



Ramana Bhaskara



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- ❁ Karma (Action) begets body and body brings in sorrow. None can remain sorrow less after getting a body. There are no 10 different medicines to get rid of this sorrow. There is only one medicine and that is Self Realization. Sorrow cannot vanish unless Self Realization is secured. Sorrow cannot vanish unless you get merged in the Brahman within the Heart.
- ❁ Birth and death are nothing but getting transferred from one bubble to another. This body is a bubble. This bubble gets burst. You will then get another bubble (body). Even that will get burst. All these bodies are bubbles.
- ❁ Ensure that there is love behind every word spoken out and every deed done. Do them as a Yagna. By doing so, you will get purified.
- ❁ You may think that something can be achieved only when you desire for it. But it is not so. If you are destined to get it, you will get it even without your desire.
- ❁ If you devotedly listen to these sermons, your discrimination will increase. You will become independent. Every person should have at least some independent thinking. In order to develop such independent thinking, listen to the words related to Jnana.
- ❁ Perform penance in order to get rid of the defects in thinking faculty. Leading the life according to the words of God is termed as penance. Some people forbear the hardships very tolerantly. It is also a penance.
- ❁ Don't frighten anyone and don't get frightened by anyone. Don't criticize anyone and don't get disturbed on being criticized. Once you start criticizing, the ego increases. Therefore it is very important to be tolerant.

- 🌸 You may own crores of Rupees but without Self Realization sorrow cannot vanish. Suppose you are very disturbed and are getting polluted internally, in what way can your money, power and honour help you out? All of you must secure Self Realization and experience the Infinite Bliss. This is only the purpose of all these sermons.
- 🌸 Many people feel that Self Realization is very difficult to attain. Listen to this subject devotedly and lead your life accordingly. You are bound to attain Self Realization.
- 🌸 You need not visit heaven or hell if liberation is secured when the body is alive. You will become all pervading. You will remain Blissful and Peaceful. If Self Realization is not secured before death, you will reach some world or the other and stay there for a while. The bubble called body is again burnt and you get another bubble ie another body.
- 🌸 There is no doer-ship in deep sleep. In deep sleep, a wealthy person doesn't think of having earned huge wealth. Even the scholar doesn't consider himself to be a scholar in deep sleep. If you are able to stay thus in the waking state, you will secure Jnana. There is no doer-ship in deep sleep. It emerges immediately after waking up. Observe how it arises and try to get rid of it. Till then Jnana cannot be secured.
- 🌸 You are toiling hard for the sake of your family. You are fulfilling various responsibilities. The farmers are always involved in thinking which crop to grow, when to water the crop, when to cut the crop etc., If you are also devoted towards Jnana in the same manner, you are bound to get it.
- 🌸 Many people have a misconception that one has to abandon the house, build a hut and perform Japa in a closed room in order to secure Jnana.

Jnana cannot be secured by running away somewhere. It will only increase the ignorance. Bhagavan said: “When you cannot perform spiritual practices at home while drinking coffee and eating food on time, how can you achieve something by running away somewhere? Where ever you go, you are always accompanied by a mind. Try to find out a way to reform the mind. Without giving up the ego, man can never become happy inspite of having abundant possessions”.

🌸 Bhagavan said: “If there is ego, there is - you, I, god, merit, sin, heaven, hell etc., if there is no ego, all of them cease to exist.”

🌸 The actions done by an egoless person do not bind him. Actions done out of ego create bondage. Birth comes according to Karma (action). Sorrow arises according to birth. This sorrow gets destroyed only through Self Realization.

🌸 Some people always crave for flattery. It is a kind of tendency. It is very dangerous and becomes root cause of several births. They are unable to realize it.

🌸 As you perform your own work devotedly, Anjaneya Swami performs other’s work also in the same manner (ie devotedly). Hence He became a Mahatma. He is being adored as God having several temples in His name.

🌸 Suppose I call you all as bad people, I don’t gain any good out of it. The pre-existing honour, if any, is also lost due to it. All this has to be carefully understood. God has given you the physical body; Similarly He has given you an intellect. The intellect has to be properly utilized. You must have independent thinking. Understand the subject properly. There are different types of people in the society. All of them cannot be

considered good; it doesn't imply that they can be concluded to be bad. Don't give up friendship with good people. It is good to have money. Utilize it for good purposes. It will then aid you in purifying the mind. Performing good deeds will not bring in Jnana. Experiencing the Truth within the Heart will secure Jnana.

