

Discourse of Sadguru Sri Nannagaru *30th September 1984 at Jinnuru*

Why does one get angry? In the process of sadhana (spiritual practice), one has to understand the reasons that limit our spiritual progress. If you cannot understand or know them then you are facing a difficulty to do sadhana. Just now this mother sang a song that spoke about desires and anger.



Even the Bhagawad Gita stresses the need to control desires, selfishness and anger. While you are in your house, you get angry over a small issue. Understand here. If the anger is not you, then you are trying to gain a control over something that is not yours. That is if this body is not yours then there is no use of getting angry and then trying to gain control over the same. The anger disappears after a brief period. Why is the anger going away after some time? This means that the body is not your real state. If the body is in the real state then the anger has to remain permanently with you. And the same applies to desires.

Anger, desires are not permanent. God always said "You are atma (soul)". Why did HE not say that you are desire, anger, jealousy and other traits. All these traits are paths to sufferings (hell or narakam). These qualities come only when we remember or give thought to them. Before you get angry, does the anger inform you that it is going to come? No. Anger, jealousy, longing, desires

are qualities that come only due to luxuries. They are never your real state. Normally, a well-to-do person only gets angry over any issue. It is mainly due to desires. A poor man never gets angry as he tries to control his anger most of the time. A person who is struggling to make both ends meet cannot think of watching a film in a theatre.

Remember all of you are gyanis (realized souls). But the real state has been masked by qualities such as anger and desires. It is disturbing your natural state. All are naturally devoted to God. So, start thinking about your natural state.

When you throw a pebble into a lake that is calm ripples are produced. Or sometimes, mud from the bottom of the lake comes on top. Ripples are formed even when there is a breeze. Similarly, you are very calm and have natural bhakthi (devotion). But due to desires, the calmness of the mind is disturbed just like ripples formed in the lake. Actually your real state is at immense peace. But you always think that you are very far away from this truth.

Bhagawad Gita has been revealed in the form of a song. Throughout the Gita, Krishna has repeatedly asked us to keep a check on qualities that disturb the mind. The ignorant think why has the Lord repeated Himself so many times in the Gita? The truth is, Krishna wants us to remember and not forget in controlling these qualities. So, Has repeated them over and over again.

One should understand why anger and other qualities are coming? If you know the reason then there can be a control. All presume that as old age approaches, death is imminent. This though crosses the mind as you staunchly believe that you are that body. "I am old, and I will die soon". And this is because you associate with this body. Even when the body has grown old, you are still a gynani.

Remember your body is growing old. But ignorance is not old. When the body dies, the ignorance does not die. Did anyone of you here see ignorance? The thoughts that cross our mind (vikaralu) is itself ignorance. Greed, anger, desires are all due to ignorance within us. You are searching outside for ignorance. It is inside, which is the cause of thoughts. You are looking at methods to gain victory over ignorance, thinking it is outside. You think you can get rid of it by visiting Tirupati or Arunachalam. Anger is a result of your thoughts.

Take a ball. When it falls down, the gravity of the earth pulls it down. You need not put any pressure to push it down. Similarly, if the gunas (qualities) leave your mind, then you automatically slip into the atma (soul). Naturally, like the ball that gets attracted to the earth.

Many keep praying that they should experience devotion and remain devoted. Devotion is natural state of the mind. Attributes or qualities (gunas) dominate the unnatural state of the mind. You are in this state right now. Actually, true devotion is not far. It is in you. When the mind leaves all the attributes it automatically falls into the natural state.

You spend a life time in making money. But how much time did you invest in finding peace. A person maybe an atheist or a believer of God but all want peace. As the body requires food for energy, the mind also requires peace. All these rituals and practices such as meditation are ultimately aimed at peace. The real peace is a state where the mind is not bothered if there is God or no God. It is like a person who is fed with stomach full of food. He would not like to eat any more food. But how many of you are spending time for attaining peace. How much are you spending on peace?

When you realize the soul, then you desire nothing in this world. But you are constantly reminded of the body and the world. That is because you associate with the present body and the world around you. Merely spending about half- an-hour every day on rituals is not sufficient to know about the soul. You keep thinking that such holy acts will reap benefits for you in the future. If this body itself is not true then where is the future?

Shankaracharya said if a person right from getting up in the morning until going back to sleep in the night constantly thinks about how to realize the soul will become Siddha Purusha (self-realised soul). Usually, many think they are making efforts to realize the soul. But the truth is they are busy thinking about the world and the body. Soul means complete happiness and peace. And the world brings in unhappiness and ignorance. Again many have the habit of postponing. The common answer is "I will begin from tomorrow". Why postpone, start from now itself. Start your concentrated efforts to realize the soul from this point of time itself. The right knowledge makes a person humble. But mere bookish knowledge swells pride in a person. It is again because of ignorance.

Be fearless. Face both unhappiness and lack of peace in the mind without any fear. In the path to true knowledge these do crop up. Face them boldly. The common belief is that there should be a portrait of God before you. So that you can keep asking boons, and God has to grant them. This identification of you and God as entities (Dwaita) will never lead you to real realization or the state of complete peace.



