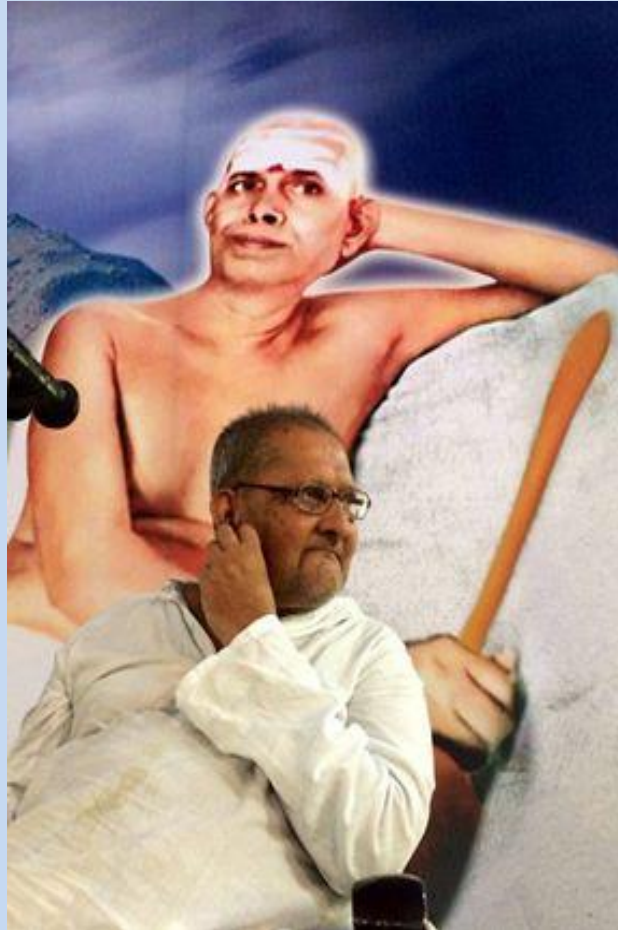









Ramana Bhaskara



Speech delivered in Muramalla,
dated 13-11-95.

- 🌸 You presume that you are born when the body takes birth and die when the body is subject to death. You consider that you did not exist before the body took birth or will not exist after it is subject to death. Thus you limit yourselves to the body. This is body mindedness. Your body mindedness should get annihilated in order to attain liberation. Self Knowledge cannot be attained without the annihilation of body mindedness.
- 🌸 When the body dies, it is burnt in the funeral pyre. However the mental karma doesn't get burnt in that funeral pyre. A body is needed for the expression of mental karma. The mental karma is referred to as Jiva. It is the Jiva (mental karma) who gets a new body. The separation of Jiva (mental karma) and the body is referred to as death. The union of Jiva (mental karma) and the body is referred to as birth. Bhagavan said: "The body's birth is not the true birth. The body's death is not the real death. Your birth happens when the ego takes birth. When the ego is born, you get separated from the Self."
- 🌸 There is a Truth within your Heart. You must listen about it. As you keep on listening, you will know about it. You must listen as long as the tendencies that hinder Self Realization exist. The mind evolves only on listening. When the mind is evolved, you recognize your own flaws. When the mind is not evolved, you always try to search for other's flaws. If you are searching for other's flaws, it symbolizes that you are not yet mentally evolved. If one acknowledges one's own flaws, it indicates their mental maturity. Such matured people gradually develop introversion. Only the introverted people attain Self Realization.
- 🌸 A devotee asked Bhagavan Ramana: "You say that I am the Self and the Self is desire less. Then what is the reason for the emergence of the desires within me?" Bhagavan replied: "You are the Self only. But what do you think? You don't consider yourselves to be the Self but presume yourselves to be mind. Though you are verily the Self, you don't identify yourselves with the Self but identify with the mind. Therefore you get the desires within the mind. It is only your tongue which states that you are the Self but you identify yourselves with the mind. Therefore you get the desires. The Self is desire less. You don't identify yourselves with the Self. The desires don't arise when you identify yourselves with the desire less Self. The desires prevail within the mind. You presume yourselves to be the mind. Hence the desires arise."
- 🌸 A devotee asked Bhagavan Ramana: "You have mentioned that the Guru resides within the Heart. I am not asking about the internal Guru. I am not concerned about the internal Guru but I need an external Guru." Bhagavan replied: "It is the external Guru only who mentions that the true Guru is within your Heart."
- 🌸 Some people say: "Though we have done it unknowingly, we are experiencing the fruit of it knowingly." Whatever is done, the fruit of it has to be experienced atleast in the next birth, if not in this birth. Unless it is experienced, it doesn't get exhausted.

