

Discourse of Sadguru Sri Nannagaru at Sri Nannagaru Ashram 22nd May 2003 at Arunachala

In consciousness there are no thoughts. Such things as the decision to perform something or the dilemma whether to perform it or not are only in the mind. Consciousness is everywhere. There is no place or space where it doesn't exist.

If we are feeling sad about anything, it implies that we are giving importance to it. Stop giving importance and thereby reduce misery. Right now it is difficult to stop thoughts and the functioning of the mind but as spiritual practice increases and we turn inwards, getting thoughts or making the mind to function becomes difficult. If we think that we will attain something not available here, but in some other world, that means we don't have proper awareness.



By constant devotion (thought) for God, we reduce our sense attachment (*vasanas*). We try to do things, but God's Grace is important. Without his Grace we can't attain liberation. God watches everything and can see when we talk about spiritual matters with ego. Praising ourselves and criticising others is enough to plunge us into the world of darkness. In order to praise a person, there is no need to criticize another and negativity needn't be there. To say Vishnu is great we not tell that Siva is bad!

Once a boy's brother used to scold him with the intention that he should fare well in life. After he grew up, his brother realised his greatness and said, 'In your childhood, I scolded you, please don't feel bad about it.' The gentleman replied, 'If I felt bad when you scolded me in childhood I should now feel elated at your words. But there was no sorrow then and there is no happiness now.' When our mind turns inwards we don't bother about what others say. As we turn inwards our self-confidence also increases.

- If opportunity doesn't arise even a clever person can't do anything. Using the given opportunity is the nature of a clever person.
- When we realise that words arise from ego we should stop talking. Talking about worldly matters in the meditation room disturbs the divine presence.

Courtesy: Meenakshi Ammal, Tiruvannamalai