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- ❖ Krishna is Lord Himself. He is referred to as the Complete incarnation (poorna avatara). Krishna moved around on this earth in flesh and blood resembling us. In this dark-age, Krishna himself reincarnated as Lord Venkateshwara facilitating the devotees to adore Him. Devotees visiting the seven hills refer to Him as Govinda, Govinda. Of all the names of Lord Krishna, the name Govinda became very famous.
- ❖ The Lord said: 'As long as you are alive, don't give up practice and dispassion'. Dispassion ensures that the mind doesn't get extroverted. If spiritual practices are performed when the mind is steady, the mind gets introverted. None can secure Self Knowledge without introversion of mind.
- ❖ Externally you may make progress in several aspects but to get into the heart, the abode of God, is very difficult. Guru's aid as well as Divine Grace is needed for mind's introversion. Without practice and dispassion mind's introversion is not possible. Many people lack dispassion. Practice and dispassion can be secured through learning. Be steady in your path. Don't get diverted. As you work with a steady intellect and a pure mind, the inner Self is experienced in this very birth when your body roams around on this earth. Once it is experienced, you will experience the peace and bliss pertaining to it.
- ❖ Today you may be happy and tomorrow you may become sorrowful. All these are related to the body and world. But once the Self related Bliss is experienced, it is endless. If you have tasted the Self related Bliss atleast once in your life, though the mind gets quickly extroverted, this experience suddenly introverts the mind. I may deny your words. I may deny your way of life but how can I deny your experience? If you have secured the Self related experience within the Heart, though I may

deny it, you will perceive it clearly. Isn't it? When it is experienced with such clarity, though the worldly people may try to divert you to any extent, you will not get wavering.

 The Lord has mentioned certain Divine qualities in the Gita and asked us to put them into practice. He further said: 'Whoever practices these divine qualities will become recipients of My Grace'.

 Don't have hatred for anyone. Externally some people may seem to be superior and some other people may seem to be inferior. Though they may be superior in any field, don't have hatred for them. Hatred ruins both the physical health and mental health.

 You love your friends and relatives. A common man is also doing this. Isn't it? 'Love thy enemies' doesn't imply that you should befriend them. Mentally don't have enmity towards them. If you behave like any other common man, how can you be called as a devotee? You must be able to do that which is not possible for a common man. Practice makes the impossible also possible. Hatred towards enemies is forbidden. You may be considered as enemy by anyone but you should not consider anyone as your enemy. Be Compassionate towards everyone. Cruelty is forbidden. Whatever kind of people they may be, externally though they may have harmed you to any extent, desire their welfare mentally. It will bring you God's Grace. You will then secure the spiritual status. The person being loved need not give you back anything in return. The marks are allotted by God in this regard. Therefore abide by the words of God. The Lord has mentioned the dos and don'ts in the Gita. Therefore give up the forbidden tasks and perform the tasks prescribed.

- 🌸 Your thinking should be positive and not negative. The work done may be extensively good but the society keeps criticizing. If you get perturbed by the criticisms of the society, it indicates that you lack faith in yourself (self confidence). Without self confidence, nothing can be done.
- 🌸 Swami Sivananda said: 'Do good and Be good'. Being good is more difficult than doing good. It is easy to do good. When compared to doing good, being good is more difficult. Goodness is another name of Jnana (Self Knowledge). Socrates said: 'If you have true goodness, it is equivalent to Self Knowledge'.
- 🌸 Externally you may have assets, education, relatives etc. Don't get identified with them and become proud. It is because either you will die when the circumstances prevail or the circumstances may change when you are very much alive. What gets destroyed in the process of time cannot be predicted.
- 🌸 The words spoken should be soft and regulated. Though God has given you the faculty to speak, don't use it indiscriminately. Make use of the faculty to speak in the prescribed manner. If the words, thoughts and deeds are in conformity with the scriptures, it is equivalent to penance.
- 🌸 Don't ever think that you know everything. You are not omniscient. God alone is omniscient. Once Socrates was asked: 'Though you lack money and power, why is it that many people flock to you?' Socrates replied: 'I am aware that I know nothing' and people are aware of this fact. Hence they flock to me'. When a great philosopher like Socrates spoke in this manner, what do we really know about? Without knowing anything, if you state 'I know, I know', it will increase the body consciousness.

