









Ramana Bhaskara



Speech delivered in Sakhinetipalli,
dated 10-2-96.

- 🌸 Bhagavad Gita is the discourse delivered by God. You need not read any other book if you can assimilate the essence of the Gita. But you don't have affection and attachment towards Gita. It is solely due to your flaws. A single verse in the Gita is enough to transform your life. A single verse is enough to release you from sorrow. If you can take up a single verse on a daily basis, listen to it, contemplate upon it and assimilate its essence, it leads to your reformation. Therefore don't forsake Bhagavad Gita. Read the Gita on a daily basis. Reading the Gita begets merit whereas understanding it will liberate you.
- 🌸 Lord Krishna became the charioteer of Partha. Therefore He is referred to as Parthasarathy. The chariot driven by Lord Krishna possessed four horses. Similarly the Gita contains four yogas: a) Karma Yoga b) Bhakti Yoga c) Raja Yoga and d) Jnana Yoga. As the chariot moves forward with the aid of four horses, Lord Krishna asked you to drive your life forward and get liberated taking refuge in the four yogas. All the four yogas are not conflicting with each other. You get attracted towards a particular yoga based on impressions in your past births. A person following a particular yoga should not condemn those following the other yogas. Don't consider a particular yoga to be significant when compared to others. Whichever yoga you may follow, you must get liberated.
- 🌸 You must control your mind and senses. But controlling the mind is not so easy. The mind is very strong and firm. You may pack the air and bind it but cannot master the mind. Though Lord Krishna said that it is very difficult to control the mind, at the same time He has also mentioned that the mind can be regulated through constant practice and dispassion.
- 🌸 Some women love their husbands more than their own body or their children emerging from their womb. Sri Ramakrishna said: "If you Love God in the same manner as a woman naturally loves her husband, as a miser extremely loves his wealth and as a person desirous of fame craves for it, you will attain Self Knowledge." You need not toil hard to attain God. You need not give up your food and sleep. As a miser extremely loves his wealth, if you can Love God to such an extent, God will be revealed here and now verily in this body on this planet.
- 🌸 The Lord said in the Gita: "Love Me; Meditate upon Me; Work for my sake; Have Me as goal. Except Me Everything else is but a dream. All the external pomp and show is but a dream. All those things which you presume to be most valuable turn out into ashes in the due course of time. The very goal of your work should be Me alone. The goal of your Japa should be Me alone. All your powers should be directed towards Me."
- 🌸 Don't doubt the Existence of God. It is true that God exists. There is no doubt about it. If you lack conviction in the words of the scriptures, it is due to your flaws alone. Some people lack the power of understanding. Though they may read God's preaching, they cannot understand the intention behind them and cannot grasp the essence of those words. Don't make such people as your ideal. Consider God's utterances alone to be authentic and reform your life accordingly. Habituate to

cultivate those qualities that aid your life and forsake the qualities that hinder your progress. Reform your life on the basis of Bhagavad Gita.

-  You are not even able to understand that whatever is being referred to as 'I' is the sole hindrance in attaining Liberation. Leave alone devotion or Self enquiry or the thought whether the 'I' can be annihilated or not. You are not even able to realize and acknowledge that the 'I', for whose sake you create enmity with others, whom you Love utmost, is hindering your liberation. You love that which leads to your ruin. You lead your Life only for its sake! This 'I' is the root cause of all the litigations. Therefore the Lord said: "Keep this 'I' aside. Work for My sake. Live for My sake. Don't make the false 'I' as your goal. Make Me as your goal. Love Me and Meditate upon Me. By doing so, I will merge you within Me before your breath stops." Whatever task you may do, concentrate upon God alone and not on bodies.
-  Though you may earn a lot of money, it will not accompany you after death. Moreover it becomes the root cause of disputes within the family. But if you earn a good quality, it will accompany you in the forthcoming births and facilitate in attaining Self Knowledge. Therefore always remain in the Holy Company. By doing so, even you would feel like earning their qualities.
-  Transcending the mind may seem to be difficult. But if you Love God, the mind gets melted in that Love. None can transcend the world without transcending the mind. If you can conquer your mind, you can conquer the entire world. This world, body and the forthcoming births are all creations of the mind. Heaven and Hell prevail as long as the mind exists. Mind is the center of everything. Your every work should be directed towards the annihilation of the mind.
-  Lord Krishna said in the Gita: "If you can contemplate upon Me during your last moments before the body turns out into a corpse, I will bestow you with Self Knowledge." If you keep on contemplating upon God, Meditate upon Him, Work for His sake alone, right from this very moment till the date when the body is going to die, you will get His remembrance in your last moments. At the time of death, you don't get the thought as per your liking but whatever exists within (ie tendency) alone springs into the mind.
-  Don't allow your mind to wander. The Lord said in the Gita: "If you can bind the mind and retain it within the Heart, it gets annihilated." You are unable to grasp that mind alone is the cause of your sorrow. Whoever is the inspiration of your life will turn out to be the cause of your sorrow.
-  The Lord said that He resides in the Hearts of everyone as the Supreme Consciousness and the Self. A question may be posed: "If it is so, why isn't He revealed to us?" The Lord replied: It is because you identify yourselves with the body and the mind. If you stop identifying yourselves with the Non Self (that which you are not), the Light within the Heart is revealed here and now. You restrict yourselves to the body and mind. If you can give up that limited faculty, you will attain

Self Knowledge here and now and need not wait for it. As and when your mind gets melted within the Heart, the ocean of Peace within your Heart will deluge your head.

