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- 🌸 Life is full of ups and downs. Though you may think that all the rich and scholarly people are very happy, they have their own hardships. Except the Truth, the Bliss and the deathless state within your Heart, everything else is false. Unless the Truth within the Heart is realized, you cannot stop presuming the false to be true.

- 🌸 There is no other sorrow in this world. Getting the thoughts that you dislike is referred to as sorrow whereas getting the thoughts that you like the most is referred to as happiness. Life is full of thoughts. Except for the thoughts, there is nothing else in Life.

- 🌸 You got the physical body as per the destiny (prarabda karma). If there is no prarabda karma (destiny) to be experienced, you will not get the physical body. Adi Shankara said: “Enjoy the destiny (prarabda). It will then exit on its own. If your life is full of hardships, don’t grieve; rather enjoy the hardships as you enjoy eating porridge. The entire prarabda karma (destiny) will then get exhausted.” Bhagavan has advanced more in this regard. He said: “There should be someone to experience the Prarabda (destiny) ie the doer has to exist. You presume that the doer exists. But if you understand that the doer really doesn’t exist, then there will be no more prarabda to be experienced.” Identifying yourselves with a particular name and form leads to doer-ship. Doer-ship begets sorrow. The one who releases you from doer-ship is only referred to as the Guru. He is only the Jnani. You go to a doctor when you fall sick. If your mind gets disturbed and sorrowful, there is a doctor even for this purpose. He is only referred to as the Guru or God.

Intolerance and arrogance disassociate you from the Self. Learn to be tolerant in Life. Several incidents happen in life. You will face several hardships while experiencing the Prarabda (the fruit of past actions). Buddha said: “When you lack the tolerance, the disasters of life (the incidents that you dislike) seem to be bitter and beget ailments. But if you possess the tolerance, the same (the incidents that you dislike) will turn out to be sweet.”

Jnana doesn't refer to bookish knowledge or scholarship. There is something within your Heart (the Self) which is unrelated to your body or mind or senses or birth-death. If you can be like it (abide in it), it is referred to as Jnana. Reading some books and presuming to have attained Jnana is very dangerous. The books merely give you the information. If you want to visit Kasi, the books only give you the information to reach Kasi. But ultimately it is you who has to travel.

Irrespective of whatever may be the spiritual practices ie whether you contemplate upon God or meditate upon Him or sing His glories, examine what are the weaknesses of your mind. Unless the body is scanned, its ailments are not revealed. Similarly the mind has to be scanned. Examine what exists within the mind and what are its weaknesses. There will be several weaknesses brought forward from the previous births. Don't grieve for having possessed them. Try to get released from those weaknesses. It is not possible with your effort alone. Guru's Grace is inevitable for it.

You may have several weaknesses. Some of them originate from the previous births whereas some others emerge from the fallacy of

companionship. If there are no good people or Holy people in your village, lead a secluded life like an elephant in forest. If you don't get coffee to drink, will you drink endrine? You won't drink. Isn't it? If you get Holy people, enjoy their companionship, else lead a secluded life but don't get into the bad company.

 Bhagavan's teaching is Supreme. You remember something and are reminded of someone and from here starts your entire sorrow. Does anyone really exist for you to lament about? If there is anyone apart from you, you can then lament for their sake. When there is no other second thing (apart from you), for whose sake will you get aggrieved? What is the origin of your delusion? What is the origin of your animosity (hatred)? You presume that someone exists apart from yourself which is the root cause of your hatred. If you understand that there is none apart from yourself then you cannot hate anyone. Bhagavan said: "Whom are you lamenting about? Is there anyone apart from you for you to lament about?"

 Milton said: "There is Supreme Peace and Bliss within the Heart. However there are several attractions in this world. Being subject to some attraction or the other, you lose the Peace within the Heart."

 When you think about a person, don't think about his colour or caste or nationality. Don't pursue his body or mind. Look into his heart and then estimate him but don't decide the worth of a person based on his education or authority or external circumstances.

