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- ❁ Likes, Dislikes, fear and anger are the root cause of sorrow. The Lord has asked us to abandon the root cause of sorrow.
- ❁ Attachment is different from Love. There is always a misconception of considering attachment to be Love. Whatever you possess is attachment and not Love.
- ❁ Except Jnani, everyone has fear in some form or the other. There are different types of fears but the fear of death is most dreadful.
- ❁ Don't desire to lead a long life; similarly don't desire early death. Desiring so is a flaw within the mind. Therefore desire neither short life nor long life. Leave it to God's will. Those who completely surrender to God's will get released from all types of fears as well as the fear of death. One who surrenders himself to God attains Self Realization.
- ❁ There are several organs within the body. If all of them are utilized for attaining Self Realization, it can be secured.
- ❁ Unless man is subject to several hardships, discrimination and humility cannot be achieved. They cannot be achieved through wealth and honour. As the water flows towards the slope, Self Knowledge flows towards humility.
- ❁ Listening to the one whose mind and speech are not yet subsided is not Shravana but listening to the one who has attained Self Realization is Shravana (Listening to God's glories which is one of the nine methods of devotion).
- ❁ 'I' exists in the deep sleep and not the 'i' thought. The 'I' in deep sleep is limitless. It is the true 'I'. The 'i' thought is restricted to the body and gets identified with it. Before the physical body gets sacrificed in the

funeral pyre, those who get rid of the 'i' thought limited to the body, they alone attain the birth less state.

- ❖ The 'i' thought arises in the waking state. It originates from the 'I' that exists in deep sleep. If you perform spiritual practices in the waking state and get rid of the 'i' thought, the true 'I' prevailing in deep sleep gets revealed in the waking state. It is the final state. It is only referred to as the Nirvana state or the Kingdom of Heaven.
- ❖ Your current experience is 'I am the body'. Similarly as long as you do not experience 'I am the Self', the Peace and Bliss pertaining to it cannot be experienced. The vicious circle of birth and death cannot be escaped till then. The dead ones get rebirth and the born ones become subject to death. Unless the Peace and Bliss within the Heart is experienced, this vicious circle of birth-death cannot be escaped. It cannot be transcended in spite of getting innumerable births. Why is it so? It is because unless the Self related Bliss and Peace are experienced, the mind keeps craving for petty things and petty happiness.
- ❖ As long as your focus is on enjoyments, body becomes inevitable. It is because enjoyments cannot be experienced without a body. When the Bliss unrelated to the body ie the Self related bliss is experienced, the body becomes useless and hence another body (ie rebirth) becomes avoidable.
- ❖ There are three states of mind ie waking, dream and deep sleep. The Self remains the same in all the three states of mind. One who brings such a Self into experience is said to have attained the Turiya state, which cannot be described in words.

- 🌸 There is no scope for the annihilation of the ego as long as there is identification with a body, a form and a name. This identification begets limitations. Unless you are released from name and form, the sorrow cannot be transcended.
- 🌸 Mirabai said: “The external husbands are all false husbands. The Truth inside the Heart is the true husband. There is only one husband and He is God.”
- 🌸 The mind rotating around a name and form has to be introverted. By devotedly listening to the scriptures and listening to the words of Mahatmas, the mind gets introverted.
- 🌸 Don't consider God to be the cause of your sorrow. He is the Purest of the Pure. He doesn't want you to become sorrowful. The bad deeds done in the previous births out of body consciousness are the root cause of your sorrow whereas the good deeds result in happiness. You are being chased by your deeds only and God is in no way related to them. On praying God, He will oust the root cause of your sorrow. When your habits and behavior are not appropriate, they become the root cause of your sorrow. If you learn being positive, you will get released from the sorrow.
- 🌸 Man's mistake lies in getting separated from the Truth and Oneness (that which you are ie Self). This mistake results in several other mistakes. If you constantly contemplate upon God and lead a God centric life, the ego gets annihilated.
- 🌸 Whether people's behavior is favourable or not, if you presume that God Himself is enacting through them, the ups and downs within the mind as well as its flaws are lost. Whether praised or rebuked by

others, if you consider that God Himself is acting through them and constantly contemplate upon God alone, the ego gets annihilated automatically.

 The speech arising from a subsided mind is always cool and powerful. If the mind doesn't get subsided, the speech arising out of it is not cool. It cannot be pure and hence cannot enter the Heart. If there is no purity and power in the words spoken, it cannot enter the Heart and transform the lives.