

# **Gracious Utterances of Sadguru Sri Nannagaru**



**The Translated version of the Telugu book**  
**‘Anugraha Vakyamulu’**



We must look very ordinary externally but increase the strength internally. Our thought process should be in the right direction. Even understanding is Yoga.

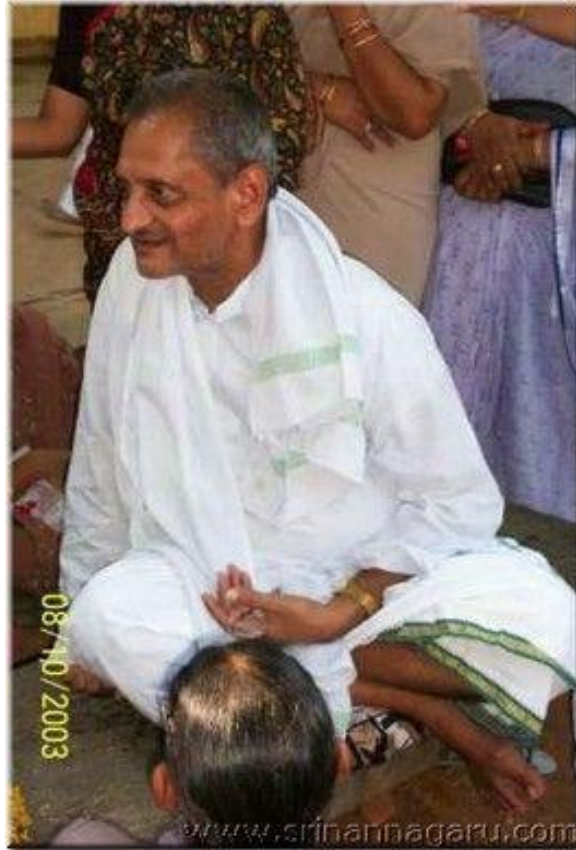
- Sadguru Sri Nannagaru

*In the remembrance of Sri Nadampalli Krishna  
Murthy Raju garu, a resident of the village  
Gummuluru*



View God residing in everyone's Heart;  
Serve that God and make your Life Blessed

# Mind



Only their mind is introverted whose mind, breath and word become one and travel towards the Heart.

I and mine ie., ego and attachment, lust, anger, misery, delusion, arrogance and jealousy- It is only the mind which is the root cause of all these qualities.

Do not depend upon your body or mind or senses. Never depend upon external things for the sake of your happiness. Don't allow your mind to settle upon them.

Man is born all alone. He lives according to his destiny and dies all alone. The body does not think that it is experiencing the destiny. It is the mind which states that it is experiencing the destiny.

# Guru



He is your Guru who drives you into the Heart, the abode of God. He is your true Guru who accomplishes your task without your desire or thought.

If you truly have the Grace of Guru, He will not only point out your weaknesses but also ensures that the path to transcend those weaknesses flash into your mind. He even bestows you with the power to transcend them. He is Guru. Don't consider Guru to be a dumb without any work. He exists as the omniscient indweller.

The Guru watches our thoughts. He watches our deeds. When the Guru feels that we should not get more births, he ensures that we get numerous sufferings or experiences in this very birth in order to cleanse us and bestow us with Self Knowledge.

Your sorrow will not vanish by offering external flowers to the Guru. Your sorrow disappears only when the flower called mind is offered at the feet of your Guru. You then realize that Guru is not different from you and Guru is yourself. It becomes your last birth.

The words of Guru prove to be useful when you develop the inquisitiveness to attain Self Knowledge.

