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- 🌸 The Truth is nameless and formless. As you are deeply buried in the name and form, the nameless and formless Truth is beyond your grasp. Therefore the Truth itself takes a form and incarnates on the earth. What exists is one and only one ie Self, which is nameless and formless. It manifests in a form to become perceptible to your intellect. It is said: “Worshipping Lord Vishnu leads towards Liberation and adoring Lord Shiva begets Self Knowledge.” However both Liberation and Self Knowledge are one and the same.
- 🌸 God resides within Silence and not within the words. God is the very embodiment of Silence. Silence is possible only for those who have surrendered. Immense power is generated through Silence.
- 🌸 Many people have a personal god. There is nothing wrong in it. But one should not hate the other gods. View your personal god in the other gods. When you are asked to love a person, it doesn't imply that you have to hate the others.
- 🌸 The Lord declared in the Gita: “I reside as Self in everyone's Heart.” The Question then arises: “Where is the Heart?” Bhagavan Ramana replied this question with a great clarity. He said: “You have a thought called ‘I’. Heart is the origin of that ‘I’ thought. It is not an integral part of your body. As a miser protects his money carefully, God also stores your desires and thoughts carefully with Him so that they can be experienced in your forthcoming births.” All the tendencies exist within the Heart. Where is God? God resides within the Heart. God keeps those tendencies under His control and releases them one after the other so that you may experience them. They are imperceptible when they exist within the Heart. You perceive them only when God releases them into your head. Until and unless you experience that tendency, God will not squeeze them out. Whether the thought is good or bad, God doesn't squeeze it out until you account for it in some birth or the other. Such is the nature of God. Bhagavan Ramana called God as the foremost miser.
- 🌸 Head is not the source of Jiva. Heart is the source of Jiva. That which is the residence of God is the source of Jiva. When the Jiva reaches its source, the Jiva gets annihilated. Once the attributes of Jiva get annihilated, you immediately become God.
- 🌸 Heart is the origin of Jiva. The Jiva vigorously bounces into the head. There is a nerve called amrita naadi (nerve of Immortality) connecting the Heart and brain. But it is not visible even if you cut the body and try to see it. The amrita naadi opens only when you perform spiritual practices, lead an egoless life, do penance and perform God related activities. When it opens, you experience the inner coolness and Bliss. But it doesn't open in everyone. It gets opened only in them who are purest of the pure and have attained a concentrated mind. When the amrita naadi gets opened, one can perceive the Self as clearly as an object in one's hand. Whether you tell him that God exists or doesn't exist, it is the same for him.

- ❁ A Jnani considers our entire talk equivalent to a child's chat. A Jnani is aware that He would exist even when the body and word don't exist anymore. He gets released from all the attributes of a Jiva. He has no more fear of death. You cannot get relieved from body consciousness (Shava buddhi) until you get Self Knowledge (Shiva buddhi).
- ❁ Everyone is a carrier of corpse. Those who carry the corpse up to the burial ground is referred to as carrier of corpse. As long as one takes breath, each one carries their own corpse. Once the breath stops, the body is carried by four people. Therefore everyone is a carrier of corpse. Some people find fault with idol worshippers. But everyone is a worshipper of idol. This body is a corpse. You don't allow anyone to rebuke it. You guard it very carefully. Is there anyone in this world who doesn't adore their body? Everyone adores their body which is same as idol worship.
- ❁ The mind has to be purified. It needs to get concentrated. The mind gets purified on adoring a great Guru or a great incarnation. The effort made to purify your mind is referred to as Penance. Penance leads to purity and concentration of mind.
- ❁ A devotee asked Bhagavan Ramana: "Can we view the Spiritual Heart centre with the aid of any instrument?" Bhagavan replied: "You don't need any instrument. It is known to your experience. It is known due to its Existence. When someone touches your hand, you perceive it very clearly. The Heart centre also can be experienced with such clarity. You don't get the 'i' thought from outside. It arises from within. When you have the experience of the 'i' thought arising from within, what is the necessity of any other instrument? Why do you make it complicated when you perceive it lucidly? As the 'i' thought arises from within, its origin also must exist within. This origin is only referred to as Spiritual Heart as well as God. Worship, Japa and meditation are needed for them who possess the 'i' thought. What is the necessity of meditation or Self enquiry when there is no 'i' thought? Nothing is needed when the 'i' thought doesn't exist.
- ❁ You are aware of your Existence. Where are you? You exist within the body. You become sorrowful when you get a body. Irrespective of the wealth you possess, sorrow becomes inevitable when you get a body. It is due to the identification with the body. The body possesses limitations and constraints. They swiftly immerse you into sorrow. Sorrow becomes inevitable when there is a rebirth. Lord Krishna got a body. However He was aware of His existence not being limited to the body alone. Therefore He became limitless. If your color is black and someone calls you black, you get offended and don't sleep for that entire night. If anyone referred to Lord Krishna as the black one, His peace and Bliss would remain unperturbed. It is because He was not limited to His body alone. If He were limited to His body alone, sorrow would become inevitable when referred to as the black one due to the identification with the body.