- ❖ Try to secure the egoless state. When the egoless person talks or writes - the person is not visible there. The subject alone can be seen. It will be 100% subject oriented. They don't feel that they should get the publicity of being a good writer or orator. Such is the glory of egoless state.
- ❖ When Bhagavan was told: 'How are we related to Arunachala? We have come here only for your sake', Bhagavan replied: 'You have come here for my sake. Then for whose sake did I come here? The Lord who brought me here, it is the same one who brought you here. Who am I to bring you here?'
- ❖ The usage of 'i' is much more when compared to the usage of water. Some people do not apply this 'i'. Whatever is being referred to as 'i'- you are not that. But you are unable to understand this. Sri Ramakrishna said: 'As long as it is not realized that you are not that 'i', the Immortal state cannot be secured'.
- ❖ When the 'i' exists, everything else like merit-sin, virtue-vice, heaven-hell, punisher of your deeds also comes into picture. Bhagavan said: 'This entire creation is dependent upon a single pillar called the 'i' thought'. You have identification with this 'i' since several births. Hence you are unable to doubt your identification with it. You are presuming this false 'i' to be 100% true. A Guru is needed to reveal its vanity. Once its vanity is understood, you will start shaking it. As long as you presume it to be true, you cannot make an attempt to eliminate it. This is only Maya. Believing the false to be true is referred to as Maya.
- ❖ When you lose something, grieving about its loss will increase the sorrow. When it is realized that the lost one doesn't belong to us, the mind becomes sorrow less. The only reason for anyone to become

anxious or bedridden is attachment. If there is no attachment, for whose sake will you cry? This is not seen externally but it's burden is carried internally. Observe the depth of your attachment and the extent to which it contributes towards your downfall. Therefore do your duty but don't possess attachment. Though you are working with hands, the mind should dwell on God. God alone is the father of this mankind. Hence until you get merged in Him, there is no rest though there may be several births-deaths, happiness-sorrow etc in between. Sometimes it happens that those for whose sake you have worked hard throughout your life will not even feed you on being bed ridden. It doesn't imply that the elders should not be taken care of. Perform your duty. God alone is your true father. Don't forget God. Remember this.

 Don't become anxious about anyone. You remember all the useless people and forget God. Try to purify yourselves. Day by day and in every birth, if you try to purify yourselves and perform good deeds for that sake, you will secure the yearning to attain God.

 Now you got a human body. Don't waste the human birth. Don't turn out to be a two legged brute. Make effort to secure Jnana. It is not enough if you merely have the yearning to secure Jnana. It requires the Holy Company of Mahatmas and the past merit. Jnana doesn't come through speech.

 Anyone's life is not uniform from the date of their birth till the date of their death. Everyone's life is full of ups and downs. It cannot be said how and when the body is going to die. It is predetermined. It is not significant when the body is going to die. How far you are making effort to merge in God is more important. Some people eat and roam around without performing any spiritual practices. Materially as well as

spiritually – they are useless. As per destiny you may sometimes experience happiness and sometimes sorrow. All these are brought by destiny. Don't lose the balance in your brain due to them. Be tolerant inspite of having ups and downs in life.

 Yesterday a businessman came to me. I asked him: 'Are you happy?' He replied: 'I keep getting profits and losses. This is a business. Isn't it? I never got depressed on incurring losses'. Whatever he said is right. He has habituated himself in that manner. How far is it correct for him to become anxious for the sake of money? Money keeps coming and going. Why should one pollute their mind for its sake? All these happiness and sorrows are all emotions. If they are increasing, it indicates that you are getting disassociated and distanced from the Self.

