

## Path to Unlimited Joy and Peace

Jinnuru, December 19, 2013

My dear Soul mates,

Today is Ramana Bhagwan's 134<sup>th</sup> birthday. Just as a lentil dish is tasteless without salt, a world is void without great people. Devotion, culture, knowledge, good attitude adds beauty to the society.

The human body is the root cause for any tribulations. We all like our body. We are conscious of the body and always think "my body" and "mine". Once, an old man with a long beard visited me. I asked him as how he was tolerating the long beard. He said "I have grown this so that no will be attracted towards me".



Bhagwan while describing about good attributes said do not give more importance to good looks of a person, but look at the good qualities in a person. Without possessing good attributes one cannot experience the *Brahman* (supreme) bliss. The real thing (object) that has no death is in your heart, and to experience this one must possess good attributes.

Neither your senses nor your mind can comprehend the existence of this object, which has no death. As this object cannot be perceived by the senses or the mind, we think that it does not exist. If the existence of this real object is not true, then either Sage Vasistha or King Janaka would have known about it despite numerous spiritual practices. The object, which is the real truth, exists in the heart; both of them attained the knowledge to perceive it.

As we are unable to identify this object we are not aware of its existence within us. We must always ponder as why we have come on this earth? According to the Lord, one takes birth on this earth due to the past actions, and the ultimate goal is to reduce our desires and become one with God. The precious object that is present in each of our hearts is much more than this body, senses and mind. The form of this precious object is happiness, unlimited joy and peace. There is no happiness beyond this object. The

happiness that we enjoy through this body and mind is limited. But the joy derived from this precious object which is our heart has no limit. Once you realize this unlimited joy resting in your heart, there will be no birth and death.

Every person wants to be good. However, habits and past deeds will lead a person to commit a few mistakes. Due to habits, people commit a few mistakes. A person becomes a thief, knowing fully that stealing is not right. Habits develop owing to the company we keep, books we read, and the surroundings in our home etc. Similarly, habits formed in the previous births accompany us in this life. As flies swarm all over sweets, these habits bring in ideas/desires. As the person keeps repeating the habits, the thought to repeat the action becomes strong. Is there any person who can douse the flames of fire that is fed with ghee continuously?

Similarly, can anyone win over the senses while enjoying sensory pleasures? Is there any person who has won over vices and senses while having no control over them in this world and netherworld? There is none. Such habits must become weak.



A person must make efforts to recognize the desires that are urging you to perform the deed. One must be able to control such desires/habits, and this will gradually reduce the tendency to repeat such actions. To control the flames of fire, one need not pour water over them, but new sticks must never be added. The flame not being fed with new sticks subsides. This is what we must do in our lives. One must not indulge in new habits. And care must be taken not to repeat the habits already present in us. Then these habits will die gradually, just like the flame.

The goal of life is to become one with God. Despite knowing the fact that God is in our hearts, our habits and actions prevent us from reaching this real truth. You can actually know what is preventing you from reaching God. Remove that habit from its root to eliminate it completely and clear your path towards God. The moment you begin to realize the real truth, that would be your last life, and you will be free from the cycle of life and death. According to Upanishads, a person must not die early. This does not mean that a person has to live to enjoy food and sleep. But one has to be healthy, perform one's duties and always think about God in the heart and meditate on ways to reach Him.

There are many people who enjoy boasting about themselves. This is a big mistake. Such habits will prevent one from realizing the real object in the heart. If you keep praising/singing paeans about yourself then you will develop a longing for the body. You will be caught in the vicious cycle of life and death, which involves carrying this dead body again and again.

There are people who are happy when others shower praises over them. If this is the case then your work to understand the true self becomes even more complicated and you will continue to remain in the vicious cycle. Therefore, one must not be eager to be praised or boast about oneself. The mind must never be polluted by these praises, as these are equivalent to poison. The goal of life is to understand the real truth, which is in your heart.



The sole duty of life is to become one with the Lord. One must discipline the mind and not allow it to be carried away by such praises. There are a few people who like to keep pointing out the negative points/or weakness in other people. They are not bothered to check their own weakness. Jesus said, instead of you removing the foreign object from your eye, you are bothered about other people's eyes.... Jesus meant that the thief in you is your own drawbacks. You are not bothered to look at your own drawbacks but are happy to list out the drawbacks of others. At this rate, how will you attain the kingdom of heaven, asked Jesus Christ.

The mind keeps dancing, it is not stable. Do not pay heed to the wants of the mind, but follow my instructions, and you will gain the Supreme knowledge, said Lord Krishna. However, a person is ready to follow the instructions of the mind. You are ready to follow your senses and mind's directions, but are not ready to place belief in the words of God. Trains move on tracks. If the trains jump from the tracks, it

derails. Similarly, if you still hanker after your mind's distractions, then you can never gain realization. You must have faith in the words of God. One must remain humble and hold no grudge against anyone. Even if you have loads of money and perform various rituals, it will never help in removing the ignorance



or hatred in you. Outside rituals can never free the habits that are binding your thoughts and deeds.

