



Ramana Bhaskara



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- 🌸 Lord Anjaneya never possessed any personal work. His work constituted of Lord Rama's work alone. He always meditated upon the form of Lord Rama, chanted His name and performed His tasks. Lord Anjaneya did not possess both the 'I' as well as 'mine'. As Lord Anjaneya's Heart became the seat of Lord Rama, if your Heart also becomes the residence of God, your mind will get matured and thereby tastes the Liberation related Bliss.
- 🌸 Happiness and Sorrow arrive according to the body's destiny.
- 🌸 Sage Valmiki has vividly described in the Ramayana how to face the hardships of life, how to lead a peaceful & flawless life, the ideal behavior pattern and the ideal virtues of mankind.
- 🌸 You will get purified only if you lead a simple life. As much simpler your life is, the more purity your mind attains. You will attain God Realization only if you are simple and pure. It is because God is simple and pure. God is purest of the pure. If you start practicing simplicity, you will become recipient of God's Grace.
- 🌸 Lord Rama implies the Self. Lord Rama, the son of King Dasaratha is not different from the Rama existing within us as the Supreme Self. Dasaratha Rama is same as Atma-Rama (the Supreme Self). Why did Atma Rama incarnate as Dasaratha Rama? It is only to show us the ideal behavior pattern, the ideal speech, how to control the senses and how to forbear the hardships of Life. Atma Rama incarnated as Dasaratha Rama to show us the Life pattern and the behavior pattern that will lead us towards Atma Rama residing within the Heart. Dasaratha Rama has exemplified to depict the manner of regulating ourselves that will lead us towards Atma Rama.
- 🌸 The bad thing about mind is that it will never listen when asked to enquire about itself. It will always enquire about others. Why are you concerned about others? Ensure that your behavior is right. Others come into existence only after you come into existence. Others don't exist if you don't exist. Enquire about your mind rather than enquiring about others. The mind reaches its source only when you make Self enquiry. Atma Rama will be revealed only when the mind reaches its source. Therefore enquire about yourself, identify and rectify the flaws within your mind and thereby reform yourselves. Be as humble as possible. The humbler you are, the greater is the benefit. Don't bother about others. Regulate your life as Lord Rama regulated His life.
- 🌸 Don't get anxious if you are unable to overcome your tendency through your little efforts. The tendency gets eradicated only if you are as tolerant and forbearing as Lord Rama in your efforts. Don't doubt whether the tendency will get eradicated or not. If there is sincerity in your spiritual practices, it will certainly get eradicated. Without fulfilling the tendency, if you swim against it and thereby make a whole hearted effort to overcome it, the tendency will get annihilated. The sole purpose of worshipping God, doing Japa, performing Meditation etc is for the eradication of tendencies only.

-  Waves arise within the mind similar to waves arising within the water. When the wave arises within the water, the water itself gets converted into wave. Wave is not different from water. Similarly the mind itself gets converted into anger and hatred for a while. Sometimes people perform disastrous tasks that will lead them into trouble. It is because their mind is not within their control at that point of time. Some wave creeps in and they succumb to it. As the water gets converted into wave, the mind itself gets converted into anger, love, hatred, frustration etc., The force of those waves has to get reduced. It is possible through meditation. Constant contemplation of a Single object can be termed as Meditation. Enquiring the whereabouts of the mind is the method of Self-Enquiry. When the mind is asked: "Who are you? You have been agonizing me all throughout. What is the relationship between us?", it becomes Self-Enquiry. The mind reaches its source only through meditation and Self enquiry. The mind gets annihilated only when it reaches its source. Any of the above modes can be followed, be it meditation or Self Enquiry, but the only goal is the annihilation of the mind.
-  Devotion facilitates in sense control and self control. Knowledge cannot be attained without devotion. Bhagavan Ramana referred to devotion as 'The Mother of Knowledge'. Man gets reformed due to devotion. Devotion is nothing but Love for God.
-  If you don't Love your fellow-beings, their flaws alone become visible. If you Love them, you cannot look at their flaws. Devotion cannot be attained without Love. Love does not involve trade. In Love, there is only giving and no asking. God is the very embodiment of Love. Only because you are Loved by God, you are able to meditate upon Him and contemplate upon Him. You cannot meditate upon God, without possessing Love for Him. Even if you meditate (without possessing Love), it would be mechanical and not whole-hearted meditation. As and when the mind starts Loving God, it starts melting in that Love.
-  The God, whom you adore, doesn't bestow you with Self. When you are verily the Self, where is the need to bestow you with the Self? Though you are verily the Self, you are aware of the body's as well as the ego's existence but not of the Self. The one, who eradicates the obstacles in realizing that you are the Self, is God. God chops down the entire forest that forms an obstacle in attaining God realization.
-  While performing spiritual practices, the distance you travel would be meager. Melted in your Love, God only travels a great distance. Whether you know it or not, this is what happens. When you attempt to attain God, it is God who travels more towards you and unites within Him when compared to the distance you travel towards God. You may think that you travel a great distance. But it is God who travels more. If you surrender yourselves and Love God, He gets melted in your Love and thereafter unites within Him. God will be revealed only due to His Grace and not due to your effort alone. It doesn't mean that you should stop making effort to attain Him.

