



**Day by Day with Sri Nannagaru**

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# Food is form of Brahman

Nannagaru and Dr.Usha were having food together. Because the food served was too much, she was struggling to complete the served food.

Nannagaru looked at her and asked if she was full and couldn't continue to eat further.

When she nodded assertively, he said - "Never waste food. If you feel you can't eat much, you have to tell before the food is served that you require lesser amount, and eat completely whatever is served.

Food is a form of Brahman (Annam Parabrahma Swarupam)

He told this with such affection & in Such a loving manner that it made her to eat the whole lot, though it was a difficult.

Nannagaru guides all of us in all aspects of life to bring us to perfection.





# Do not differentiate between material life and spiritual life

A father brought his son to Sri Nannagaru. He complained that his son didn't want to marry and wanted to give up his job abroad so that he can spend his full time in meditation.

On hearing this, Sri Nannagaru said:

"Do not differentiate between material life and spiritual life. Even the materialistic work must be considered as spiritual work. In the Vishnu sahasranama (the 1000 names of Lord Vishnu), there is a name called Vishwam meaning the Universe is the Lord, implying that: 'The one who exists in the very form of Universe is me only'. In the Gita, the Lord said: 'One can attain Self Knowledge only through the effort of several births'. Buddha said: 'I have attained the state of Nirvana today only due to the endless good deeds done in my previous births'. Therefore Jnana (Knowledge) and Karma (Work) represent the two wings of a bird. A bird needs both the wings to fly. Similarly, we must utilize both aspects of Jnana and Karma and attain liberation.

Most of the people who want to give up their jobs for the sake of spiritual evolution turn out to be escapists. They neither gain materially nor spiritually. Therefore you must not give up your work for at least 20 more years".



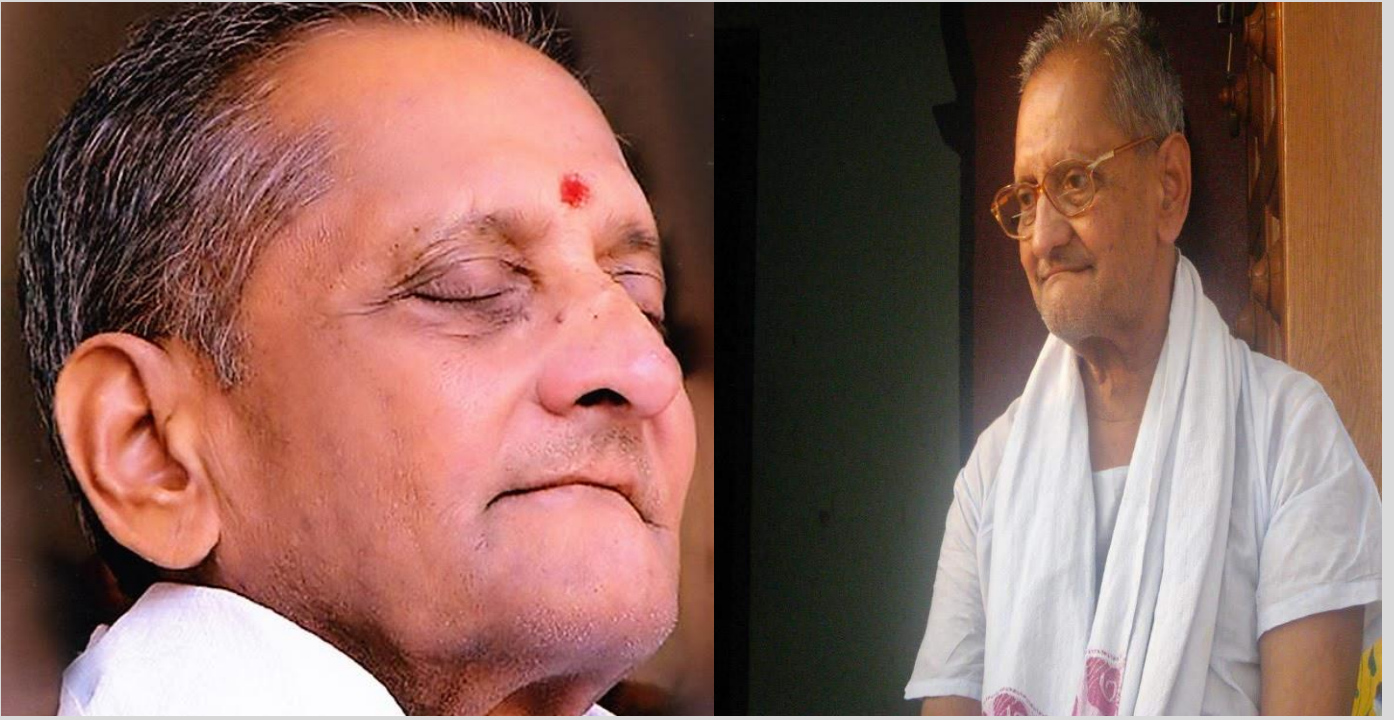


A devotee by name Bujji (nick name by which all devotees address him) is one of the attendants of Sri Nannagaru. He records his speeches, makes cassettes, cd's etc.