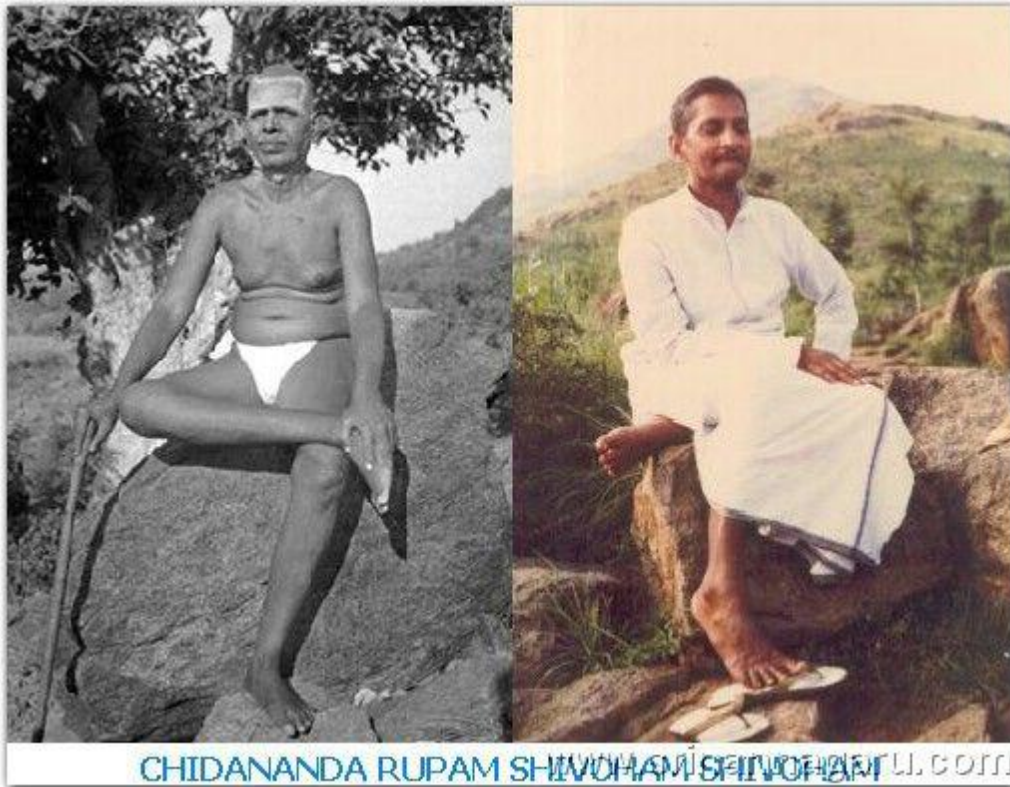
You become silent once a lump of food is put in your mouth. Similarly once Guru drags you within, the word, mind and breath become stabilized.

Even the anger of Guru constitutes His Grace. One should have true love and devotion towards Guru. One should possess true faith in their Guru.



To make the devotees search for happiness and Bliss in the place where it is not available is the work of a demon and not that of a Guru. He is the true Guru who directs your mind and senses to the abode of Peace. He is your Guru who shows you the right direction.

# Bhagavan Ramana



Bhagavan Ramana said: "Time, distance and space are all delusion. The time or distance or space or hardships or losses don't exist in the deep sleep. All these are created by the mind."

Bhagavan Ramana told his Mother:" When, where and how the body is destined to stay and whatever work the body is destined to carry on will happen accordingly. Until and unless the work is finished, Jiva is not carried away by God (from the body)".

Whatever is bound to happen will happen. Whatever is not bound to happen will not happen, how much ever one may try. This is certain.

Vashista is the preceptor of Rama; Sandeepa is the preceptor of Krishna; Dattatreya is the Guru of Parashurama but there is no preceptor for Ramana. Through the death experience of Bhagavan, Lord Arunchala revealed Himself to Ramana as Self within. Therefore Lord Arunachala became the preceptor of Bhagavan Ramana.

# Self Knowledge



When the ego is lost, the Ganges of Knowledge existing within reaches the sahasrara. Only then one gets the taste of Bliss.

