

## Earn the Grace of God

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Om Namah Shivaya, Shivaya Namaha, Om Namō Rudraya, Om Namō Venkateshaya

Muramalla is an ancient village. Many sages used to mediate here on the banks of river Godavari. I like to come to this village, and therefore a visit is planned here each year in the month of 'Karthik' (eight month in the Hindu calendar). The presiding deity here is Lord Vireshawara

Swamy. Mother is known as Bhadrakali.

One must have the grace of God to attain the highest state or the complete bliss state. Ishwara's (God) grace is of utmost importance to reach the highest state. If His grace is not

there, then all efforts may not be successful. The mind is the creation of God. A mind free from desires, greed and jealousy, and which neither sees good nor bad, such a mind is known as 'bangara manasu' (a mind that is pure). Such a mind is given by Maha Vishnu.

All the sadhana or spiritual practice that we are doing is to attain that 'bangara manasu'. Our actions in the past affect us in this birth in two ways: the body suffers from disease; and the mind gets trapped in grief.

Both disease and grief are fruits of previous actions (done in past births). So, in this life you must not keep recalling issues that have affected you. Leave them, forget them and move forward. In this life, do not be bothered about the past and the future. Future actions will take place as they have to. Thinking about them and disturbing the mind is not correct. Each one must learn to dwell in solitude (Ekanta Vasa) at least for an hour each day.

If you face all events in life happily, slowly the result of the past actions decreases. Gradually you will gain supreme knowledge. Each task or work assigned by God to you must be performed in a righteous way. If it is not possible, then do not do it. As far as possible do not jump into other people's issues. This again leads to ignorance. But you can do tasks for the welfare of others.

Feed and take care of old people in the house. Think that the Lord has come in their form. This process is called seva or selfless service. Then the work does not become a burden. Through work you are glorifying God.

Karma, Dharma and Shanti: The work (karma) done righteously (dharma) will lead to peace (shanti). Therefore, put your heart into each task done.

Whatever work we do must be according to dharma. The work allotted to us by God must be done righteously and with love. All actions performed in this manner will slowly lead you to salvation or moksha. The only person whom we can love completely is God and God alone.

In this world, all the joy you experience is short lived. It is temporary moments of happiness. These very joys will turn into sorrows later. Only God is the person whom we can love completely. For example, you are happy when you are surrounded by relatives. These relatives in future may turn your happiness into sorrow. They may speak ill or go against you.

Asthi, bathi, priyam: Asthi – that is there always, which has no death and birth and no seasons. From the sky, air came. From air, fire came. From fire, water came, and from water nature came into existence. These five – sky, air, fire, water and nature – are called pancha bhutas. The object that does not change even if these five elements (pancha bhutas) are not there is known as the Brahman or God.



The Lord's praise must fill our mouth and mind. This will in course of time please God, and He will shower His grace on you. This grace will lead you to the path of eternal bliss or a state filled with complete peace.

But most of the time, each one of you is more interested in worldly issues. You look for God in the outside world. This is similar to licking an empty hand after throwing away a delicious morsel of food. God is not out somewhere, He is in your heart. Do not search for Him outside. He is antaryami (indwelling spirit/the inner controller/ existing super soul in the heart). He is always there (asthi).

Bathi means lustre. The Brahman does not require sunlight or any other light to shine. The Brahman is glowing always. This lustre is much more than the sun itself.

Priyam means love. The one who is due to be loved and thought about always. Every person likes himself, why? This is because the God is inside you. God's delusion has created name and form (rupam and namam). Therefore, go beyond this name and form and love Him wholeheartedly.

God is full of compassion. In this world if you show compassion to another person, you may give some money or clothes or give something in kind. But if God chooses to show compassion on you, then your ignorance, grief and troubles will fade away and slowly He will liberate you from the cycle of births and deaths.

One must not aspire for results while doing any work. However, desires drive each one of you to do work. The process will make you more attached to this world.

Krishna in Gita says if a person performs any work like a swardha (selfish person who just works for himself) for the society, then such a person will be liberated from this world.

We must choose our food carefully. Never eat food that does not suit your body. The food consumed must be the medicine for the body. The body also sends signals to the brain saying that the food consumed is sufficient. A person must listen to the body's advice. Care must be taken to ensure that the food quantity consumed is not more than required. More food can create trouble for the body in the form of illness. Food consumed has a bearing on the body and the mind.

