



# Ramana Bhaskara



Speech delivered in Keshavaram,  
dated 16-2-96.

- 🌸 A Judge asked Bhagavan Ramana: “I like reading Bhagavad Gita. But I feel that Lord Krishna has reiterated the same preaching again and again in few instances”. Bhagavan replied: “The Lord has recapitulated the same thing so that you can grasp the same. Don’t think that God has done it unknowingly. He has repeated it according to the context. If you see any reiteration by the Lord, note it to be very important. There should be something special about it. You are unable to grasp it and in addition to it declare that the Lord has reiterated the same thing! You are unable to acknowledge your inability to assimilate inspite of the same thing being reiterated for several times.”
- 🌸 If possible, directly contemplate upon the Self. If you are unable to do so, constantly contemplate upon your Personal God or Guru. Your mind gets annihilated then and thereby attains the state of Samadhi. In the Samadhi state, it doesn’t matter whether the body and the world exist or not. As you keep on meditating, you will attain the state of Samadhi. Don’t consider the state of Samadhi to be something exceptional. The state that exists in deep sleep prevails in the waking state too. Such deep sleep state has to be attained in the waking state through effort. It is only called as the Samadhi. You will attain the state of Samadhi by constantly contemplating upon the Self or the Personal God. Peace will then embrace you and makes you joyful.
- 🌸 As long as the mind exists, the individuality prevails. When the mind annihilates, even the individuality gets destroyed. Your tendencies, habits and the causes for next births exist within the mind. You don’t lose them when the body is burnt in the burial ground. No effort is needed to get separated from the body. You get separated from it in the burial ground anyhow. You should get separated from the mind. As long as the attributes that form the very basis of the mind are not destroyed, the mind doesn’t get annihilated. The very purpose of spiritual effort is to get separated from your habits and ignorance. Only then the Self is revealed to you.
- 🌸 The journey of Life should proceed along with the Contemplation upon Brahman. Both of them should happen simultaneously. You will then reach ashore. Nurture your body and at the same time contemplate upon Brahman. You will then attain Self Realization before the body expires. The Life’s journey will be completed as well as Self Realization will be attained. Both the purposes will be served. It is a win-win situation.
- 🌸 The habits, tendencies and desires remain suppressed in the deep sleep. Similarly they remain suppressed within the mind when the body dies. They keep waiting for a new body from God so that they can enjoy with the new senses. You have to make spiritual effort, contemplate upon God and transcend them. They will not vanish on their own. As you keep on doing spiritual effort, the same gets converted into Divine Grace and creates an opportunity to reach ashore.
- 🌸 Bhagavan Ramana said that everything exists within the Heart. A devotee asked Bhagavan Ramana: “How is it possible that all these nations, men, women, political parties and this wide

world exist within the Heart?” Bhagavan asked the devotee: “How big is the banyan seed?” The devotee replied: “It looks very small.” Then Bhagavan continued: “When sown in the ground, the banyan seed is converted into a big tree. Similarly the tendencies within your Heart get converted into so many tussles. Names, forms and all the other tussles originate from your Heart only. Nothing exists if the Heart doesn’t exist. There is no ‘I’ thought without Heart. Without the ‘I’ thought, there is no existence for the mind. The body cannot exist without the mind and the world cannot exist without the body.

 It doesn’t matter whether the body and the world exist or not. Ensure that the mind gets annihilated. The mind itself gets converted into fear, anger and sorrow. Flaws are inevitable as long as the mind exists. You become flawless when the mind gets annihilated. Once the mind gets annihilated, you won’t remain the same. You will become a Jnani. Whether the world is visible or not, whether the body exists on this planet or not doesn’t really matter then.

 Delusion originates from the body related tendency. Self is revealed to those whose delusion gets destroyed. All of you are within the ambit of the Self but are ignorant of it due to delusion. When you attain Self Realization, nothing in this world can attract you. It is because they resemble the images in a film. When the children watch a film, they consider the images to be true. However the elders realize that they are not true but only a film. You consider the name-form & birth-death to be true. But for a Self Realized soul, all these are merely shadows. The world attracts you when you don’t know who you are. You cannot get deluded by the world when you are aware of your true nature. You are the Self. Once you attain Self Realization, the entire world doesn’t seem to be separate from Self. Delusion exists when there is duality. You cannot get deluded when you look at yourself.

