

THE DISCOURSES OF SADGURU SRI NANNAGARU

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My Dear Soul-mates,

Knowledge is nobody's own. We are spending money on stones but not on human beings. We praise God but we do not praise human beings. Fund raising is also an art which only few people can do it. Charity is a habit. Every rich person is not charitable. Average Families are usually charitable.

How long should we do Japa (Chanting. Remembering the name of God) Nama japa? Nama is greater than form. But Nama needs the form as base. Breathing in and out happens naturally and normally, Japa should be as normal and natural and even when you awaken in the midnight, that Name should continue that normally and naturally. Meditate on God, your Blood pressure and diabetes get controlled for these emerge from unrest. Japa should become that natural then you will get inner-sight and He (God) will draw you inwards and He will give you the Divine vision. Birth and Death are natural. Meeting and parting are natural. When the body dies the being does not die, it does not burn. Pray that oh Arunachala! Please burn the ignorance in me before this body burns.

God is our true relative and permanent one too. You should remember God constantly and even while working too. Nama Japa is possible anywhere anytime without any expenditure whereas worship(pooja) needs lots of things like photo, Agarbattis(sticks), lamps, oil, coconuts, flowers, fruits etc which needs expenditure. The river meets the ocean even after many turns. In our life also many twists and turns and by any means of Saadhana (spiritual practice) we have to meet God and it happens only by the grace of a Guru. At home also, perform your duty perfectly without attachment. Attachment brings sorrow, bondage, tension and you lose health and spiritual prosperity also, then you will not get wisdom. Empty your heart, do not bring new or additional issues into it. Only because you are identified with the untruth, ignorance, body-boundedness etc, and to get separated from all these, you need worship (pooja) Japa (remembrance of God) and Sadhana (spiritual practice). When there is no sickness there is no need of a doctor. Wrong and bad companions and friendships spoil you, do not associate with them. (1. Discipline and 2. knowledge) they supply life-breath to you. Separateness from untruth and union with the Truth, You must know the Truth and you should know the Truth, Till you know the Truth and self-realization, the cycle of births and deaths continues.

Everything is created by the mind. We are all dream Stuff. The whole world is also dream stuff. This is Ignorance. Do not get disturbed or panic about anybody. No body belongs to Anybody. Human love is not natural, it is not divine. To save you, Guru follows you, chases you even up to hell, That is Divine Love. Watch your thoughts. The thoughts which spoil you, bind you — Try to eliminate them. Pray God for good thoughts in all the three states. Good thoughts are knowledge. Do not be attached with body, relations, wealth and do not mingle with worldly people. Be away from unrelated matters. In solitude to know the Truth, watch the hurdles and try to eliminate them one by one. While eating do not talk and do not laugh it may get obstructed into your wind-pipe. Know your weaknesses, catch the

thoughts and try to eliminate them. If you follow the subject properly, the unrest at home and within you will get burnt. By continuous japa and Sadhana, it becomes the goal itself. Without any desire if you help and without any desire if you work, the mind gets purified.

Till you attain the truth, the true knowledge, everything is zero. That is possible only by His (God) consent and grace. The key is in His hands. Any action you perform should be only to gain his grace and not for external publicity, otherwise you will not get realization. Leaving the God in your Heart, However much you travel outwards, you have to return back and reach the goal, for which God's grace is required, Japa can be oral but silently in the Heart is great. While retiring (sleeping) do Japa compulsorily. Do not believe in superstitions. India is full of them.

Peace and Happiness should be experienced livingly and not after death. Consciously you should go inward and let that flow of nectar be unplugged even in the waking state and experience that Divine Happiness and Bliss. Japa should be done without your effort and with total dedication and should be known to you consciously. In the flow of your japa, the mind should get washed away and then the mind does not get other thoughts. When you realize that Brahmic (supreme) state, eternal Bliss, Absolute Truth, only Bliss remains, death and birth are unreal.

All pervading God you become. When you know the moment of your death, that is your last birth. When you have no identification with external matters, death is like moving from one room to another. Sit and watch your thoughts. The centre of the thoughts is in the mind. Craving for recognition, name, fame arises from body-boundedness. Body, mind, earth - identification leads to world bondage. Analyze your thoughts, the First thought. Thought is the root of word and deed. Thought needs recognition. Thought emerges from within Inquiry is the best way.

By Pooja (worship), Japa (remembrance), dhyana (meditation) for hours together, have you overcome body-boundedness, that too with root, without overcoming body-boundedness, you cannot attain self-realization. However good you may be, when you possess craving for respect, name and fame and with body-boundedness, you cannot attain that supreme state. However great you may be it is called so-called greats.

Come to Me (God), come Near Me, you make one step towards Me and I will make five steps towards you.

LOVE TO YOU PEACE TO YOU THANKS TO ALL.

Courtesy: Smt. Neelam