Aham vaisvanaro bhutva  
praninam deham asritah  
pranapana-samayuktah  
pacamy annam catur-vidham

This verse is chanted before consuming food. Whatever we eat, the fire to digest is God.

If you are hungry only you can eat food. This hunger is God Himself.

Similarly, one must not talk unnecessarily. This extra talk can land you in trouble. Both ego and result of our past actions will distract you from the ultimate goal of life.

A work or deed performed may get appreciated or sometimes can be criticized. In both cases, it is good if your emotions are in check. Never jump around if the work done is a success and similarly do not sulk if it is not accepted. You must be humble. God who is watching all this action will be pleased if your emotions are in check and will show compassion towards you. This will lead you to liberation from this world. To earn His compassion, one need not be rich. Your mind must be pure.

To remove the veil of ignorance, never leave the feet of your Guru. God in the form of guru will guide you and help you get the final liberation.

"O Arunachala! with Your grace, You have removed the blanket of ignorance. You have not left me but have immersed me in immense bliss. I have realized there is no difference between you and me. The sense of having a form (body) is not there anymore. I am lost in immense bliss. This peace has no end. This is Your doing, O Arunachala. The body has death. You made me realize the fright of death and then slowly you lead me to a path that merges me in You. This has removed the fear of death completely," said Bhagawan.



Listen to Bhagawan's words. You will get the supreme knowledge that is filled with immense peace. Do not hurry with the process of getting the final liberation. Perform the daily rituals, meditation, and other spiritual practices. These will help you in the path of attaining liberation. But you must get Guru's grace for the supreme knowledge.

The grace of God will come only when you deserve it. God will not announce a time and place to shower His grace on you. You may get his grace when you are in midst of many people or when alone. God is the only person who can liberate you from this world.

"You have removed the difference between me and You by mere chanting of your name, Arunachala. Your grace cannot be described. No one can note it down in books or none can describe it. Though we have senses, and think

we have knowledge of discretion but we cannot still judge Your grace."

Bhagawan says the grace of God is similar to an elephant seeing a lion in its dream. The elephant wakes up in a fear. Similarly, God's grace is like the lion. You wake up at once to see the reality of His grace.

What you want to get is what you are. The heart is filled with God. You and God are the same. The Guru removes the delusion that you and God are different.

Ramana Maharishi said in the book (Telugu) Nenu Yavaru that any good deed done for others will come back to you.

If you give a banana to someone, then in the next life God will give you back 10 bananas. God does not require your bananas. He will look at the intention behind the deed.

You watch films and TV because this entertainment will make you happy. You plan trips and visit your relatives. All this is for pleasure. This is short lived happiness. Try and make efforts to go on the path to immense bliss, which will dip you in an unlimited ocean of joy.

Friendships never give a lasting joy as they may break and cause unhappiness to you. Do not depend on your close family or close relatives for peace. This does not mean that you have must not talk to them. Problems arise due to ego. Do your duty and leave the result to God.

Sri Krishna tells Arjuna, get the real peace only in the Absolute. What a great statement. How much ever money you have, you can never equate it with happiness.

Listen and assimilate God's words. Put them into practise. Ponder as to why you are unable to put them into practise. Do not leave your sense of discrimination, thoughts, chanting and meditation. God will shower His grace when you deserve it.

However big a haystack is, one match stick is enough to light it up. One big knife is enough to cut a big pumpkin into pieces.

As salt dissolves in water, constant chanting of God's name or recapitulation (mananam) will dissolve all the flaws in you. You can chant Shankara, Rama, Krishna or any name. Mere chanting will dissolve your flaws.

Never spoil your mind with petty issues. What is bound to happen will happen and what has happened cannot be changed. Krishna in Bhagawad Gita says forget the past.

When elders offer an advice in the house take it in the right spirit. Do not argue with elders. Learn to adjust.

There are a few people who are actually happy even when they are facing a lot of problems. They are very happy and have a positive frame of mind. God likes such people. He will lead them to the path of liberation. One must have patience and endure the ups and downs in life.

In Puranas there is a saying: oil less lamp when lit will burn out quickly and this is equal to a person who has no patience. Have patience.

**When elders offer an advice in the house take it in the right spirit. Do not argue with elders. Learn to adjust.**

So, always remember the qualities of God. Try to emulate these qualities. Develop immense faith towards God. His name is very sweet just like payasam (sweet dish made of rice, milk and sugar). Listen to his qualities with your ears, and pray with your minds.

