

## *Discourse of Sadguru Sri Nannagaru 06th March 2006 at Palakoderu*

My Dear Soul-mates,

Today is Sri Rama Navami

The sense organs should be used only for the required function.

1. EAT LESS TO LIVE MORE – HEALTHY AND HAPPY LIFE TOO
2. EAT MORE – DIE FAST
3. TALK LESS – IN LIMIT, UNDER CONTROL

King Dasaratha was totally devoted to Rama, he was so much attached to Rama(GOD) that he could not live even for one moment without him. Such great was his devotion.



RAMA – The highest Supreme being, the incarnation of GOD, is regarded as THE MOST HONOURABLE GENTLEMAN. He is the combination of KRISHNA and ARJUNA, attributing grace, compassion, action and effort. RAMA is the personification of all GODS and also is the personification of all human beings.

VALMIKI RAMAYANA is a love story. It is the essence of all Vedas. Every character, Rama, Lakshmana, Bharata, Sita is an ideal. Only by chanting Rama's name, you become one with Rama, you get liberation, even without your knowledge or desire. Such is the power of naama(holy name).

Every person is earning for profit. Blessed is the one who has no expectations for he is never disappointed.

Rama said

### WORK ITSELF IS REWARD

Rama is a bridge to cross the ocean of Karma.

Where there is Rama, there is no Kaama(passion)

Where there is Kaama(passion), there is no Rama.

Rama killed 14,000 Rakshasas at one shot

Rama is one word, one Arrow

Rama ruled for 11,000 years. His rule was called RAMA RAJYA. RAMA IS A LAW. Rama has 16 divine qualities. Keep Rama in your heart of hearts, and remembering his attributes which mainly are, divinity, ability, bravery, strength, powerful, truthful, charitable, a great warrior, a great scholar, a great scientist, virtue, gratitude, knowledge, a neutral friend. He himself being the SELF, whoever obeys to him, prays to him and meditates on him, gets united with him. Do not ever get separated from Rama. Practise Rama naama. Rama himself makes you chant the naama(holy name). Rama naama is nectar. The recitation of the naama cultivates devotion in you and devotion solves all your problems, the wandering of the mind reduces and ultimately takes you to your destination. One attains normal and natural death by chanting the divine name Rama.

Rama speaks clearly, specifically in a grammatically beautiful expression. We should have liking, love, affection, dedication, and devotion towards Rama.

The speech of Hanuma, the greatest devotee of Rama is also beautiful, short sweet, spotless, enjoyable, for he has skill in language and grammar being a proficient scholar.

The study of Three sacred texts gives

1. Sri Bhagavatha – dispassion
2. Sri Mahabharata – victory, success
3. Sri Ramayana- quality, virtue, wealth, property

Meditate only on God, Self, Rama, to dispel the Artificial "I". Desire has no power. God is power. Everything happens in its own accord. Every body is used only as an instrument, or a tool. Stability of mind leads to inquiry: WHO AM I? Travel inward, within and get the enlightenment.

Without God's will nothing will happen. All thoughts of the whole universe are centered in God. According to your destiny, you get those thoughts (whether good or bad)

Only Guru can bring you out of this cycle of births & deaths, Guru's grace alone, can destroy the big stones, rocks of troubles into endless happiness. Mind and body boundedness is a big elephant and it can be eliminated only by the Lion who is the Guru and then there are no dualities like pleasure-pain, love-hatred, likes-dislikes etc.

Do try to increase Satvaguna virtuous quality in yourself and reduce the body-boundedness. You will attain peace, happiness, bliss, enlightenment, realization here & now itself.

Do your duty perfectly and self-less action purifies your mind. God's will is like a stream. Everything good or bad will get washed away in it. Do not imitate or copy others. Develop urge, longing, craving, zeal, devotion to know God, to feel God, we should improve it. It should come from within, it cannot come from outside, no body can force unto you, watch your weaknesses (Not of others) and try to eliminate them, one by one, slowly, patiently and then you will be eligible for liberation. Accept the will of God even if you don't like it, but still do it with liking, then and there you will be blessed with everything and liberation. The Supreme Bliss, The Internal Bliss. There is no peace outside.

The artificial, False "I", habits do not die. They follow you in every form. Only by knowledge and Guru's grace they die.

O Arunachala loving and caring and benevolent God, Bless me and burn this " I mind and the body-boundedness" before this body is burnt. Send your fire of knowledge and burn it here and now.

Guru's one glance, one look, one word is enough. Guru does not think nor looks for recognition. Guru helps, blesses silently without your knowledge, removes the recognition in you and makes you like Him. Guru dispels the darkness within you. Guru removes all the pain, sorrows, suffering in you, removes the ignorance, makes you happy, makes you do your Saadhana, enters into your heart and does everything. Even in deep sorrow or distress, in the flow of grace of Guru large is buffalo also washed away.

Rama's dispassion is as perfect as Himself

LOVE TO YOU PEACE TO YOU

THANKS TO ALL

Courtesy: Smt. Neelam