- 🌸 Perform your duty judiciously. Some people state: “My Mother is not good. So I don’t take care of her.” This is not correct. God has prescribed to take care of the Mother and hence you need to do it. If she is not good, how does it matter to you? There is God to take care of it. You have to do your duty. Do that which has been prescribed and do not do that which has been forbidden by God.
- 🌸 Man gets agonized by his tendencies. Some people get angry and some people get jealousy. Don’t get disturbed looking at them. Such is the tendency within them.
- 🌸 Bhagavan Ramana preached some people in the same manner a child were taught. Still they couldn’t grasp. When the fellow-devotees asked: “Bhagavan, though you have preached it so well, why couldn’t they grasp it?”, Bhagavan replied: “ It is due to the force of their tendency. Their tendency is forbidding them to understand my words. Poor chap; what can he do? His tendency is very forceful.” Though Bhagavan stated thus, He still tried to annihilate their tendency within. Such was His Grace.
- 🌸 Let the body’s destiny take its own course of action. Don’t get anxious. You will get devil-like births if you die out of anxiety. You may get honoured or dishonoured according to your destiny. All these are not true. It is good that the destiny gets completed. The destiny gets completed only when you experience it.
- 🌸 Lord Krishna said in the Gita: “Oh! Arjuna, whether you like it or not, you have to fight. Therefore perform your work willingly. By doing so, you will not get any new tendencies and will get rid of the old tendencies. Though you may not like the work, you will be forced by the nature to do it. If you work unwillingly, work becomes inevitable as well as the mind gets ruined. Therefore work willingly.” These words are very close to my heart. I feel that the entire essence of Bhagavad Gita is contained in these words.
- 🌸 How much ever you may serve, some people may not acknowledge it. Lord Krishna said: “Why are you bothered whether your service is acknowledged or not? I reside within everyone’s Heart. I will acknowledge the same. It is Me who bestows you with Liberation. How does it matter whether the Jiva acknowledges your service or not? It is Me, who bestows the fruit of action.” Remember that your action itself does not beget the result. The result comes by the will of God.
- 🌸 Ego is the root cause of all the conflicts and disputes in the family as well as the society. Bhagavan often preached to get rid of the ego. Ego is the root cause of anger. There are three great losses due to anger: a) Your intelligence will get reduced. b) You cannot involve in any other good deed ie your power gets depleted. c) Your time will get wasted. All these losses are incurred only due to the ego. When the ego exists, everything exists, else nothing exists. All

these tussles can be overcome only on the eradication of the ego. Therefore Bhagavan preached to get rid of the ego.

-  Once a lady told me: "Once my husband found fault with the curry prepared by me in front of the relatives. From then onwards I am unable to overcome my anger towards him." I said: "Let him say so. How can his comments beget any loss? You incur loss only because you identify yourselves with the ego. There cannot be any problem if you get released from the ego."
-  Your wife and children don't declare all by themselves to be your family. It is you who consider them to be your family. Thus you are building up a cage for yourself. You are building one cage in this birth and another cage in the next birth and so on. Liberation is not attained by getting released from the body. Liberation is attained on getting released from the ego when the body is very much alive.
-  Some people don't have the tendency to believe. They don't trust in the existence of that which really exists (ie God). They only trust the things created by the mind. If you cannot believe in the existence of God, don't you believe in the existence of the 'I'? Get released from that 'I'. Surrender this 'I' to God. You will get liberated. If you don't have the tendency to believe, get rid of the 'I' through Self enquiry. You can get liberated even in this manner. Tread the easiest path to get liberated and thereby overcome the sorrow.
-  Lord Yama said: "Listen to them who merge with the Brahman and thereafter speak about it." Take the words of a Jnani or that of the scriptures to be authentic. Don't consider the words of the Non-realized souls to be authentic. When the speaker himself doesn't have the clarity, how can he preach in an understandable manner to the listeners? He gets confused as well as makes others confused. When there is confusion within his brain, you cannot get any clarity. You cannot traverse further without having clarity. Therefore clarity is needed.
-  Some people possess all the possible material prosperity but still they are subject to disturbance of mind. Ego is the sole cause of such disturbance. The root cause of your sorrow and disturbance is not external. It exists within in the form of ego. If you reduce it, your disturbance as well as sorrow comes down. If you get a body, bondage becomes inevitable. As the ego exists within, try to habituate introversion of mind and keep the ego under observation. If you keenly observe its arrival-departure, examine its exuberance and notice it with an introverted mind, the ego gets subsided. When the ego's exuberance gets reduced, its annihilation begins. The annihilation of the ego and the Realization of the Self happen simultaneously.
-  Listen to the words of a Jnani; read good books and avail the presence of Holy Company. Beware of your food habits. Habituate doing good work even if you don't like. Do Meditation and Japa. All these are requisites for spiritual practices. But God's Grace is much more

important than them. Your every word and deed should facilitate in earning God's Grace. Sun can dispel the external darkness alone and not the internal darkness. The internal darkness can be dispelled only by God's Grace. Therefore God's Grace is much more important than all. Hence contemplate upon God's words, meditate upon the words of Jnani to transcend your ignorance. Get liberated thereby and become the very embodiment of Bliss.