



Ramana Bhaskara



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- 🌸 When subject to any hardship, there is nothing wrong in praying God for God is like our Father. You need not feel shy in praying God. God may not immediately fulfill your desires. On doing so, there is a great danger of your ego getting increased. By narrating our hardships, God will certainly resolve them on the arrival of appropriate time. There is no doubt about it. But when, where and how it has to be done, that epoch is decided by God.
- 🌸 Don't think that any of your thought will go in vain. If you crave for material prosperity or spiritual advancement, such thoughts will not go in vain. God will bestow result for each of your thought and thereby reward you. Don't think that your thoughts won't yield any results.
- 🌸 When one completely surrenders to God, their fear gets reduced. Man gets immensely distorted due to fear. If you are getting frightened abundantly, it indicates that you are not taking refuge in God. Your fear gets subsided as and when you take refuge in God. Ganapathi Sastry garu posed some question or the other on a daily basis. Bhagavan once told him: "Rather than fostering doubts and questioning, learn to place your burdens upon God, Shastriji." If you take refuge in God, most of your doubts get clarified.
- 🌸 Though God resides utmost close to us, within our Heart, why do we think that He resides somewhere in Vaikunta? It is due to our body mindedness.
- 🌸 Whatever is referred to as 'i' doesn't die upon the death of the body. If your house is unfit to live in and is about to collapse, you vacate such house. Similarly when the body becomes unfit to live in and is about to decay, the Jiva (soul) vacates the body. A question may arise why some people die at a very young age? Here the age is not important but the decaying of the body is important. Some people's body may get decayed at the age of one whereas some people may remain healthy even at the age of hundred. Whenever the body gets decayed, the Jiva gets separated from that body. The diseases pertaining to body get burnt along with the body in the funeral pyre. But the attributes of a Jiva don't get burnt by the external fire. They remain intact. You should perform spiritual practices, pray God, crave for His Grace and thereby get released from them.
- 🌸 Though God resides within the Heart, He is not revealed due to the desire to enjoy the sensory objects. The forthcoming births, merit-demerits, sorrow, hardships, happiness etc are all solely based upon the body bound 'i'. Therefore don't restrict your spiritual practices to worship and Japa alone. Ensure that your deeds and words contribute towards the eradication of body mindedness.
- 🌸 If you are selfish, you cannot get rid of the entire selfishness in one instance. Even a little reduction of selfishness makes you beneficial to the society. If you can get rid of the entire selfishness, you will become a rishi. It is irrelevant whether you possess authority or not; it is

immaterial whether you possess money or not; you become beneficial to the society only to the extent you get rid of your selfishness.

- 🌸 Bhagavan Ramana said: “The good done to others comes back to you manifold. If you are aware of it, how can you refrain from doing good?” When you help others or spend money for some good deed, don’t think that money will go waste. It gets deposited in the Divine bank. It will be beneficial in your life after death. If any of you are quiet rich, do utilize your wealth for a good cause. The wealth, power, education is all but gifts of God. Make effort to utilize your God gifted faculties in raising the Consciousness level of others. It becomes an aid in gaining material prosperity as well as spiritual advancement.
- 🌸 Social Consciousness is also needed for it raises your level of Consciousness and thereby becomes an aid in attaining God Realization.
- 🌸 You do not realize your weaknesses when you sit in the worship-room. You realize them only when you work. Until and unless you are aware of your weaknesses, you will not make an effort to overcome them.
- 🌸 Until and unless there are some regulations as well as a goal, you cannot even make material prosperity. When a regulated life is needed for material prosperity, it need not be reiterated that a regulated life is needed for spiritual advancement.
- 🌸 You are very fond of the ‘i’ (ego) and cannot live without it. A devotee asked Bhagavan: “I am afraid that this ‘i’ will not be visible after death.” Bhagavan replied: “You fear that the ‘i’ may not exist after death but does it exist in the deep sleep? When the ‘i’ doesn’t exist in the deep sleep, why do you still crave for deep sleep? You get worried when you can’t sleep for a single day. You try taking sleeping pills to fall asleep. In the deep sleep, the ‘i’ related tussle doesn’t exist but why do you still crave for deep sleep? Leave alone the death, the ‘i’ doesn’t exist in the deep sleep then why don’t you say that you don’t need sleep? Compared to the waking or dream state, you are much nearer to the Truth in deep sleep. You get separated from the mind in deep sleep which implies that you get separated even from the creations of the mind. Don’t think that you will no more exist on losing the ‘i’ but you will know who you are (ie Self).”
- 🌸 The Gurus and incarnations try to lead the mankind towards the sorrow less state which is not possible to science. Science is a creation of the mind (myth). When you want to learn something, ask only the knowledgeable ones and not the ignorant. You cannot expect the science to do something of which it is incapable.
- 🌸 Whichever body comes onto the earth has to experience its destiny. Don’t experience your destiny unwillingly. Experience it willingly and lovingly. Whether the conditions are favourable or not, ensure that your peace remains undisturbed. Don’t lose your peace of mind. Combat