🌸 Merit and Demerit pertain to the false 'I' only. Merit begets enjoyment and Demerit brings in sorrow. But they belong to false 'I' only. The true 'I' is in no way related to them. Your merit and demerit are dependent upon the false 'I'. Once the false 'I' is lost, all these are lost. As long as the false 'I' exists, it is true that Merit and Demerit exist. But all these are not independent Truths. They are all relative Truths only. God alone comprises the Absolute Truth.

🌸 Comparison brings in sorrow. A person owning 100 acres of land compares himself with the owner of 200 acres of land and becomes sorrowful. Such comparison brings in sorrow.







🌸 Antah Karana refers to the internal instrument. It is only called as mind. As you cleanse your body with a soap, you need to cleanse the internal instrument ie mind with the aid of worship, japa and meditation. It implies that your day should not elapse without prayer. As you don't spend your day forgoing food, your day shouldn't get lapsed without prayer, japa and meditation. You should clean your mind as you cleanse your body. Meditating upon God's form and Chanting God's name are the aids for cleansing the mind. You can enter the temple of Heart only when the mind gets purified. The scriptures state: "If your mind becomes as sacred, pure and subtle as the indwelling God, your mind gets merged with God resembling the pure water getting merged with pure water."

🌸 A devotee asked Bhagavan Ramana: "It is said that the Supreme Consciousness ie God exists in the source of the mind. I am not concerned with these tussles. What I want is Peace and Bliss. I am getting burnt in disturbance. How do I gain if I am told about God? What I need is Peace and Bliss. Please let me know if there are any means to attain them?" Bhagavan replied: "You say that you want Peace. But Peace is not something that needs to be earned through hard work. You are verily the Bliss. Your very nature is Bliss. Though you are verily the Bliss, you are searching for it. As you are not aware who you are, you crave for Bliss. When you become aware that your very nature is Bliss, you will not crave for it. Your very name is Bliss; your very name is Peace and your very name is Liberation."


🌸 You are verily within the ambit of Liberation but are ignorant of it. When the cause for such ignorance is destroyed, you become aware that your very nature is Liberation. In that very moment, you will get deluged by the Bliss pertaining to Liberation. Though you are verily within the ambit of Liberation, you are not aware of it due to your delusion. When your delusion is annihilated, that very moment you become aware that you are within the ambit of Liberation. All your spiritual practices like the worship of God, taking bath in Holy rivers, Japa etc are all done to eradicate the delusion. Once you become aware that you are within the ambit of Liberation, you become the Bliss itself as the very nature of Liberation is Bliss.


- 🌸 Contemplate upon the good words that you hear. Write them down in a book and meditate upon them. Even words represent God. Even the words enlighten you and show you the path towards God.
- 🌸 Don't waste your intelligence and power in resolving the petty matters. Don't unnecessarily waste your energy in resolving the family related or society related petty problems. Doing so would be equivalent to lightening the fire utilizing the rupee notes for preparation of coffee to be served to the relatives.
- 🌸 Lord Krishna said in the Gita: "Attain that Happiness, after attaining which you will realize that there is no other Happiness superior than it. Of all the Happiness, the Liberation related Happiness is the foremost one. There is no other Happiness superior than the Liberation related Happiness. The senses are superior to the body. The mind is superior to the senses. The thinking faculty is superior to the mind. Self is superior to the thinking faculty. Therefore Self is superior to everything." The Gita Acharya (Preacher of Gita) has asked us to enter such kingdom of Self. Self implies the Supreme Consciousness. Therefore the goal of Life should be to attain that Supreme Consciousness.
- 🌸 Many of the intellects transcend the body, senses and mind but are hindered by their intellect. They consider themselves to be most intelligent. What can a lame man do if he is asked to walk? He cannot walk. What do you gain by criticizing him? Similarly the thinking faculty of man is lame. How much ever you may drive, the thinking faculty travels only to a certain extent but cannot reach the goal. One can reach the goal only by the Grace of God and not due to the thinking faculty. Therefore consider the scriptures to be authentic. Consider the words of God to be authentic. Considering your thinking faculty to be authentic, you cannot travel too far and thereby cannot merge within God. Utilize your thinking faculty properly. Those who don't reform their thinking faculty with the aid of spiritual practices cannot overcome the birth-death cycle throughout several births.
- 🌸 Don't consider your temporary happiness to be permanent. Not all the days remain the same. It takes no time for your happiness to get converted into sorrow.
- 🌸 You crave for Happiness. But you are Blissful in deep sleep. However it vanishes once you come into the waking state. The one existing in the waking state is not different from the one existing in the deep sleep. They are one and the same. But the Bliss contained in the deep sleep is not available in the waking state. What is the reason for it? Make Self enquiry utilizing your subtle intellect and find out who has created the obstruction and get released from him. The one who is revealed as 'I' is creating the obstruction. It is only referred to as the ego. One who has given up the ego will experience the deep sleep related Bliss in the waking state too. Though you are getting aged, you don't enquire about the creator of obstruction. Start with a little Self enquiry.