There is a saying in Chinese. Can the water that is far away cool down the fire that is close by? Similarly, will the outside practices clean your inner defects? Therefore, if you want to enjoy the state of bliss then you must ensure that you are not proud and hold no grudge/hatred against others. Either by your words or deeds never hurt others. Complete your duty towards others. Speak softly and gently. Do not taunt others. Perform your work sincerely, and leave the result to God. If you get the reward of the work as per your liking, do not boast about it. Again never get disgusted even if the reward of the work is not what you expected.

In this life, there will be many up and down slides. When any adverse situation strikes you, learn to be balanced. Do not think as why you have to face such situations. Maybe in future it may lead to something good. As you do not understand the reason, the mind gets restless. Remember,

you are not a kite with broken strings' drifting in the sky. Eshwara is present in your hearts. He is the wire puller for all the events happening. Such unpleasant incidents are created to help the body eliminate the past actions.

In the Brihadaranyaka Upanishad, Yagnavalkya tells his wife: O Mytreya! I have great affection for you. It is because I like the real self in me and this is the reason that I like you (self). Here the meaning is the real self in all beings is the same. It is the object that is luminous and has no death. In this world, there is not a single person who does not like themselves. Each one of you like happiness that is the reason you

like yourself. You may not like all the objects you see outside, but there will be none who does not like themselves.

To realize the happiness of the soul, one need not wait for the body to die. One can realize it even now. The senses, desires and other attributes of the mind have to subside. Gradually, God will shower his grace on you, and in this life you can realize the bliss of the soul. If you travel to Chennai, relatives or friends may come to the railway station to receive you. Similarly, in this world the good deeds you perform and the sweet words you speak will welcome you once the life leaves the body. They will accompany you to the other world. You may not have the capacity to serve coffee to your visitors but you must have a hospitable behaviour.

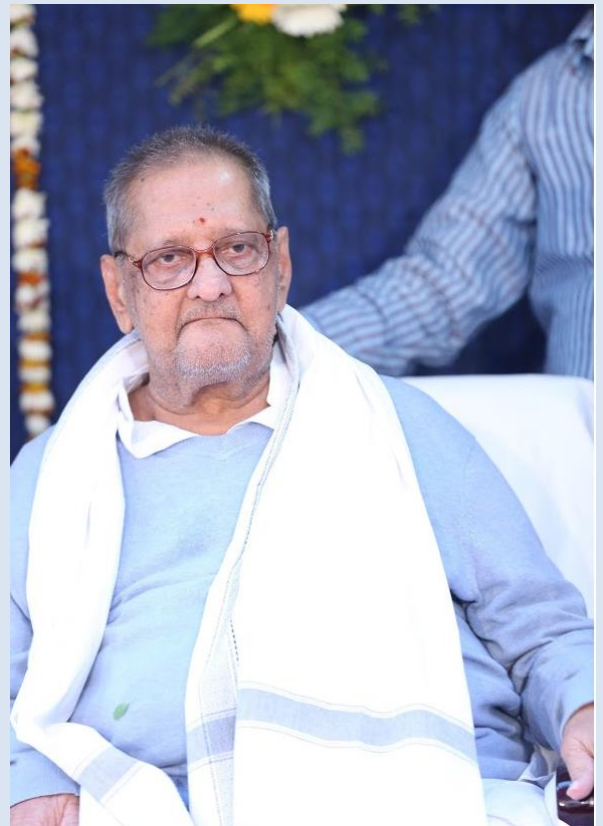
Have patience. Swami Saradananada asked Mother Sarada to give them four words of advice. Mother replied: Patience, patience, patience and patience.

If you have no patience then the Lord will not give his heart to you. Sarada Devi said if you really have patience then no matter how others behave towards you, your mind will never witness any change. Your body may have deformities, but the mind must never be crooked. You must be clear and balanced without any disturbance.

Never compare yourself with others. Remain what you are. There are many great people with wealth. Looking at them, we need not try and make efforts to become like them. We cannot change ourselves to be like others. In case your mind is crooked, change it. This is also a form of Sadhana (spiritual practice). Renunciation, can help in achieving anything, says the Lord. Renunciation will not allow the mind to look outside. And constant practice of renunciation will bend the mind to look inwards. The mind turned inside will only enjoy the bliss of the soul.

Here is an incident with a holy man: A well-wisher of the holy man asked him why was he is accepting donations/money, and what does he do with it. In reply, the holy man told the well-wisher, you have a wife and two children. You have purchased land and have saved money. For your two children you have saved many acres of land. I have thousands of children. Then what must I do for them. Even though I cannot give them the same amount you are giving to your children, I must be able to feed them at least. There must be respect towards our Guru. Knowledge can be gained from reading books. However, the grace of a Guru can make us understand the real knowledge better.

