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- In order to get released from ignorance, the Lord has prescribed several paths like Karma, Bhakti, Dhyana and Jnana in the Gita. Treading in the path of your liking and getting released from ignorance is important.
- A devotee called Om Sadhu wrote several verses in praise of Bhagavan like: “You are an incarnation of Lord Subrahmanya. You are a Brahma Jnani. You have incarnated on this earth in order to preach Jnana etc.,” and handed over them to Bhagavan. Bhagavan then replied: “All these are insignificant. How does it benefit you if I am called great?” Find out a way for your reformation. There are crores of Rupees in the State Bank but your pocket seems to be empty. How does this benefit you? Rather than referring to someone as Jnani, try to secure Jnana. You will then enjoy the Bliss.”
- Learn that which has to be learnt. Know that which has to be known. You will not know it by roaming around trees and stones. You are searching in the place where it doesn't exist. The Truth exists within the Heart. If you search it in the Heart, you will then find it. Truth is hidden in the false. Learn a little introversion. All of you got habituated to extroversion. Why do you become sorrowful at the time of death? It is out of fear that the body will not be visible after death. The sorrow less state is within the Heart. But you must learn introversion and habituate Sattva. You get elated on gaining something and get depressed on losing something. When you understand the gain-loss to be false, these ups and downs will vanish. There is a Truth within the Heart transcending birth-death. It is not revealed due to wrong thinking and wrong habits. Perform spiritual practices and get released from the

wrong thinking, wrong habits and doer-ship. Then the Truth gets revealed.

🌸 When Suramma went to Arunachala, she asked Bhagavan: “Swami, I don’t need anything else except for liberation.” Bhagavan replied her instantly without referring to Gita or Upanishads. He said: “You state that you want liberation. You also accept the ‘i’. Whatever is being experienced as ‘i’, try to drive it away. When it is driven away, the remnant is liberation, Peace and Bliss.” Here Knowledge doesn’t imply bookish knowledge. That which is Blissful, Peaceful, existing in all the periods of time (ie past, present and future) and in all the states of mind (ie waking, dream and sleep) is referred to as Jnana. It should be brought into experience. It is beyond the words, senses and mind. Where the mind gets annihilated, the Truth comes into experience. Even if the Sun God wants to look at the darkness, it is not possible. Similarly a Self Realized soul cannot taste sorrow. It is because the very nature of Self is Happiness. A Realized soul need not depend upon anything in the world for the sake of His happiness. Such happiness is true happiness and independent of everything.

🌸 Sri Ramakrishna Paramahansa was engaged in a small job. Externally He possessed nothing but internally He has completed His journey. His dispassion enabled Him to reach the depths of the Heart, where the Truth actually exists. He has secured that which ought to be secured. Therefore He became a world teacher inspite of His inability to make a signature.

- As a doctor practices medicine, a devotee should practice Sattva. By doing so, the depths of Heart increase which in turn introverts the mind.
- The Lord said in the Gita: “One which is existent (Self) exists forever and one which is non-existent (Non-Self) doesn’t exist. It never happens that the existing one ceases to exist and the non existing one doesn’t cease to exist. This is certain.” You may not understand it but try to understand it.
- A devotee told Bhagavan: “According to the scriptures, the Sanchita and Aagami Karmas are destroyed in case of a Jnani but the prarabda karma has to be experienced by the Jnani too.” Bhagavan then said: “Dasaratha had three wives. Do all the three wives become widows or only two of them become widows if Dasaratha died? All the three wives become widows. Isn’t it? Similarly when the false ‘i’ gets annihilated ie when Self Realization is attained, Prarabda karma is also destroyed along with Sanchita and Aagami. Therefore all the three karmas get destroyed on securing Self Realization. Then one more question was posed: “Isn’t Jnani also experiencing the Prarabda?” Bhagavan replied: “Jnani never feels that He is experiencing the Prarabda. It is only the seer who feels the Jnani also experiencing the Prarabda.”
- Observe which habit extroverts the mind and cut the same. Whichever is being referred to as ‘i’, cut down the food supply to that first thought. It will then die naturally. The body’s death is not at all death. The first thought which identifies itself with the body has to die. It then becomes the true death. Getting released from the false ‘i’ is referred to as yoga.