-  Do you get the 'i' thought from the entire body or from a particular place within the body? It doesn't arise from the entire body but arises from a particular place. The place from which it arises is its place of origin. You need to accept this. Though your body may become age-old or whatever may be the condition of your body organs, the 'i' thought arises from within. Therefore even if your body gets aged, the source of the thought 'I am the body' doesn't get aged. It is the residence of God. It is not a part of the body. If it were so, it should also get aged like the body and its organs. As it is not a part of your body, it doesn't get aged. You may not be aware of the origin of the 'i' thought but you have to accept its existence. It has been referred to as Heart.
-  The Consciousness level differs from person to person ie some people have a lower level of Consciousness and some people have a higher level of Consciousness. You get ruined if you are in communion with those having a lower level of Consciousness. If you are in the company of people with a higher level of Consciousness, you will gain their effulgence. If you befriend broad minded people, even you become broad minded without any of your effort. Choose only such companionship which advances your effulgence.
-  The Lord declared: "I reside in the Heart of everyone." It implies that God and Heart are not different from each other. You may like to view the Heart as a gross object. Therefore you are posing the question: "Can I view the Spiritual Heart centre with the aid of any instrument?" The Heart is formless. It is subtler than the subtlest. You are of the view that the Heart has a gross form. This is your first mistake. It is formless, yet it exists. The Jiva enters the body and becomes limited to it. Even the Lord enters a body but is not limited by it. God doesn't commit the mistake of the Jiva. In the Gita, the Lord told Arjuna: "Both of us have passed through several births in the past. But there is only one difference. I am aware of all those births whereas you are ignorant of them, yet both of us have been carriers of corpse."
-  Lord Krishna is the very embodiment of Bliss. He always smiled throughout His entire Life. Be it good news or a bad one, He remained Blissful forever. Your only task is to cry forever. You cry when you take birth, in the course of your life and during the death too. You become sorrowful for their sake, who doesn't qualify for your sorrow. The Lord said in the Gita: "As you are ignorant that you need not cry for them, you become sorrowful." You are ignorant therefore becoming sorrowful. The Lord is aware and hence is sorrow less forever. As the person taking birth is sure to die, even the dying person is sure to take birth.
-  Lord Krishna fled away in the battle against Jarasanda. Even at that time, Krishna was all smiling. He never felt shy as to what others would think of Him. He was all smiling when He fled. The reason being, He did not possess body consciousness. Who was trying to flee? It was the body which was trying to flee. Being God, He was not imposing the actions of the body upon Himself. A body minded person would impose the actions of the body upon himself. A

person devoid of body consciousness would not do so. He will never get identified with the body. He won't get elated for the victory and won't become sorrowful for the defeat. He transcends all the dualities. The Truth is beyond the dualities. Duality is the cause of your wandering mind. If your mind wanders, it is the sign of possessing body consciousness.

