



Ramana Bhaskara



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 If you are a householder, practice the virtue pertaining to a householder. If you have accepted asceticism, practice the virtue pertaining to it. Whether you are a householder or an ascetic, practice the respective virtue accordingly. You may get certain hurdles in being a householder. Similarly you may get certain hurdles in being an ascetic. You may feel: ‘Why should I get them?’ But don’t forget that they don’t come to you without the knowledge of God. You have not invited them. Hence you should not ask them to depart. It is enough if you are indifferent to them. Those hurdles advent according to the body’s destiny. Leaving the body to its destiny, if you perform your work attentively, you will attain liberation.

 The attributes come and fall upon your head. If you can remain attribute less and flawless even in that situation, you will become eligible to attain Self Knowledge.

 Be very cautious with regard to the food that you consume. It is because it is going to affect both the body as well as the mind.

 Many people declare that their planetary position (as per astrology) is not good. Whether it is good or not, it is all pertaining to the body only. The body takes birth, grows and then dies. Leave the body to its destiny. Don’t allow the flaws related to it to enter the mind. Whatever has to be attained exists within the Heart only. It is only the Ultimate Truth. The only planet that can agonize you is the ego. None of the planets can disturb you if you possess self control, sense control and a peaceful mind. A Controlled mind resembles a good friend. It aids you

in the same manner as a good friend helps you out. An Uncontrolled mind resembles an enemy. It harms you in the same manner as an enemy creates hindrances. Therefore, if you protect the physical and mental health, remain in the Holy Company forever, read good books, do Japa and meditation and perform your duty without any expectation, you will attain Liberation. If you can get released from the planet called ego, the external planets cannot affect you. Therefore regulate your mind, befriend it and thereby try to conquer it.

- 🌸 If you perform good deeds and make the best utilization of the time at your disposal, the mind attains the eligibility to attain Self Realization. Remember this: If a person who nominates himself to fight in an election has to toil hard day and night in order to attain victory, imagine the extent of effort needed to transcend the vicious cycle of birth and death.
- 🌸 You desire to attain liberation but don't make effort in that direction. Whichever path you may tread in, you must get released from the false 'I'. It is only the ultimate goal of the life. Ethics, Morality and Divine attributes have been prescribed only for this purpose.
- 🌸 Devotion is needed in order to introvert the mind, enhance its discrimination, to reform the life and to tread the mediocre path. Liberation is not possible without devotion. Adi Shankara said: "Attain Liberation with the aid of devotion."
- 🌸 Bhagavan said: "Don't get enraged with a particular person. Get enraged with your anger."

- ❁ Lord Rama possessed all the Divine attributes. Why should you inculcate Divine attributes? It is because they not only reduce the anger, fear and attachment but also enhance your discrimination and wisdom.
- ❁ You presume that Brahman is somewhere else. But Brahman is within your Heart. You feel that it will be revealed at some point of time. If you get released from the attributes and annihilate the mind, the Brahman will be experienced here and now. Suppose you are peaceful now and this peace is not dependent upon any external factors, it denotes the true peace. If your peace is dependent upon any external factors, all such peace gets converted into sorrow in future.
- ❁ As the body needs comfort, even the mind needs to be controlled. An Uncontrolled mind doesn't get introverted and Self Realization is not possible without introversion of the mind.
- ❁ Man proposes whereas God disposes. God has sent your body onto the earth so that your destiny gets exhausted. If you co-operate with Him and abide by His will, you will attain Liberation verily in this birth. You get the strength to abide by God's will through your spiritual practices. As your strength keeps increasing, you will get liberated verily in this birth.
- ❁ If one's sole intention is to get honoured by others and their entire effort is made only in that direction, they will not attain Self Knowledge. It will only increase their body consciousness and also their Rajas.

Firstly you have to get rid of your Tamas and Rajas and start practicing Sattva. As you keep practicing the Sattva, you will get released from it and thereby attain the attribute less state.

 The ghee poured into the fire increases the fire. Similarly the more you enjoy the world, the tendency pertaining to enjoyment also increases accordingly. As if you are not contented with the enjoyments here, you are seeking for the enjoyments in the heaven! All this indicates your ignorance. The heaven is as much true as the enjoyer of heaven ie it is false. Attaining heaven should not be the goal of your life. You must make effort to attain the state where you do not differentiate between life and death. Don't utilize your body merely for the sake of enjoyments. Utilize it for the sake of penance and attain the Immortal state. Attain the state where there is no difference between life and death.