Om Namo Naryananaya, Naryananaya, Om Namo Narayanaya.

Narayana, Narayana, Narayana.

The single syllable Om is very important. For every person the head is very important, similarly Om is important in every chant. It is present everywhere. It is pure, limitless, and timeless and has no attachment with nature. It is the Absolute Truth. To realise Om, chant the Lord's name.

When you attain the knowledge of the Absolute, then you and the Om are one. Thus, the syllable Om contains all elements of existence. It is the reservoir of all energies of the Supreme Lord, and for this reason Lord Krishna states in the Gita:

Om ity ekaksharam brahma

"The single syllable Om is the supreme combination of letters."

So, tame your mind and senses and take control of the ego. You are sure to secure His grace.



No one will live for 1000 years even if you are surrounded by doctors. I recall here about a very good doctor. He ate right, exercised. But because of his past accumulated results he got cancer. No one can prevent the deeds of the past actions. One has to spend it. But it cannot be spent in a few minutes.

The accumulated results of the past actions will be spent in one's lifetime.

Hanuman said to Ravana: Ravana you did some good deeds in your previous deeds and therefore you have become a king. Now you are resorting to bad deeds. And you have to face the results of these bad deeds.

Many think money is prosperity. Money is used for buying clothes, land and food. If you have enough money, you can visit Kasi. But money and ultimate liberation have no link. Money will give you happiness that is temporary. Prosperity is earning God's grace. Never leave the feet of the Lord, think of the Lord always. Humans while undergoing their results

of the past actions have to face difficulties. A politician after enjoying power for many years is lost when he is out of power.

Here is a proverb: All planets revolve around the sun. The sun gives light to these planets. The sun is very great but even the Sun God cannot escape an eclipse. Similarly, however great a person is, he cannot escape the results of earlier actions.

There is a way to melt away the sins of the past actions. Keep repeating the Lord's name and this will lead you to liberation. God's name will burn away all accumulated sins. Whatever your flaws are, chanting will wipe them out. Without mother there is no child, similarly without patience one cannot get the supreme knowledge.

Suppress your ego. Your mother-in-law may say something that you may not like. Do not start an argument, instead keep quiet. Remain quiet even if you are correct. Silence is the check for an argument. Silence prevents fights. Why are you adamant to give an explanation? God knows the truth, and this matters the most.

Silence is gold. God will give you liberation but not ordinary people who are filled with ego. One must remain in solitude every day. God is there in solitude. Make efforts to observe this. Solitude comes when the mind is subdued or tamed. The mind merges in the heart. Heart is the place of God.

Om namo bhagavathe rudrayya, Om namo bhagavathe rudrayya, Om namo bhagavathe rudrayya. O! Rudra/Shiva, bless me with that face of yours that faces the south. This face of Shiva is known as Dakshinamurthy. The statue of Dakshinamurthy in temples faces the south. Dakshinamurthy is the one who bestows the Supreme Knowledge. He is worshipped as the god of wisdom. Jnana Dakshinamurthy is depicted seated under a banyan tree, facing the south. He holds a rosary, book and Veena (a musical instrument).

**The highest form of worship is teaching. It is much better than making donation to temples and other welfare projects.**

Dakshinamurthy means 'one who is facing south (dakshina is Sanskrit is South). The spiritual heart is on the right side. In the word Dakshinamurthy: Amruthy means Formlessness. God is formless, shapeless and is situated on the right side.

O! Rudra bless us with this aspect, where silence is the answer. I am here but cannot preach without talking. However, Dakshinamurthy does not open His mouth to preach. The silence gives all the answers.

In the society, a chatter box will never earn respect. On the other hand, a person who is quiet and speaks very less earns respect and his words have more value. People who speak more than required are not taken seriously.

However, this silence is different from the silence of Dakshinamurthy. Silence does not mean that you stop talking to your husband for a few days just because he did not like the

curry you made. Neither is it because of a tiff with your mother-in-law. Here your ego is hurt and so you are keeping quiet.

The real silence is when a person does not talk as all his senses are burnt out and there are no thoughts in his mind. It is from this silence that the waves of Supreme Knowledge will come out.

Do leave your devotion towards God. Always visit people who preach about God and His qualities. Avoid making friends with people who are immersed in worldly issues. Such friends are like snakes.