-  A devotee asked Bhagavan Ramana: “We get the relatives, friends, parents etc according to our destiny. If the destiny is exhausted, nothing prevails. We get happiness and sorrow according to our destiny. You say that everything comes according to our destiny. Then why are spiritual practices needed?” Bhagavan replied: “Though you may get happiness and sorrow according to your destiny, the spiritual practices help you in not getting identified with them. If you are destined to get sorrow, you will get sorrow. Spiritual practices help you in not getting identified with them.”
-  A devotee asked Bhagavan Ramana: “Where do we go after death?” Bhagavan replied: “You go to the same place where you stay in your deep sleep. Except Brahman, everything else represents the Karmic relationships. Birth arises according to Karma. But for whom is the Karma? It is for the ego. For whom is the birth? It is for the ego only. If you make Self enquiry and find out the source of the ego, there is neither Karma nor any birth.”
-  The path of meditation is different from the path of Self enquiry. Whether it is meditation or Self enquiry, it is done by the mind only. Constant contemplation upon a single object is referred to as meditation. Even meditation leads to the annihilation of the mind. Enquiring the source of the mind comprises the path of Self Enquiry. Enquiring the source of mind also leads to the annihilation of the mind.
-  Tread the path whichever you like- be it worships or japa or meditation or Self enquiry. Ultimately it should lead towards the purification of your mind. All your spiritual practices don't involve the 'i'. Involve the 'i'(ego) in all your spiritual practices. They should knock and cuff the 'i'. The entire delusion lies within this 'i'. Bhagavan said: “If you get rid of the 'mine', you will attain purification of the mind; if you get rid of the 'i', you will attain Self Knowledge.” Though the Truth is very intimate to us, existing within our Heart, it is this 'i' (ie false i), which impedes the Self Realization. You consider the false 'i' to be the real 'i'. If you can understand this through constant listening about Brahman, you will try to get rid of the false 'i'. If you don't listen about Brahman, you will not even attempt to get rid of the false 'i'. If you are able to contemplate upon God, it is not due to your intellect. It is only due to God's Grace. Without possessing God's Grace, you cannot even contemplate upon Him.
-  A lawyer asked Bhagavan Ramana: “You tell us to Know Thyself. Whom should we know?” Bhagavan replied: “Know that which you are ie Self. Though you are verily the Self, you don't have the experience pertaining to it. Hence I urge you to know the Self.” The lawyer continued with his question: “Why do you give the same instruction ie Know Thyself to both the literate as well as the illiterate?” Bhagavan replied: “Do you want me to preach the Truth to the literates and the false to the illiterates?”

