

**Sadguru Nanna Garu's words:**  
**A Precious Path towards Peace**



**The Translated version of the telugu book:**  
**'Naanyamaina baata Sri Nanna Maata'**

## **Foreword**

Naimisharanyam is the spiritual parlour of penance located in Bhadrachalam. By conducting the spiritual sermons of several Gurus and scholars, it is performing its duty of awakening the spiritual consciousness of devotees. As a part of such a duty, few spiritual utterances are being handed over to the seekers of Truth through this small book.

Sri Bhupathy Venkata Laxmi Narasimha Raju garu, the resident of Jinnur, a village in the West Godavari district is well known to the spiritual world as Sri Nannagaru. In the past , Sri Nannagaru shared several spiritual sermons with the devotees in Naimisharanya. The spiritual wisdom as expressed by Him on several occasions is being handed over to the

devotees by Naimisharanya in the form of this book.

We wish that the precious words as expressed in this small book should become a path of luster (towards the Divine) for the devotees. We are grateful to Smt. Chilukuri Sheshayamma garu for her generous donation to publish this book.

## **A Brief introduction to the Life of**

### **Sri Nannagaru**

Sri Nannagaru hails from the village of Jinnur, belonging to the district of West Godavari. He is also called as Bhupathi Venkata Lakshmi Narasimha Raju. Sri Nannagaru took birth in the village of Kommara (the parental house of Sri Nannagaru's Mother) on 23<sup>rd</sup> September in the year 1934 (which was a full moon day as well as a Sunday). His Mother was Sri Rajayamma and His Father was Surya Narayana Raju. Sri Nannagaru lost his father in his childhood itself. Sri Nannagaru's family possessed spiritual thought process since very beginning. Therefore the seed of devotion was sown into the Heart of Sri Nannagaru since childhood itself. In the year 1954, Sri Nannagaru went along with his Maternal Grand Mother on a

pilgrimage tour of North India. Swami Sivananda of Hrishikesh blessed Sri Nannagaru thus: 'Be Good and Do Good'. In that trip, Sri Nannagaru stayed in Kashi for 9 days. The devotion within Sri Nannagaru's Heart blossomed during this period.

In the year 1957, Sri Nannagaru got a dream in which He was kissed thrice on his right cheek by an old man. The old man was none other than Bhagavan Sri Ramana Maharishi, the incarnation of Lord Subrahmanya.

Sri Nannagaru was not even aware as to who was Sri Ramana Maharishi and to which place He belonged to. In spite of it, Sri Ramana entered the life of Sri Nannagaru. With the Grace of Sri Ramana, Sri Nannagaru attained the peaks of Peace.

Leading the life of a householder, making his life itself as a message, preaching the essence of Sri Ramana's teachings- Sri Nannagaru is lighting the lamp of Knowledge in several lives. His glory is revealed in every word that He speaks out. We are trying to present before you a few words (in the form of this book) that reveal the depth, wideness and beauty of Sri Nannagaru's Heart.





What exists is only one – ie., Self and We are that Self. Our very nature is Self. Self alone is Consciousness. This entire world is gross. Self alone is Truth. The entire world is false. Until the Truth is realized, the false seems to be true and true seems to be false.

Self alone is the basis of this world. Self is the embodiment of Immortality, Knowledge, Peace, Light, Happiness and Bliss. Self is deathless, ever young, eternal, infinite and transcendental. The water cannot drench it, the fire cannot burn it, the wind cannot shake it. It has neither beginning nor end. It has neither birth nor death. It is beyond time, thought and qualities. Such Self is continuously shining within our Heart on its own. Whatever the Jnani refers to as Self, the devotee calls it as God.

Self is the embodiment of Bliss. Therefore we always desire Bliss. Self is the embodiment of happiness. Hence we always desire to remain happy. Self is embodiment of Love. Therefore we always desire Love. Self is beautiful. Therefore we always desire beauty. Self is deathless. Therefore we desire Immortality. As



the cloud masks the sun, even the cloud of ego masks the sun called Self. Therefore we are unable to attain Self Realization though Self is very much within our Heart. Self Realization is the very goal of our life.