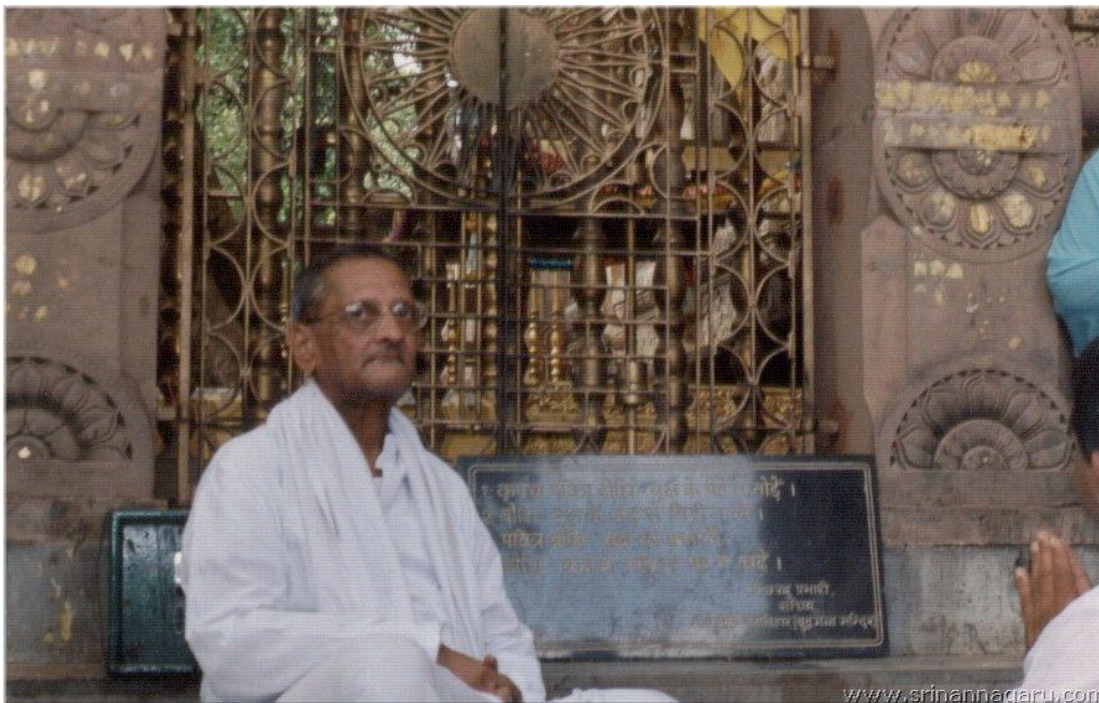
You may feel that you cannot get rid of a tendency when it is very strong. Until and unless the body bound 'i' is thrown out and burnt to ashes, you cannot attain Self Knowledge.

When you question the 'i' thought or make self-enquiry and withdraw the 'i' thought into its Source (ie Heart from where it arises), the 'i' thought perishes the very moment it reaches its source. Then the omnipresent 'I' comes into your experience.

Self is revealed when the delusions are destroyed and tendencies are annihilated. None can attain Jnana without emptying their Heart. Once your Heart is emptied, God does not wait even for a second to coronate you as the emperor of eternal Peace.

Understanding the methodology (to attain Self) is Jnana and experiencing that (the Self) which is understood is Vignana. Thus there is a gap in between Jnana and Vignana.

It is very difficult to bring that you have understood into your experience. The inherent tendencies form a great obstacle in this process. You try to overcome these obstacles. But the tendencies resist a lot. This ensues into a great struggle. If you are able to sustain the struggle, the Jnana is converted into Vignana.



If you do not develop the discriminating faculty to differentiate between the true and false, to distinguish as to what to accept and what to reject, you will be bringing in your own ravage. You will bring about your own destruction.

Remember this: If you are 100% blissful and peaceful at the time of death, you will not get re-birth.

Self exists within the Heart. Due to the strength of your spiritual effort, due to the Holy Company, due to the study of scriptures, due to the constant contemplation of God, if the Self within starts awakening, the wandering of the mind comes down. When you throw a blade of grass into the flood, it is washed away with a great force. Similarly when Self within is awakened, the grass blade called mind is withdrawn into its source within few seconds. Then there is none left over to make a calculation of the merit and demerit.

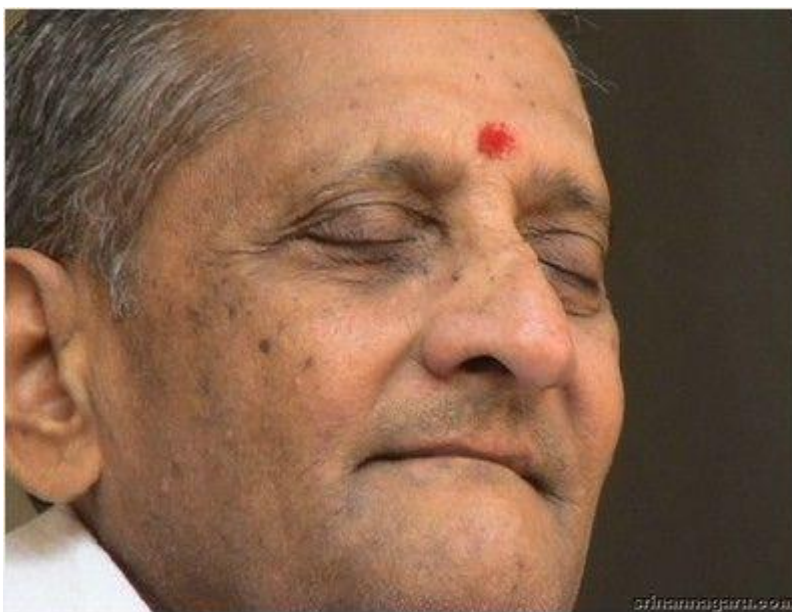
When you lack tolerance, the depths of your heart will not increase. You will not attain Self Knowledge when the depths of your heart do not increase.