 The Lord said: 'Reform your mind. If you are unable to do, give it to Me. I will do that for you'. What is meant by offering the mind to Lord? It implies having reverence for His words, performing the task prescribed by Him, giving up the tasks forbidden by Him and constantly contemplating upon Him. Constant contemplation of God is also yoga. If you constantly chant the name of God, it will purify and regulate your mind. You desire comfort for the body. Controlling the mind is also equally important but you are unable to realize this.

 In spite of being gifted everything by God, some people always keep crying. They never possess contentment. Having born as a human, one should have contentment.

 There is none in this creation who has conquered their desires while fulfilling them. Remember this: Suppose I have a desire. If it is fulfilled, it will bring in another desire. At some point of time, it needs a full stop. Therefore you should have contentment at some point. Without

contentment, introversion of mind is not possible. Without introversion of mind, Self Realization is not possible. Therefore learn to be contented at some point of time.

 There is someone who regulates this entire creation. Have firm faith in this regard. Have firm faith in God. Be grateful to God. Don't be thankful to Him.

 The mind is dedicated towards contemplation of sensory objects. By doing so, the brain gets poisoned. The Lord said: 'I am narrating nectar like virtue here: If your mind is dedicated to Me, if you are constantly in My remembrance, you will attain Me'. Perform the tasks prescribed by God and give up the tasks forbidden by Him. Have no arguments. It then becomes surrender. Lakshmana possessed such surrender. If you have to move from the false towards the truth, from the death towards immortality, the mind has to co-operate. Here the Lord mentions about the attributes that contribute in securing the mind's co-operation. Don't get troubled on being troubled by others. Don't get frightened on being frightened by others. Similarly don't trouble or frighten others from your end. These two things are very significant. Be steady and ensure that your fellow beings are also steady.

 Don't get bothered about others. Peep into your mind and observe if there are any reasons for rebirth and try to get rid of them carefully. Don't become happy while looking at the worldly things. Try to maintain equanimity. Don't get flattered if the situations are favourable. Don't become jealous if others get any favourable situation.

 You need not make any effort to leave the body. Death itself releases you from the body. When the body is alive, make effort and try to get released from attachment, hatred, fear and jealousy.

- 🌸 When Bhagavan was asked: 'Are you frightened at any point of time?', Bhagavan replied: 'What on earth can frighten me?' There is no duality here.
- 🌸 Don't become anxious about anything. It is because whatever may be the cause of worry today may lead towards your good in future. Unable to understand this, you get worried.
- 🌸 Why did God insist on habituating the Divine attributes? It is because, though you may earn an amount of 100 crores, not even a single rupee will accompany you after death. But on earning these attributes, all of them will accompany you after death. They will chase you until Self Realization is secured. Therefore God has insisted upon practicing these Divine attributes that accompany you after death.
- 🌸 Don't depend upon others for the sake of your food. By doing so, they will feed you and expect that you should listen to them in return. They won't give you any freedom. Just because they are feeding you, how can you listen to them on a daily basis while losing your freedom? Therefore earn as much needed, don't get into extremes and start practicing the divine attributes as prescribed by the Lord. Hence don't depend upon others or the family members for the sake of food and clothing. The danger in such dependence is that though they may not speak out externally, they will consider you as slaves internally. This is what the Lord has said. Slavery implies doing that which has been told ie your freedom will be lost. Without freedom, the spiritual practices cannot be performed.
- 🌸 You are very good at the external cleanliness but don't have the inner cleanliness. You must have the same amount of cleanliness externally as well as internally. The internal cleanliness cannot be secured by

washing with soap. It can be secured through constant contemplation of God and the Holy Company of Mahatmas.

