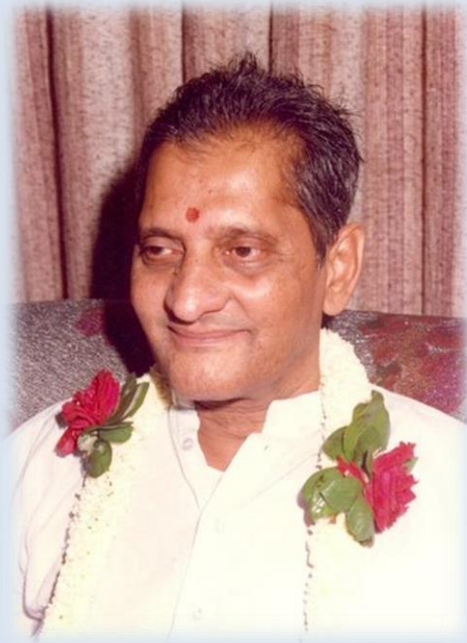


Devotion is the root for self-realisation



January 2015

My dear soulmates

The aim of the present life is not to have any future births. Our spiritual practices must aim at not getting another birth after the present body sheds its life. We have all taken birth in this world, and one day all of us are bound to die. We do not have an idea of our date of death. A person who is not ruffled with the activities of the world around him will not have a rebirth again. In the path of spiritual progress there are a few rules that one has to adhere to. Consumption of food is of prime importance. If we have no control over the food we consume, then the mind can never be controlled. Control of mind will lead to a peaceful state.

Birth and death cycle is a continuous process. All of us have some attributes that trails us from our previous births. These attributes will make a great impression on our minds. The person, who secures the grace of God, will be released from these attributes and weakness of the mind. The real immortal entity resides in our hearts. "I am the ruler of this world. Whatever you experience in this life – poverty, illness, happiness, unhappiness, good respect – is decided by Me. I decide the effect, which depends on the actions of past deeds. This whole creation is bound by immense bliss. And the bliss is Me," says Sri Krishna. Our minds cannot grasp this aspect, as they are lost in the vagaries of the outer world. A mind that is calm and subtle can understand this concept.

Bhagawan said in this world there is not a place or a thing that can grant you unlimited happiness or peace. It depends on your attributes, which make you think that happiness and peace can be derived from the world around us. Unlimited happiness or peace will come from inside us, and they cannot be derived from the outside world. In fact, even health comes from inside. When you fall sick, to get well soon your mind must cooperate. When mind cooperates, then instead of 10 days you will recover within 2 days.

People plan on how they can spend their time during the day. In the morning, after a good night sleep of 8 hours a person feels he just slept for a few minutes. So, even during the day, one has to gain a victory over time. At the end of the day, one has to feel that the day lasted only for a few minutes. That is a person must engage oneself in some activity throughout the day, and not wait for the time to pass by. If a person is unable to gain victory over time, then he cannot attain the supreme knowledge.



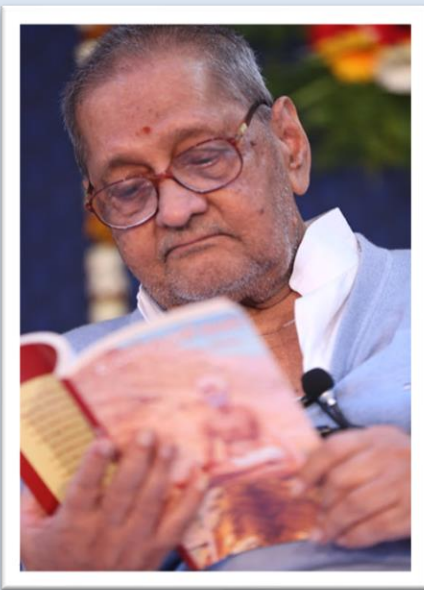
Realised people have no distinction between near, far, and fear. They are not concerned about their body or looks. The mind becomes calm and turns inwards, when it listens to words that are beneficial to you. For instance when you see a beautiful girl, do not get attracted to the beauty or rather do not get affected by the beauty. Also, do not be upset when someone describes a person as wealthy, poor, good or bad. Listen to the words, but never allow these words to be lodged in your heart. Let not such words influence your thoughts.

