



Ramana Bhaskara



Speech delivered in Dirusumarru,
dated 3-3-96.

- 🌸 If you want to make progress either in the spiritual life or in the material life you need to possess self confidence and discipline. Even before having faith in God, you need to have faith in yourselves. A person devoid of self confidence incurs a great loss in his life. A person gets very easily disturbed by the other's rebuke if he doesn't have faith in himself. He will become subject to mental disturbance. Either when you are alive or in the life after death, if you have to be stable and peaceful, self confidence as well as discipline, both of them are equally important.
- 🌸 Knowledge is of two types: a) Self Knowledge and b) Worldly Knowledge. Worldly Knowledge is referred to as relative knowledge. The worldly knowledge is acquired through the mind. It is referred to as relative knowledge. It is useful in bestowing a smooth life but cannot acquire the liberation related Bliss.
- 🌸 There is a deathless state within your Heart. It is not the relative Truth. It is the Absolute Truth. Though you are fast asleep, it is wide awake without falling asleep. It exists even when the thoughts don't exist. Truth is dependent neither on your thoughts nor on your likes-dislikes. It is independent. Sometimes you become happy. It is a thought. Sometimes you become sorrowful. It is also a thought. Your body will die on one day or the other. Even death is also a thought. All the thoughts are false. As you consider them to be true, you are bound by its limitations. If you think: 'I am this or I am that', you become limited and thereby get bounded. It is dangerous to presume yourselves to be either this or that. As long as you identify yourselves with the Non Self, limitations are inevitable.
- 🌸 A devotee asked Sri Nannagaru: "You refer to Lord Krishna as God and ask us to abide by His words. But my husband's words seem to be much sweeter than the utterances of Lord Krishna. If Lord Krishna is God Himself, why don't we like His utterances? I prefer abiding by my husband's words and not by Lord Krishna's words. Why is it so?" Sri Nannagaru replied: "It is due to your attachment for your husband. You don't have Love and devotion for Lord Krishna. Therefore you don't feel like abiding by His words. If your husband's words seem to be much sweeter than that of Lord Krishna's, it doesn't imply that the utterances of Lord Krishna are untrue and your husband's words are true. It is 100% due to your attachment for your husband that makes you presume his words to be true and Lord Krishna's utterances to be untrue."
- 🌸 Delusion alone makes you think that the words of nature related people are true and the utterances of God to be false. Delusion arises due to duality. Where there is duality, there is ignorance, lust, greediness and fear. There is no existence to delusion without duality. Duality is not dependent upon Truth. It is dependent upon delusion. If the delusion is annihilated, the duality gets destroyed.

- ❁ You presume God to be somewhere else far away. It is because you lack the knowledge pertaining to God. But God resides verily within your Heart. If you don't become proud, make the best use of the God gifted faculties, consider the entire world to be a temple ie God's residence, consider whomever you see as the very form of God and thereby increase the feeling of Oneness, the Lord only will take you to those depths of Heart where He actually resides. If you have God's Grace, you may know Him in an hour's time. It is neither tomorrow nor some other time. You will experience God within an hour's time. God need not come from somewhere else. He exists verily within your Heart. Without becoming arrogant, if you maintain your humility and possess reverence for God's words, the Lord Himself catches hold of you and takes you to the place where He actually resides in this very second.
- ❁ Don't perform any task for the sake of honour. Don't get deluded that there is something somewhere. Whatever exists is within your Heart.
- ❁ When you perform any task, do it naturally and normally. It will yield fruit on some day or the other. Don't become proud when it bears fruit and don't get disappointed if it doesn't yield fruit. Pride is also a malady. Both the happiness as well as sorrow is untrue.
- ❁ If you understand this subject properly, your mind becomes cool and the Self will be revealed. As and when the mind gets concentrated and becomes cool, God Himself will drive your mind into those depths of the Heart, where He actually resides and bestows you with Self Knowledge.
- ❁ Self Realization happens within a second. It is the preparation which takes a lot of time. God is ready to reveal Himself in this very moment. He is waiting as you cannot bear Him. You cannot tolerate if you win a lakh rupees in a lottery. If God is revealed, can you tolerate His brightness and Bliss? No. God is not waiting for the sake of waiting. He is waiting only to prepare you. He is waiting as you have not yet attained the required eligibility. When you become eligible, the very next moment, He will reveal Himself.
- ❁ It is not relevant as to which God you adore or what your profession is. Finally what really matters is how far you are getting purified. Purification leads to Realization.
- ❁ Some people keep changing their religion. Even that is a mistake. Don't become subject to temptations. If you are being subject to temptations, it indicates that you are very weak.
- ❁ You may be proficient in Science or Mathematics. It is good. However they are all mind related sciences. If not today, you have to transcend them on some other day in future. Therefore you have to transcend the Relative knowledge (Material sciences) and try to attain the Absolute knowledge ie Self Knowledge. You have to stabilize yourselves within the Self. Currently body

mindedness is very natural to you. Self Knowledge should become as natural as the body mindedness.