Both the body and the mind must be clean. Buddha used to eat food once a day and have bath twice a day. Cleanliness of the mind and body are required. Buddha was a person of character, good citizen, and who would never harm anyone through words or deeds. He never performed any deed to gain



importance before others. One day Buddha was confronted by Angulimal, a bandit. While Buddha walked passed by him with his bowed, Angulimal shouted: "How can you go away, wait". Buddha looked peaceful, and turned back. Speaking to Angulimal, Buddha said "my mind stopped long back. So what is left is a dead mind. Why are you asking me to stop? You are coming to kill me. You have to stop, why are you asking me to stop?" Angulimal with a knife advanced towards Buddha. However, he could not lift his hand to strike Buddha. Angulimal, froze and immediately, he became normal. The wickedness in his mind calmed down. Being fearless means adopting and deciding to trend on a path despite harsh comments and negative reactions. This is the meaning of fearlessness in Gita." If you do not like my path then you are free to leave. But I will never the chosen path", said Gandhiji.

While travelling on the path of righteousness, you will face many issues. Sometimes, a person living in a thatched hut is more happy than a person living in a big building. Happiness depends on the control of the mind. Thinking that you are happy is different to people thinking you are happy. If you can control yourself, then you can control others. Each sensory organ has one inclination. One must have a total renunciation towards the pleasures of all senses. The pleasure of senses leads one to unhappiness. If a pot has a hole, water will spill out. Any weakness towards a pleasure can lead to your spiritual downfall. A game of cards is enough to make one lose hundreds of acres of land. Due to the game, you will lose property and even your mind will rot. Even after death, these pleasures will keep waiting for you. To get rid of these senses and their pleasures, the grace of guru is essential.

You may have a body, but you must never think that you are the body. Your body may look beautiful, but never have the thought that you are beautiful. Remove the "I" and keep it aside. Do not be under the illusion that this body and mind are yours. If they are yours, then in deep sleep where are you going? Many people ask this question: When we die where do we go? In deep sleep, do you know where you are going? They why ask the question, of where you will go when you die?

The body and the soul have no connection. All the time you are under the illusion that the body is the soul. The body is heaven and it is my identity. As long as you are under the illusion that you are the body, which is not true, the real and permanent truth will never reveal itself. What is there is there, and what is not there is not there. This is revealed in Gita and it is the final word.

If the real thing/object reveals to you, then this is the last birth in this world. Buddha had a meal in the house of a potter. He said it was his last meal and that was his last day on this earth. He said food served by Sujatha saved his body. And meal in the potter's house was the last meal. This was destined to happen this way. Do not hurt the potter, as it is not his mistake, Buddha said.

Each one of us has to remain humble. Money, fame and respect must never alter our humble personality. Do not try to show off the little knowledge you possess. A humble nature will earn the grace of God. There may be many circumstances that will lead to unlimited misery. It is difficult to bear the burden of unhappiness. Remember, God always watches you while you go through the period of grief. Death and old age are a part of this body. Where there is birth and body, there is death. Never have expectations from relatives, friends and children. Finish your duty towards them.

The reason for unhappiness is the sense of doership. As long as one has the thought that body is mine, the sense of doership will prevail. Kanchi Paramacharya said if you have no strength to reduce the sense of doership directly then try to eliminate the longing or affection for something. Once the craving or longing for something begins to decrease, the sense of doership also gradually diminishes.

One has to complete the duty to towards family members. However, in the process never keep your mind occupied by their thoughts. The hands must do the work assigned and the mind must be at the feet of the Lord. Paramacharya said gaining victory over the sense of doership is difficult. The body requires food to survive. Similarly, as long as there is a strong urge for longing or affection, the sense of doership is alive. Once the affection or longing for something is eliminated the sense that you are doing a task is also burnt.

Take a relative suffering from a disease to a hospital for treatment. Keep your mind calm and never allow it to think and grieve about the relative's illness, as this will increase the attachment towards the sick person. This does not imply that you must not take care of the sick. The idea is to perform your duty by keeping the mind calm and devoid of any attachment.



The body and mind must be present in the same place. Misery, unhappiness occurs due to the past deeds of the body. Sometimes, there may be unhappiness and loss. Learn to complete your tasks without giving a thought to the circumstances. If your mind is turned inwards, then any amount of ill circumstances on your body will never affect the mind. And for this, the grace of God is required. To have a thought, "I am doing a good deed and so everyone must be happy", is foolish. How can everyone

be pleased with your work? Go and spend time in places that encourage spiritual practices. In a year, leave your home and stay in places such as Kasi, Arunachalam, Rameshwaram etc. Do not spend much of your time with worldly people, as their vibrations will have an impact on your path to spiritual progress. Also, you are not a politician to constantly indulge with people. But you are a sadhaka (a person who is on the spiritual path). Try to spend time in solidarity.

Choose your friends carefully. While buying vegetables in a market you tend to choose good ones. Similarly choose good friends. Keep the best of company, said Buddha. Stay in places where there are good vibrations, good friends, reading books that make the mind turn inwards. While reading a book one must look at the message it gives, otherwise it is not worth reading.

One can earn money and wealth, but time wasted cannot be earned again. If a person turns 60 years, he cannot go back in time and become a 30-year-old person. That is why make best use of the present time. Forget the past as one cannot go back to the past. Do not think about past incidences, as they are a waste of time. One does not have an inclination of what may happen the next moment. To make good use of the present time, one must let go the incidences occurred in the past. This will fill you with more happiness and keep the mind calm, devoid of any negative thoughts.

Courtesy: Ambica Udaynarayan