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- 🌸 That which entitles you to get purified and attain God Realization can be termed as Yoga. If you work without doer-ship, only then the yoga succeeds and you attain God Realization.
- 🌸 When you decide to go somewhere, your feet walk automatically. You don't count the steps walked. Similarly when the desire to attain God arises from the depths of your Heart, all the other requisites (for Self Realization) are compiled automatically. You will also be decorated with the Divine qualities.
- 🌸 Whatever, you call as 'I' is the biggest hurdle in your spiritual progress. Lord Krishna said: "If you habituate yourselves to set it aside and work, your work will be done as well as get relaxation."
- 🌸 All of you would prefer to rest than to work. Excessive rest will lead you to rust. If you don't utilize the utensils at home, they get rusted. Similarly inactive body and mind get rusted. When work is done willingly, the work gets completed as well as relaxation is derived from that work. When work is done without doer-ship, the work itself begets relaxation. No separate relaxation is needed then.
- 🌸 Initially though Yoga may seem to be bitter, it will gradually make you Blissful and lead you towards liberation. Whatever exists is one and only one. But it seems to be two due to the disguise. If both the Jiva as well as God remove their respective disguises, it is Self alone that is left over. The work of Yoga is to unify them both ie Jiva and God.
- 🌸 If you want physical health, you need to do physical exercises. If you want mental health, you need to do mental exercises. By roaming hither and thither, you are doing physical exercise unknowingly. Now you have to do the mental exercises. Worship, Japa and meditation are all mind related exercises which lead to mind control.
- 🌸 It is easy to learn the bad habits but it is very difficult to get rid of them. It is not possible to abandon them without God's Grace. Man has to abandon his bad habits if he has to escape from restlessness, ill-health and poverty. The bad habits ruin you physically as well as mentally. Your power gets subsided and you get distanced from God Realization due to bad habits. That which separates you from the bad habits and merges you within God is called as Yoga.
- 🌸 A person inflicted with Jaundice views even the white things as green. Similarly an ignorant possessing ego considers the body as Self. Though he is very much the Self, he still views the body as Self. Therefore he limits himself to the body.
- 🌸 Whatever is referred to as 'I' is not independent. If you want freedom and peace, catch hold of the 'I' which possesses freedom and peace. The independent 'I' is independent of the body, world, time and God. It doesn't need any kind of support. Only the false 'I' needs support.
- 🌸 The false 'I' identifies itself with the body and the mind. It likes them who are favourable and dislikes them who are unfavourable to the body and the mind. It gets extroverted on seeing either the favourable or unfavourable people. The mind gets extroverted in some form or the other. Don't allow

the mind to pursue the things that extrovert it. Withdraw the mind from them. Man doesn't exist where his body is but exists where his mind is. Therefore mind is more important. Ensure that the mind doesn't mingle with the sensory objects but unites with the Self. Employ your intelligence, shrewdness and power for this purpose. In what way are they useful, if you don't utilize them for that purpose?

- ❖ The body bound 'I' doesn't die on the expiry of the body. Due to its intense identification with the body, it thinks so. You become sorrowful on the death of your body as you consider it to be your whole and sole. It is only called as being body bounded. Lord Krishna said in the Gita: "If your spiritual practices have to be fruitful, give up being body bounded, whether you like it or not. Being body bounded is the greatest hurdle in your spiritual progress. Others can never hinder the same."
- ❖ The mind cannot perform two tasks at the same time. It either craves for enjoyment (bhoga) or pursues for perfection (yoga). It cannot seek the both at the same time.
- ❖ If you are unable to get rid of the basis of false 'I', Pray to the Guru, He will release you from the same. Guru gives you anesthesia so that the pain involved in that process becomes imperceptible. Until and unless you are released from the basis of false 'I', the false 'I' cannot merge within the Heart.
- ❖ Even devotees possess ego. They proclaim of having allocated 3 hours of their time for Japa or 4 hours of their time for meditation. Thus they calculate the time spent. It is a kind of ego. They consider themselves to be good. Even that is a kind of ego. A true good person is never aware of his goodness.
- ❖ Whatever the mind thinks of, only that seems to be true. That which is being seen is as truer as the seer. Whatever is being seen has no strength by itself. It is the mind which strengthens it by constant remembrance. Once the mind is withdrawn, even its (that which is being seen) strength is lost.
- ❖ Bhagavan said: "Oh! Arunachala, you have vowed that whoever meditates and contemplates upon You, their ego will be eradicated. You are fulfilling that vow. On listening to this, I got into an alliance with you. Oh! Arunachala, you ensured that I became nameless and formless through this alliance."
- ❖ Tattva implies 'Thou art that'. Whoever is being referred to as God is none other than Thou. Whatever you are trying to achieve is none other than Thou. But you lack the experience of 'Thou art that'. Therefore you get discontented and desirous. For whose ever sake you are doing worship, japa and penance, Thou art that. Bhagavan said: "If Thou art not that, there is no point in making an effort to attain it. Whatever comes in the middle, vanishes away in the middle. Whatever is attained through effort vanishes away in the process of time."
- ❖ Truth exists in all the periods of time, in all the states of mind and in all the places. It exists forever, whether you are aware or not. Your wandering mind is the greatest obstacle in realizing the Truth. The sole purpose of all the spiritual practices is to get released from all the flaws and wanderings of the

