

Discourse of Sadguru Sri Nannagaru 21st february 2011 at Bhimavaram

My dear Soul-mates,

Service and behavior should be Impersonal. Doership, name and body-boundedness are obstacles to know the Truth. By education you should develop humility otherwise it is not true education. It is glorious to help one man, though you may not be able to help many or everybody. The Truth cannot be realized without self-knowledge. The Truth shall lead you to I am That I am, freedom from all conditions external or internal. Wherever you find external peace, it becomes the end of spiritual Sadhana (effort, practice). Only subtle mind and refined mind, can with stand, gross mind and mind with excess desires cannot stand in the path of knowledge. Let Noble thoughts come to us from every side. Without clarity of mind, purity of mind and without control of mind you cannot know the undiluted peace, oneness, then there is no need of effort (Sadhana). All Sadhana (spiritual Practice) is meant to remove body-boundedness and without grace it is impossible to attain that Supreme state, that egoless state.



What is Maya (illusion)? It is "I", limited "I", till you overcome this "I", Maya remains. Wonderful expression. Except Truth everything is Thought. All are thoughts, I am so and so etc. I, mine, ego, relatives, attachment all arise from the body. It is attachment that brings us sorrow, sin, death. Sit and think, contemplate, reflect. You are surrounded by likes- dislikes, love-hatred(dualities), material gain or physical gain, bad thoughts, useless thoughts, useless work, 8 out of 10 of your works are useless, due to the wandering of the mind and you are being as the Individual I, How can you come out of it?

How should I remove, eliminate this I? How are you living? Beautiful expression. I am living as I. Be without I, then you will reach that I less state. The great Sage Sri Ramakrishna Paramahansa experienced God and told these words. Because you are evolved Soul, elevated Soul, experienced Soul, your words help us to cross

the ocean. Expectation brings Diabetes, Blood Pressure (hyper tension), they are slow and silent killers. One by one all the parts of the body are affected. The ego gets decorated. External happiness=financial, political, power, status etc, is dependent, will turn into sorrow. All thoughts are sorrowful. Egosense -when you overcome it, you will gain Brahmanandam (The Supreme Bliss), when the I goes you will come to know your own true self (that is Brahmic

state), in this body only and if not atleast you should achieve that state at the last minute of death and then you will reach that Supreme state and then no more re-births.

Bear insult. Bear injury, that is also a part of Sadhana. Tolerance increases insight. Hearing and remembering the name of God leads you to craving for God. . To know is investment to knowledge. Vein thoughts, useless thoughts, desires are not useful to you and not to your family. Whatever wrong or bad you do to others comes in return to you. To see wrong in another is one's own wrong. It is Law. Divine Law. Observe what are the obstacles to your Sadhana and then eliminate them, that is Sacrifice(Tyaga). When you are amidst reachable attractions and still are not tempted, the mind and sense-organs are controlled and you are at peace of mind, then even if the whole world is your enemy, nobody can cause any harm to you and then you will reach that ultimate state, Supreme state. Your mind is your friend and your enemy too. Swim like the fish (even in the most difficult crisis) against the strongest current waves. You should not lose peace and balance under any circumstances. When you help somebody it will, the reward also will come in return to you, then can you retain without helping people? All wealth is God given. We donate or dedicate to God thinking that we are giving it to God. Thought word and deed should unite. By skill in work, you should attain love, the work should be such that it should help you to attain salvation. Wandering and wavering of the mind should decrease. You should be ashamed of your bad thoughts, wrong thoughts, bad work. When you are so carefully taking care of your health, why cannot you take care of the mind which will follow you even after death. Try to reform it, purify it, control it, can't you put in even little effort? Read only those books which help you in spiritual progress. Hear and Hear the subject. Before retiring to sleep Remember your favourite God, chant His name, the mind gets released from body and mind- mindedness.

Universal I and Universal consciousness can have Universal Love. Sages' peace, Happiness Love, Compassion towards all beings is endless, without any limits.

LOVE TO YOU PEACE TO YOU

THANKS TO ALL

Courtesy: Neelam