- 🌸 Milton said: “You may overcome any kind of weakness but it is very tough to transcend the craving for fame.” Every person desires to be honoured. Therefore it is very difficult to transcend the craving for fame.
- 🌸 You are not being bind by someone. You have a body. There is a name for it. You are being bound by your body and name. The mind doesn't get silenced and you cannot experience the Peace unless you get released from the body and name mindedness.
- 🌸 If the mind doesn't get subdued, what is the purpose of all these sermons? Of what use are they?
- 🌸 Earn money if you lack the same. Earn education if you are deficient of it. But you need not earn Compassion. Where ever there is Self Knowledge, Compassion naturally prevails there. Some people enact friendship but abandon us in adversities. They are not at all friends. However some people retain their friendship till the body reaches the burial ground irrespective of the external circumstances. Some people asked Karna: “Duryodhana is a rascal. Why do you befriend him?” Karna replied: “Duryodhana might be a rascal. But he honoured me when I was dejected by everyone. He gave me food as well as the kingdom. Based on your words if I presume him to be a rascal and abandon him accordingly, it will be a betrayal.” When Karna was told that if he doesn't give up Duryodhana's friendship, it will lead towards his death, he replied: “Duryodhana and I will die together.” This is called as friendship. So if you get the friendship/companionship of a Mahatma or a Jnani, you will naturally attain Compassion and Bliss. It is because

these are the natural attributes of a Jnani and a Jnani need not earn them.

- 🌸 Though the body may die one day, there is a deathless state within the Heart. One who advances you towards that deathless and natural state is called as Guru. Other than the Self, if He preaches any petty things, He cannot be called Guru but can be referred to as a demon.
- 🌸 Don't care the petty things and the miracles like so and so person got cured of a disease or a particular person gained power-authority etc., Always focus upon the goal and perform the tasks needed to sustain the body. Your goal is to attain the Heart. As the river flows and merges into the ocean, your mind should traverse towards the Heart and get merged into it. When you have hatred, anger and mischievousness, how can the mind get merged into the Heart?
- 🌸 When anyone rebukes the body, you get angered. Can you rebuke your body? No. Your body itself is your enemy. When they are rebuking your enemy, isn't it good for you? When they are favouring you, why do you get upset with them?
- 🌸 Body consciousness is the cause of your sorrow. It is only referred to as ignorance, doer-ship and Chit-jada knot. The one who breaks this knot is the Guru.
- 🌸 Jnani also works but has no attachment anywhere. Jnani refers to the Supreme Consciousness. He has neither liking nor dislike. Still He keeps working. When the light emerges from the Sun, what can be said if one closes their eyes and doesn't want to enjoy that light? Some people

used to meditate with eyes closed in the hall where Bhagavan sat. Then Ganapati Sastry garu said: “When the Sun of Knowledge (Grace) shines radiantly, what makes you lighten the kerosene lamps (effort) without enjoying the Sun’s radiance?” Even the Jnani works. But there is no attachment there. He remains indifferent (doesn’t react) irrespective of being praised or rebuked. In this context Jesus said: “Oh! Lord, forgive and Bless them for they know not what they speak.”

- 🌸 Stop affirming the bad things that you listen to. Affirming them will be a mistake on your part. When a daughter in law was told: “Your mother in law and father in law are not good”, she replied saying: “Now we are all living in harmony. Why do you want to disturb us? If these backbites are your sole intention, please don’t visit our house again.” The daughter in law thus responded them very sternly. If she is not stern enough, they will slander continuously. On listening to backbiting, the mind gets polluted. It is only referred to as slow poisoning. People slander in order to create disputes and gain out of it.
- 🌸 Keeping the mind clean is as important as the external cleanliness. Referring to this Lord Krishna mentioned in the Gita that both the external purity as well as the internal purity is equally important.
- 🌸 Certain eligibility is needed to earn a particular job. Similarly Concentration and Purity are needed in order to earn Self Knowledge.
- 🌸 The Lord said in the Gita: “Work done skillfully and tolerantly also constitutes yoga.”