Though the rivers keep flowing from different directions, they merge into the sea ultimately. Similarly even if you take birth due to destiny, finally you have to reach the cave of Heart.

Transcending the world implies that the likes and dislikes or the disturbances existing in the world should not enter your mind. Only then you have transcended the world.

It is only the thoughts of 'i' and 'mine' which are ruining a man. Whoever may commit a sin, it is only due to these two thoughts.

# Silence



When the mind subsides ie., when the one that left God roars out as 'i', 'i', subsides, it results in a great Silence. This great Silence clears all your doubts. It is enough if you can attain such Silence.

# Jnani



If you get rid of body consciousness, you will remain untouched by destiny. What the Jnani does is that he holds a sword called dispassion and pierces the indwelling one who is being subject to disturbance (ie ego).



Our Ignorance breeds more pain than any of the external disturbances. Even if you learn all the scriptures in the world and attain scholarship, it is not equivalent to the sight of a Jnani. It is not equivalent to the Compassion of a Jnani. Jnani exists as Self. When you attain the Grace of a Jnani, you will no more require any scriptures or spiritual efforts. Such is the glory of a Jnani.

He is wise who possesses self-control and tolerance. Though they may lose initially but they emerge as victorious ultimately.

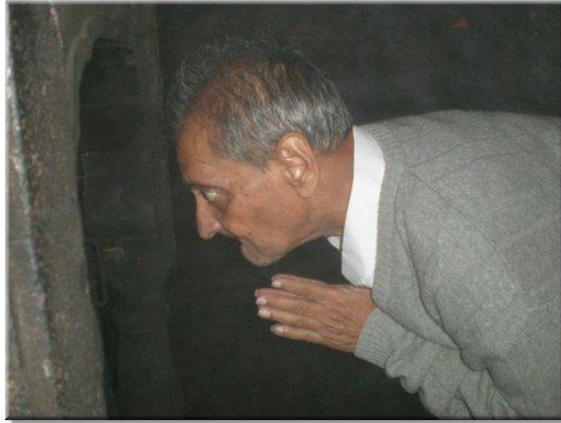
# Holy Company



The Holy Company purifies the mind, refines it and also introverts the same. The mind is destroyed when it is introverted and withdrawn into its source. Only then it attains Self Knowledge.

Several people preach: "Get rid of attachment, get rid of attachment." But one should not sacrifice their attachment towards Mahatmas, Maharishis and Holy people.

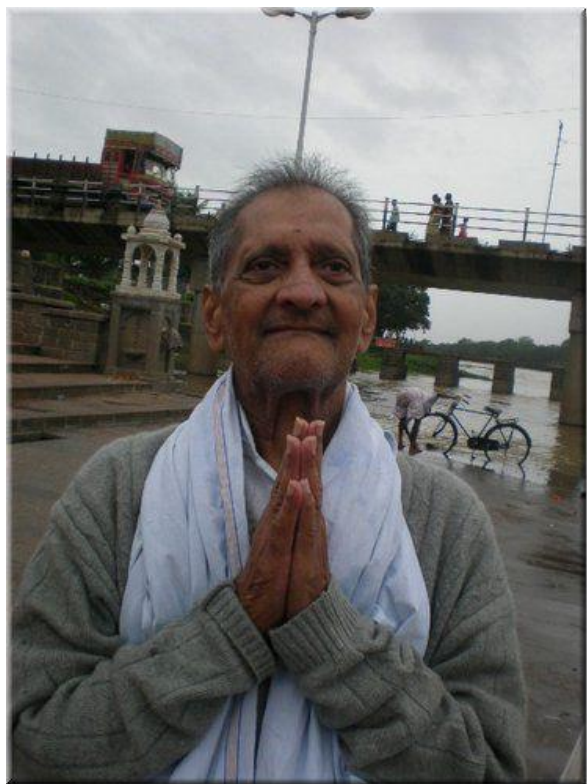
# Surrender



Sri Ramakrishna did not have his own design or plan. God's wish was his wish. One cannot find 'i' thought in Sri Ramakrishna even if you search for the same. He was completely crooked less.