Once it is started, the ego vanishes off. Ego is neither related to the body nor to the mind. It has come in the middle. It will disappear on a little Self enquiry from your end. You then need not crave for the Bliss. You will become aware that you are verily the Bliss. You can experience as much Bliss as the water contained in an ocean on attaining Self Realization.

-  As you try to earn wealth and honour, you must similarly try to earn God's Grace. You cannot attain God without His Grace. You may forget God on getting involved in some hassle but may remember Him suddenly. You may feel: "I am remembering God. I am able to contemplate upon Him." You don't realize that it is only because God has remembered you that you are able to remember Him. Being reminded of God is also due to God's Grace only.
-  The Lord said in the Gita: "You need not doubt about my Grace. Make effort that is within your hands. My Grace exists forever. You need not doubt about the work in my hands. Carry on faithfully the work in your hands. It doesn't matter if the breath is lost but ensure that the faith is not lost. Be faithful. You will be gifted adequately."
-  Currently you are dependent upon others for the sake of your happiness. But on attaining Self Realization you need not depend upon others for the sake of your Happiness. Independent Happiness and Bliss are received from the Heart itself. Then the slavery is lost. Lord Krishna has reiterated again and again to gain that (Self) on attaining which, nothing else needs to be earned. All the remaining things are equivalent to a dream. You may achieve something in your Life. Except Self, if you attain anything else, all of them are as true as the things visible in a dream.
-  The body bound 'I' is the root cause of your disturbance. Understand this. Don't blame anyone else. As long as you don't realize the Truth within your Heart, that which is untrue seems to be true. One who ensures that your mind doesn't alight upon the things that are not true is only your Guru. The Guru resides within the Heart only. He is Guru who creates within the disciple the Love and attraction towards Him and doesn't abandon the disciple until He bestows the disciple with Self Knowledge.
-  You are very much within Bliss but are unaware of it. Bhagavan has termed it as ignorance. Being ignorant that your very nature is Bliss, you search for it externally. While doing so, the external Guru diverts your mind from those external things and drives it within. The internal Guru drags you within and bestows with Self Knowledge. The external Guru possesses body whereas the internal Guru resides as the Self.
-  As soon as the body expires, the soul (Jiva) is given some rest. After taking rest for a while, the soul (Jiva) gets a new birth similar to a dream arising within sleep. God ensures that the soul gets the new birth according to the strongest tendency that prevails at the time of death. All these births are equivalent to dreams. Bodies come and go according to the prevailing tendencies. All of them are equivalent to a dream. Dream arises in the deep sleep. Similarly all the birth-deaths happen in

the deep sleep of ignorance. One who awakens you from the deep sleep of ignorance is called as Guru.

 The body expires on one day or the other. There is a deathless thing within your Heart which is not a part of your body. If you can get it into your experience before the death of the body, you will attain the deathless state. It is omnipresent. When you experience it, you become aware that you too are omnipresent. As long as you don't get that awareness, journeys (of birth-death) become inevitable.

 Lord Krishna said: "Have Me as your goal. Consider Me as the means too." Whatever you do, should accordingly beget God's Grace. Once you attain His Grace, you will be bestowed with His true nature ie Self Realization. All your tasks and spiritual practices should have God as the very goal. You worship God but don't consider Him as your goal. You have certain other desires. You adore God only to get them fulfilled. It shouldn't be so. All the spiritual practices should be directed towards attaining God. Understand this properly.

 Fear, likes-dislikes- all these flaws arise within mind. If the mind is annihilated, they don't have any more existence. All your energy gets exhausted due to attachment. It is only due to attachment that you commit mistakes. Bhagavan Ramana said: "Attachment is a sin". Lord Krishna said: "That which has existence prevails and that which has no existence ceases to exist. That which ceases to exist cannot prevail and that which has existence continues to exist. This is certain." Constantly contemplate upon these words of Lord Krishna. If you understand this sentence, your fear and anxiety get reduced. If you possess living faith in God's Existence, He will bestow you with the faculty to attain Him. Money is not needed to acquire Self Knowledge. Eagerness to attain Self Knowledge itself forms the investment here. It has nothing to do with the money.