He posed a question to Nannagaru - "How can all devotees be equal to the Guru?"

Sri Nannagaru said - "Externally it might appear that all devotees are not equal, but inside a Guru's heart all the devotees are equal".

The gathered crowd was filled with happiness. All of the devotees expressed joy by applause.



## Do actions without expectations

One of the devotees asked Nannagaru - "You are saying that silence is gold, how can we reach the silence and receive that gold?"

Sri Nannagaru was in silence for few minutes.

Then he addressed the question - "You don't have the right to Eternal Knowledge(jnana). To reach the state where you can understand jnana, you have to do work/actions(karma) without ego. Your actions should be without expectation from others and filled with devotion. The Guru's grace is needed to understand this Eternal knowledge (jnana)".

# Truth alone shall set you free

Once an educated brilliant person came to Nannagaru and asked him, "What is the final limit of Mathematics?"

Sr Nannagaru said, "Self-realization!"

He also said that it is the conclusion of all sciences, all philosophies, all scriptures & the essence of all religions also. In this context, he said Einstein was not only a Mathematician & physicist but a saint too (he experienced glimpses of Truth) so he did understand that the culmination was Self-realization!

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A bridegroom, who was to be married in few weeks time, (after all purchases & arrangements were made) came to Sri Nannagaru and said he wanted to quit that marriage. When asked the reason, he said "She (Bride) is a very controlling type, and that makes me restless".

Then Nanna said, "It's a very suitable match, the girl is very beautiful & wealthy. She is educated also. If you learn to adapt to a few things, it might work out just fine!

To which, the groom replied, "What will I do with all these when I lose my freedom!"

Sri Nannagaru later said, "Our true self is bliss, peace & freedom, so we do not want to lose those at the cost of wealth & material things."

As always, he mentioned Jesus' words, "You MUST realize the Truth & Truth alone shall set you free!"



When devotees prostrated to him, Sri Nannagaru used to say often - "When we prostrate to anyone, we are actually honoring the God within that person. If it is a self-realized saint, our prostrations just go straight to God (as there is no individual there). That is why a realized master is honored unasked., the one with ego will not be honored even if asked!"

## Our True Self is Undying Spirit

Sri Nannagaru gave clarification to Bhagavan's subject in a simple way and with examples, so that devotees can grasp easily.

One such narrative was that of Dharma Raja (Yudhistara, eldest of Pandavas in Mahabharatha)

Yaksha asks Yudhistara, "What is the most surprising fact in this world?"

Yudhistara replies, "Seeing people die everywhere but believing nothing would happen to us!"

Bhagavan's reply to this had been, "Your true self is deathless (undying spirit). So thinking we won't die is quite natural as it is our true state!"





One day, many devotees flocked around Sri Nannagaru. Everyone was offering sweets and fruits to Sri Nannagaru. Suddenly he looked at one of the devotees gathered around him and asked – “Dear one! What are these called?”. The devotee was silent.

Sri Nannagaru later said - “These are called offerings!”

He took them and closed his eyes and the devotee stretched her arms to receive from Sri Nannagaru. He looked into her eyes and asked - “What are these called?”

Sri Nannagaru, looking compassionately, said - “These are called blessings (prasadam)”

The inner essence was - “Whatever we may offer as an offering to him, he will purify, transform it and return it back to us in the form of blessings. Upon offering our “I” he will purify, bless and return it to us as the Self”.



**“Offerings  
transformed to  
Blessings!”**

# Purify your Mind

A swamy from Brazil asked Sri Nannagaru, “You say that we are not the mind, then why do you say that we need to purify it?”

Sri Nannagaru said, “You are also saying the body is not you but then, why are you cleaning it daily? Likewise, though we're not the mind, we are identifying with it. So we need to purify it as that is the very hindrance to attain oneness”.

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A devotee said, “Nannagaru, I don't have any devotion; upon seeing you and coming to Arunachala, I felt I should lead a life with devotion. I have a lot of friends and bad habits. On reaching home, I am afraid that I might go back to my old friends and habits”

Sri Nannagaru replied – “Is your mind so weak? If you have a weak mind, you will go to your friends. If your mind is strong enough, your friends will come to you. A wise person will approach that, which is good for them. You are an intelligent person, and you will not go in wrong path”



# You are not the body

Sri Nannagaru asked a devotee - "How is your health?"

Devotee - "I am having hand pain"

Sri Nannagaru - "Do exercise. He continued saying, All the complaints you told are because of your attachment with the body. You are attached to the body quite a lot. If you have fear, it implies you don't have faith in God."