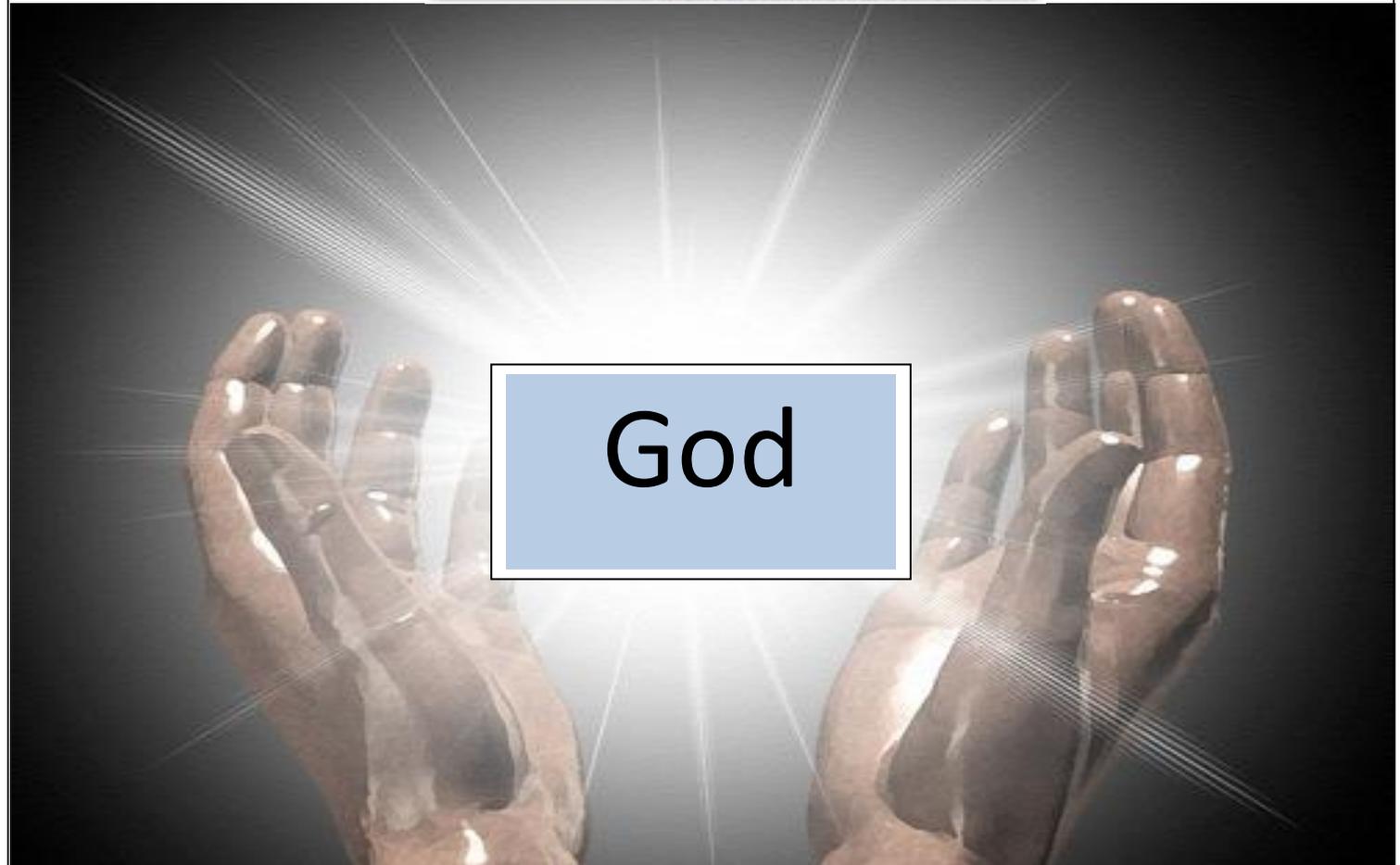
Only those who devotedly hear and contemplate about Self and constantly abide in the Self can break the shackles of ego. Self is revealed only to them who transcend their ego.

Though you may have an intense yearning to attain Self, Self is waiting much more intensely to reveal itself. The birth in which Self is experienced becomes your last birth.



