






# Ramana Bhaskara




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 Mummidivaram is a very ancient village. Lord Shiva's temple here in Mummidivaram is also a very ancient one established by the Sun God. Not everyone can serve the society. It is a very tough job. The Vedas declared: 'God has created some souls to live for others only.' Some people's life is for the sake of feeding their stomach and family alone. They don't think of anything else. But there are some people who toil hard giving equal importance to their family as well as society. Such people are very few in number and can be counted on fingers. The ego sense, body consciousness and world related tendency get reduced when work is done only for the sake of work without any worldly expectations and when God existing in the form of society is adored. Selfless good deeds lead towards Self control. When Self control is attained, both the senses as well as the mind are conquered. None can attain Self Realization without Self control.


 You identify the Self with the body and the world. Whoever considers the body and world to be Self can never attain Self Realization. Whoever has gained Self control and attained Self Realization thereby, they alone can release the mankind from the vicious circle of birth and death. It is not possible for others.


 The Jiva and Self may be classified to be different in the day to day life. But Self is devoid of duality. As long as Self related Consciousness is not attained transcending the worldly consciousness, the sorrow disturbance and worldliness become unavoidable.

 Compared to Japa and Meditation, discrimination is much more important for destruction of the mind. It is important that the intellect


possesses the discriminating faculty of classifying what is truth and what is false, what is useful and what is useless, what is duty and what is forbidden etc.,

 A Selfish person cannot attain the highest good. Though you may presume someone else to be the hurdle for Self Realization, selfishness alone constitutes the major hurdle for Self Realization. The Selfishness of a person gets reduced when he works selflessly devoid of body consciousness and world (society) related tendency. When there is no attachment and body consciousness, how can one become sorrowful? The inner ignorance and ego sense alone are the root cause of sorrow and not any external circumstances. Japa and Meditation are needed but as long as the body consciousness prevails, sorrow becomes inevitable irrespective of the extent of Japa and Meditation one may perform.





 Don't judge others quoting them to be either good or bad. Though you quote someone to be bad, he may have the support of several people who consider him to be good. All these are but illusions of the mind. Don't waste your time in thinking about them.

 Peace, Bliss and Happiness exist within the Heart alone and nowhere else in this creation. Does the world exist for a Self realized soul? No. There is no world for a Self realized soul. It doesn't imply that he doesn't look at the world. It implies that the world is not apart from him. You view the world to be separate from yourself. Therefore you get frightened when you see the world. A Self Realized soul doesn't have the differentiating faculty that separates him from the world. As

long as the differentiating faculty exists, fear and desire become inevitable. It may be questioned: 'What is the loss of having fear? What is the loss of possessing desire?' Wherever there is fear and desire, sorrow becomes inevitable. Therefore don't possess any desires. Whatever is destined to come will come and whatever is not destined to come will not come. Therefore enjoy the destiny willingly with equanimity. Then such destiny need not be experienced in the forthcoming births. Don't experience the destiny anxiously but enjoy it tolerantly. In this context, Bhagavan said: 'For whom is the destiny? Destiny is pertaining to the body. The body itself is a very big (number one) lie. It has been associated with another lie called destiny. As you presume the destiny to be true, you become anxious. When you understand the destiny to be as false as the physical body, what is the necessity of being anxious? What is the necessity of being sorrowful? Even if you stay in the midst of thorny bushes, you will remain peaceful. Here Bhagavan's intention is: True Bliss and Peace exist within the heart and not anywhere else in the world. Your first and foremost mistake is seeking peace and happiness in the external world ie you are seeking them where they don't exist. You have stopped seeking them where they really exist. Therefore if you introvert the extroverting mind, there is no more sorrow and disturbance.

 If any of your family members fall sick, you become sorrowful. But if any of your neighbours fall sick, why don't you become sorrowful? It is because you consider that the people related to the body belong to you. This attachment is the root cause of sorrow. It is also the root cause of rebirth. Shankaracharya said: "If you understand that No one

belongs to me and I don't belong to anyone, where is the question of becoming sorrowful?"