 If you perform any work with desire, you may get the fruit of it which is very transient. It gets exhausted once you enjoy the same. But when you enjoy it, a tendency gets imprinted from which originate all the thoughts. You again perform the work according to that thought. All this is the vicious cycle of Karma. Unless you have the Grace of God you cannot get released from this vicious cycle.

 Don't desire the fruit of your action. The fruit of action attained without any motive alone will purify you. It will not bestow you with impurity.

 Adi Shankara said: "The Self exists within the Heart. You have to experience it. It requires the reduction of your mind's wavering.

Whether you adore a particular form or chant a particular name, it is all for regulating the mind. Only the regulated mind attains introversion. Until the mind is introverted, the beauties of Heart cannot be perceived.”

 You should not mechanically listen to God’s preaching. Mere listening is not enough. You should contemplate upon them. As you keep on contemplating upon them, they will come into your experience. Only that which is in your experience can beget Bliss and not otherwise.

 The opportunity available in the human birth is not available to the other Jivas (like animals). The animals fall asleep, eat and experience fear; likewise you also fall asleep, eat and experience fear. However God has bestowed you with intellect, wisdom and discrimination. You should utilize the same to attain God. It is very difficult to attain the human birth. Having attained the human birth, it is much more difficult to become the seeker of Truth. Though you have become a seeker of Truth, it is much more difficult to get the Holy Company of Mahatmas (who aid in leading a virtuous life that drives you towards liberation). You don’t have the faculty to take shelter in their feet that can bestow you with the bliss pertaining to liberation. Unless you have performed some good deeds and selfless work in the past births, you will not get the desire to be in the holy Company. You merely say: ‘I want to get liberated, I want to get liberated’ but don’t make any effort for it. It is not sufficient if you merely state ‘I want liberation’. You have to make effort accordingly ie read the scriptures and be in the Holy Company.

🌸 Once a devotee asked Bhagavan Ramana: “Where is the abode of God?” Bhagavan replied: “You utter ‘i’, ‘i’. It is only referred to as the first thought. If you can withdraw the same and retain it in its source with the aid of discrimination and dispassion, the first thought will get annihilated. You will not get eradicated with its annihilation. You will know who you are (ie attain Self Realization).

🌸 The Lord said in the Gita: “Oh! Arjuna, attain the state of Brahman.” Peace, Bliss and Happiness are the attributes of Brahman. Without attaining the state of Brahman, you cannot experience the attributes pertaining to it. Utilize your entire power, intellect and all God gifted opportunities to attain the state of Brahman. You can attain it only then.

🌸 Nobody would like to die. It is because you are That (Self), which has no death. None of you would like to remain in a state of disturbance. It is because you are That (Self) which is devoid of any disturbance. None of you would like to be sorrowful. It is because you are That (Self), which is sorrow less. You desire only that which you are (Self). Your identification with the Non Self is very deep rooted. It is not true. It is untrue. Sorrow originates from the false. You cannot get sorrow, if you are in a true state. You get sorrow only because you are in a false state. You try to reject the sorrow. Why is it so? It is because it is not your nature to be sorrowful.

🌸 The purpose of all your spiritual practices is to Know Thyself. A devotee asked Bhagavan Ramana: “You ask us to ‘Know Thyself’. Whom are you referring to here?” Bhagavan replied: “Know Thyself implies Know that

which you are (ie Self).” Eradicating the hurdles for Self Realization is only referred to as spiritual practice.