Liberation

Liberation implies release! Release from what? Release from ignorance! What is ignorance? Ego itself is ignorance! The First thought called 'I' is ignorance. The thought of 'I am body only' binds the Jiva. Liberation is not a thing. Our very nature is Liberation. It is only called as Mukti, Kaivalya, Nirvana and The Kingdom of Heaven. Liberation is not something to be achieved after death. It is something which we need to contemplate upon, understand and experience when we are very much in this body and in this world. The Bliss contained in Liberation is not something to be attained. It shines within our Heart only- It is revealed when the delusion vanishes. You are mistaken that it exists somewhere far away due to your faulty thinking faculty. You are already THAT which you want to attain. You will understand this Truth only after attaining Self Knowledge.



God is not different from Self. God is not different from Truth. God is not different from Grace. God is the indweller, all powerful and all independent. The omniscient God exists within our Heart too. Our body has several limitations. Similarly our mind as well as reasoning faculty has several limitations. But God within our Heart is limitless. When such Divinity comes into our experience, we attain freedom and Bliss. The external God appears as well as disappears. But God existing as Self resides with us forever and bestows us with permanent peace. The Jiva becomes God when he gets rid of his tendencies. Sorrow is inevitable until God is attained. Their Heart becomes purified who offer the flower of ego at the feet of God. God is revealed only to the Purest of the Pure. As dry twigs remain in the control of wind, whoever remains in the control of God attain



Self-Realization. God punishes us by giving another body if we don't attempt to attain God even after obtaining a human body.

God doesn't look at our work but looks at the intention behind our work. God's Grace is bestowed, the path becomes clear and the mind becomes purified when our intentions are good. The effort made to realize God is called as sadhana. The power bestowed by God to know God is called as Grace! When we have God's Grace- we have everything.



One who possesses Self Knowledge is a Jnani. He is Jnani who realizes his very nature ie Self. Only a Jnani can love this world. The body of a Jnani is equivalent to a temple. God takes up the responsibility of protecting the same. The activities of a Jnani happen according to the destiny of his body but a Jnani does not have doer-ship. Jnani has no work either in this world or in the other worlds.

Silence is the very nature of Jnani. Jnani need not think of doing good to the world – The world is benefitted by the mere presence of the body of a Jnani. We need not desire for the fragrance in the presence of a Jasmine flower- the fragrance comes out naturally. Similarly the presence of a Jnani is filled with peace, power and brightness.



He who performs miracles is not a Jnani but He who has equanimity is a Jnani. One who floats in air or walks on water is not a Jnani. One who transcends the death and desire is only a Jnani. Jnani does not view the world to be separate from Him. The glory of Jnani has to be viewed in His face only - It cannot be found in books.

One who finds the source of his mind becomes a Jnani. One cannot merge within God if he doesn't become a Jnani.



Only a Self Realized soul is eligible for the word Guru. Guru is not different from God. As it is difficult to adore the formless God, out of Love for Jivas, God Himself takes a form and incarnates as Guru. There is nothing equivalent to the Grace of Guru.