-  Don't become subject to limitations. Sorrow arises only due to limitations.
-  Have faith in yourselves and then start working. People rebuking you may continue doing so. When a car moves forward, dust arises at the back of the car. If you are afraid of the dust, you cannot travel anymore. Similarly if you are subject to rebuke while performing a good deed, your work will become futile if you take them to your heart. You thereby lose in the battle of your life. Self confidence is very important. Swami Vivekananda said: "Have faith in your selves. It is much more important than having faith in God." You must be dependent on your own strength. Those who are devoid of own strength, self confidence and stability become subject to other's deceit and their life becomes a total failure. Therefore enhance your self confidence.
-  When you wake up from the deep sleep, the 'i' thought gets identified with the body. You are unable to separate them. It is more difficult to separate the 'i' thought from the mind when compared to separating it from the body. Suppose your leg gets fractured, you get it tied with a bandage. A few days of bed rest will heal it. Suppose you get rebuked by someone, you can't forget it within few days but will remember it till death. It is very difficult to get released from the identification of the 'i' with the mind. Therefore all the spiritual practices have to be centered in that direction.
-  You become one with the false 'i'. You don't get rid of its company. You completely identify yourselves with it. Though you are not the false 'i', you identify yourselves with it. You do so due to the force of habit. Guru's Grace is needed to get released from this habit. Who is Guru? Guru is the Self, which you are trying to attain and which you are trying to experience. Speech emerging from experience (of the Self) is different from the speech arising out of thought (ie the mind). Bhagavan Ramana said: "Don't try to imagine about the Self. Try to become Self."
-  The Truth within is birth less as well as deathless. The body is burnt here itself (after death). Then who is the one that takes birth? It is the qualities accumulated that take birth. It is the habits accumulated that take birth. Habits, thoughts and qualities are all synonyms. They are referred to as Jiva in the Vedanta. If the blades of grass within a bunch of grass are thrown out one after the other, there is no more existence to the bunch of grass. Similarly if you get rid of your qualities and habits one after the other, there is no more existence to the Jiva. When you perform Self enquiry, the Jiva disappears. If you don't do Self enquiry, the Jiva continues to exist even after thousands of births. The qualities get annihilated in them who possess an intense yearning to attain Self Realization.
-  You must not constantly contemplate upon the qualities. You should not be reminded of those whom you dislike. However you remember them and become angry. But is God asking you to

do it? No. It is you who remember the people whom you dislike and the moment you are reminded of them, you get angry. Your reaction emerges in the form of anger. The Lord said: "How am I related to these affairs?" When you react thus, it will beget new tendencies. You smear the body with dust on the road and then wash it! Who has asked you to smear the dust and then wash till the soap melts? The Lord said: "It is you who compiles all this shit. Then why do you blame Me in this regard?" The entire malady arises only when you are reminded of them (whom you dislike). You are flawless before remembering them. Who has asked you to invite these tussles? Then again, you think how to get rid of these flaws and which spiritual practices will release you from them and so on. It is you who create all these tussles. If you forget all these tussles and constantly remember God and Meditate upon Him, you will get released from all the unnecessary things.

 Performing spiritual practices in the midst of nature related tussles without contemplating upon God is as difficult as driving forward a calf by whipping its back. Suppose you offer green grass to the calf, it walks along with you for the sake of grass. It will walk unknowingly ie effortlessly. Its entire focus will be upon the green grass. When you contemplate upon the qualities of God and constantly think of Him, your mind travels towards God resembling the calf being driven forward by the grass. You will not get tired but reach the goal effortlessly. If you are in the midst of nature related tussles (equivalent to the calf being whipped), you will get tired. Finally you cannot reach the goal. Therefore the Lord said: "Contemplate upon My attributes when you are at home. Discuss about Me. Discuss the glory of My Self Knowledge. As you keep on discussing, you will get attracted towards Me. This attraction will ease your journey. You can reach the goal safely. Rather than thinking negatively, think positively and reach the goal."

 A person asked Bhagavan Ramana: "You sit here in the ashram only. Why don't you go out and preach in the villages? Bhagavan replied: "How do you know that I don't preach? Preaching doesn't imply speaking on a stage, having people around you to listen. Preaching implies expression of one's feelings to others in an understandable manner. You ask me to preach in words. You are unable to realize that which exists within Me (Self) can be expressed even in Silence without the usage of words. Not the words alone, even the Silence can preach. Being unaware of it, you put this question. Suppose a person listens to the sermons for hours together but remains uninfluenced by them ie doesn't feel like reforming his life or doesn't get any internal transformation and on the other hand another person comes to Me and gets the faculty of getting released from all his tendencies and bad habits through My Silence, which one seems to be beneficial? Is it the Speech or the Silence? Decide it yourself." Bhagavan always told the subject and gave the freedom. He never possessed the habit of enforcing His thoughts upon others. Bhagavan said: "Which one is important? Is it the sermons or the Silence through which the pure, egoless and the silent ones derive energy from Me even without their

knowledge? Decide it yourself.” Bhagavan did not prohibit giving sermons. He did not indicate that the words are powerless. From where do the words arise? They emerge from the thoughts. Where is the origin of the thoughts? The ‘i’ thought is the source of the thoughts. From where does the ‘i’ arise? Self is the source of the ‘i’. When the words can be so powerful, how powerful should be the Supreme Consciousness? How can you remain uninfluenced by the one who is verily the Supreme Consciousness? When you sit near the fire, how can you remain unaffected by the heat? Similarly when you are in the company of the enlightened, you cannot remain uninfluenced by them. Bhagavan did not indicate that sermons are completely futile. Silence is much greater and more powerful than speech.

