

Cleanse Your Heart

Compilation from 2015 June Ramana Bhaskara

My dear Soulmates,

There is a question from a few assembled here on how to attain a pure heart.

The process to make the heart pure is difficult. The intellect has an important role to play in attaining a pure heart, as it has to cooperate in all your endeavors involved in the process. God in course of His



creation introduced senses, mind and intellect in the body. Both mind and senses seek worldly aims and pleasures. To rein in thoughts and keep the mind calm, the intellect has to cooperate. Therefore, the secret of spiritual practice lies in controlling the intellect. If the intellect does not cooperate with us then, we cannot progress in the right direction. To achieve this no one need to help another. You need not help me neither do I have to help you. When the intellect cooperates, there is nothing that one cannot achieve in this world. With no variations in the intellect (i.e. your mind must not be influenced by emotions), you can perceive the real picture of the world.

In each of us, there are likes, dislikes and hatred. With the help of our intellect, we can determine our weakness. In the journey of time, all the drama in this world will end. Our body will also grow old and

die one day. Our friends, relatives and near and dear ones will die. We have taken birth in a particular house because of our past actions. During the course of spiritual progress, you must examine the work for which we have come into this world. One must not make enemies nor have arguments with anyone. Even if some consider you as their foe, you must not develop any bad intentions such as hatred against them. Never express or develop hatred for others. The solution for not having hatred is to think that everyone is a part of your family. Then hatred will just disappear.

If someone seeks your help, do it to the best of your capacity. Never cross your limit in the process. One has to have loads of courage to come forward to help others. Before helping think how much of support you can extend. The moment you begun comparing with others then you fail in the task.

When you perform any piece of work, it must aid you in cleansing your heart. Jesus Christ said the person who has a clear heart is the person who has witnessed God, and they alone can enter heaven.

If you do not want to help others then you must not expect any help in return from others. Similarly, you must never think or dream of harming anyone in any way. The result of our past actions and behavioral impressions are carried over to this life. These behavioral impressions cause disturbances in the heart. In the



path of spiritual progress, you will learn to identify some habitual impressions that are hampering your spiritual growth. Once you succeed in identifying the habitual tendencies, make efforts to stop repeating them. As continuous repetition makes the habit very strong and becomes difficult to eliminate it. An increase in comforts will make you develop new habits. Again, these habits will come back in the next life you take. Therefore, keep a track on your actions.

With this life, God has given us an opportunity to set right ourselves. The advice is never ignore chances to cleanse your heart. Wealth and education is in no way showered equally on all. Never make the mistake to compare with what you have with others. Make use of everything that is bestowed on you.

All of us have an understanding of the day-to-day activities in the world. At any point of time, never try to cheat someone with the worldly-knowledge you have. It is not right to use your knowledge to cheat someone. Also, be careful and ensure that no one cheats you. Be worldly wise.

Worldly comforts will not prevent a body from dying. Once the body dies, it turns into ash. Comforts increase the tendency for developing new habits that will be carried forward to other births. Habits create unhappiness as you are used to something and when you do not get it you feel deprived. And in the neither world it is hell. All this is due to the result of our actions done in the past.

Therefore, be careful in your habits. Without your knowledge, you keep on repeating a few things. Make an effort to observe these actions, and slowly start controlling yourself from repeating these actions. Repeating habits will only strengthen them. A student to attain good grades works very hard towards achieving the goal. In the same way, one must also practice hard to cleanse the heart.

Ramakrishna Paramahansa was a great man, as he never had deceit in him. He never spoke to impress people. What he thought and what he spoke were the same. He never thought something different

about a person and spoke something else to please a person. If a person has no deceit then his heart will become pure. In other words, deceit should find no place in your words or actions to make your heart pure.

The entire universe belongs to God. We own nothing. Utilizing fame, money, knowledge and intelligence in the right way can lead to a pure heart. Hence, make the most of all the opportunities given and this will lead to a pure heart.

Ramakrishna Paramahansa never had any craving for acquiring wealth. He never had hatred for anyone. In this world, if you have more wealth try not to cultivate new habits, as it can hamper your path to spiritual progress, he said. Imagine you have a sum of Rs 10 lakhs (US\$ 15, 350). Over a period of time, it



doubles to become Rs 20 lakhs (US\$ 30, 700). Yet you are not satisfied. You want it to become Rs 1 crore (US\$ 153, 519). In this life, we will receive what God has set aside for us. You must be satisfied with what you have. The desire to acquire more leaves you unhappy always. Then the path towards purification of the heart is lost. If you can limit your desires and are happy with what you have, then the path for a pure heart becomes easy.

For instance, we have assembled here at a house in Jinnuru. A person brings in some bananas as offering. However, we did not ask for bananas. The person wanted to bring the bananas, so he brought them. Since we did not desire for bananas it is harmless to accept it, as it creates no desire in us. Similarly, if we get what we have not desired it will not hamper our progress to purify our heart. On the other hand, if a desire brings in a fruit it can narrow the path to a pure heart.

God has given each one of us various opportunities to purify our hearts. Be contented with what God has given you in this life. Many parents are of the opinion that they have to earn money for their children. Parents have to realize that earning money for their children is just not sufficient. The most important factor that parents have to ensure is to groom their children to be wise and compassionate. Otherwise, whatever money given to them is a waste.

