



# Ramana Bhaskara




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While using a medicine, it is often cross checked whether the medicine is working as intended or not. Else the medicine is changed. No one uses the medicine for the sake of using it. Medicine is used to cure the disease. Similarly verify every now and then whether your spiritual practices are reducing the ignorance or not.


Right now everyone is naturally identified with a body. If you are really the body, there is nothing wrong in getting identified with it. But you are not the body. It doesn't matter which religion is followed and whether the path of devotion or the path of Knowledge is treaded. Understand the subject properly. Subject is in no way related to religion or caste. Does the Sun God have a religion or caste? No. He showers His light equally on all the people irrespective of their religion. Jnana has no caste and religion. One should have the requisite eligibility to secure Jnana. If the mind gets matured, Jnana is attained. If the mind remains immatured, Jnana cannot be attained. Anything put on the tongue for testing its taste is instantly spitted out if it is sour in taste and totally consumed if it tastes sweet. Similarly if your nature becomes sweet ie if your mind gets matured, God accepts you and bestows with Self Realization. Contrarily if your nature is sour, you will be abandoned by God. Therefore don't remain sour or bitter (immature) but become sweet (matured).

The Supreme Consciousness is omnipresent. The omnipresent Supreme Consciousness is also within the Heart. It is beyond time-place, victory-defeat and joy-misery. It is only your true abode. The bird flies with the aid of its two wings and sighs out a great relief on reaching its nest. Only then it finds rest. Similarly your body takes birth and dies

continuously. Thus you keep getting several bodies. You have not yet reached the true abode. Until the true abode is reached, this wandering becomes inevitable. The true abode is within the Heart. You must reach the true abode.

 In the process of performing spiritual practices, everyone must make their own observations. Other's advices need not be heeded to. Observe whether you are getting identified with the Supreme Consciousness or with the body ie the Non Self? Your spiritual practices must reduce the identification with the body & mind and increase the identification with the Supreme Consciousness. Keenly observe whether this is happening or not. If the identification with the body increases, it indicates that your spiritual practices are defective. However if the identification with the Supreme Consciousness increases, it implies that you are on the right path.

 The Lord said in the Gita: "Mind alone is your friend as well as enemy." If the mind becomes friend, any number of enemies cannot cause you any harm. All the help is attained from the mind. If the mind becomes your enemy, even if all your relatives strive to make you happy, they cannot do so. Your mind will never allow you to remain happy. Befriend the mind. Conquer it. Teach it goodness and humility and aid it in securing identification with the Supreme Consciousness. Only then the purpose of spiritual practices will be fulfilled.


 Intellect is the major hindrance for the intellectuals whereas the body itself is the major hindrance for the fools. Both the intellectuals as well


as fools are faced with hindrances. Therefore all of them are immersed in ignorance.

- ❖ The day your identification with the Truth within the Heart becomes as natural as your identification with the body, the liberation is attained. Spiritual practices have to be performed only for the sake of liberation. Truth alone exists. Unless Truth is revealed, every person is chased by sorrow and disturbance. One who treads the path prescribed by God, God bestows them with Self Realization.
- ❖ You may adore the Lord, worship Him, perform Japa etc., but in the heart of the hearts have a feeling that you are much more intelligent than the Lord. Therefore you are unable to accept God's will. Sometimes it happens that you are faced with a terrible hardship which makes you anxious. The Lord knows that you have been subject to that hardship. Through such hardship, the Lord ensures that your life diverts towards God; He bestows you with the faculty to perform spiritual practices, converts that hardship into an investment to secure true bliss and thereby makes you the recipient of the true joy. Therefore hardship is also a gift of God.
- ❖ Once a devotee told Bhagavan Ramana: "We have come to Arunachala only for your sake." Then Bhagavan replied: "Whoever has brought me to Arunachala, it is the same one who has brought you here. Whoever has bestowed me with Jnana, the same one will bestow you also with the Jnana. One who will bless you with Jnana cannot be different from the One who has gifted me with Jnana. One and only One God exists."

- 🌸 People performing spiritual practices cannot be 100% blissful and peaceful. It is because effort is involved there. Though you may casually declare of being happy, unless the effort involved in spiritual practices leads towards the effortless state, true peace and bliss cannot be experienced. Effort is a not a natural state. It is the mind which makes the effort. As long as the mind prevails, it makes you weep. The mind enacts as if performing spiritual practices but it is very well aware that it will be subject to death on really performing spiritual practices. When the effort is made incessantly, the effortless state is reached. Only then true Peace and Bliss are experienced.
- 🌸 If your mind is getting upset, it implies that you are not in the natural state. It indicates that you are still bound by the limitations of the body.
- 🌸 Many people have attained Jnana in the mere presence of Gautama Buddha. But Buddha's step brother Anand, who always accompanied Buddha, did not attain Jnana. Why is it so? People who visited Buddha looked at Him putting aside their likes and dislikes. They have accepted that which naturally existed in Buddha. Therefore they secured Jnana. Step brother Anand was good natured but he couldn't perceive the glory of Buddha. He did not lose the feeling of Buddha being his brother. The concept of brother comes into picture only when there is a body. Can Buddha be identified with the body? No. The petty mindedness of presuming Buddha to be his brother stopped Anand from securing Jnana. This petty thought constituted hurdle in introverting his mind. Anyhow being in the Holy Company of Buddha, Anand attained certain discrimination. He got a doubt: "Everyone's face except mine is filled with Bliss. Why is it so?" After Buddha left the

body, Anand realized body consciousness to be the cause of his current state. He got rid of body consciousness and attained Self Realization.

 Buddha said: “If possible, make effort on your own, get reformed and secure Jnana. But if this is not possible ie if the path is not clear, take My words as authority.”

 Amongst all the tendencies, the body related tendency is strongest. It tortures a person to the maximum extent. The purpose of all the spiritual practices is to reduce the body consciousness and increase the Self related Consciousness. While performing spiritual practices, examine whether this is happening or not.