How can you gauge the value of goodness when there is no effect of bad/negative instances? We

became aware of Sri Rama's goodness because of the demon king Ravana. The good and bad traits in a person depend on the deeds of previous actions (previous births). The real entity in our hearts is untouched by good and bad traits. These traits are related to the mind. Therefore, do not allow your heart be influenced by such traits that are connected to the world we see around us.

There are many who perform good/noble deeds. A few people wish to gain some merits from such acts. Once the work is completed, the act of accomplishment gives us some happiness. But this happiness can lead to another desire, and which can result in another future birth. So whenever you perform a deed, never aspire anything from that. Your mind must be purified by such acts. If you arrange or attend a spiritual meeting, the time there must be directed towards purification of the mind and thought. There are some who do good acts mainly to achieve some merits from the act or gain respect in the society. There are some people who claim the good work done by others as their own. Such craving for recognition and desires will make you happy, but your heart will rot from inside.

A life without discipline, happiness or peace, likes and dislikes will never allow the mind to look inwards. These attributes are a hindrance in the journey towards realisation. A person who is your well-wisher may act in such a manner that may not please you. Immediately your mind gets disturbed. One has to practise to restrain and govern the mind. This is essential for a stable mind. Develop an attitude wherein the mind is restrained from being impacted from likes and dislikes. Bubbles form in ocean. They stay on water and merge into the water. Similarly, we must also realise that the entire world is a just a part of us and will finally stop in us, as propounded by Lord Krishna. This is the ultimate truth. However, to realise this ultimate truth one has to be in the state of eternal bliss, as Lord Krishna was in this state when he propounded about the truth.



Our wrong thinking and gross intelligence prevents us from believing the words of Lord Krishna. Each person must adopt a proper reason while working. We must reason with ourselves on the likely effect the work may have on our mind. The words and behaviour of others must be your scales to judge another person. Do not fall prey to people who can cheat you. "I am the inner ruler of all," says Lord Krishna. A devotee questioned, "if this is the truth then the Lord must be in my heart too. Why am I unable to perceive Him."

The lord is there in your heart too. However, you fail to understand this fact because of your wants, and other attributes. Once the clouds clear, the sun shines brightly.

Similarly, in our hearts there is a sun that is filled with brilliance. You fail to notice that because of your wrong thinking, habits, and the negative attributes in your mind. If you come out of these, then the inner brilliance will be easily revealed. Krishna has always said "I am in your heart." He has always spoken the truth. The Lord is the repository of knowledge. He is like an ocean. All rivers converge into the ocean. The ocean remains calm irrespective of whether the rivers coverage in it or not. Similarly, a realised person is also stable. A realised person gains nor losses, knows no fear and distances do not matter. For such a person, 100 years pass away like 100 seconds. He just gazes at the creation.

The books or literature written by us will not remain for future generations to read. They will perish over a period of time. Bhagawad Gita was propounded about 2600 years back. Even today, the content in Bhagawad Gita is relevant today. This is because the Lord Himself propounded the Gita. The Gita emerged from the heart of the Lord. Not a single word in any verse in the Gita requires to be changed, as it is remains relevant at any point of time.

If one is trying to find faults in the Gita, then it is because the person has faults in his mind. One devotee while speaking about Bhagawad Gita said the explanation and words differed in different chapters. I asked him, are you trying to find faults in Gita? As you have faults in

your mind, the same are reflecting to you in the Gita. Lord Krishna propounded the Gita in the state of a fully realised person. Lord Krishna said the weakness in each of us prevents us from understanding Gita.

The attractions of the outside world will never affect a person who has experienced the brahman. For instance, a beautiful girl comes for the Darshan of Bhagawan. Bhagawan only sees the person who has made this girl very beautiful. He sees the hand of god in making this girl so beautiful. He sees the Ishwara who has made this girl, and hence there is no attraction.