There are many who do not like to share anything with others. They are greedy and are very stingy. Such people cannot aspire to make their hearts pure. God has created three doors that lead to hell. They are: desires; anger; and greed. Sri Ramakrishna used to say that before a person dies, he has to help at least one person.

According to Ramana Maharishi, one must not have a sense of pride while helping another person. You must not think that you

have done the other person a favor. He says, God returns this favor to you. As you are not aware of God's actions, you spoil your mind by constantly thinking that you have done a great sacrifice by helping. When you help someone do not be under the impression that you have done a great sacrifice, actually you are giving it back to yourself. This is like giving with the right hand and taking back



with the left hand. So, where is the question of doing a favor, as both the hands are your very own?

Therefore, the main points are:

1. Utilize the opportunities given to you by God to purify your heart.
2. Through constant spiritual practice and unlimited efforts, learn to identify your behavioral impressions and means to overcome them.
3. We must never cheat ourselves.

“What is the use of visiting holy places such as Gaya, Ayodhya or Kashi? I have Mother with me”, Sri Ramakrishna often said. This means that visit to holy places must aid in making the mind stable devoid of desires and other habitual tendencies.

Meerabai had visions of Sri Krishna and so did Saint Tyagaraja of Sri Rama. This is possible only if there is abundant grace of God. According to Gautama Buddha, removal of behavioral tendencies is more important than having a vision God. As eliminating behavioral tendencies results in breaking the cycle of birth and death. Again, if you experience the vision of the Lord, but still have tendencies that give rise to desires and habits in the mind then the vision will not free you from the clutches of the birth and death cycle.

Buddha always said utilize this body before its wears away. An object today may look fresh but after a few days' losses its sheen.

Similarly, our body when it is young has more strength. As days progress it slowly becomes old and dies.

Before, it dies endeavor to cleanse the heart.

Never compare with others. Learn to be independent in thought and deed. The goal of life is not just limited to having a vision of God. It is also to eliminate tendencies that create desires and habits in the mind. Annihilation of habits and desires will lead to a pure heart. Senses and behavioral tendencies will destroy a person. A good intellect will guide you to the right path of life.

This world existed before we were born, and will continue even after our death. The controller of the world is God. He is everlasting. To avoid repeated entry into this world, one has to have a pure heart, which has no traces of grudge, jealousy or hatred against anyone or anything. Those who have such



hearts alone can enjoy heaven. Buddha sacrificed his kingdom. However, not once did he lament about it. To have a pure heart you must have satisfaction at some point.

If our intellect is right then we can share some good thoughts or deeds with others. If the intellect itself is not correct then you cannot share anything with others. Your good qualities have to be shared with others. You cannot hide them and continue your work. For instance, imagine that you have immense patience and peace. Even if you do not like to share it, the qualities automatically spread around. A jasmine flower gives out a sweet fragrance. The flower



cannot control its fragrance from spreading around. This is automatic divine action. If your money spells doom to you then it is better not to have that money. It means if the money that you have makes you a slave of temptations and creates new desires then it is better not to have such wealth.

We are all good listeners. Our elders often repeat such words of wisdom. But how many of us are serious in implementing them. Earlier I used to cycle all the way from Peravali to Jinnuru to teach. (The distance is almost 24.6 kms or 15.3 miles). These days most of the travel is through cars. Believe me these words speak the truth. These words have not been created, thought about or coined to garner fame. These great men have experienced them in their heart. They are sharing their experience with you.

When we consider that everyone as our very own, then there must be no hatred. For example, if your son earns Rs 1 crore (US\$ 153, 519) will you hate him? The answer is no. Then when you think that all are a part of a family, you must never nurture hatred for others.

Removing ego is a difficult task. It is very difficult to remove an article stuck in a wall. Similarly, ego is deep rooted in a person. A nail that sits deep in a wall is difficult to remove by hand. In the same way, for each habitual tendency to decrease one must make untiring efforts. Constant spiritual practice is required. Constant spiritual practice makes a person perceive the world as it is. Various incidents and behavior of people will not have any effect on your mind. This is when the heart becomes pure.

You must be at peace even if all your loved ones desert you. For your peace and happiness do not depend on anyone including your family members. One must observe the source of peace and happiness. Is the source a dependent source or an independent one? Dependent source is the peace derived due to someone or any incident. Such peace and happiness will not last long.

Where as an independent source of peace and happiness will make you prosper further spiritually. There will be no break in this state. The independent source of peace and happiness must be from the heart. If the source is from the heart then it will become stronger.

Suppose if there is a death in the family, then there is a feeling of emptiness all around. If one can bear this phase of emotional turmoil by not being effected emotionally, then the person is on the road to a pure heart. When a building is constructed, temporary platforms are raised to complete work on higher reaches. Before completing the building if you remove these temporary structures, the work will stop. After construction, the temporary structures are removed. In the same way, without attaining self-realization in this life, if we die then we have to take birth again in this world. The moment you attain self-realization there is no use of the body. .



A person asked Buddha, “Will I get a rebirth again.” If you are hungry, you eat. If you are thirsty, you drink water. Then if there is a need, the body will come into this world. You are the person to decide whether you want to come back again into this world. Once you have decided that you do not require this body, your entire behavioral tendencies have to be annihilated. Our lives are linked to our destiny. If you are destined to die then death will come. Accordingly, before it is too late do not waste time. Utilize time properly.

(From Ramana Bhaskaram, June 2015)

Courtesy: Ambica garu