- 🌸 Once, a scholar visited me. I said: 'You are very learned. You also have scholarship'. He then replied: "It is true that I have scholarship. But I also have a misconception of considering scholarship as Jnana. This is continuing the fodder to my ego. I have not yet lost my ego. I don't understand when I am going to lose it completely.'
- 🌸 As part of spiritual practices, adore the Guru you like most and worship the deity you like most. Tread the path you like – be it the path of Karma or devotion or dhyana or Jnana. It doesn't matter. But remember this one thing: Without losing body consciousness, Self Realization cannot be secured. You use medicine in order to cure a disease. While using the medicine, you also cross verify whether the medicine is effective or not and whether it is curing the disease or not. Similarly, always cross check carefully whether your spiritual practices are reducing the body consciousness or not. If not, any amount of spiritual practices is of no use.
- 🌸 The entire mistake lies here: You always try to elongate the ego but don't try to reduce it. By doing so, the number of births as well as sorrow increases.
- 🌸 Jnani sees this world but is not bound by it. An ignorant also sees this world but is bound by it.

- 🌸 Bhagavan said: “This formless devil called ego takes birth clinging to a form, grows big clinging to a form and also dies weeping clinging to a form.
- 🌸 The childhood is passed away in playing. The youth is wasted in fulfilling desires. The old age is wasted in grumbling that you are not being taken care of and there is none who would speak lovingly. This is how the entire life gets wasted.
- 🌸 There is a thought called ‘i’, which is the first thought. The entire creation is dependent upon it. Suppose a fort is built with play cards, you don’t need a spade to demolish it. It is enough if you firmly exhale out. Similarly on practicing self enquiry, ‘I am the body’ thought also gets destroyed.
- 🌸 You don’t work properly; the ego creates hindrance in doing so. You don’t realize that as the work is not being done properly, it doesn’t yield result. The Lord said in the Gita: ‘One who has the inner Peace and inner Love doesn’t care whether the result of action is favourable or not.’ You keep waiting for the result due to lack of contentment and inner Peace. One who keeps contemplating upon the result of action on a daily basis gets bound by it which becomes the root cause of rebirth.
- 🌸 In spite of doing work, an egoless person is equivalent to a non doer.
- 🌸 When Bhagavan was about to cast away his physical body, the devotees surrounding Him said: ‘You are going away and we are left out here.’ Bhagavan replied: ‘Where can I go? I am omnipresent. There should be some space left out (where I don’t exist) for me to go somewhere. When I am present everywhere, where else can I go?’”

- ❁ If the body bound 'i' is not transcended while being alive, you are bound to reach the heaven or hell or any other world according to the destiny and experience the result of merit or sin. Once it gets exhausted you take another form and come back to earth. Remember this very well: 'You may crave for a good birth. But even good birth is accompanied by sorrow. When the birth comes, sorrow becomes inescapable.'
- ❁ When the ignorance seems to be much sweeter than honey and sugar, why will you try to get rid of it? When you put something in your mouth, you spit it out if it seems to be bitter. But if it is very sweet, you cannot spit it out even if asked to do so. The entire Maya lies here. Your ignorance seems to be very sweet. It permits you to perform spiritual practices as well as seek desires. But it doesn't give you the path towards God.
- ❁ Brahman exists within the Heart. You don't adore it or worship it. Unable to make effort to attain it, you keep roaming around some or the other temple. If you have to realize the Brahman within the Heart, the mind has to get introverted. The 'i' thought has not come from void. It originated from Heart. Due to extroversion, you don't know the origin of this 'i' thought. If the mind is introverted and the source of this 'i' thought is sought, it moves back into its source. It gradually moves and settles down into its source. The mind dwells in the head; likewise if it can naturally settle down in the Heart, it gets annihilated. Then Self Realization is secured. It then becomes your final birth. You need not carry any further corpses. You need not come into this nature again.
- ❁ You have put in a lot of effort to become doctors. A 50% of that effort is sufficient for you to gain Self Realization. If you make effort

mechanically, how can you secure Self Realization? You are doing the household tasks devotedly. You are doing your business and profession devotedly. But when it comes to spiritual practices, you do them mechanically. How can you secure Self Realization?