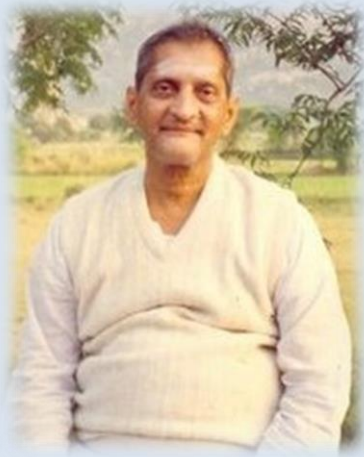


Generally, people with more money are respected than others who are not very wealthy. This behaviour is due to the intellect. Some people prefer to get up late in the morning after the sun has risen. They try to justify their choice of getting up late by stating that the rays of the sun have to fall on their face to wake them up from sleep, and they cannot get up early at 4.30 am. Waking up early ensures a smooth flow of your work. You can finish your work a little quickly. Making an effort to wake up at 4.30 am is also a part of spiritual sadhana. You can meditate for some time too.

Channa was the charioteer of Buddha. He had a weakness. He used to boast that he rode Gautama to the forest for the last time from the palace. Buddha advised Channa to reform himself before Buddha left his physical form. He often told Channa “you do not know the value of my words. Once I am not there then you will understand the weight of these words. Then you will practice my advice and reform yourself.” Though Channa was with Buddha, his bad company did not allow him to follow Buddha’s words.

In a life time, one will get respect and disrespect too. However, these are related to the outer world. If a person believes that such respect is true then when he is encountered with disrespect, he will get distressed. He believes so because he has no connection with Ishwara (God). This craving for respect is madness. There are many who buy awards to gain respect in the society. Without the grace of God, one cannot come out of the mess created from such false prestige. There are many who claim the credit for the work done by others. This is to again gain respect in the society. Lord Krishna says fame is dust and one need not pay any heed it. When you embark on a journey to Kakinada from here (Jinnuru), you are extra careful to remain clean. However, some dust settles on your clothes. You will dust your clothes to remove it. Similarly, dust away praises, fame and disrespect. Do not feel happy or unhappy when you gain fame or are disrespected. These attributes are nothing but dust. Just dust them away.

Do not hate anyone, it is a crime. This is equivalent to committing a robbery. Why should you worry if someone is doing well in their life? If you request, they may be of some help to



you. Then why should you hate them? If you have such a quality, then please let go it. The hate is a result of your bad intellect. If you are careful with money, then you gain. However, hatred does not fetch you any gain.

*Prasanta-manasam hy enam yoginam sukham uttamam
upaiti santa-rajasam brahma-bhutam akalmasam* (Chapter 6, sloka 27)

If you remain cool in various situations, your mind will be calm. How can one achieve the goal of being calm? For this one has to cultivate devotion towards God. Surrender

yourself completely to Ishwara. You must have a belief that Ishwara is there. King Ravana was very proud of his valour. He always considered Lord Rama to be human. Once while he was going in his chariot, his progress was stopped due to a mountain. Furious and filled with pride, he tried to move the mountain from his path. He placed his hand at the bottom of the mountain and with all his strength tried to move it. That mountain is the abode of Lord Shiva, who through his divine perception Shiva watches the drama. Lord Shiva presses the mountain with his thumb. Ravana's hands at the bottom of the mountain get stuck. Ravana immediately begins to pray to Lord Shiva. His hands are freed after sometime. This is the power of God! We are nothing before the power of God.

Taste the joy involved in Bhakthi (devotion) for devotion is the root for self-realisation. If you have no devotion towards God then your mind will never be conquered. One must develop the attitude of total surrender to God. On the way from Tirupathi to Kadapa, there is a place called Ekashilanagaram. The idols in the ancient Rama temple are carved from a single rock. "Sri Nannagaru was thinking that these idols are very ancient and looked at them. While looking at them, he visualised Lord Rama advising him on how to look at the idols. Look at Ramabrahmam, not just the idols. Do not ponder when the idols were made. You have to visualise the realised state of Lord Rama, which will give reveal to you the transcendental form of Sri Rama."

