

*Discourse of Sadguru Sri Nannagaru at Sri Nannagaru Ashram  
28th February 2005 at Arunachala*

The one that sleeps, wakes up, the one that wakes up, sleeps. Though the true 'I' exists, it is covered by the false 'I'. The false 'I' plays a lot of tricks and keeps satisfying itself in many ways and will show things that are unreal as real.



We think Arunachala means Hill or Mountain. It is not a Hill; it is Grace although we might not recognise it. What we have to achieve Grace alone knows. So, it shows us the path as well as makes us reach the goal. Arunachala doesn't expect us to know what He does, because He doesn't have others (all is Himself). When we think there are others, expectation comes but when there is no second, where is the chance for expectation?

Every man is under delusion and he thinks something and feels that alone is real. The one that brings us out of this delusion is Arunachala. The one that makes the impossible possible, is Grace. Unless the mind goes within, realisation is not possible but to be able to send it within it should be fit. The mind stays wherever there is attraction and it will continue staying there for many lives. Grace needs to intervene to bring us out. Unless all vasanas (tendencies) are burnt out, realisation doesn't become permanent.

Lord Krishna said, 'Man sins because of desire and anger'. Bhagavan Maharshi said, 'There might be desire, but desire is not you. There might be anger, but anger is not you. Even by constantly thinking the one that is not you as you, you are not that. So think of the one that is you.'

If there are ten people in our house, we think that is family. But that isn't so. Thinking that we are someone we actually are not, is samsara. If we constantly abide in our true Self, our lives will get decreased.

Some people ask God to grant this or that – but this is samsara and ego increases. You become whatever you think of constantly.

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Courtesy: Meenakshi Ammal, Tiruvannamalai