



# Ramana Bhaskara



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🌸 That which is permanent and Truth dwells in the Heart of everyone. Its very nature is Bliss and Happiness. It is only referred to as God as well as Supreme Power. You are not separate from that Supreme Power. That Supreme Power works everywhere and in everyone. You play your role as decided by the Supreme Power. 'That power itself is Divinity'- in whomever this feeling gets stabilized; they take rest here and now ie experience the Peace here and now.

🌸 The body doesn't have the 'i' thought. The Supreme Consciousness doesn't have the 'i' thought. However there is something in between- call it as Jiva or mind, which is revealed as 'i'. Whichever is revealed as 'i', its source is not somewhere outside but is inside.

🌸 In deep sleep you are blissful and peaceful. You don't get thoughts pertaining to the previous births or the forthcoming births. But once you come into the waking state, the thoughts emerge and there is no more peace, bliss and happiness. Ego is the only root cause for not being able to experience the bliss pertaining to deep sleep in the waking state. You may give up your house or society easily but not the ego. If one cannot give up the ego, it doesn't matter where he stays. He is always chased by sorrow.

🌸 The source of ego is within the Heart. If you control the mind & senses and enter the cave of Heart, the source of ego is revealed. Once the source of ego is revealed, the ego gets annihilated. Wherever the ego gets annihilated, the Bliss is experienced. If the source of ego is not known, you cannot experience liberation related Bliss inspite of taking

innumerable births. The work done, the words spoken and the thoughts that you get should reduce the ego sense.

🌸 You are very careful regarding the physical body but careless about the thoughts that you get. This is only your biggest mistake. If the body falls sick, a lot of care is taken but when bad thoughts enter the mind, they are neglected. When you are being subject to sorrow, how does it matter even if you possess innumerable things at home or outside? You must attain the sorrow less state. Your mind must co-operate for that sake. Japa, Dhyana and Holy Company aid you in conquering the mind. When the mind is withdrawn into its source, it gets annihilated. You then become a Jivanmukta (a Realized soul) and rise to the sorrow less state. Different people refer to the sorrow less state with different names like Vaikunta, Kailasa etc. Only one state exists. It is not something which can be procured in the market externally. Conquer the body, mind and senses and make effort to attain that state. You will then secure Guru's Grace.

🌸 Though the Self resides within the Heart, it is not revealed due to defective thinking. If the thought process is appropriate, if the work being done is appropriate, the Self reveals itself in the process of time.

🌸 Introspect into yourself rather than criticizing others. The Rajas increases on criticizing others whereas the Sattva increases on introspecting yourself. The Rajas and Tamas reduce as the Sattva increases.

- ❖ Some people get inspired to work due to their selfishness and tendencies. But Jnani is selfless and devoid of tendencies. Unless the tendencies are completely annihilated, the Self Realization cannot be secured. Therefore whatever may be the work done through the Jnani, He always remains as an instrument in the hands of God. It is inspired neither by the tendency nor by selfishness.
- ❖ Superiority and Inferiority complexes arise only in Maya. When you become everything, there is neither superiority nor inferiority. A Realized soul cannot differentiate. Whatever is experienced by Him within the Heart is reflected in the external world for Him.
- ❖ An ignorant restricts the Truth to a particular name and form but the Jnani doesn't do so. When the peace within the Heart is experienced, when it is revealed as your very nature, you can think about neither heaven nor hell nor the life after death.
- ❖ There are several thoughts within the mind. The glory of Ramana's teaching is that He won't abandon looking at your superficial thoughts. The goal of His teaching is to make you enquire into the source of mind, take you there and experience the same. His preaching won't stop looking at your superficial thoughts.
- ❖ A devotee asked Bhagavan: "According to you: Thou are the Self. Thou are the Supreme Consciousness. But we are unable to grasp this." Bhagavan replied: "You are unable to grasp due to name and form mindedness. Self is nameless and formless. Your thinking faculty is restricted to your name and form. When you get released from name

and form, the nameless and formless Self is revealed as 'I'. As you keep on meditating upon God, you get released from name and form mindedness. Concentrating upon a single object is referred to as meditation. As you keep on meditating, the place available in the mind for other names and forms gets reduced. The habits that hinder the spiritual advancement lose their place in the mind. You then become purified, attain a concentrated mind and seek the Truth. The mind always gets extroverted. It is difficult to withdraw the same. You are blessed indeed if you can meditate and introvert the mind atleast an inch towards God. If required, sacrifice the enjoyments (bhoga) for the sake of God Realization. Doing so is also a penance."

-  One who has no expectation of fruit of their action attains purity of mind which brings in liberation. One who gives up the fruit of their action is a true ascetic. He is only a true yogi.
-  Spiritual Knowledge brings in Peace. When you secure Self Realization, not only you but your surroundings also seem to be peaceful. When Lord Dakshinamurthy remained Silent, the Truth shining in the disciple's Hearts got revealed. It is Silence. The same Power that worked within Lord Dakshinamurthy works even now. The Power that exists is one and only one. There is a change in the physical body but not in the Power. It is the same Power.
-  Don't think that the state of Liberation doesn't exist. With all humility and clarity, I request you this one thing: 'You are unable to secure liberation as you lack the required eligibility to attain it. Therefore don't doubt whether the state of liberation as well as God exists or not?

Rather than doubting thus, doubt the ego. Then the ego traverses inside and unites into its source.'

- ❁ The world is not defective. Only your outlook is defective.
- ❁ Don't become jealous of others who are knowledgeable and possess divine attributes. Looking at them you must become happy. By being happy, you will gain that knowledge and divine attributes. Even this is a part of sadhana (spiritual practices). If you become jealous, it is you who is going to lose. If you start admiring the good in others, you get decorated by those good attributes. Not only the worship and Japa but admiring the good in others is also a part of sadhana (spiritual practices).
- ❁ The tendencies get subsided in the holy presence of Mahatmas, Mahagurus and Maha Jnanis. The habits vanish away. The mind becomes still. It becomes purified. The thinking faculty attains discrimination. You will thus attain the state of Samadhi. There are no more sensory objects in the state of Samadhi. There is no more body or world or God in the state of Samadhi. You are aware of your Existence. Such is the state of Samadhi. The state in which the mind dwells in Supreme Peace, though the senses keep working is referred to as Sahaja Samadhi (natural state).