- 🌸 My dear friends! You need not put an extra effort for the sake of Self Knowledge. You need not give up the food. Your words, deeds and thoughts must fetch you God's Grace. If we are able to sit together and conduct the satsang, it is a sign of being blessed with God's Grace. Grace is not attained through spiritual practices. Spiritual practices are performed only due to God's Grace and not due to your intellect.
- 🌸 How significant are you? How worthwhile is your life? Even if you possess little wealth in this wide world, how valuable is it? Alexander conquered several countries but left this world empty handed.
- 🌸 Bhagavan said: "Currently you have a human body. Nothing can be predicted what is in store for you in the future births. Therefore utilize the human body properly and try to experience the Truth within your Heart. Every physical body dies. Even before the body dies, attain the deathless state."
- 🌸 When the body dies, you presume as if you are dying. It implies that we are all mortals now. But even before the body dies, if you experience the deathless Immortal state within the Heart (ie Your Existence will continue even after the body's death), you will then become Immortal. When Gandhiji was shot dead, He uttered: "Hey Ram! Hey Ram! Hey Ram! And then left the mortal body. Referring to this Rajagopalachari said: "Till now Gandhiji was one amongst us. But He was reminded of the Atma Rama (the Inner Rama) on his deathbed. He has experienced the deathless Self at the time of death. Therefore Gandhiji has now become Immortal."

- ❁ Though you may earn 1000 acres of land, you will be forgotten very soon after the 12th day of your death by your successors. Being grateful is very rare in this dark-age (Kali yuga). Sage Valmiki said: “Don’t befriend those who lack gratitude.”
- ❁ A Realized soul works only for the sake of others. He neither gains nor loses out of His work. It is because He is beyond gain-loss, merit-demerit. Gain-loss, merit-demerit is all pertaining to the ego. As there is no sense of individuality there, He is not going to benefit anything through His benevolent acts. It is the Ultimate state.
- ❁ If there is anything unique about you, it is all God gifted but not your own. Remember this very well. The Vedas have declared: “You cannot get atleast some wealth, health, bliss and sweet speech unless there is past merit and depths of Heart to your credit.”
- ❁ The Jnani works silently, whatever may be the work in hand. He doesn’t need any publicity for He has no others. When you lack Peace and Knowledge, you cannot recognize them in others. Neither your eyes can see nor your ears can hear, when you try to see in others that which you don’t possess.
- ❁ You cannot get anything more than that which you really deserve. Though you may roll on a golden hill, God allocates you with your quota alone and nothing more than you are eligible for. However if you have any desires, they will get fulfilled. You will enjoy their fruit that disappear in the process of time.

- 🌸 Though some people lack assets and wealth, they are not poor at Heart. Though they experience poverty at home, they are not poor at Heart. They are rich at Heart. Such people become subject to God's Grace.
- 🌸 Though there are different view-points, I exist in the form of the 'I' that truly exists within the Heart ever shining as 'I-I' (I AM THAT I AM). It is a wonderful expression. People having ears, Please listen to this. If you close your ears and don't want to hear His words, who else can reform you?
- 🌸 People who have purchased a new car visit their relatives in that car. It is only to show off that they have purchased a new car. So petty is the human nature. How can such people attain Peace and Knowledge?
- 🌸 If you cannot toil hard and perform spiritual practices, attain the companionship of the Mahatmas, Maharishis and the Holy people. You are going to America as well as reaching the edge of the world in order to earn money. But where are you going in order to earn good heartedness? If you can get Holy people, be in their company. However good one may be, they will get ruined in the bad company. There is a saying: "If two people make friendship for 6 Months, each will get the other's attributes." Brutus was a good man. However in the end, he turned out to be bad due to bad company. Gandhiji said: "I got habituated to eating meat and drinking cigarettes only due to bad companionship." You must have at least some past merit in order to get Holy Company. You are travelling very far in order to earn money. Then what is the effort being made to attain the Holy Company? It is good to be in the Holy Company. The Holy people need not speak out. Their

vibrations will work upon you. There is no necessity to speak at all. When there is a Heart to Heart talk, where is the necessity to speak?