 Whether you like it or not, it is inevitable for you to get separated from the Non Self (that which are not). All of you are fond of your body but since you are not the body, it abandons you. Whether your body exists or not, there is a state of equanimity within the Heart. Awaken into that state. As you are awakening into waking state from the deep sleep, make effort and awaken into that state of equanimity within the Heart. When you awaken into such a state, whether the body exists or not doesn’t really matter. It is because you will become aware of your Existence even on losing the body.

 Liberation implies home going. You have not come here onto this earth to take food but to experience the body related destiny. You will gain certain wisdom through such experience. Though the utterances of the Mahatmas and the scriptures are very much true, until and unless the mind gets its lessons through such experiences, the mind cannot trust the Truth contained in those utterances. Only when the entire destiny gets exhausted after several births and deaths, you go back home through the Grace of a Mahatma.

- 🌸 Investment is needed in order to do a business but in order to attain Self Realization, the intense desire to attain it, itself becomes the investment. If the desire to attain Self Realization, not being artificial, arises from the depths of your Heart, the desire itself gets converted into investment and yields the fruit of Self Knowledge. You get the desire to attain Self Realization only in the Holy Company of the Mahatmas. Until you experience the Truth within the Heart, try to get the Holy Company of the Mahatmas externally.
- 🌸 A devotee asked Bhagavan Ramana: “I am able to experience the Peace and Bliss during meditation. But I get back all my tussles after meditation. What should I do to retain the Peace and Bliss experienced during meditation?” Bhagavan replied: “You must possess within your Heart the tendency relating to the thoughts that disturb you after meditation. You cannot get rid of those thoughts as long as the tendency is not burnt down into ashes. Unless the tendency is eradicated, the thought cannot be eradicated. You cannot see the greenery before it rains. Two to three rains bring back the greenery. How is it possible? The seed relating to greenery is within the ground which remains deathless. It looks for an appropriate opportunity. As soon as it rains, the situation becomes favorable to the seed which converts it into greenery. Similarly if the tendency exists within, it looks for a favourable situation. Once it gets an appropriate opportunity, it begets a body. This is only called as Creation. The tree doesn’t die if you merely cut down its branches and leaves. As long as the seed exists, the tree should be considered alive. Similarly, despite controlling the thoughts, as long as you possess the tendency pertaining to those thoughts, such tendency begets a body. It resembles the sprouting of greenery from the seed which is done by the nature. Self is revealed only when the tendency gets annihilated along with its root. You then become aware that you are very much within Liberation. Make effort to eradicate your tendencies. As you keep on making effort, the effort itself gets converted into Divine Grace.
- 🌸 You cannot dispute with those who are peaceful. It is because the root cause of dispute is absent there. Though the causes for dispute may prevail, the dispute subsides as long as you are peaceful and tolerant. If you lighten a match stick and throw it in a place where there is greenery, the grass gets burnt. Suppose you throw it in a place where there is no grass, the grass doesn’t get burnt. Similarly a peaceful person cannot be dragged into disputes as they are completely devoid of disputes.
- 🌸 There is Beauty within Truth and Truth within Beauty. Truth alone is eternal. That which is untrue cannot be eternal. If your body, Jiva and the world were true, they shouldn’t vanish in the deep sleep. As they don’t exist in the deep sleep, they cannot be considered true. The body and world come into picture only after the emergence of mind. If the mind gets annihilated even they get destroyed.
- 🌸 As long as the ego exists, spiritual practices are inevitable. A question may arise: “How long are the spiritual practices needed?” Spiritual practices are needed till the tendencies get annihilated. One

cannot escape from the spiritual practices as long as the tendencies exist. Spiritual practices are inevitable till the doer of spiritual practices exists. Once Self Realization is attained, the doer of spiritual practices ceases to exist. Spiritual practices are no more needed then.

- 🌸 One whose tendencies and body consciousness get annihilated, work happens through them effortlessly. They work as well as rest simultaneously.
- 🌸 A root cause will exist for the disease you are inflicted with. Once the root cause of disease is established, even its remedy will be known. Similarly there will be a root cause for your sorrow. If you are getting sorrow, there will be a reason for it. If you are aware of that reason, sorrow can be eradicated. Disease cannot be cured without knowing its cause. Similarly the sorrow will not subside when its reason is unknown. If you are aware of the root cause of sorrow, God will suggest the remedy for it.
- 🌸 Your controller exists within your Heart. If the faith in Him keeps increasing, you will get the guidance from the Heart itself.
- 🌸 If you can directly meditate upon the Self, it is well and good. If you don't have that strength, meditate upon your personal God or Guru. Such meditation should be unbroken ie done constantly. It will fetch you the state of Samadhi.