Supreme Lord said in the Gita: "Surrender unto Me. Trust in my existence. Try to attain my Grace. Don't perform the forbidden acts as prescribed by Me. Perform the acts as ordained by Me. Escaping your prescribed duty is as much a blunder as performing the forbidden acts."

# God



God is aware of all the secrets within you. Though the world may not be aware of your secret burdens within your Heart (which resemble heavy stones that cannot be lifted) but God is aware of the same.

God exists in the form of time. We must make the best use of our time. We must hear about God and contemplate upon Him. We must desire for their (Holy Masters) presence in whose presence we get the desire to attain God.

The 'i' thought emerges from Heart. It is only in the Heart that God resides. It is only in the Heart that Peace exists. It is only in the Heart that Bliss exists.

It is true that God is beyond our intellect. But if the intellect is pure, flawless, concentrated and deserving, God is attainable by such intellect.

The poison contained in the mouth of a snake does not kill the snake but kills them whomever the snake bites. Similarly the Maya contained within God does not harm Him. But whoever becomes victim to the Maya turn into ashes. Since Maya is in the control of God, if we take refuge in God, Maya clears the path towards God.

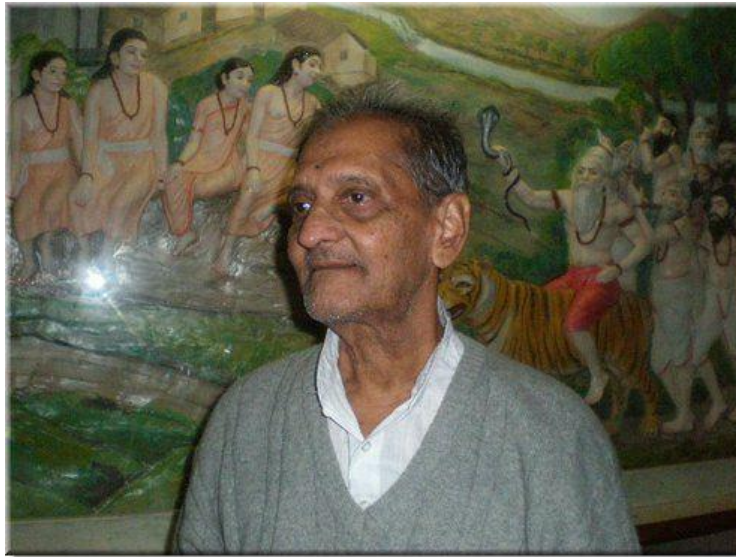
Until and unless we get the experience of being one with God, who is our Master, our controller and our true husband, sorrow and disturbance is inevitable.

We are trying from our end to catch hold of God but God is not holding us. He has left us. There is not even a trace of His holding us. It is because we are getting identified with external disturbances, the craving for fame, scholarship, money and authority.



If you ever see God, ask Him for a boon to bestow you with a good thinking faculty. If you ask for the fulfillment of any desires, you are buying hardships. Initially he will fulfill your desire but later He will send hardships embedded in the desire. God is a great Magician. We don't know what we want. Therefore we need to pray thus: "Oh! Lord, we are living with this ego. We don't know what is good for us. Unknowingly we are asking you to fulfill our desires. Sometimes whatever we consider good may lead us to something bad in future. Oh! Father, show us that which is good for us and thereby liberate us."

Some people feel: "How is it that bad people are living happily and good people are suffering from various hardships?" But God ensures that whoever is bestowed with His Grace will experience the sufferings of a hundred births in a single birth and grants them Self Knowledge.



When you experience the world as very form of God, the world seems to be neither bitter nor sour. It becomes very sweet. It becomes so sweet that you don't experience such a bliss even in Vaikunta (the abode of Vishnu).

# Devotion



Penance is not required for the one who is tendency-free. Your penance or spiritual efforts will be successful only when you possess devotion. You must have devotion towards the feet of God.

Constant contemplation of God and constant attempt to attain the Grace of God will dilute the impurities within the mind.

It is only due to our impurity that we are unable to understand the worth of devotion. The impurity within mind forms a great obstacle in developing reverence for the feet of God. It is a great delusion.

True devotees are always pure. They remain cool in all the situations. They keep working but not even a trace of it can be found. If anyone claim themselves to be the doer of a particular task, they cannot be called as devotee.

I am disguised as Jiva (individual soul) and you are disguised as God. If we remove our appearances, what exists is only One ie Supreme Self.

Maha Vishnu incarnated as Lord Rama and Lord Krishna only to expel the flaws within us. It is enough if we contemplate upon them. They will purify us and make us flawless.

