

## THE DISCOURSES OF SADGURU SRI NANNAGARU

GORAGANAMUDI - DATE: 05-12-2010

My Dear Soul-mates,

What you Think you become. We acquire concentration and purification by remembering God and by detachment and withdrawal from the wandering mind. We have the habit of looking at Worldly matters, faults, defects. We see other's faults and not our world inside. Look inside, inwards. Everything is God's gift. We should have a mental contact with a great saint by which the mind management and condition is learnt and controlled. Withdraw the mind from likes-dislikes (dualities), anger, desires, attachment, your spiritual status and depth increases. TRUTH exists in your Heart. Keep the mind in the Heart. Always live in the present. Life-pattern, Behaviour should be pure. Dedicate, offer all your actions and sacrifice to the Highest and the Highest full energy. I (God) is the commander in all the bodies. You do My (God) work, good work, not for name and fame or for recognition or any publicity but only for Me, Impersonal, only to earn My grace. When your understanding level increases internally, the Truth inside gets revealed to you.

We do not have Oneness, the Bliss is inside - we are searching for it outside. Difference, separateness brings re-birth. I am That I am - The Bible. Experience, realisation, identification with the Truth even at the time of death, you get Liberated, you acquire that real state. Jivanamuktha is the state when you get Liberated in this life and in this body itself, very fortunate few achieve this supreme state, the Live reference comes from the Ramayana of the great King Janaka. Destruct the dualities (likes — dislikes, love-hatred etc), This is True SANYASA (Renunciation), and not only by saffron clothings. Habits and desires are the main cause for unrest in the mind and to eliminate them, energy is not sufficient. Habits are very deep-rooted and because we think different from God, we are unable to fulfill our desires and as we are not accepting the will of God, sorrow and grief befalls on us.

There is no stage, There is no state, Brain maturity, mind growth, learning, to know for receiving the grace. Effort is needed but without My (God) grace you cannot get realisation. Money-tendency and Money is most powerful. No sense should be disturbed even when you are surrounded by all attractions, mind, sense-organs, mine-ness, when you draw pleasure from these, the mind gets polluted and the pleasure will turn into pain, sorrow. There is always a war waging in our body in between good qualities (Paiidavas) and bad qualities (Kauravas). God is Administrator. Out of Love, out of compassion, out of mercy He teaches, preaches and blesses. Perform every action as Yoga. The purpose, the motive should be selfless. Unselfishness is God-Divine. Selfishness is Jiva-Being. Training and Learning to remove the body-bounded I, the individual 'I' is Yoga. You need to have sincerity, unlimited Love 100% faith towards God. In Holy man's (Saint) samadhi (the

place of the burial), when you sit and meditate. His grace and vibrations work and bless you and the mind get withdrawn, opened and then purified. Mind needs some activity and support, whereas Direct God is Nameless, formless and action less. Surrender itself is mighty Prayer. Other margas (means Or ways) are subordinates to Bhakthi (Devotion) marga. There is no 100% Happiness and no re-birth till you overcome the mind and the sorrow. Now a days information also is Service.

You must know the Truth and the Truth only shall make you free, freedom from sorrow and freedom from re-birth. We offer flowers, fruits, coconuts etc to God but we do not devote our time to God for God is in the form of Time. Bear insult. Bear injury - That is also a part of Sadhana. Be good and Do good. But Be good is very difficult. Knowledge is another name for goodness, Truth, Beauty, dedication for without knowledge no body can possess these qualities. Follow Do's and Don'ts. Reject prohibited actions and perform allotted duty, Short and sweet question, What is knowledge? To know the 'I', The Universal 'I', The True 'I'. Focus on God will turn into meditation and it will lead you to God. Chant the name with no egosense. Always Love Me (God), More and More Love Me. When we Love God, We get withdrawn from the mind. By doing nothing, Mahatma Gandhi earned the Love and fame of the whole world only because he Loved Rama (The Gentleman God). We should have stable devotion and living faith in God. Krishna, Rama any form is nameless, formless and bodyless. We are so-called-devotees.

By the mind and the sense-organs, only Vasudeva (God) should be seen. That is true devotion and he is a true devotee. Real devotee and Loyal devotee. Then you get united with God. This word is God. Whatever whomever you do and see, think and see God in every soul then naturally you become a Yogi, and it is a Union with God. The separateness will go. Don't eat costly food and don't wear costly clothes and no show or exhibition in life. These are the qualities of devotees. Otherwise Rajoguna(Quality of inertia) gets increased. Move and mingle with the common men. Read Bhagwad Gita daily, in-detail and not as a novel (fiction). Word is God. Respect God and Respect word as equal to God. We should take God, The universal spirit as our Ideal, model and become His devotees. We lick worldly matters, newspapers, neighbours, family these are all lies, society, desire they bring attachment and attachment brings High Blood Pressure. Attachment brings sin, sorrow, misery. We are close to the world and distant to God. We have embraced the world so tight that the re-births have equally increased.

The mind and the sense-organs - Soak them in pure Love and devotion. Without removing dispassion and detachment you cannot get innersight, you cannot travel inwards. To know and realise the Truth, deepen and widen inside. The Truth is close to us, nearest and dearest to us but we don't have the internal sense and it has not grown. To our petty, small, weak and narrow minds it does not get revealed. One sickness is enough for death and one weakness or habit is enough for re-birth.

Happiness is within you, find it inside you. Guru (saint) will take your mind inward while talking, walking, seeing, and eating, he will push it inside. Inside you there is another

Guru who will pull you inwards and will unite you with Himself and you will achieve unbroken, undiluted Happiness and Bliss and that ultimate state. God (Guru) sends suffering, unfavourable situations only to teach you dispassion and detachment and next favour follows but sometimes Guru even holds it, stops it because He knows that may be you will get spoilt and that could not be the appropriate time for it then by His grace. He sends what is best for us. God is omniscient and omnipotent and God knows what is best for us. No Human being knows. And above all to turn us towards Truth, Be positive towards every being. Earn good qualities. No enmity with anybody. Even if anybody causes harm to you, love him, if you develop hatred, you will stop loving God. In your enemy also you should see Vasudeva (God).

Become Pandava, Arjuna, centre of the five brothers. He becomes deserving to become and to be called as My devotee who totally surrenders to Me (God) then He (God) licks all your likes-dislikes, emotions, habits, desires, weaknesses, prarabdha (accumulated actions), big boulders, dirt, dust, which can never be removed by effort or even hard-work, out of grace, out of compassion and out of Love he bless you and takes you to that ultimate Truth, Oneness then no more sorrow, and no more tensions. Because our mind is not pure, we are not having living faith in God. You don't know the value of self-knowledge hence you are not trying to achieve it. To know it, when you hear about it, you develop interest and liking towards it. You should see only Vasudeva (God) inside and outside everywhere then there is no creation, you reach to that no-mind state, you become deserving to Vasudeva's (God) grace, you achieve that fullness and worldless, bodyless, ultimate, final, last, Supreme state, The Truth.

LOVE TO YOU    PEACE TO YOU

THANKS TO ALL

Courtesy: Neelam garu, Bhimavaram