- 🌸 You may get innumerable thoughts. But it is only the false 'i' which gets them. Don't get worried. Who experiences the sorrow? It is the ego. Who experiences the happiness? It is the ego. If you are unable to experience them with equanimity, the ignorance keeps increasing.
- 🌸 A devotee asked Bhagavan: "How can I experience God?" Bhagavan replied: 'You want God for the sake of happiness. That happiness is within your Heart. If that Bliss is experienced, you won't even like to turn your eyes and see God even if He descends down taking a form. Such is the glory of that Bliss.
- 🌸 If the Japa and Meditation reduces your body consciousness, the Inner Bliss is revealed. It need not be confirmed by others. You will experience it on your own.
- 🌸 Though I speak out devotedly, if your mind wanders somewhere else, you cannot hear my words. Even if you listen, you won't care them. If the mind wanders somewhere else, the seeking (for Truth) cannot continue. The mind always wanders upon external things. Likewise if it is introverted and fixed upon the Self within the Heart, the Self is revealed.
- 🌸 Nourish the Sattva carefully. By doing so, you will remain happy in this world as well as in the other worlds. Sattva brings in material prosperity and improves both the physical and mental health. Even Sattva is an


attribute. It shows you the path towards God in the Heart and moves aside.


- ❁ Without experiencing the Brahman in Heart, even if you see God physically, it represents a mental vision only but not the Truth. God who is visible is as false as the mind.
- ❁ One who 'knows thyself' alone experiences God. If you really want to experience God, why don't you convert your mind into food for God?
- ❁ When Sri Ramakrishna was asked: 'What is meant by Jnana?', He replied: 'Whatever is being referred to as 'i', to know that you are not that 'i' is only Jnana. It is only Self Realization'.
- ❁ You need not kill someone or achieve something else. Kill your ego. If your body dies without losing the ego, you will get rebirth.
- ❁ Whatever is being referred to as 'i' is an illusion. If it were true, why isn't it visible in the deep sleep? If it were true, it should exist forever. Isn't it? It is not true but it seems to be true. A little Self Enquiry is needed to get rid of it.
- ❁ Peace doesn't exist in anything related to this world. When your desire is fulfilled, the mind gets introverted and tastes a little Peace within the Heart. This Peace is not derived from the external object for it is not external. Suppose you are very fond of porridge. On eating it, your mind gets totally satisfied. Then the mind gets introverted and derives Peace from the Heart. But you feel that Peace is being derived from porridge. It is not so. Peace is not derived from the porridge. On eating porridge, the mind becomes satisfied, enters the cave of Heart, drowns in the Ganges of Peace and returns back. If the Peace really originated from porridge, it should come to me also when I eat it. But why don't I

get it? That Peace is experienced not due to the mind entering the Heart naturally. It is experienced because the mind enters the Heart and becomes satisfied due to the fulfillment of its desire. On the fulfillment of its desire, the mind enters the Heart; likewise, if it enters the Heart without any reason, such Peace will be sustained.

- 🌸 Have devotion for God but there should be no reason behind it. Only when it is reasonless, it leads towards Self Realization.
- 🌸 King Janaka said: “I could not catch hold of the thief through listening, contemplation and spiritual practices. However I could find the thief today. The thief is not external. I now understand that this ego itself is the true thief.” King Janaka implied: You don’t have any enemies externally. You are your own enemy. There is no other enemy in this entire creation other than your ignorance. You think that someone else is hindering your spiritual progress. But it is not so. You don’t realize that your body consciousness itself is the biggest hindrance for your spiritual progress. King Janaka further said: ‘After having listened to this much subject, I realize now that ego is the real thief. From here onwards I will perform spiritual practices and kill this ego’. Once the disease is diagnosed, it is very easy to get it cured. But diagnosing the disease is only very difficult.
- 🌸 Mayadevi was the mother of Lord Buddha. Mayadevi had a friend. Mayadevi invited her friend for her new born son’s naming ceremony and she came accordingly. The baby was named Siddhartha. Later the baby was handed over to Mayadevi’s friend. She took the baby into her hands and looking at Him went into a trance. She became totally timeless. Referring to the baby, she said: ‘How many such children take birth on this earth? When I see him, I become completely unaware of