-  Guru’s Grace is much stronger than any of your spiritual practices like listening to sermons or worship or japa or meditation. It is because Guru has become that (Self) which you want to become/attain.
-  If anyone prostrated to Bhagavan Ramana, Bhagavan said: “Why so much? Try to understand the subject properly.” Whether you salute the Jnani or not, He doesn’t care. Jnani implies the Self. Self doesn’t have others (ie duality). Therefore Jnani doesn’t crave for other’s honour.
-  A devotee asked Bhagavan Ramana: “Everyone fall asleep and wake up again at 4 or 5 in the morning. Rather than waking up, it would be great if I can continue the sleep for 4 months.” Bhagavan replied: “You want to sustain the sleep. However the sleep continues even in the waking state. The deep sleep state persists even in the waking state. If you catch hold of it through cautious Self enquiry, you will become Jnani. If you make effort and attain the deep sleep state in the waking state, you will become Jnani. The deep sleep state represents the true state to be attained. The delusion within you and your habits awaken you forcibly. Though you want your sleep to persist, your tendencies will awaken you. It is the ego which forcibly awakens you.” Look at the sweetness contained in Bhagavan’s words. Look how directly He teaches us. He quoted neither the epics nor the scriptures. He spoke directly out of His experience.
-  Bhagavan said: “They are wise, who utilize their entire strength in directing the ego towards its source.” However the ego tries to deceive and overcome the one who attempts to direct the ego towards its source. Such is the ego’s strength. The strength of your spiritual practices is much less when compared to that of ego. Leave aside the one who don’t perform spiritual practices. The ego troubles even those who try to direct the ego towards its source. The force of habits is the root cause for it.
-  Actually there is nothing like going in and coming out. A person with body mindedness presumes that he has gone in (introversion) or has come out (extroversion). There is nothing like inside (introversion) or outside (extroversion) to a person devoid of body mindedness.

When Bhagavan Ramana lived in Skandashram, a few devotees asked him: “You stay with us all the time. Why don’t you go in and mediate for a while?” Then Bhagavan replied: “Do you presume that currently I have come out? The person who is inside will come out. The person who has come out will go in. A Jnani has neither internal nor external.”

-  The Lord said in the Gita: “Maintain external cleanliness as well as internal cleanliness.” The Lord is telling them who are seriously involved in spiritual practices. You cleanse your body with soap. Then how do you cleanse your mind? Remembering God and contemplating upon His attributes is equivalent to giving bath to the mind. The Lord did not indicate that bath is not needed for your body. Both the body as well as the mind has to take bath. You will perceive the depths of the Heart through the inner bath. In spite of forgetting the external bath, if you don’t forget the inner bath, the most precious pearls and gold within your Heart will be attained. A Mahatma said: “Everyone craves for gold but don’t try to convert their mind into gold.” God will bestow you with Self Knowledge if your mind is converted into gold. Instead of rubbing the body with soap for ten times, if you can remember God at least once, you will become close to the Truth. Both the external cleanliness as well as the internal cleanliness is needed. You will attain more valuable gold through the inner bath when compared to the external bath. Those who possess internal purity attain more stability. People with stability become more tolerant. As and when the tolerance increases, the depths of Heart also increase.
-  The mind of a Jnani resembles the moon in daylight. Moon exists even in the day time but doesn’t affect anyone. Similarly Jnani also has a mind but it doesn’t affect Him. It is because Jnani resides in the source of the mind and hence his mind doesn’t get extroverted. It is similar to a dead mind. It resembles a burnt rope. Though a Jnani recognizes and acknowledges your name and form, he is not deluded by your name, form, financial position, power and authority. All the names and forms seem to be shadows for a Jnani.
-  If you feel like listening to something or seeing something or knowing something, it is a sign of ignorance ie lack of Self Knowledge. A Jnani has nothing to see and nothing to hear. He alone exists. Why would He want to see Himself? Unless you attain Self Knowledge, you cannot even assimilate the essence of these words. Put your entire focus on whatever you want to attain; Concentrate upon it completely and direct your entire Love towards it. Let your mind get melted in the goal on which it is completely focused, similar to a salt doll getting melted in an ocean. Your goal can be attained only if you can completely concentrate upon it.
-  The contemplation of sensory objects distances you from the goal. As you travel towards the goal, you will not be able to contemplate upon the sensory objects anymore.