-  You identify yourselves with the Non Self due to ignorance. Unless the ignorance is annihilated, attachment as well as sorrow cannot get destroyed. In order to annihilate ignorance, you must make effort as well as possess devotion towards God and Guru. Without their help, ignorance cannot get wiped out. Once the ignorance gets annihilated, you stop identifying with the Non Self. Then wherever you see Peace and Bliss alone are experienced.
-  Focus entirely on the quest for Truth. Make the effort whole-heartedly. Crookedness is forbidden. Sri Ramakrishna Paramahansa has attained such great fame merely for being crooked less in His words and deeds. Despite making effort why are you not successful? It is because there is no sincerity in your effort and the effort is not being made whole-heartedly.
-  Some people get frightened by the society and the world. The Lord said in the Gita: "I am very fond of such devotee, who do not frighten the world and who don't get frightened by the world."
-  Your work should bring in happiness. Suppose you grumble: 'It is in my destiny. Hence I have to do this work.' Such work will not beget happiness. Work without doer-ship. Don't forget that you are able to work due to God given opportunity. How can you carry on the work had God not given that opportunity? It is because God has given this opportunity that you are able to do that task.


- ❖ The entire wealth in the world belongs to God. Whatever God has allocated as per your destiny, you are bound to get only that and nothing more. Being greedy doesn't bring in more and being greedless doesn't bring in less. Everything is false. When the body itself is false, how can the destiny be true?
- ❖ You have no other work other than listening about the worldly affairs. You rejoice in listening about the worldly affairs but not about Self Realization. Bhagavan says: 'Why do you sell out your ears to the world?' Why don't you understand that whatever you listen about the world is imperfect? The mind gets polluted if you constantly listen about the worldly affairs.
- ❖ Sorrow originates from the ego sense. When there is no ego sense, there is neither sorrow nor any problem. Ego sense arises when the limitless and boundless Self is bound to a body or mind which has its own limitations. Ego sense is also false. It is an illusion. On doing Self enquiry, it will be lost.
- ❖ Continue doing Japa and Meditation. But before that understand this subject properly. Many people complain that their father-in-law as well as Mother-in law are not good and are the root cause of their sorrow. If you start enquiring who the sufferer is, the sorrow gets subsided automatically irrespective of the external circumstances. Once you rise to the Sorrow less state and Blissful state, sorrow cannot touch you even if the external circumstances generate sorrow. You don't even get the thought of being troubled by others.


🌸 Suppose all the external circumstances are favourable and beget happiness, how long shall that happiness prevail? How long will you live? Even if all the family related circumstances are favourable, will these physical bodies live for a thousand years? Despite being wealthy, either you may die or the riches may be lost when you are very much alive. Therefore all these are false. All these seem to be true only due to your ignorance.


🌸 Don't indulge in external tussles. Try to be as you are ie abide in the Self. Your another name itself is Bliss, Peace and Happiness. Without attaining it, why do you roam on the road in search of tile pieces? Try to attain the Supreme Peace. Don't get into trivial tussles. Bhagavan said: "When you are not your destiny, why are you bothered whether the destiny is good or bad?" The destiny may be good or bad but it is related to the body. When you become aware that you are not the body, why would you bother about the body's destiny? It doesn't matter whether the destiny is good or bad. It is all equivalent to a dream. Sometimes you may get good dreams and sometimes bad dreams. Once you wake up, you realize both of them to be false. All the incidents of the life, whether favourable or not are all but false. Looking at the false, why do you become sorrowful or frightened or agitated?

🌸 Suppose anyone negates your word, try to understand the reason behind it. The problem will then get resolved. Understanding is very important. As the understanding increases, many of the problems get resolved. All of you are becoming headless people. You can perform the Japa and Meditation later. Don't get worried about them. First start utilizing your head ie enhance your understanding levels. Try to face

your problems but don't run away from them. If not in this birth, these problems should be resolved in the forthcoming births.