As a common practice flowers are offered to God. But how many of you really love God. You offer flowers to God but actually shower your entire love on your near and dear ones. I am not trying to prevent you from offering flowers and worshiping God. If you love God completely that is called devotion. Have you ever thought of offering your ignorance and ego to God? Did you ever think about offering your mind to God? But you will never allow God to accept and swallow your ego and ignorance. But you want God to always grant your wishes. You want Him to listen to you, and not the other way around. You are never ready to accept His verdict.

Some even keep changing God's portrait. For a few days, it may be Shiva, and it is changed to Rama, Durga and then Venkateshwara Swamy. Believe me, instead of spending money and going to visit Lord Venkateshwara just sit for five minutes and mediate on the soul. You will gain more in this practice.

God has always said first realise the soul. Lord Krishna said in Chapter 10 (Vibhuthi Yoga) of the Bhagawad Gita that he is the soul. He did not tell He is Rama or Krishna initially. Later He said what He is: "I am the luminous glow present in all, which is the soul". If you believe in God completely then you will never question His acts.

The state where you experience no difference or have any expressions for anything happening around you is when you have realized the soul.

But you keep associating with this world and perform acts that bring unhappiness. Unhappiness is there as long as you think you are doing (doer ship) the work. Do not associate with any act or work. We are unable to figure out this. When you perform an act, unhappiness does not come in immediately. But in due course of time the act brings in unhappiness. Why blame God for this? How can He be God if He has hatred? We have to realize that unhappiness is from the acts that we perform. Even while mediating and performing rituals you never forget yourself. Cross your hearts and tell the truth, have you ever forgotten yourself completely during rituals?

Krishna said: Believe God. Why did He say this repeatedly? He never said this for fun. A doctor is there to cure an illness. Similarly, if we believe in God we can realize our real state. We will move away from ego. Peace brings in real happiness and there is no trace of unhappiness. The happiness gained from peace is real. A house has cots and fans for comfort. Despite these pleasures there is no peace. Lord Shiva lives in the graveyard. But still He is at immense peace.

Why should you have fear? God says that there is only one and that is the soul. They why fear about it? We think about world, vaikuntam (abode of Lord Vishnu). But it is not the soul that is thinking about it. It is the ego. Once you begin thinking about the soul, the ego will perish. When there is no ego there is no thinking. Thoughts come only when you see others as a different entity. But if you see the soul only, then there are no thoughts.

You keep a count on the hours spent on rituals and trips to Kasi. It is because of ego and ignorance that this occurs. The soul is never affected by the hours spent on rituals and trips done. The moment someone praises you for spending so many hours on rituals, you are elated. Why? It is because the ego is fed. Again, the soul does not require any recognition. Many run behind fame and recognition. Melton in his poem "The Paradise Lost" said a person can win over anger and desires but loses because he craves for recognition. Once you fall into the pit of recognition, it is very difficult to come out.

Can anyone here tell me how many years old is ignorance? The beauty of the world is nothing before the beauty of the soul. In the state of deep sleep, one does not have the feeling of the body and there is no thought of God also. You are happy in that state. Once you get up, you associate with the body. Then why don't you make efforts to know the real you. Why do you waste time?

Some say that they have seen Rama or Krishna. I have some illness. About 10 doctors have examined me. What is the use if my illness is not reduced? Similarly, what is the use if you have seen God, if the ignorance inside you has not been eliminated? Why do you want to stop the struggle to know the truth?

Gautam Buddha left his kingdom to know himself. But we cannot prevent ourselves from eating brinjal (egg-plant) curry? Mere seeing God does not grant self realization. But freeing yourself from unhappiness will lead you to self realization. People are making money from this ignorance in you. For them your ignorance is their investment. Ignorance has a long life. It has trapped our forefathers and parents. It has not left us and has spread to our children too.

Can you stop it from spreading to our children and future generations? If you have seen the real God then why this ignorance has not left you? Therefore, we must make strong efforts to remove this obstacle from the path of knowing our souls.

One day a Sikh Gurudev sat out on a cold winter morning. A devotee came and offered his respects. The devotee said he was ready to give anything that the Gurudev wanted. Gurudev said he wanted nothing but asked the devotee to move away as he was preventing the sun rays from falling on him. Therefore, those who have the power and will to brush aside the obstacles only will realize the soul.

No one wants God, but they want this world. In this world there is only unhappiness. Can any one of you sacrifice this world for God? All are devotees but not of God but of this world. You fuel the fire with dry sticks. How many are ready to put your ego into the fire of God?

One last word, if you think your headaches and stomach pains reduce because of me then I consider myself to be very unfortunate. And because of that you consider me to be a realized soul. No. I am a realized person only if I have the knowledge about my soul. Today, in this world such things are happening. Curing your illness does not mean the person is a realized soul. Why don't you think? God gave you intellect to think as he gave hands and legs to do work and walk. Think before arriving at such conclusions.

Again do your duty and never aspire for the result. It is the concentration on the outcome that makes one believe that the work is difficult. A person who never cares about the outcome is a sukhi (happy person).

Om Shanti, Shanti, Shanti

Courtesy: Ambica Udaynarayan