A person, who surrenders completely at the feet of the lord, will attain complete peace. This peace is totally independent and is ever lasting. The luxuries of life are limited but this peace is unlimited. Limit the Rajo guna or the inherent qualities that increase desires and the need to have more luxuries in life. The Rajo guna will increase your unhappiness and make you crave for worldly desires. Make efforts to come out of this inherent quality. Learn to belong to the world as much as that is required by the body. But do not depend completely on this outside world.

The three gunas of the Prakruti (nature) are sattva, rajas and tamas. If you remain in these qualities of the Prakruti, you will become subservient and weak. If you cannot gain victory over these gunas, you cannot get self-realisation. Sit quietly at a place and observe the

wanderings of the mind. Whatever we have practised immensely in the previous birth, our mind in the present birth goes towards it. The mind cannot remain captivated to one point. As long as you are in the grip of the mind, no matter how much you earn in form of fame or money, you will keep encountering disturbances from your mind. You have to cross the threshold of the mind. The mind keeps evolving itself through the senses. The mind is responsible for your progress which can be either good or bad. Hence, make efforts to control the mind. Right now the mind may have turned towards the darker side, but do not despair. Once you understand the subject, you can train the mind to move towards the path of light. You have time to reform yourself. Make efforts to move the mind from instability to stability. Everyday sit in a quiet place and observe the wanderings of your mind. Observe on which thoughts and issues the mind is pondering on. Make the mind understand the good and bad about such things. Ensure that the mind stops thinking about these issues. And then slowly lead the mind towards realisation or towards the feet of the divine.



Buddha said, “Do not embrace false habits and values. Do not indulge in bad habits and bad values believing that they are good. Do not get influenced by these. Don’t embrace wrong thinking.” Buddha through these lines beautifully explained the right path one must follow. Our thinking must be correct there must be no place for negative thoughts. You must practise right thinking. Do not think deeply about actions or issues that are not of your concern. In the world there are many issues, do not take them to your heart.

The god is our friend, husband and relative. There is no one like the Lord who cares for our welfare in this creation. To become one with the Lord, think about his form, and sing his glory. Do not fill your heart with worldly issues. Instead give some space to the Lord in your heart. Do not harm anyone. If possible try to help, otherwise keep to yourself. Increase your belief in the Lord. The most important thing to gain is the grace of the Lord. Grace of the Lord can give you everything. The Lord knows what you deserve, and hence you need not ask Him anything. The Lord will provide.

Many have asked Nannagaru his sadhana or spiritual practise. Some even asked Him, whether He went to the Himalayas to meditate. “I am adopted by God. What sadhana can a person who is adopted by God do? He has raised me. I did not do any sadhana. He adopted me.” Never stop believing in God. If someone says there is no God, do not agree. You think independently. The Lord has given you eyes, hands, and an intellect to think. So think for yourself and do not rely on someone’s intellect. Let your intellect lead your way. Gradually, your belief will take you further, and increase your devotion towards God. You will be



showered with God's grace. "Believe me. Believe my words and trust me, they will lead you to Atmagynam (self-realisation)", said Sri Krishna. These words are not hollow. The Lord in form of Krishna gave this promise. Hence, cultivate love and belief in God.

The mind is a monkey. Monkeys keep swinging from one branch to another. Similarly, even our mind keeps moving from one issue to another. Future births depend on the thoughts that arise in the mind. It is the mind that says this body is mine. Without a body how will the wishes of the mind be fulfilled? The mind can be controlled through association of the holy and virtuous. Think about a form of God that you like the most. Whomever you see you must

be able to see your form of God whom you like the most. Check why the mind tries to deviate from the inward path, which will make you experience unhappiness. Wounds to the physical body can heal over a period of time, but a mind that is hurt is difficult to handle. So, think and meditate on the Lord whom you like the most. The mind will gradually cease its wanderings. The person who has control on the mind is greater than a person who has money or even learned people.

Courtesy: Ambica Udayanarayan