 Ignorance has been prevailing since innumerable births. It is your own problem. You have to resolve it on your own and should not wait for someone to come and resolve it. Suppose a room has been dark since 1000 years and you have lightened a lamp now, will the darkness cry out: 'I have been here since 1000 years, where can I go?' As soon as the lamp is lightened, the darkness vanishes and light becomes visible. Similarly the ignorance may be prevailing since 1000s of years but if you attain Self Realization through Guru's Grace and Divine Grace, the ignorance gets destroyed immediately. You get drenched in the ocean of Peace and Bliss.


 All the problems exist in the form of mind. If the mind gets subsided, the problems do not exist anymore. When a problem has to get resolved, all of you should sit together, talk to each other and come to an understanding. Whatever you speak has to be understood by your fellow beings, isn't it?

 Recently one of the devotees said: "My husband is demanding me to stop going to temples and stop listening to sermons. Did he purchase me for money? If he doesn't like, he can stop going to the temple but how can he stop me from doing it? He has married me and the purpose of the marriage is being fulfilled. As the animals are bought in the market for money, did he buy me for money? Is he presuming me to be an animal? Moreover it is me who has given him dowry but he has never given me any money. I too have my own thought process like




him. (This implies that every person should have atleast some freedom. If not, such people will turn out to be insane.) Suppose I abide by His words ie stop visiting the temples and stop listening to sermons and sit at home accordingly, how long can we sit looking at each other's face? Though some people don't visit temples, they do not obstruct their family members in doing so.


 There is a Truth within the Heart. As you are not aware of it, the Non Self is considered to be the Self. This world is neither good nor bad. It is neutral. A tree gives shadow to several people. The tree is not at all bothered whether people take its shade or utilize it to hang them till death. The world also resembles the tree. It is neither good nor bad. It remains as it is. However it is identified with unnecessary tussles. The entire delusion prevails in the mind. Whether the world is presumed to be good or bad, both of them are but creations of the mind. It is neither good nor bad.


 There is a question: "If both the good as well as bad deeds are being done by God, why does the sorrow arise?" It is true that both the good as well as bad deeds are inspired by God. If it comes into your experience that you are not the doer (of both the good as well as bad deeds), where is the question of sorrow? Thus Bhagavan has shaved off the head completely. When you understand that you are not the doer, you are neither elated nor depressed. There is neither birth nor death. It is only the mouth which declares that God alone is the doer but in the heart of the hearts you feel that you are the doer. This is the cause of your sorrow. If you have faith in the words spoken (ie God alone is the doer), if such words are within your experience, there cannot be any

sorrow. Whatever may be the reason of your sorrow, it is not true. None is sorrowful in deep sleep. Whatever may be the cause of sorrow, it is all illusion.

When Bhagavan was asked: 'Is sorrow also a thought?', Bhagavan replied: 'All thoughts are sorrowful'. Whatever thought you may get, you are being distanced from the Self. Therefore whatever may be the thought, it leads towards sorrow. As you wake up from deep sleep, the 'I' thought arises. It is a thought only. It is not true. As and when the 'I' thought arises, it gets identified with the body and from here originates the sorrow. Your sorrow is as false as the 'I' thought. Bhagavan has not insisted to believe this but asked you to ponder upon it. Bhagavan never insisted to believe in God's Existence. If you have faith in God's Existence, surrender your mind to Him. If not, make Self enquiry and question the mind's existence. Both Surrender as Self enquiry lead towards the annihilation of the mind. Whether you tread the path of devotion or the path of Enquiry, you must get released from the 'I' thought. You cannot get released from sorrow despite innumerable births unless you get released from the thought 'I am the body'. Where is the sorrow? It is within the mind. Therefore if the mind subsides, the sorrow also subsides. Currently you rotate around that which is being referred to as 'I'. It is the false 'I'. You don't understand that there is a true 'I' behind it. It is because you haven't performed any good deeds in the previous births. At least you did not even get the thought desiring others welfare. You have neither done Self enquiry nor attained Guru's Grace. You have neither adored the society nor God. Then how can you understand about the true 'I'?