- 🌸 Once a Tamil poet composed few poems upon Bhagavan, describing His greatness. He mentioned Bhagavan to be the very incarnation of Lord Muruga and as the walking God. Looking at them, Bhagavan said: “How does it benefit you if I am an incarnation? Find out the path to reform yourselves.” Such is the greatness of Bhagavan. Bhagavan did not get flattered by the words of the poet. He said: “It is the same Truth which exists within my Heart as well as yours. There is no difference in it. Without reforming yourself, if you declare Ramana Maharishi to be great, how is it beneficial to you?” If required, take His form as a support or His preaching as a support but it is you who has to traverse. You alone have to reform yourselves.
- 🌸 Your body doesn’t obstruct your Liberation. It is the ego which obstructs the same. Therefore cut down the food supply to the ego. By doing so, the Truth within your Heart is revealed here and now.
- 🌸 Currently you are able to see the body. But you are not aware of its whereabouts in the deep sleep. You spend several hours in deep sleep without being aware of the body. The Self exists forever. You are not separated from it (the Self) even for a second. Though you are fast asleep, the Consciousness within you is not asleep. Though you are asleep, there is someone who watches your sleep. Catch hold of Him. He exists even in the waking state. If you can catch hold of Him, you will get liberated.
- 🌸 Bhagavan said: “You have to exist in some form or the other. Currently your existence is restricted to either body or the mind or the ego. Rather than being as a body or mind or ego, Be as Self. You will then become a Jnani.”
- 🌸 Once Bhagavan was asked: “If Lord Brahma, Lord Vishnu and Lord Shiva ie the Trinity appear before you, will you ask for any boon?” Bhagavan replied: “I will ask them to remain invisible to me forever.” Such is the glory of a Jnani. The existence of the world is based on the body and the existence of God is based on the world. The state of a Jnani is beyond the world and the body.
- 🌸 Be as You are. Whatever is attained (new) has to be lost. It is not permanent. The body is attained and hence has to be lost.
- 🌸 Bhagavan said: “You cry while taking birth. It is good that your entire sorrow gets exhausted before the advent of your death. When the sorrow gets exhausted, it is the happiness that is left out. If the sorrow is exhausted before death you need not cry or carry corpses anymore.”
- 🌸 Everybody desires to live for a hundred or one twenty years. But no one thinks: “Why didn’t I attain Self Realization yet? Why am I still not seeking Self Realization?”

- 🌸 Everybody thinks: “I exist within the body. The world is outside the body. God resides in Vaikuntha.” It all seems to be true due to the body mindedness. It is only due to your body mindedness you feel that you exist internally. Once the body mindedness is annihilated, there is nothing so called internal or external. As you think that you exist within the body, you presume that the world exists externally and God exists somewhere else. All this is the illusion of the mind. You are not fond of the Truth. You are not fond of God. You are fond of the creations of the mind alone and therefore crave for them. You don’t try to find out the source of the mind.
- 🌸 You keep getting several thoughts. Let them come. Don’t run after them. Try to understand your nature. If you repeatedly keep on fulfilling your desire, it will get strengthened. Whatever thought you get, don’t identify yourselves with it. Doing so, will strengthen it. If you satisfy the desire, it will get strengthened and convert into a very strong tendency.
- 🌸 Don’t make the ego as your ideal but make the scriptures as your ideal and then work.
- 🌸 A devotee asked Bhagavan: “You are preaching about advaita. It seems to be very good. But why do you consider this Hill in Arunachala as God?” Bhagavan replied: “You refer to this corpse as ‘I’, ‘I’. Similarly God presumes: ‘I am that Hill’, ‘I am that Hill’. God considering Himself to be the Hill is as much true as you considering yourself to be the body. If someone salutes your body, you think ‘they have saluted me’. You think so only due to the identification with your body. Similarly if anyone salutes the Hill, God presumes that He has been saluted. As you identify yourselves with the body, God has to identify Himself with the Hill as well as the stone within the temple. If you stop identifying with your body, God will stop identifying Himself with the Hill.”
- 🌸 Bhagavan said: “You lament over those house hold members who are dead. You become sorrowful as they are dead. Who is the one who becomes sorrowful? If you enquire about the one who laments over the dead, even then you will attain Self Realization.”
- 🌸 Bhagavan did not say: “Self is Truth.” He rather said: “Self alone is Truth.” He thus indirectly stated that the other things are not true. Truth is One. It exists within your Heart. Only when you realize it, the freedom, Bliss and Happiness are attained.
- 🌸 Penance is neither withering out the stomach nor emaciating the body. Your intense desire to eradicate the ego is only referred to as penance.
- 🌸 If anyone asked Bhagavan: “Please give us some instruction”, Bhagavan replied: “The entire instruction is contained in the Upadesha-sara.”