- Some people always state that they are very busy. Will the death wait when it is told that you are busy? Can you escape the death? Then what are you busy with?
- Go home and examine it yourself. Right from morning till evening, of all the words spoken, how many of them are necessary and how many of them are unnecessary? Most of the words spoken are unnecessary because they are expressions of the ego. Why do you speak at all? You may speak if required. Why do you want to speak if not needed? What is the reason behind your speech? Are you speaking out of necessity or merely boasting about yourselves or talking only to express the ego? What is the reason behind your speech? Observe right from morning till evening tomorrow. It can be concluded through observation whether a person speaks out of necessity or for expressing the ego. Don't utter anything merely because someone has uttered it. Don't imitate others. Don't spoil your mouth. Let your words be Sattvic. If your words are not Sattvic, if your work is not Sattvic, the Self Knowledge cannot be attained.
- There is a Truth within the Heart much nearer than the head, legs, hands and the senses of the body. Whether you acknowledge it or not, the Truth exists. You will become blissful on acknowledging it; otherwise will be chased by the sorrow throughout several births.
- Some people complain of being neglected by their family members. Such people are very lucky indeed. On being neglected, they will have

no attachment for their family members. If the family members take care, attachment is developed for them. If the family members talk, then 10 Salutations to them; if they don't talk, then 100 Salutations to them.

 Remember this word and hide it in your Heart: Whatever may be the reason, if you get either sorrow or disturbance or anxiety, it arises due to attachment. You must examine for whom you have that attachment.

 The Holy people work silently. When they shower their Grace, they ensure that it is not revealed even to the people sitting next to you. Silence is much powerful than speech. The wise do not talk and those who talk are totally ignorant. The wise resemble a filled pot. They do not speak because whatever has to be done is performed silently. Not that they should not talk. The entire operation is completed in Silence. They ensure that it is unseen and unheard by others.

 When anyone informed Bhagavan that they were chanting a particular mantra, Bhagavan said: "Continue the chanting. Some or the other exercise is needed. Many people do walking. It is an exercise to the body. Similarly chant the mantra within the mind. It is an exercise to the mind." Bhagavan has transcended the nature. When the Truth is realized, there is no necessity of any of these mantras or tantras or yagas.

 Though your body is here in India and the bodies of your well acquainted friends are somewhere in America, if you have mental contact with them, they are equivalent to the neighbours sitting beside you. Though the bodies are proximate, if the minds are not so, it is of

no use. Some people stay together but always plot against each other. It is better to have mental contact without physical proximity rather than having physical proximity without mental contact. Though your well wisher may stay somewhere far away, he is equivalent to your neighbour.

 Guru is not the physical body. Guru is the Supreme Consciousness. The family members arise according to the destiny (past karma). After death, the relationship with the family members comes to an end but not with that of Guru. Why are you bothered about who Bhagavan is, what is His caste or where He resided etc? You experience Peace in His presence. Whatever is experienced in His presence (ie Peace) is only significant. All the other things are irrelevant. Unless you attain the Guru's state and experience His abounding Bliss, He won't stop chasing you for hundreds of births. Though the body expires and you take birth again somewhere else, the Guru hunts you out and comes to you on His own. Though you may abandon the Guru, the Guru won't abandon you. He won't abandon until the Nirvana state is attained, Perfect Peace and Bliss are experienced and the tendencies get annihilated completely (100%). Whichever may be your body, the Guru chases you till His state is attained. Such is His glory. Though the Guru may have a physical body, it is equivalent to not having it. As you limit yourselves to a body, you restrict the Guru also to a body. Though the Guru may have a physical body, He cannot be restricted to it alone. In spite of possessing body, the Guru is aware of His true nature.

 Referring to new comers, if anyone asked Bhagavan about their details, Bhagavan said: "All of them belong to us. If they don't belong to us,

why do they come here? Don't ask about their details. Whoever comes here, belong to us. If they don't belong to us, they cannot come here. Since they belong to us, they have come here."