 Reduce the likes and dislikes. The most dangerous aspect about the likes-dislikes is that the mind gets extroverted due to them. Reduce the anger. As and when the anger increases, the thinking capability gets reduced. You cannot then think about the problem as it is. Suppose someone speaks out angrily due to some problem, don't point out their anger. Rather tell them that you have an urgent task to finish and can talk only after 2 days. It is enough if you tell them that the talk shall be postponed for that day. Though there is no urgent task in hand, you can speak thus. Such lies will not bring in any sin. It is because your speech did not originate from any ill intentions. Your Heart is flawless. You spoke thus only for resolving a problem. Externally it may seem to be a lie but as you are flawless internally, it will not beget any sin.

 A devotee asked Bhagavan: "My life has been full of sorrows and hardships since birth. Did I commit any mistakes in my previous births that have resulted in this sorrow?" Bhagavan replied: "If you are referring to the previous birth, there should also be a birth prior to this previous birth. So how many births will you go back? By doing so you won't get the right answer. Ignorance is the root cause of all your births. Ignorance prevails even now. The Self doesn't state that it has committed something in the previous birth and the result of it is being borne in the current birth. It is the ignorance which states so. How is the ignorance lost? Ignorance is lost due to Self Realization. Therefore make effort to get rid of ignorance. Stop worrying that your past actions have resulted in the current sorrow. If you think so, there is no end for it. First try to get rid of the ignorance. Have the Company of Holy people and read Holy books for this purpose.

 Whatever is bound to happen will happen. Don't worry about anything. Make effort to the extent possible. Don't think and worry about the past affairs. You may get praised by some people and blamed by others. Bhagavan has quoted both of them to be false. Both the praise and blame are defective. Why do you listen to them? Both of them pollute the mind. Unaware of this fact, you sell out your ears to the market. A devotee asked: 'Leave about the past. If I have to be sorrow less now, how should I lead my life?' Bhagavan replied: "First ensure that you are spotless. Be crooked less both in your words as well as deeds. Work whole-heartedly. It will tear down the cloth called your mind. The Inner Bliss will then be experienced. There is a nerve connecting the spiritual heart to the sahasrara which is referred to as amrita naadi. Usually it remains closed in everyone. If it gets opened either due to Divine Grace or Guru's Grace or past meritorious deeds, then the ocean of Bliss within the heart overflows into the sahasrara. As you cannot bear it, God is delaying to open the amrita nadi because you have not yet attained eligibility for this. Due to this don't have the misconception that you lack God's Grace. You may state: 'My body is experiencing pain and mind is subject to sorrow'. But once the amrita naadi is opened you will shout: 'I am unable to bear this happiness.' Currently you are not able to bear sorrow but when the amrita naadi is opened, you cannot bear happiness. Don't get anxious. The appropriate time will come. Currently the physical body may be subject to pain. But this is not permanent. Don't get into the past. Try to reduce the ignorance. Then both Peace and Bliss will come into experience. As you currently state that you are subject to sorrow, there will come a day when you will come back to me and say: 'I am unable to bear Peace and Happiness. It is becoming surplus.'

When Bhagavan was asked: 'Is Jnani aware of the problems and troubles in this world?', Bhagavan replied: "There is no world for a Jnani. How can He get influenced by its problems and troubles? Sometimes you may get a dream and become subject to sorrow in that dream. Though the world and its troubles are visible to a Jnani, He is aware that they are as false as the dream and the sorrow in dream. Such is the glory of Jnani."

The body is a lie. Its destiny is another lie. One lie is being bound to another lie. Right now you are here. When will you awaken towards the Heart? You usually wake up from deep sleep into the waking state. Similarly you must awaken from ignorance into Truth within the Heart. Till then don't stop your journey. Waking up from deep sleep into waking state is not enough. Awaken from ignorance into Self Knowledge.