your weaknesses with a peaceful mind. When you enjoy your destiny willingly and lovingly without any reaction, new tendencies are not formed and the old tendencies get annihilated.

- 🌸 A rishi declared in the Upanishads: “The Truth for which you are craving, is both far as well as near”. It implies that it is far to the ignorant and near to the known ones.
- 🌸 The mind cannot refrain from thinking about something or the other. Rather than contemplating upon sensory objects and enjoyments, contemplate upon the Self. The Lord promised in the Gita: “If you think about Me constantly, work having made Me as your only goal and maintain your equipoise in all the conditions, I will bestow you with that good thinking faculty which will enable you to attain Me.”
- 🌸 Likes, dislikes, desires, sorrow, fear are all solely based on the ego. You are deluded that all these are true. All these become trash when the ego, on which they are dependent, dies. Bhagavan referred to the ego as a fort made of cards (used in card game). It is difficult to break down a fort made of cement and bricks and not that made of cards (used in card game). A little Self enquiry from your end collapses the ego which represents the fort made of cards.
- 🌸 The ego doesn't exist in the deep sleep. It goes back to the place of its origin. In the waking state, it first identifies itself with the body. The ego shoots out from the Heart at such a pace that by the time you have realized that you are awake, it identifies itself with the body. It then refers to itself as body and thereon identifies with the profession, likes-dislikes and all the other things.
- 🌸 Possess Love and faith in that which you want to attain. Have a goal for your Life. Don't get impeded by the things that come in between. Concentrate totally on the Supreme Consciousness. Don't waste your time and effort by getting involved in unnecessary affairs. Don't waste the God gifted opportunities. Though you may not attain Self Realization in a single instance, if you make a good use of God gifted opportunity, He will bestow you with a higher birth. You will take birth in such a family where you will get an opportunity to make spiritual advancement.
- 🌸 The disturbance within you is reflected in the society. You get disturbed due to lack of required discipline in food habits. There is none in the society to advise thus: Be careful about your food habits and follow the tenets of the food. The society is not yet able to grasp the effect of food. The food affects the body and the mind vigorously. Therefore one should be careful about their food habits. Bhagavan Ramana seldom spoke about any regulations. But He often said: “Of all the regulations, the food regulation is the foremost and most wonderful one. If you practice the food regulation, it is equivalent to getting 50 out of 100 marks in your spiritual progress.”

