



# Ramana Bhaskara



Speech delivered in Arunachalam,  
dated 5-12-03.

 Knowledge gained through senses is termed as relative knowledge. Relative Knowledge is different from Self Knowledge. Self Knowledge is not perceivable by the senses. Where ever the mind and senses completely subside, Self Knowledge arises. There is a proverb which says: “Hands are involved in worship whereas the mind concentrates on the slippers.” Now your situation is similar to this. Knowledge is gained only when the body and mind are in the same place. Relative knowledge gained through senses cannot reveal ‘Who you are’. They can only bring in comfort to the senses. Some of you may be very intelligent but the intelligence cannot bring in Self Knowledge.

 The mind is extremely wavering. Controlling the mind is as difficult as packing the mind into a bundle. Perform the spiritual practices as you like but remember one thing: Your spiritual practices must bring in self control which aids in securing Self Knowledge. You are always concerned about body’s comfort but not about mind’s control. Without mind control, the mind related business never stops. The mind cannot be conquered without dispassion and spiritual practices.

 The true Arunachala is within the Heart. It can be perceived neither by the senses nor by the mind nor by the intellect. You may feel: ‘I have senses and intellect. Why can’t I secure the Self?’ Thinking so, even if an attempt is made, the senses and intellect travel inwards only to a certain extent. When it is realized that the Self cannot be perceived through senses and intellect, they come back. This is similar to a hunch backed buffalo feeling superior comparing itself with some blind buffaloes.

- ❖ How can you make spiritual advancement and secure Self Realization when you are in the company of people with comparatively lesser discretion and discrimination? It is possible only in the company of people with comparatively more discretion and discrimination.
- ❖ While drinking coffee, the lips initially touch the foam. However that foam is not coffee. After having touched the foam, the tongue tastes the coffee. The foam merely indicates the coffee's taste. The coffee lies below the foam. You are not even able to touch the foam. How can you know the coffee's taste? Don't you think that atleast the foam needs to be tasted?
- ❖ The Truth inside is silent and non dual. Its very nature is Existence. The aid of any Ellamma and Pullamma is not needed to perceive it. It is omnipresent. It exists inside. Its very nature is Bliss. It is perceived by its mere Existence. It is the Supreme Consciousness. The fire need not be touched. The heat is perceived from a certain distance. Similarly when you get introverted, the Supreme Consciousness related Peace and Bliss are perceived.
- ❖ Sorrow arises when the external circumstances are unfavourable and happiness emerges when they are favourable. But the one who travels inwards escapes both happiness as well as sorrow. Reacting to the external circumstances implies that you have not yet introverted.
- ❖ The Existing one exists forever and the non existing one doesn't cease to exist. Unless it is realized that there is no existence for the non existing one, the existence of the Existing one cannot be realized.

 The purpose of Yoga is to merge into that which you are (Self Realization). If you consider yourselves to be good and intelligent, you cannot transcend the both. Your journey gets halted. Oh! Foolish one, you may be good. You may be intelligent. But you are not them. Does anyone consider themselves to be good and intelligent in the deep sleep? No. There is a Truth beyond all these, not somewhere else, but within the Heart as the breath of your breath and as the base of your mind. As the Truth is not perceivable by the intellect, don't presume that it doesn't exist. As you are unable to understand, don't presume that the Truth doesn't exist. Try to understand the same.

 Don't misconceive the chaff to be seed and stop there. Don't misconceive the false to be truth and stop there. Discriminate between the Self and Non Self with the aid of yogic power. By doing so, the Truth that which you are is revealed as 'I AM'. This Existence is restricted neither to body nor mind nor world. I am getting blocked at the level of Divine attributes and unable to reach the plane of Self. My mind is unable to bear the beauty of the divine attributes. It gets halted here itself. Can the beauty of the Brahman be really perceived? I have not yet gone into the kitchen. I am still in the corridor. I am speaking out my evaluation. You can make your own appraisal.