The real friends are those who are making efforts to let you gain knowledge about the real peace, compassion and liberation from the cycle of birth and death. As small buds become flowers and then turn into fruits, so also when you are steeped in deep devotion for god, perform good deeds and the mind is filled with good thoughts, then slowly your devotion will turn into a ripened fruit that is filled with everlasting happiness.

Many are after name and fame. They are ready to do anything if that deed will fetch them fame. They spend on themselves. This is ignorance. This body and name will be burnt in the graveyard. Do not pay much attention to them.

There must not be any deceit in your devotion to God. If God is pleased with your devotion, he will appear before you. He will come in the form of a guru. Again, the human form taken by God is not the result of deeds but is out of compassion. We take this human form to work out our deeds. He will guide you to attain the final liberation.

Kirshna says: O Arjuna! in this world there many living creatures. But among them who do I like the most?

Krishna Himself answers the question. He says, there has been a series of dialogues between Me and You. This is Bhagawad Gita. Whoever reads the Bhagawad Gita, understands, assimilates and later explains it out to others in an easy manner, him I like the most.

One must listen to understand the subject better. Without listening about Upanishas, how can you understand?

Each shloka in Bhagawad Gita has many meanings. If we think we have understood, we are lost at that very moment. Even if one slokha is understood and assimilated, it brings about a lot of happiness.

A devotee is asking Ramana Bhagawan: While performing sadhana (spiritual practise), we require God's grace.

Bhagawan replies: God's nature is compassion, and He will give. Address Him with any name, He will respond. Even if you call out His name casually without any devotion then also He will respond. The mere utterance of His name starts to burn out the inner ignorance and ego. Sing His praise. If you place your hand on fire, the hand gets burnt.

Similarly, God's name will burn out the ignorance and ego even if you remember Him casually. That is the power of God's name.

The highest form of worship is teaching. It is much better than making donation to temples and other welfare projects.

On a question as which Guru should one choose, Ramana Bhagawan sang the song:

Endaro Mahanubhavu-landariki vandanamu (Salutations to all those great men in this world)

A guru is always filled with peace. He is pure. Bhagawan did not ask the devotee to choose Him as the guru. He said there are many great Mahatmas, Maharishis and deities. Choose from one of them. The mere mention of His name brings tears in your eyes, and brings solace in your heart is the real guru.

The highest form of worship is teaching. It is much better than making donation to temples and other welfare projects. There is nothing equivalent to teaching about God. Guru is the real teacher.



Remove the veil called ego. During a marriage, a veil is held between the bride and bridegroom. This veil is lifted in course of the wedding. Similarly, remove the veil of ego. Then there is no difference between you and God. A guru will guide you through this.

Make immense efforts to remove the attachment towards senses and body. God in your heart is not rich or poor. Just because vegetables do not fly like birds it does not mean that there is no God in vegetables. God is everywhere. He is in the pillar also. God in the form of Laxmi Narasimha came out of the pillar when Prahlada challenged his father Hiranyakashapa. The Lord kills Hiranyakashapa. Here the Lord came for Prahlada who was an ardent devotee of Maha Vishnu.

The change has to come in the mind. Do not stop until your goal has reached. There must be a zest to attain liberation. Do your work. Do not stop and become lazy.

If there are old people in the house, feed them. Take care of them. Think that the Lord has come in their form. This process is called seva or selfless service. Then the work does not become a burden. Through work you are glorifying god.

All people whom we meet in this birth are due to our past actions. God decides who will serve whom. Either you are looked after or you look after someone. Undergo the process happily. Then in future births you will never have to undergo this process again.

When elders offer an advice in the house take it in the right spirit. Do not argue with elders. Do not allow the ego to pop out. Do not think you know everything. Learn to adjust. In some cases, people in house may be involved in worldly affairs. Do not discuss with such people your devotion and efforts being made in spiritual practise. This is because they may not like devotion. In the process, do not forget your devotion but continue your spiritual practises. Learn to protect your devotion just as how you would hide precious things in the house from being stolen.

Have immense faith in God. If you do not believe in God then you are bound to face hurdles in life.

You require a guru to remove you from this forest of ignorance. Divine interference is required to come out of this ignorance. Think about Bhagawan's words. Discuss and try to understand as why you are unable to practise it.

Courtesy: Ambica Udaynarayan