- 🌸 Sattvic food and Silence facilitate in Self Realization. As far as possible habituate Silence. Consume Sattvic food in a regulated manner. Don't eat Sattvic food excessively. Those who eat excessively and those who completely give up food do not succeed in their Yoga.
- 🌸 The Scriptures declare: "You are neither the body nor the mind. You are the Immortal Self." A devotee asked Bhagavan Ramana: "When I am not the body, why do I consider myself to be body?" Bhagavan Ramana replied: "The Almighty has created body Consciousness so that the fruit of merits and demerits related to previous births come into your experience. If you lack the body consciousness, you cannot experience them." When people are happy, their good destiny is getting consumed and when they are sorrowful, their bad destiny is getting consumed. Whatever may be the reason for your sorrow, don't get worried. Realize that your sins are getting washed off. You got body consciousness only to experience your destiny.
- 🌸 Education, Money and Authority beget arrogance. Arrogance leads to your downfall. The spiritual aspirants should ensure that they don't become arrogant inspite of possessing these external powers. The more money, education and authority one possesses, the more humble should they become. Else they cannot be sustained.
- 🌸 Who is the Self? You are the Self. As you identify yourselves with the body, Self is thought to be someone else. But you are the Self. Since the Self is not within your experience, you think that it doesn't exist. As the body and mind are within your experience, you feel that they exist. Whatever is within your experience, you consider them to exist and whatever is not within your experience, you feel that they don't exist because they are beyond your grasp.
- 🌸 If everything happens according to plan, you feel that you are the doer. When you face with any disappointment, you recognize the existence of a higher power.
- 🌸 Desires are very dangerous. If fulfilled, they make you arrogant; if unfulfilled, they make you sorrowful. For the question: Though everyone wants to tread the path of righteousness, why do they commit mistakes?, the Lord replied in the Gita: "It is due to the desire." When a desire arises, you try to fulfill it. Fulfilling the desire is equivalent to putting petrol into the fire which increases the desire/fire. You cannot transcend the desires by fulfilling them. Fulfilled desires beget desires again. Hence start regulating the desires. The desire when regulated starts subsiding. If you try to regulate your desire by contemplating upon God, the regulated desire begets peace. The desire fulfilled causes disturbance.
- 🌸 When you experience the Truth within the Heart, you understand that there are no more previous births or future births or merits-demerits or the world. You realize all of them to be false when you experience the Ultimate Truth to be 'I' similar to experiencing the body to be 'I' currently.

- ❁ The Lord said: "Once the Brahman comes into experience, you will get surprised looking at yourself for having ignorantly experience such abundant sorrow all these days." Currently you may possess sorrow but once the Brahman is experienced, you will realize that all the sorrow experienced till date is equivalent to a dream.
- ❁ A devotee asked Bhagavan Ramana: "The body ceases to exist after its death. Isn't it so?" Sri Bhagavan replied: "The body doesn't exist even now." The devotee said: "When I am able to see the body, how can you say that it doesn't exist?" Bhagavan replied: "I am the body is a thought. When you get any thought pertaining to body, you realize that the body exists else you don't remember the body. You don't have the thought pertaining to body in the deep sleep. You feel as if dying upon the body's death. Even this is not true. It is a thought only."
- ❁ You get distanced from the ego and become close to God even without your knowledge by performing the deeds liked by God and dedicating your life to God. People do the tasks as per their liking. In spite of not liking the task, if you habituate liking for it merely because God has prescribed it, you will become recipient of God's Grace. As God has prescribed a particular task to be ideal, if you develop liking for it and start practicing it, God will gift you with Self Knowledge.
- ❁ Your source exists within the Heart. You don't cease to exist on reaching the source. You will realize your true nature ie You will know who you are. Without knowing the source of the 'I' thought, if you think that you have known God, it is not true. It is because God exists in the source of the 'I' thought. Peace and Bliss exist within the Heart. If you start seeking them within, you will experience them atleast in the next birth, if not in this birth. Try to attain Self Knowledge. Your behavior should facilitate in attaining Self Knowledge. It requires discipline. It is good if you habituate Silence.
- ❁ Scriptures prescribe the path alone. Utilize the scriptures accordingly and start your journey. The Lord said: "I exist within your Heart." He did not say: "I exist within the scriptures." God cannot be known if you search for Him in the scriptures and not within the Heart. Even the scriptures don't say that God exists in the scriptures. The scriptures state that God exists within your Heart. But we search for God not within the Heart but within the scriptures. This is our mistake. Bhagavan Ramana incarnated on this earth to divert those seeking God within the scriptures towards the Heart. He incarnated on this earth to reform the lost path of Knowledge. If you search for the thing in the place where it is lost, you will find it atleast in the next birth if not in this birth. If you search for the thing where it doesn't exist, you cannot get it inspite of searching for it for any number of births. Bhagavan Ramana is the incarnation that has come to define where the Self exists and how to seek for it.