- 🌸 When you do something, externally it should benefit others and internally it should purify your mind ie the level of Consciousness should increase internally. Therefore don't become arrogant by doing some external help. Stop speaking irrelevant things and start doing things beneficial to others. It implies don't display sympathy merely in words but practically do something beneficial for the people.
- 🌸 If anyone harms you, it is easy to forgive them but it is very difficult to forget that. Most of you may not retaliate back on being harmed by someone. But you cannot forget the harm done. It will remain in your memories. But learn to forget that too. If you don't forget it, it will get converted into a tendency. As the food that you eat generates fuel for the body, all these memories generate fuel for the ego. Don't have any expectation towards the sensory objects and body related objects. Whatever has to come will come and whatever has to go will go. Don't expect the unachievable fruit.
- 🌸 Don't become anxious about anyone. Don't keep crying. What are you anxious about? No one belongs to anyone. This is ultimate. Your mind simply keeps creating something or the other. Do your duty but don't become anxious about anyone.
- 🌸 As far as possible reduce the desire oriented tasks. Don't get involved in selfish tasks for all the 24 hours. Do something that benefits others. Don't keep calculating: What is the benefit of doing this work or that work? ie don't become 100% self centered. By doing self centered tasks for all the 24 hrs and not doing any tasks which are beneficial to others, you cannot get internal purity.

- ❖ When a dispute arises, some people get divided amongst both the parties to dispute in order to increase the dispute. But you don't imitate them. Rather think calmly why that dispute arose and do whatever is possible from your end to resolve it. Otherwise don't interfere. Without knowing the exact facts, don't try to pull the horns of one of the parties to dispute. By doing so, your mind gets polluted.
- ❖ Every person has friends as well as foes. Some people have enmity without any reason. They cannot mention the exact cause of enmity. Don't get into such tussles. Maintain equanimity. Don't ruin your mental health. Every person gets honoured as well as dishonoured at some point of time. It is natural. Treat the honour and dishonor equally. Don't forget the task for which you came onto the earth. Leave aside the external tussles. Don't assimilate them and become anxious.
- ❖ Don't have any expectation. Perform your duty towards the family members or the society but don't have any expectation. Where there is expectation, it gets converted into bondage. It will poison the mind gradually.
- ❖ If you are praised by someone, don't accept it. By accepting it, you will feel that there is something great about you. If you are blamed by someone, don't accept it. All these are external tussles. This world has both the types of people- those who praise as well as those who blame. Learn to balance the praise as well as the blame.
- ❖ A devotee wrote some verses in praise of Bhagavan and brought them to Bhagavan. Bhagavan heard them all and said: 'You have praised me as a great man. How does that benefit you? Find out a way to reform yourself'. Look how naturally Bhagavan has said this. Bhagavan

intended: 'Rather than praising Me, it is better to think of a way for your progress and purity'. Such is the nature of a Jnani.

🌸 Your thinking faculty should be steady. Being told to get reformed is different from getting inspired to get reformed. If you get such inspiration from within the heart, you will make more effort and make progress rapidly.

🌸 Don't have attachment for a particular place. The place can be changed whenever there is a hindrance for your progress and peace. Your spiritual practices are more important. Your spiritual progress is more important. Your securing Jnana is more important. So you need not think of staying at that place only. In some environments, you may feel that whatever has been earned through hard work will be lost. In that case there is nothing wrong in changing the place.

🌸 The Lord said: 'Whatever I have told till now may seem to be worldly tussles. Though they may seem to be ordinary words, they represent nectar like virtue. I am teaching you such a virtue that brings in Immortal state. But if you lack love and devotion for Me, whatever has been told by Me till now cannot be sustained'. Immortal state means though the body dies, you must experience that you are deathless. Right now you can naturally feel your Existence. Similarly after death you must naturally experience your Existence though the body dies. You will then lose the difference between being alive and being dead. Once this difference is lost, you will lose the fear. One who loses this difference is equivalent to an Immortal. This has been told practically. There is nothing illusionary here. Unable to understand these words, they seem to be illusionary and lies. Why does God utter any lies? When you lack reverence for God, you cannot develop faith in His

words. When you lack the Divine attributes, even if God Himself teaches you assuming a physical form, it cannot be sustained. When you don't have the faith in Existence of God, how can you have reverence for His words?