-  A Jnani (one who has attained the state of Brahman) is always the same (maintains His equipoise) irrespective of whether He talks or not, whether His body is sustained or not, whether He is in the midst of battlefield or at home. He is neither concerned with creation-sustenance-destruction nor any matters pertaining to nature.
-  Suppose you have mastered all the four Vedas or you have become very rich and prosperous but you still experience the sorrow, what is the use of such education or wealth? How does it matter if you have become a Vedic pandit or a well to do person? What is the benefit of possessing such wealth? Man has to attain the sorrow less state which exists within the Heart. Try to attain it. When you get rid of the identification with the body and mind, the peace within the Heart flows into the sahasrara (the thousand petalled lotus in the head). Try to attain such experience when your body is very much alive on this earth.
-  Some people can't tolerate even a small rebuke. When you don't have the tolerance to forbear a small rebuke, how can you get the introversion of mind? It is not possible. Therefore be soft, steady and cool. You may face favourable or unfavourable situations according to the body's destiny. Leave them completely to the body. Concentrate upon the purpose for which you came onto the earth. Though you may not be aware of the Self, you are aware of the body and the mind. Utilize them for attaining Self Realization. It requires both the physical health as well mental health. Protect both of them and utilize them for

attaining Self Realization. Your loss is great if you do not utilize your body and mind to attain the Self but bother yourselves in brooding that you have been rebuked by so and so people. If you cannot not transcend the attributes and thereby attain the state of liberation before the body's death, whatever you have attained become insignificant (ie equivalent to zeroes without the prefix of one)

- 🌸 Whether the circumstances are favourable or not, don't ruin your concentration of mind. Protect the peace of mind. Only then you will become subject to God's Grace.
- 🌸 Nandi (the vehicle devotee of Lord Shiva) always has one pointed sight towards Shiva. Possess the same kind of devotion towards the Lord. Utilize all of your powers in order to attain the Lord. All your intellect and power should be utilized in that direction. Effort and tolerance will beget victory.
- 🌸 Holy Company brings you the faculty to make effort for Self Realization. When you sit in the presence of a Mahatma, though you may not attain His state, you will at least get the inquisitiveness to attain the same. Bhagavan said: "Whoever comes here will not go back empty handed. The atheists will become theists. The theists will turn out into devotees and the devotees will get converted into Jnanis."
- 🌸 Whenever you speak to the Guru, speak sweetly and reverently. Listen to Him attentively. Contemplate upon whatever He speaks as well as meditate upon it. God can be adored either as the formless one or the

one with a form. But why is the form needed? It is needed so that you can meditate upon the same.

 It is not enough if you merely place your body in the Guru's presence. Your mind must solely concentrate upon Him. Place your mind in the spiritual Heart. It is only true meditation and a true spiritual practice.

 A devotee asked Bhagavan Ramana: "In spite of surrendering myself to God, I am still experiencing the sorrow. Why is it so?" Bhagavan replied: "Though externally your mouth states that you have surrendered to God, internally you have not yet surrendered to God. Who is the 'I' which experiences the sorrow? It is this 'I' which has to be surrendered. If you haven't surrendered this 'I', who has been surrendered then? If your surrender is true, the 'I' gets subsided within the Heart. When the 'I' subsides into its origin, it will experience the true bliss. The entire story of the world as well as the ego originates from the Heart. The mind originates from the Heart. The world comes into picture only after the advent of mind and God comes into picture only after the advent of the world. Traverse either in the path of self enquiry or surrender and place the mind within the Heart. A sugar made doll when thrown into an ocean, gets melted and dissolved. Similarly when the mind is placed within the Heart, it gets dissolved in the Heart. Then the Brahman reveals itself to you."

 A question may arise whether God has created the man or man has created the God? Both the versions are false i.e. neither God has created the man nor man has created the God. Both of them are relative Truths only. Irrespective of whether you are the devotees of Rama or Jesus or

Allah; irrespective of which religion or caste you belong to, if you do not transcend the nature related attributes and the tendencies pertaining to Jiva, you cannot get released from the vicious circle of birth and death and thereby cannot get liberated.

🌸 That which is Truth is Jnana; that which is Jnana is Bliss; that which is Bliss is Infinite and it exists within your Heart only. Try to bring it into your experience. If you get rid of the tendencies pertaining to Jiva, if you get released from the ego and attachment, when the physical body is very much alive then there is no more Jiva. You alone exist. When you are omnipresent, there is neither birth nor death (ie neither going nor coming). It is only referred to as the state of Nirvana. Lord Buddha said: “Try to attain that state of Nirvana.”

🌸 Prahlada said: “The Mother who shows you the path towards Self Knowledge is the true Mother. The father who shows you the path towards liberation is the true father.”