mind and not for discovering the most ancient one ie Self. If the Self doesn't exist before but comes into existence only due to your discovery, there is no point in making effort for it.

- 🌸 The Lord has repeatedly mentioned in the Gita: "Get rid of your likes, dislikes and fear." Why did He say so? It is because they extrovert your mind and separate you from Him.
- 🌸 Meditation and Japa require the activity of mind. However Self enquiry implies viewing the source of the mind. The mind doesn't get annihilated without viewing its source. The mind needs to be withdrawn. A proud man's mind always gets extroverted. He cannot control the same. A humble man can withdraw his mind through his small effort to control the same.
- 🌸 The mind has to be withdrawn till it reaches its source. The question: 'how long it has to be withdrawn?' doesn't really make sense. If a doctor is asked: 'How long should I use this medicine?', he would say: 'Use the medicine as long as the disease gets cured.' Suppose the pot looks dirty, does it make sense in asking how long the pot has to be cleansed? The pot has to be cleansed as long as the dirt gets cleared. Similarly the mind has to be withdrawn till it reaches its source.
- 🌸 Petty minded people can never attain Self Realization. Their mind can never get introverted. Try to maintain the equanimity of mind. Dive deep into the depths of the Heart.
- 🌸 A true devotee doesn't talk much. He practices Silence. His entire focus lies in attaining God's Grace. He focuses neither on the body nor on the world nor on the society but only on God.
- 🌸 When someone pointed out the deficiencies in Ramana ashram, Bhagavan used to reply: "Don't you have any deficiencies in the place where you hail from? Reformation should have started from your own place. What was the need for you to travel so far and come here? Don't forget the purpose (ie Self Realization) of your arrival". All of us commit the same mistake of forgetting the purpose of our arrival onto this earth. When a child is sent to a shop to buy some groceries, it may get enchanted with the puppet shows on the road and forget about the groceries. It is the same even with us. We forget the very purpose of our arrival onto this earth. There are several attractions in this world. Every person is attracted by something or the other and forget the very purpose of their arrival.
- 🌸 Tagore said: "This corpse got successfully released from its Mother's womb. However it is not so easy to get released from body consciousness. It requires an elongated effort." Getting released from body consciousness is not as easy as getting released from Mother's womb. It needs Guru's Grace.
- 🌸 A Jnani is aware of His existence. He is aware of it even after his death. He doesn't get identified with anything. Such is the glory of Jnani. Sage Vasishta said: "Don't try to become the friend or relative of Jnani. Try to become Jnani Himself." One cannot attain Jnana (Self Realization) on merely being a relative of Jnani. Ananda, the brother of Buddha, possessed the pride of being Buddha's brother which became his greatest hurdle in attaining Jnana. Even Bhagavan's Mother possessed the pride of being

the Mother of Bhagavan. Bhagavan tried to eradicate it. He said: "All women are my Mothers. Being a woman, you are also my Mother." Bhagavan's Mother narrated this to the devotees and cried in front of them. When the devotees mentioned about it to Bhagavan, He said: "It is good that her entire sorrow comes out. Once the sorrow gets depleted, it is Bliss alone that is left over. It is good that the entire sorrow comes out before the body expires. If there is any remnant sorrow, you will need another body."