-  The body, world, fear, likes-dislikes are all but thoughts but Heart is not a thought. Even death is not true. It is also a thought. Everyone has a body. Even this body is not true. It is but a thought. The reason being, though the body exists in the deep sleep, you are not aware of its existence. You become aware of it only when the thought arises. Except Heart, everything else is but a thought. Your sorrow, pride are all thoughts only. But Heart being the source of the 'i' thought, is not a thought. It is because it exists even in the deep sleep when there are no thoughts.
-  You exist in the deep sleep. You exist as the Heart there. No one would declare that they don't exist in deep sleep. But you consider the deep sleep to be false and waking state to be true. You consider your corpse, your death as well as this world to be true. Why do you feel so? It is because you consider the false 'i' to be true. This small mistake is leading towards several shortcomings. Though the mistake is small, the punishment is very big. Though it is only a Rupee that has been stolen, death penalty has been sentenced. You are ignorant of the Bliss within your Heart. Isn't it equivalent to a death sentence? Ignorance of the Bliss within the heart is equivalent to a murder ie you are killing yourself.
-  You presume the deep sleep to be false and waking state to be true. Likewise God to be false and world to be true. Why is it so? You don't possess the 'i' thought in the deep sleep. It arises only in the waking state which is not true. If it were true, it should exist even in the deep sleep. Only after the emergence of the 'i' thought, the body, world, merit-demerit, good-bad come into picture. The Truth seems to be false and the false seems to be true only due to the 'i' thought. The false world and the false body seem to be true only due to the body bound 'i'.
-  Bhagavan's answers are very simple. He speaks out whatever has to be told. He is not habituated to quote any books. His intention is that you are already overloaded with the burden of worldliness, then why do you want to carry the burden of books? He directly shares out of His experience. A donkey may carry sandalwood but will not enjoy its perfume. It is the same even with the scholars. They carry the subject matter and verses in the scriptures resembling a donkey. They don't know their inner meaning and their importance.
-  The source of the 'i' thought can be spotted if it were external but the 'i' thought emerges from within. The place of its origin is formless. Hence it is inaccessible to any instruments. As it is formless, it doesn't imply that it has no existence. The Electric current (power) is not visible. Will it imply that it doesn't exist?

- 🌸 Though you may speak lovingly, there are people who create dispute. Though you may speak with a good intention, it gets converted into a dispute if the listener is not capable of understanding the intention. The people in this dark-age are very fond of disputes. When some people start speaking, it turns out into a dispute. Their talk lacks sensitiveness. Therefore Lord Krishna said in the Gita: “Learn the speech related penance.” When you speak something, it should bring peace to others. Speech should be beneficial as well as moderate. It shouldn't be out of context. Speech related penance also facilitates in Self Realization.
- 🌸 When you lack Bliss and Peace, how does it matter whether God exists or not? Buddha and Bhagavan Ramana tried to make you directly experience the Bliss within the Heart without the involvement of God. They never gave importance to the miracles. It is because the miracles are as false as the mind. You may be told about a speaking palm tree. Let it speak. What is peculiar about it? Did it bestow Self Knowledge or is there any decline in your sorrow or did it raise your Consciousness level? They may be temporarily useful to attract you but without the complete annihilation of the ego and without a raise in the Consciousness level, you cannot become a Jnani. Buddha and Bhagavan Ramana always tried to direct you towards the goal and preached about its importance.
- 🌸 Once sage Ashtavakra (sage with eight curvatures in the body) visited King Janaka's court. Looking at the curvatures in Ashtavakra's body, the ministers of King Janaka started laughing. Then sage Ashtavakra also began laughing. This surprised King Janaka. He asked sage Ashtavakra: “It is understood why my ministers were laughing but what made you laugh?” Then sage Ashtavakra replied: “I couldn't stop laughing when it came to my attention that you have been ruling this nation possessing such fools as the courtiers. They are looking at the body and not the Self. They possess only the body related viewpoint and not the Self related one. A person with skin related view point is termed as a Chandala. It is understood that your ministers lack Self Knowledge. How are you able to rule the nation with the aid of such people? How can you rely on their advice?”
- 🌸 Spiritual Heart is also an object of worship. You can adore even the Spiritual Heart. It is difficult to directly meditate upon the Heart or the Self. It is not impossible but it is difficult. The Lord said in the Gita: “Meditate upon the Truth ie Self, if possible; else it is good to meditate upon a Guru or an incarnation.” As you identify yourselves with a name and form, it becomes easy to meditate upon a God with name and form. Contemplating upon God's name and meditating upon God's form is equivalent to crossing an ocean with the aid of a boat. Meditating upon the Self is equivalent to swimming across the ocean in order to reach ashore. One can get liberated in either of the ways. Sri Rajagopalachari said: “When compared to swimming, it is easier to reach ashore by boat.”

