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🌸 The Lord said in the Gita: ‘In order to progress spiritually, reduce the attachment and the expectation towards fruit of your action.’ Reduce your attachment gradually. Don’t have any expectation towards the fruit of your action. If you are destined to get anything, you are bound to get it whether you desire it or not. Anything attained without your desire will never bind you but will purify you. Anything attained out of desire will certainly bind you.


🌸 Perfection cannot be attained in a single instance. The little good deeds, services and assistance will lead your life towards perfection. Apart from the little japa, meditation and Self enquiry, you must spare some time in thinking about others ie you must become beneficial to the society. Thinking about others and thereby helping them will raise your levels of Consciousness.


🌸 Not the spiritual knowledge alone, even the material knowledge cannot be gained without Shraddha. How do you attain Shraddha? The scriptures state: “Shraddha (Attentiveness) is attained due to Holy Company and by the service done to the Holy people. A person with Shraddha is totally focused on his spiritual practices. The body is transient. Don’t waste your time in thinking about it. The body present today may not exist tomorrow. Good deeds, though may seem to be little, if done attentively will bring Self Realization. Self Realization will beget Supreme Peace. A person with Shraddha will get released from the vicious circle of birth and death. When you experience the Supreme radiance and the Supreme Self within the Heart due to your Shraddha, you need not wait for the sake of Peace till your death. The Supreme Peace and the state of Nirvana will decorate you in that very moment

instantly. Such Peace is not dependent upon sensory objects. It is an unworldly Peace beyond the reach of your senses and mind. Even if you desire to express it to others, it cannot be done.

- 🌸 Whatever may be the circumstances, some kind of sorrow, restlessness and void are inevitable until man attains Self Realization.
- 🌸 All the poor people have the misconception that the rich are very happy. This is only referred to as delusion. Richness will not beget Peace and liberation. Jesus said: “It may be possible to push an elephant from the hole of a needle but a rich man can never attain the Kingdom of Heaven.” The wealth can neither increase your goodness nor your Consciousness levels. It will not beget mental progress.
- 🌸 Initially man adores God in order to get his desires fulfilled. After adoring God for a while and having his desires fulfilled, man attains the wisdom and realizes the worthlessness of those desires. He then prays God: “I have no more desires. I pray only for your Grace.”
- 🌸 The wealthy people are considered to be most prosperous in the world but comparatively a person devoid of desires is much more wealthy and prosperous.
- 🌸 The body grows as one consumes food. Similarly you will grow in devotion through the spiritual practices. Once you grow in your devotion, you will attain a state where you feel: “Oh! God, I don’t have any other desires. My only desire is to attain Thy Grace.”

- 🌸 God resides in everyone's Heart but doesn't reveal Himself to everyone. He is revealed only to them whose Heart is purified. Such people are only referred to as Rishis and Yogis.
- 🌸 Withering out your body consciousness is only referred to as penance. This penance will gradually purify your mind. Then God's Grace assumes a form that is referred to as Guru. God's Compassion assumes the form of a Guru. Thus God descends down as Guru and preaches about the Self Knowledge. He thus purifies your mind, makes it subtle and ensures that it attains concentration. He ensures that you will attain the eligibility to perceive the Self within the Heart.
- 🌸 Many people complain that their mind is very disturbed. Referring to this, Bhagavan said: "You are not that mind. Why are you bothered about it? If you are that mind, you can worry about it. But you are not that mind. Though you may identify yourselves with the Non Self, the Non Self will never become the Self. Understand this first. All the likes-dislikes and emotions are within your mind. Let it be so for you are not that mind. If you were the mind, the mind should not abandon you even in the deep sleep. As you are not bothered about the mind in your deep sleep, you are not that mind."
- 🌸 You impose upon yourselves the body and mind related attributes. If you don't impose, there is neither birth nor death. Some people don't have the mental life, however long they may live. Without mental life, one cannot enter the spiritual life. Mental life is needed atleast to some extent.

 Your selecting the Guru is different from the Guru selecting you. If you select the Guru, there is a chance of the Guru being changed. However when Guru Himself has selected you, it is highly unlikely that the Guru will abandon you. The relationship with such Guru cannot be broken. Whoever is selected by the Guru is bound to get liberated. There is no chance of any escape. If you have a mental life, you will assimilate the Guru's words and perform the spiritual practices as prescribed by the Guru. Internally you will get purified. You will then attain Self Realization and the Supreme Peace. Sometimes Guru will speak to you about the world related and family related matters. They are in no way related to Self Realization. By talking so, He prepares you for Self Realization and makes you intimate. One who grasps this is blessed indeed. Guru examines the hurdles that obstruct your Self Realization. He bestows you with the power to transcend them and gets rid of them. He recognizes your flaws, points them out to you, shows you a way out to get rid of them and bestows you with the requisite power to transcend them. Suppose you are unable to transcend them in the current birth, He will complete this work in the forthcoming births. Such is the glory of the Guru. Only a person with a mental life acknowledges that whatever is done by the Guru is for His good. A person without mental life cannot do so.

 Merit will beget good births and demerit the bad births. Therefore both the residuary merit and demerit are dangerous. If you perform the work selflessly, having attained Self Knowledge, the fire of Knowledge burns out your merit-demerit and the causes of your rebirth without any remnant similar to the fire burning the gross objects.

- 🌸 Every great man need not be a good man. Greatness will not show you the path towards Self Knowledge. However goodness will do the same.
- 🌸 If anyone said: “Bhagavan! We don’t have your Grace”, Bhagavan replied: “How can you come here without my Grace? You presume that you have come here due to your intelligence. It is not true. You have come here not due to your intelligence but due to my Grace.” Why should one go to Bhagavan? It is not important to see Bhagavan but what is important is being seen by Bhagavan. Are your eyes filled with Peace or Knowledge? No. What can these flesh made eyes see? Bhagavan’s eyes are full of Self Knowledge, Peace and Compassion. It is because the Supreme Self has assumed a human form.
- 🌸 Who should be selected as Guru? In whose presence you experience the Supreme Peace, in whose presence you get the tremendous yearning to attain Self Knowledge, in whose presence the mind gets introverted, select them as your Guru. The one who increases your bondages and responsibilities is not your Guru but the one who releases you from them is your Guru. One who directs you from darkness towards Light is your Guru. The Guru doesn’t merely preach how to attain Self Knowledge. He bestows you with the requisite power to put them into practice and lead you towards the goal. The Guru has no other work. God Himself assumes the form of Guru as a result of your past meritorious deeds.