- 🌸 Once a devotee said: "My husband is getting annoyed for very small things. What shall I do?" I advised her: "Stop talking to him." The devotee replied: "I can stop talking to outside people. But how can I avoid talking to him when we live together in the same house? It would be very difficult." She is different from her husband. Still how difficult it is for her to disassociate from him! Then how difficult it should be to disassociate yourself from your body? Bhagavan said: 'Get separated from that which you refer to as 'i'.' How difficult it should be to disassociate yourselves from that 'i'!
- 🌸 Ego identifies itself with the body and mind ie., the non self. Ego cannot refrain from identifying itself with something or the other. Bhagavan said: "Crucify the ego. You will become a Jnani."
- 🌸 When you are admired for your intelligence, you become happy. Who is it that becomes happy? It is the ego. Identifying itself with the intelligence, the ego becomes happy. It is the ego which gets disheartened on being criticized. Self doesn't identify itself with anything. Hence it gets neither flattered nor disheartened.
- 🌸 Self is beyond the ups & downs, coming & going. The experience of Self is very natural to a Jnani. It is as natural as ignorant experiences ignorance.
- 🌸 You don't identify yourselves with anything in the deep sleep. Similarly if you don't identify yourselves with anything in the waking state, you will attain Self Realization.
- 🌸 Ego possesses three bodies- the gross, the subtle and the causal. The causal body refers to the ignorance. Your desires, likes-dislikes and jealousies reside within the mind. It is called as the subtle body. The blood, flesh and bones constitute the gross body. The ego identifies with all the three bodies. Hence it suffers when any of these three bodies get hurt. When the ego gets annihilated, all the three bodies get destroyed. Without annihilation of the ego, the three bodies cannot be destroyed and Self Realization cannot be attained.
- 🌸 Self is ever free whereas ego is ever bound. You get separated from your Mother in law in order to become happy. Even then you can't experience the true happiness. It seems to be happiness but it is not so. Since you have not yet separated from the ego, you can't experience the true happiness. You have learnt to get separated from Mother in law but not from the ego. Hence you cannot experience true happiness.

- 🌸 A Jnani speaks only when needed. His speech is very natural. An ignorant speaks unnecessarily. He speaks only to increase his ego sense.
- 🌸 In order to sustain its existence, the body bound 'i' always meddles with other's affairs even when not needed and gets polluted thereafter. Once it comes out of the pooja room, it compiles the entire dust. Again in the evening, it gets rid of the same through prayer. Bhagavan said: "Don't get involved in unnecessary affairs."
- 🌸 Everything exists only if the ego exists, else nothing exists. As far as possible, ensure that the ego doesn't get incited. Yoga is only for restraining the ego. Work done egolessly is referred to as Yoga. Even the worldly work done egolessly is referred to as Yoga.
- 🌸 Once Chalam, an ardent devotee of Bhagavan said: "You neither come nor allow me to go. You diverted me (into the right path), intoxicated me, fondled me with dreams, swung me with your sweetest songs and thereby made me useless to this world, Oh! Bhagavan. I feel as if placed in between the nook of the doors and being pressed. If I want to extrovert, you won't allow. If I want to get merged within You, I am not permitted. I thought of earning a great fame in this world. But you made me worthless to this world. You are not bestowing me with Self Knowledge but pressing me in between the nook of the doors." Chalam thus expressed his anguish as a spiritual aspirant.
- 🌸 Bhagavan said: "Oh! Arunachala, I am your prey. You need not come to me. I have come to You. If You consume me, your hunger will subside and I will get rid of my agony. If you accept the cause of my disturbance, I will be left with Peace." Though you are fond of God, if God wants to swallow your ego, you won't allow Him. The reason being, you are afraid of losing your existence on the annihilation of the ego. The ego based 'i' resembles copper whereas the Self based 'I' resembles gold. God is ready to accept the copper and gift you with gold in return. It is God who would incur loss in this trade. You are not ready to lose the ego based 'i' even when God is willing to incur loss!