Yoga means Unison. As long as the body bound 'i' exists, you cannot unite with the True 'I' which is the Truth. When the body bound 'i' is annihilated, Self Realization is attained.

 Suppose you are 100% healthy, are you reminded of hospital or doctor? No. Similarly when you are 100% Blissful and Peaceful, the question whether God exists or not doesn't arise. All of you want to be blissful and peaceful. Presuming that they prevail in God, you are seeking for God. Suppose your name is Shyamala. You seem to be happy in the deep sleep but start crying after waking up. You are not bothered about sex, religion and God in deep sleep. But do you still exist or not? Yes, you do exist. Shyamala doesn't cry in the night (in deep sleep) but cries in the morning (waking state). Is Shyamala in the night different from Shyamala in the morning? No, they are one and the same. But she is happy in the morning and cries in the night. Why is it so? Take the aid of reason as long as it helps. The 'i' thought shoots up from the Heart and reaches the sahasrara at such a speed in the waking moments which is equivalent to the speed of Sun rays touching the earth. The physical eyes cannot perceive that speed. As and when you start identifying yourselves with body and mind, sorrow becomes inevitable. Whichever religion you may belong to, whoever may be your Guru, irrespective of innumerable pranayamas or yogas or fasting that you may perform, as long as the identification with a particular name and form prevails, you cannot get released from sorrow. The sorrow less state cannot be attained.

- It is not sufficient if you consider yourselves to be good. God should think so. If you are really good, Self Realization should come automatically.
- Buddha attained the state of Nirvana under a tree in Buddha Gaya. He then got completely immersed in Bliss, Peace and Happiness. Thus He stayed there for a few days in that state. Buddha was Compassion personified. His Compassion and Peace got converted into His teaching. His Compassion cannot be differentiated from His teaching. His teaching is full of Compassion, Peace and Bliss.
- A question was posed to Bhagavan Ramana in His last days: “Now your body is going to die. Who will Love us hereafter?” Bhagavan replied: “Even when the body was alive, you were never loved by the body. That which loves you has no death. Thus the Love and body’s death are in no way related. You are not being loved by the dying one ie the body.”
- The very nature of the Self is Bliss. As heat is the natural attribute of the fire, Peace and Bliss are the natural attributes of the Self. Self is very natural and normal. Whenever you have secured the Self, you enjoy the true Bliss which is endless. This Bliss doesn’t get converted into sorrow in return because it is independent. If you take pleasure through senses, mind and the circumstances of the world, all this pleasure results into sorrow. There is no doubt about it. When the Truth within the Heart comes into experience, the differentiating faculty is lost. Then wherever you see, it is all Blissful and Peaceful. In such a state, nothing

is gained on retaining the body and nothing is lost on losing the body. Such a state exists within the Heart.

- ❖ One who thinks that He won't exist anymore upon the body's death is 100% ignorant ie He doesn't have identification with the deathless one. How much ever wealth or honour he may possess, it is all failure. Irrespective of whatever he may earn in life, all of them are insignificant (ie zeroes without one in the left hand side).
- ❖ God in temple is relative truth whereas God in Heart is absolute truth. But the liking you possess for God in temple doesn't exist for God in the Heart. This is only delusion. This is only ignorance. It is easy to visit a temple but it is not so to enter the Heart.
- ❖ Now you are being defeated by the death but you must defeat the death one day. Otherwise you will immediately get a rebirth. Your current situation is that you are trying to construct without any foundation. Without foundation, they are equivalent to a bird's nest (ie very vulnerable). You don't possess any love. Where ever you see it is all hatred. Then how can you expect Self Realization? You have not studied L.K.G but would like to write the IAS Entrance exam. Does it really make sense? How can one attain Self Realization without being released from the likes and dislikes? Firstly prepare the mind. Though the mind is not fit enough, you consider it to be so. Without giving up self praise and other's censure, how can you state: 'I am doing yoga abhyasa but still I am unable to secure Self Realization?' You tarnish your mouth on a daily basis. Your mouth is not good, sight is not good and mind is not good. Then how can you attain Self Realization?