None can reform us if our thinking faculty is not proper. Sage Narada said: "There is no medicine greater than chanting the name of Rama to reduce the ups and downs in your thinking faculty, to reform the same and to transcend the likes and dislikes."

If Self represents the ocean, the ego represents the bubble in that ocean. When the bubble bursts it becomes the ocean. But if the bubble remains as the bubble, it will not become ocean. When the bubble called ego is merged into the ocean of Self by Lord Arunachala, what exists is Self alone.

Oh! Arunchala, I caught hold of You. Making your form as my only support, I am enjoying You. What you have done is that you have merged me within you so that I don't have a separate existence to see you. You made me shelter less. You made me egoless.

# Selfless work



Work done without doer-ship, with your mind fixed on God constitutes yagna (sacrifice).

This is the secret of Karma Yoga as proclaimed by Lord Krishna in the Gita: " You must work in such a manner that the work should progress but the 'i' should not be visible. By the time the work is completed, even the 'i' should vanish. When the 'i' vanishes, what is left out is Brahman only.

Whatever might be the work that you do, dedicate the same to God. By doing so, you will attain God's Grace. Once we attain God's Grace, it is equivalent to attaining everything.

Devotedly doing the work allocated to you by God as per your destiny comprises the true salutation to God.

If you work without any expectation, the results will not bind you even if they are favourable. We are bound only when there is expectation.

Your good deeds should not enhance your mind but should reform it. The words that we speak should bring us the purity of mind.

One has to perform good deeds without any expectation in order to stabilize their meditation and abidance in Self.

Performing good deeds alone should not constitute your goal. The good deeds should purify your mind.

# **Bhagavad Gita**

Bhagavad Gita is the authority for us. The Lord proclaimed in the Gita: "You did not get rid of the body mindedness and name mindedness but Self is nameless and formless. Reaching the nameless one and formless one is equivalent to swimming a river. The swimmer might get drowned in the middle itself. If you cling to the form of a God, it is equivalent to travelling on a boat. The boat takes you ashore. It is the safest path.

The Pandavas and Kauravas exist within us. The good qualities within us represent the Pandavas and the bad qualities within us represent the Kauravas. There is a constant fight in between the two qualities within our Heart. It is only the Kurukshetra within us.

# Spiritual Practices



The goal of all your spiritual practices is to expel all the causes for extroversion of mind.

Help and serve others as far as possible.  
Utilize the gifts of God for the sake of others.

We should go to the house of the donee and donate them with the hesitation whether they will accept it or not. Only then it constitutes true charity.

The ego gets thickened if we involve ourselves in unnecessary and unwarranted things. We must always try to dilute the ego. Jesus said: "The right hand should be unaware of the things done by the left hand". Thus you should work without any pomp and show and without any ego. Only then you will be purified.

The child falls down several times before it learns to walk. On falling down, it gets up and tries to walk again. Even our spiritual efforts are similar to this. We must keep on trying in spite of failure. We must not leave our efforts on facing failure.

You think that you will remain happy by having favourable external circumstances. But even if the external circumstances are not favourable, you will experience a greater happiness if you have self control.



Leaving the body unto its destiny, try to utilize your entire mind and power to awaken to the state of Peace and Bliss. Don't concentrate upon vain thoughts, vain desires and vain actions. Try to attain the Eternal Bliss.

You cannot introvert even an inch without practice, self study, holy company and the Grace of Guru. You try to meditate for several hours and try to introvert. Only then you will understand the hardship involved in the path of introversion.

When our intentions are different from our words, we are not deceiving others but we are deceiving ourselves.

When the body is very much alive, even before the body becomes a corpse, reduce the force of the desire, anger and fear. We are told not to fear anything because fear forms an obstacle in the experience of Bliss.

If the sight of someone is making you angry, it implies that you possess hatred. If you become fond of someone on their mere sight, it implies that you possess desire. Both the hatred as well as desire binds you. The force of desire and anger is very great. They destroy your peace.



Even your followers may become an obstacle in your spiritual progress. Get rid of such people. The tendencies have been accompanying you since thousands of years. Penance is required to transcend them.

Vittam implies money and vruttam implies character and virtue. Do not attain vittam without possessing vruttam ie earn righteously.



The scriptures said: "Relatives are related to body and friends & foes are related to mind."  
Chanakya said: "Your well-wisher may stay at any place. He is only your relative and he is only your friend."      -Sadguru Sri Nannagaru