🌸 As you keep on meditating upon good people, you will inherit their goodness. As you keep on meditating upon the Heart, the meditator gets melted and attains the very form of Heart. Your body is then not converted into corpse but becomes a temple. Meerabai chanted the name of Lord Krishna and adored His form. Meerabai experienced several hardships. Meerabai's relatives tortured her to such an extent that she experienced the pain that one would undergo on putting their hand in the fire. In spite of undergoing so many hardships, Meerabai never felt them as hardships. The reason being, Lord Krishna's support to her. Meerabai stayed for a while in Mathura and later went to Dwaraka. Her relatives sent her a message: "We had tortured you in the past out of ignorance. Now we will give you due reverence. Please come back home." Then the following question arose within Meera: "To which home should I return back – to the home pertaining to the body or to the true home ie Lord Krishna?" The moment this question arose, she got merged into Dwaraka Krishna along with her body.

🌸 We love God. How do we Love Him? We view Him separate from us and accordingly Love Him. But Bhagavan Ramana knew that God was not separate from Him. In spite of knowing it, he loved Lord Arunachala. That is the true Love. Arunachala is the pilgrim centre that emerged to destroy the arrogance of Lord Brahman and Lord Vishnu. ie Whoever contemplates upon Arunachala, their arrogance gets annihilated and ego gets eradicated by Arunachala.

🌸 Some people are not habituated to giving. The Lord said in the Gita: "Offer Me a flower, Offer Me a fruit." He said it only to inculcate the giving habit within us. When you cannot offer a flower to God, how can you offer Him your body consciousness? Until you give up the body consciousness, you cannot attain Self Knowledge. God is asking thus only to destroy our body consciousness. Fruit, Flower, Money are all external to the body. When you cannot give up the things external to the body, how can you give up the ego which resides within the body? The Lord's intention is that once you start giving up the things separate from the body, you will gradually get habituated to give up the ego identifying with the body. God said thus only to enable you to reach such a state and inculcate the sacrificing habit within you.

🌸 Once a very great miser approached Guru Nanak. Guru Nanak did not address him as a miser. But He handed over a needle to the miser and said: "After my death, I will go either to the heaven or to the hell. Please take care of this needle and hand it over to me when you reach that world." The miser asked: "How can I carry this needle to you?" Guru Nanak replied: "When you cannot carry a needle after death, where are you planning to take your entire wealth after death?" Guru Nanak did not imply that the miser has to ruin his entire wealth. He intended that the miser should possess the requisite sacrifice and charitable nature according to his stature.

🍷 Some people think that the entire world comes to a stall after their death. The world existed even before your birth and will continue to exist even after your death. One who looked after the world before your birth (ie God) will take care of it even after your death. However He is deathless. It is the doer-ship which makes you feel: “Who will take care of all this after my death?”