pure. Always be vigilant and watch what kind of thoughts you get. If you get the thoughts that purify the mind, it is termed as mental penance. You may feel that the penance cannot be done at home whereas the same can be performed well in Arunachala. It is due to the ego (equivalent to the planet Saturn). It is this ego which forms the hurdle for your liberation. This Saturn called ego has caught hold of you. You either get reformed or fall down only due to body, mind and speech.

 Once, a person, who studied M.A and considered it to be his very life, visited Swami Vivekananda. Swamiji asked him: “What is your next goal?” He replied: “I will look for a job.” Swamiji again asked: “What next?” He replied: “After getting the job, I will get married.” Swamiji then asked: “What next?” He replied: “I will reproduce children.” Again on being asked ‘What next’ by Swamiji, He replied: “I will concentrate on earning more wealth and then become old.” Then Swamiji asked again: “What next?” He then replied: “In the end, I will die.” Swamiji then replied: “Are you doing all these things only to die? Don’t you have any other ambition in your life? Is death alone your goal? Don’t you have any other goal? You don’t know what has to be attained in life. You are unaware as to what is good for you. The quality of your life depends upon the quality of your aim. Without a goal, the quality of your life will never increase. An aimless life is always a miserable life.”

 It is good to meditate. But if the meditator is visible at the time of meditation, it is not a true meditation. Thinking so, do not stop meditating. Bhagavan Ramana said: “The three states of mind ie waking, dream and deep sleep come and go. All the three states of mind are false. You got habituated to them since several births. Since they are false, they come and go. But as you have been experiencing them since several births, they seem to be true though they are very much false. That which comes and goes is never true. Therefore you don’t get introversion of mind. The three states of mind seem to be true due to a prolong habituation of presuming them to be true. Hence first understand them to be false.”