- 🌸 The three monkey doll was Gandhiji's Guru. Even we must make the three monkey doll as our Guru.
- 🌸 Both the rich as well as the poor declare that they are experiencing their destiny. You presume that destiny is true. But if you realize it to be false, where is the question of experiencing it?
- 🌸 Reduce the likes-dislikes and reduce the force of the false 'i' to the extent possible when you are very much alive. Don't get elated and don't become arrogant when the external circumstances are favourable. By doing so, the false 'i' increases. When the food supply is stopped to the body, the body dies naturally. Similarly if the food supply to the false 'i' is reduced, it will get a natural and normal death automatically. You will then become a Jnani.
- 🌸 You may presume to having possessed innumerable flaws. But there is one and only one flaw ie whatever is being referred to as 'i' ie the false 'i' is the biggest flaw. When the lid is removed, the food within the vessel is visible. Similarly if the false 'i' is annihilated, the true 'I' is revealed. Until the true 'I' is revealed, there is neither freedom nor happiness nor Peace nor release from rebirth. There cannot be any compromise in this.
- 🌸 You boast of having achieved this or that. There is someone who thinks so. Put him aside. Till then freedom is not possible. You are performing certain spiritual practices but not involving the false 'i' in it. Until the false 'i' is involved, it doesn't get annihilated. There should be some relationship between the disease and the medicine being used. Only

then the disease gets cured. Similarly the false 'i' has to be involved in spiritual practices. Only then it gets annihilated.

🌸 Om Sadhu said: "Without the aid of body, you can remain happy. The body doesn't exist in the deep sleep. But still you are happy there. Practice that happiness in the waking state."

🌸 A devotee asked Bhagavan: "How should I lead my life?" Bhagavan replied: "Live like a corpse. On being praised, the corpse doesn't derive any pleasure. Similarly on being rebuked, the corpse doesn't derive any pain. Like a corpse, remain indifferent to both pleasure and pain when you are very much alive."

🌸 Bhagavan doesn't say: 'Stop working.' The words spoken out, the deeds done and the thoughts that you get should reduce the false 'i' which identifies itself with the body. If the false 'i' doesn't get reduced, whatever may be achieved externally, all of them are insignificant (ie zeroes without one on the left hand side).

🌸 You want to be loved by everyone but don't want to love anyone. You want to be served by everyone but don't want to serve anyone. You want to be honoured by everyone but don't want to honour anyone. It is all conflicting. Your thought process itself is defective. If you possess attachment for Holy men and Mahatmas, you will reach a different world while being alive. The doors towards Peace and Bliss get opened. Therefore be very careful regarding friends and books. Practice the Sattva. Increase the action and reduce the reaction. Learn to see God within the work. Everyone's life is full of ups and downs. There are

lessons to be learnt from both. Don't miss one thing: If you are capable enough, there will be something to learn from every incident of life. This incident doesn't happen without the knowledge of God. If you learn lesson from it, you will make spiritual advancement. Without learning lesson, spiritual advancement is not possible.

- 🌸 If you stop polluting the mouth as well as the mind, make effort in that direction for a while, the inner beauty gets revealed. It doesn't become permanent immediately. It takes some time for it to become permanent. You may experience Peace and Happiness for a while. But it is all temporary. Only after the mind gets annihilated, they become permanent.
- 🌸 Give up negative thinking. Enhance positive thinking. Positive thinking increases Self confidence. Self confidence begets Self Realization.
- 🌸 Suppose you are making a lot of effort but also desiring honour in return, it implies that the mind still wants to retain its existence. Don't deceive yourself. On doing so, it is you who is going to lose. Therefore observe yourself. Learn introversion. Habituate Holy Company. Holy Company brings in introversion of mind.
- 🌸 Swami Vivekananda said: "The Sun exists in the sky. He cannot be seen merely by His existence. Your face has to be turned towards him. Similarly the Sun of Knowledge is within your Heart. It cannot be perceived by its mere Existence. Atleast a portion of mind has to be introverted. Self Realization is not possible without introversion of mind."

🌸 Doing good deeds externally and increasing the ego thereby will bring in merit but not Self Knowledge. Continue performing spiritual practices. Don't give them up. Continue doing them until it is realized that nothing can be achieved through them.