the time.’ After a few days, Mayadevi’s friend got the death news of her friend Mayadevi. But she did not cry for her friend. She felt: ‘Mayadevi had no other work left in this world. The Goddess of earth descended down as Mayadevi only to bless us with the child Siddhartha. Her work has been accomplished. Hence she got merged into the earth.” Later Siddhartha turned out into Buddha. This friend of Mayadevi once came to see Him. Looking at her, Buddha approached her and addressed her as ‘Mother’. She then felt: ‘Though Buddha was born to Mayadevi, He is addressing me as Mother. This is enough for this life. What else do I need when Buddha Himself refers to me as ‘Mother’? Calling me as Mother, He has annihilated my ego. With these words of Buddha, everything has been completed for me ie my life has achieved its purpose.’

 Buddha said: ‘Your physical bodies have to die on one day or the other. Don’t wait for that sake. When the appropriate time comes, the body will die. It is not a much important affair. When your body moves around in this world, find out a way to destroy this ego.’

 If you lack goodness, you cannot see it in the world. A devotee invited Lord Buddha for a feast. Buddha accepted her invitation and visited her accordingly. In order to satisfy her, Buddha sat on the bed where she used to sleep daily. People around Buddha felt: ‘Buddha is born in a royal family. Where can that blood go? Hence He still desires the bed.’ Whatever exists in your mind is reflected in the world. You see in the world only that which is in your mind. Therefore it is the defect of the seer. An ignorant can never understand a Jnani. Even if he tries to understand, he will only impose his ignorance upon Jnani.

- 🌸 Life is full of thoughts. Who gets these thoughts? Not the body but the thought 'I am the body' gets these thoughts. Don't get worried for any thought that you get. Enquire as to who gets this thought? You get the answer: 'It is me'. As you keep enquiring 'who this 'i' is?', it gets introverted and reaches its source. If this 'i' can stay in its source naturally, it gets destroyed. The moment it gets destroyed, Brahman is revealed as your very nature.
- 🌸 Though all of you are sitting here, your mind may wander outside. You may not speak it out but all of you have it in your experience. It is called as Aavarna dosha (defect). As long as this Aavarna dosha exists, the mind keeps wandering. Any amount of Japa done is of no use. Without Guru's Grace, none can transcend this defect. Yagnas and Yagas may bring in merit but cannot empower you to overcome the ego. Without the Grace of the Self within the Heart, you cannot free yourselves from the firm grip of the devil called ego.
- 🌸 The Lord said: 'I will give you back the fruit of your meritorious deeds in some form or the other. I don't need them. You will enjoy the fruit of your meritorious deeds in some other world. After it is experienced, you have to come back to this earth. There is no other alternative. You have to perform spiritual practices, forbear the happiness-hardships, tolerate the honour-dishonours, stay in the midst of all these and secure Self Realization here and now. You may see the other worlds but all of them are either filthy or enjoyment related worlds and are useless for the sake of spiritual practices. While living on this earth, if you make the maximum utilization of the human body without wasting any time and secure liberation when the body is very much alive, you will become Jivan Mukta.

- 🌸 The Lord said: 'Focus your entire spiritual practices on Supreme Brahman. A question may arise: If it is so, how can I earn my livelihood? If the effort being made to secure Brahman is true, the Brahman itself will compile all that you need.'
- 🌸 All the names and forms in this world are nothing but dolls. The roles in a cinema cannot enact as per their will. They have to abide by whatever the director says. They have to dance to the tunes of the director. If they cannot, the director will shout: 'Cut, Cut'. Similarly all of us are on this screen called world and God is our director.
- 🌸 Don't be fond of getting bodies. Though it is Lord Vishnu Himself taking a human form, troubles are inevitable even to the Lord. Even Lord Rama could not escape from being rebuked. I am telling you all the danger of assuming a physical body. Desire for liberation alone and not for good births. As a person is followed by his shadow, birth is always followed by sorrow.