Devotee asked, "When faced with some difficult circumstances in the past, the (spiritual) subject helped me, but today when some disease attacked my body, I am getting disturbance".

He looked at the devotee and said - "If you are very healthy do you live for 1000 years? Serve food to the body, bath your body, take medicines, do your daily duties, and don't think about the body. If you are attached (in the mind) to the pains, be it leg pain or hand pain, you can't overcome the body consciousness, and rebirth will be unavoidable.

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Once, while traveling with Sri Nannagaru a devotee asked him, "Is the attachment to the body the root cause for all sorrows?"

Sri Nannagaru replied – "Yes, but it is not as difficult as you think to get rid of this attachment. Suppose you wish to go to somebody's house, it is a thought, as you see it as a thought. Treat the body bound I also as a thought"

As you withdraw the body bound "I" as a thought, you can attain Jnana, right now here itself."



## Never lose peace

A devotee who was disturbed with her children's behavior, in spite of her trying to explain to them many times about good behavior, happened to come for Sri Nannagar Darshan.

Though she hadn't told anything to Sri Nannagar. He spoke addressing the gathering:

Sri Nannagar glancing at the devotee said thus, "Sri Rama Krishna & Bhagavan would on rare instances shout at the devotees when they misbehaved, having their welfare as priority. But Buddha never lost his peace. He would explain and leave it to them. one must never lose one's peace!"



# Enjoy your destiny

When a devotee, who was mourning the loss of her husband, expressed in great sorrow, "Nannagaru, I might have committed a great sin for this to happen to me".

Sri Nannagaru replied compassionately - "Happiness is independent, it is not dependent on material objects or people or surroundings. Death is like vacating one house and going to another house. Don't identify with the body. God is an administrator. He just does in accordance with the law of karma. Enjoy destiny as you enjoy sweet (payasam) and by doing so, it will not be repeated in the next birth. In 24 hours I will take your sorrow, you will be in peace. I will give you peace, unlimited peace! You will be happy."

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The same devotee asked, "Nannagaru, how to change my nature?"

Sri Nannagaru replied, "It is challenging to change one's nature due to previous birth tendencies. However, he said, that by one's will and with divine intervention it can be changed". One way to change nature is, Tolerance, Tolerance, and more Tolerance!"



# Make effort and reduce your anger

A devotee asked Sri Nannagaru very sincerely: "These days my anger has increased a lot. I am getting angry with my family members even for petty things. Though I want to control my anger, I am unable to do so."

Sri Nannagaru replied: "You are getting angry only due to your haughtiness. If you don't reduce it by making effort, God will create circumstances and press you in the nook of the door. That will purge out your weakness. Make your effort and Guru's Grace will always be there."





## Possess neither too much nor less money

A Collector's wife said to Sri Nannagaru: "My husband has a great honour in the society but he has not saved much money."

Sri Nannagaru replied: "Don't you have sufficient savings? What will you do by earning more money? You have already been through with your daughter's marriage. They are already employees of a bank. Even you will get pension on retiring from your job. Though you don't have surplus money, the money you possess is sufficient. If you have excess money, you will be constantly afraid of the Income tax raids. Also excess money will slowly pollute your mind. Possessing money is equivalent to wearing slippers. The slippers should be neither too small nor too big. You maybe pricked by pebbles or thorns if they are big, you may slip & fall. So you should not possess too much or too little money. It should be sufficient for your needs.



A devotee said to Sri Nannagaru: "Previously, I used to pose questions to you first and then carry back your Grace in the form of your answers. Now I will not ask you any further. I will accept whatever you grant me graciously."

Then Sri Nannagaru replied: "Grace is unseen and unheard. It is an automatic Divine action."

## Guru is our Savior

Once a devotee expressed to Sri Nannagaru, "Whenever I intend to talk to you, my voice gets choked. I don't get any words. Only tears roll down. Why does this happen always?"

Sri Nannagaru replied, "Who do you think Guru is? He is the savior, nearest and dearest to the heart. We get tears only when we are with our nearest, dearest, closest to our heart, our savior. And he made her repeat three times the mantra "Aaptaya Namaha".





# Introvert your mind

A devotee asked Nannagaru: "You have said: "Bear injury and bear insult; even that is a part of sadhana (spiritual practice). But practically, it (bearing insult) is not as easy as it is said."

Sri Nannagaru replied: "The scriptures declare: 'Bear insult; even that is a part of sadhana'. It is because Guru's Grace showers more upon them who patiently forbear the insult when compared to those who react back instantly. If you accept the insult patiently, your depths of tolerance will increase. It will in turn introvert your mind. This disgrace did not fall upon you without the knowledge of God. If you think that God has blessed you with this disgrace only to teach you some lesson or to rectify some flaw within your thinking faculty, you will be able to endure the insult patiently. You must realize that you could have insulted someone in the same manner in one of your previous births. Hence you are reaping the fruit according to the seed that you have sown. Only then you will be able to forbear the insult. If you insult anyone, do remember that you will be cleansing them from their impurity, dirt and sin. That dirt, impurity and sin will settle down in your mind and an equivalent amount of your merit will be transferred to them."



