

DATE: 17-12-2010

THE DISCOURSES OF SADGURU SRI NANNAGARU

KAPAVARAM

My Dear Soul-mates,

Today is Gita Jayanthi. Bhagawad Gita is the greatest scripture (Universal Scripture) in the whole world. Gita is the only great book whose Jayanthi is celebrated world-wide. It is also called Mukkoti ekadasi, Vaikuntha ekadasi and moksha ekadasi being the most auspicious day people observe fast (Upavasam) on this day. Vasam means residing. Upavasam means to reside, to become near and one to the God which is residing in your heart. Tension is the nature of man (Mind). God does not possess mind. So God does not have tension. God exists in no-mind state. No mind state works but does not work for results. While working, minus the mind, perform any deed without doer ship, selflessly, not aspiring for results then it is complete work. WORK HARD. By laziness you cannot gain any money, wealth externally nor the truth and spiritual wealth internally. Effort is needed for truth realization. If there is no effort you will get ruined. Mind is expressed as little I, small I, Artificial I and body-bound I. Truth is the great I. Truth is Beauty, Beauty is God. God is Truth; the great I.

I and mine spring then sorrow and grief follows. Mind is made up of food. Our diet should be balanced, restricted and qualitative and good so that it produces good thoughts. One should have speech control too. Too much speaking brings litigations. One should think ten times before uttering a word. For a word slipped can never be taken back. Too much spending or wasting money is regarded as a bad habit. 10% of your wealth should be given in charity that too intelligently, selflessly, and only to the deserving otherwise it may get misused for wrong things. Money should give you pleasure and not pain because it is not yours it is God-given. Use it wisely. We are creatures in the hands of creation. There is a divinity that shapes our life. The divine force, the divine energy, the divine spirit, the controller, the consciousness, the universal I, the great I, only by grace, compassion, mercy, for expression needs a body a mouth, that is Sri Krishna, God, Bhagwan sang

the song Divine The Bhagwad Gita. You should have living faith towards God that too always constant like that flow of the river which never stops and always moves constantly. Earn good qualities and perform good deeds with desirelessness and selflessness. The five elements, ego sense, Maya (delusion), glorifying the ego will all lead to bondage. Work is worship. Whatever you be and not What you see. You should have concentration and love towards humanity. Whatever you earn, you should contribute to the society for you have become rich from the society and not on your own (for example schools, colleges, hospitals, temples, and other institutions belong to the society) , and if you do not return it to the society, you are a thief. You are earning only for enjoyment. Perfection is another and enjoyment is different. Don't think anything the ego sense increases. Always Live in the Present. Past is past. Mind and body should be in one place. In early stage of spiritual practice (Sadhana) purification of the mind is required with the sense of minus mind state. By purification of the mind with no pollution of the mind and by continuous practice, you will get fit for realization.

Grace is universal. Without purification you cannot receive grace. Open your mind to know. Become fit. Receiving station is required. God is not partial. You only get what you deserve. Become deserving. God is the bestower of our fruits. It does not depend on expectation, looking forward or even your working hard or not. God knows what is best for us and at what time too. Adapt Dos and Don'ts. Follow the Dos and leave alone the Don'ts. Ego should not get feeded. In work and effort result should not touch you. The mind should be pure, slow and steady no waves and no dust as the mirror where our reflection is seen like in the river Mandakini (from the Ramayana), A sage's Heart is also that pure. Mind focus should be on God and your hands should work only God's work. In this pursuit, neither body nor mind involves then the self, it will get revealed to you. Sooner than you think it will be realized. Knowledge is goodness and goodness is knowledge. Remembrance itself is Yoga. For what are you busy for acquiring external wealth or for internal wealth too? Thought word and deed are united of a pure mind.

All thoughts are sorrowful. Even pleasure will turn into pain and sorrow for pleasure is temporary and is related to the mind and pain also in mind and body related, whereas the happiness is pure, impersonal and eternal. Control of mind and sense-organs is required. Remove the mind. With the mind and body, little I, small I how can you catch me (God)? You are far

from ground realities. Without losing yourself you cannot gain Me. It is not possible and it is a greatest loss to you. Do you have any other greater work than reforming your own self? From something you gain something and then everything. See yourself in other. Self's, then can you cause trouble to others and good and help will come in return to you. It is not easy to help without doer ship but the benefits you reap are, no more re-birth, sorrow, tension etc. don't spread fear and never get feared. Fear brings sorrow, death, nonsense. Fear is enemy to spiritual growth. You get fear from separateness. Body also shakes out of fear. Reduce Fear.

Lord Buddha, Gautam Buddha is the most popular Hindu in Europe, America and India simultaneously. He takes you to the direct sorrow less state. The face is the index of the mind. Buddha's face expresses radiance which blessed 150 people with nirvana= Liberation at one sight. He is Light of Asia. Buddha never apologized for he never committed anything wrong nor any wrong behavior, no emotions and never made anybody emotional, no darkness inside or outside, his speech was so soft and sweet, cultured balanced and mediocre voice never raises his voice and above all out of grace, mercy and compassion makes us understand. That is Buddha. Practice Speech Tappas (Penance). Speech and behavior should be very careful and never careless. Voice and tone should never be raised even to the subordinates. Speech should be soft, sweet and controlled.

Bhagwad Gita- The song divine, sung by spoken by the God himself, Sri Krishna. Both Arjuna and Dritrashtra heard it at the same time, but Dritrashtra could not understand it because he was after enjoyments and his mind was not pure whereas Arjuna followed it very clearly because he was of pure mind, disciplined, white, chaste, perfect and above all he possessed the most rare quality that is being jealousy and envy less and only because of this good, great, noble and one quality God Krishna opened his mind and heart to him. Jealousy will make you weakened. By hard working and by sacrifice only you can understand the Gita. Gita is Dictation. Gita is Supreme-Court full-length judgment. What next? Fullness. Gratitude towards God.

The sage, the saint, the guru is mind-less, body-less, he is dear to me, he is close to me, he is myself, All pervading, Attain that state, utilize all your opportunities chances totally to attain that supreme state, the Truth. Everything is dream stuff except TRUTH. Our little life revolves around and around sleep and dream.

LOVE TO YOU      PEACE TO YOU

THANKS TO ALL