**“God is waiting for  
apt time to grant  
liberation!”**

Once, Sri Nannagaru asked a devotee: "Did you forget the task that I wanted you to do?"

The devotee replied: "No, Nannagaru. I didn't forget it. I am waiting for the appropriate time."

Referring to this, Sri Nannagaru said: "When a human being doesn't have forgetfulness, how can God have the same? God is waiting for the appropriate time to bring maturity to you and bestow jnana."

# Working without doership is yoga

A doctor in Hyderabad conducted cataract surgery on Sri Nannagaru's eyes.

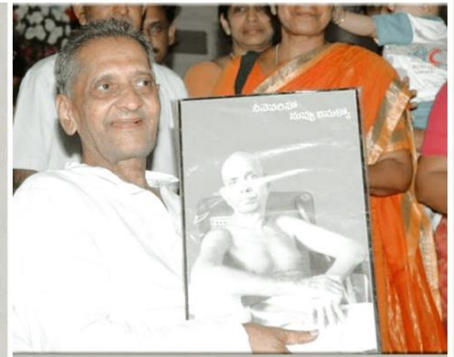
He told Sri Nannagaru: "I am doing this surgery only for my satisfaction and not for the sake of the money. Do you remember my request to permit me to conduct the surgery ?" The doctor was trained in the famous Aravind Eye hospital of Madurai. He asked Sri Nannagaru to sleep on the bed. After 3 minutes he asked Sri Nannagaru to get up. Every patient is normally given anesthesia before commencing the surgery . So Sri Nannagaru was under the impression that he was given anesthesia in those 3 minutes.

Sri Nannagaru then asked the doctor: "What is this? Did you finish giving me anesthesia?"

The doctor replied: "The anesthesia has been given and the surgery too, has been done. Now you can get up from the bed."

Referring to this, Sri Nannagaru said: "This is called Yoga. Working skillfully, patiently, and tactfully is called Yoga. Working without expecting results and without doer-ship is also called Yoga."





## Many ways to control your mind

Once, a devotee asked Sri Nannagaru: "Bhagavan has suggested the path of Self enquiry in order to control the mind. But in spite of doing Self enquiry, my thoughts are not subsiding. They are increasing manifold."

Sri Nannagaru replied: "You are trying to cling to a single sentence of Bhagavan and declaring that you are unable to control your mind. Self enquiry too facilitates in the destruction of the mind. However Lord Krishna narrated several means of destroying the mind in the Gita. Even if one possesses complete faith in the Lord or chants his name or performs japa or meditation, or surrenders himself to the feet of Lord, the mind gets destroyed. Adopt the method that suits you the best and try to wipe out your mind."





## Everything happens according to destiny

Once, an old lady said to Nannagaru: "I have a problem with my husband. He doesn't take his food until I give it with my own hands. Even if daughter-in-law is ready to do, he wants me alone to accomplish all his tasks. Now both of us have become old. If I die before him, he will have to strive a lot. Therefore it is better that he dies prior to me."

After she left, Sri Nannagaru said: "Everything happens according to one's body's destiny. If not now, her desire will be fulfilled in some other birth. She may become a widow at a young age. Therefore one should not desire anything but permit the body's destiny to take its course."

# Perform the task allotted by God willingly

Once a lady approached Sri Nannagaru and said: "I don't know why, but I was not able to treat my husband with respect from the very first day of my marriage. He is a good person, I have been serving him food and coffee mechanically. But recently I happened to read the magazine 'Ramana Bhaskara'. Therein was a sentence, 'Even though you may not like the task allotted to you by God, if you perform it willingly (putting aside your likes and dislikes) as it is allotted by God, you will get the result of performing japa and dhyana through that work.' Ever since I read this sentence, I started serving food and coffee to my husband willingly. Thereafter, I am feeling much happier than before. Even my husband seems to be happy."

Sri Nannagaru said: "I was thinking of stopping the Ramana Bhaskara publication. But after listening to you, I now realize that it is of some use indeed. Now I shall drop the idea."

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A person said very happily: "Nannagaru! I don't have any dispassion but all my desires are getting fulfilled effortlessly. Now I am very happy. I will get liberation also effortlessly."

Sri Nannagaru did not get into an argument with that person but merely said: "You are much better than us". However after that person left, Sri Nannagaru said: "To date, nobody in this Universe has attained Self Knowledge without possessing dispassion."

If you willingly perform the task allotted by God, you will get the result of doing Japa and Dhyana (meditation)