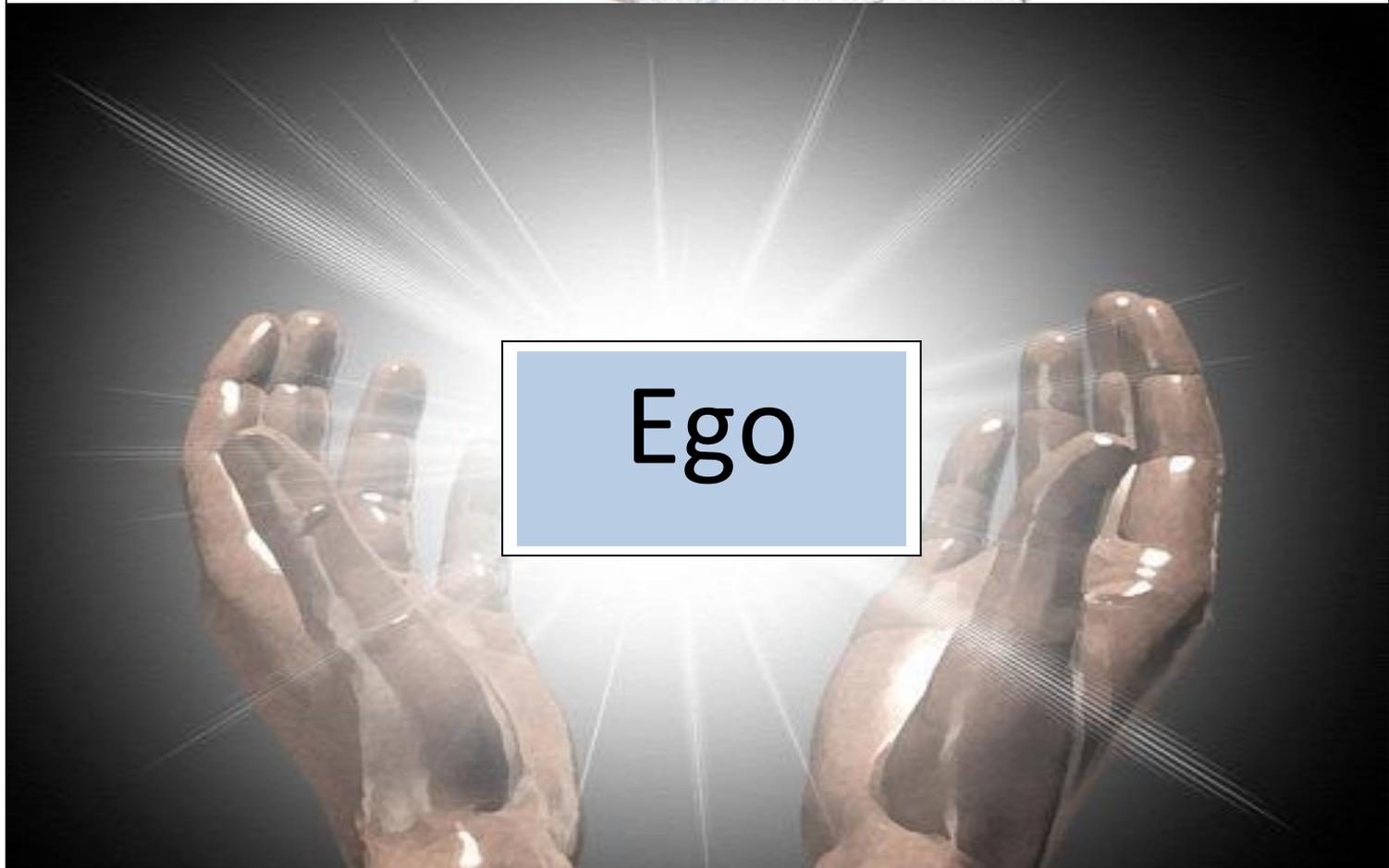
He is your Guru, who reduces the force of your habits, introverts your mind and bestows you with Self Knowledge. It is your Guru alone who chases and protects you throughout your births until you attain Self Knowledge. The flesh and bones being chewed by a tiger may fall down but one cannot escape from Guru's Grace. The recipient of the Grace of Guru will be certainly protected.

Not everyone who declare themselves to be Guru become a Guru. Whoever chants mantra does not become a Guru. One who introverts

your mind with the initiation of a mantra only is eligible to be called as Guru. A person with a pure track record is eligible to become Guru.

The Mahatma, whose sight awakens your consciousness, the purest of the pure, whose words chase you, the sacred man, by touching whose feet your mind gets introverted, the Holy man, whose presence takes you to the Ultimate- He alone is your Guru. One who expects something from you is not a Guru but a burden!

We can never clear the debt of our Guru who bestows us with Self Realization. Any God greater than Guru - does not exist - does not exist - does not exist. The only way to clear the debt of Guru is to attain the state of Guru.



The first thought 'I' limited to body is called as ego. This first thought 'I' is poisoning the other thoughts. The entire creation is dependent upon a single pillar called ego. As long as the ego exists, the body, world and God become true. After the ego perishes, all the three become false. As long as anyone limits themselves to the body, they cannot get liberated from ego. The ego itself results as disturbance. This ego is born out of ignorance. Ignorance itself is sin!

The ego is formless. But as long as ego exists, it clings to one form or the other. God has put the entire delusion (Maya) into ego alone. The Jiva is born when the ego is born and the Jiva dies when the ego dies.



As we are carrying the weight called ego, Our lives seem to be so burdensome. None can become a Jnani without sacrificing his ego.

There is no penance greater than leading an egoless life.



Likes &  
Dislikes

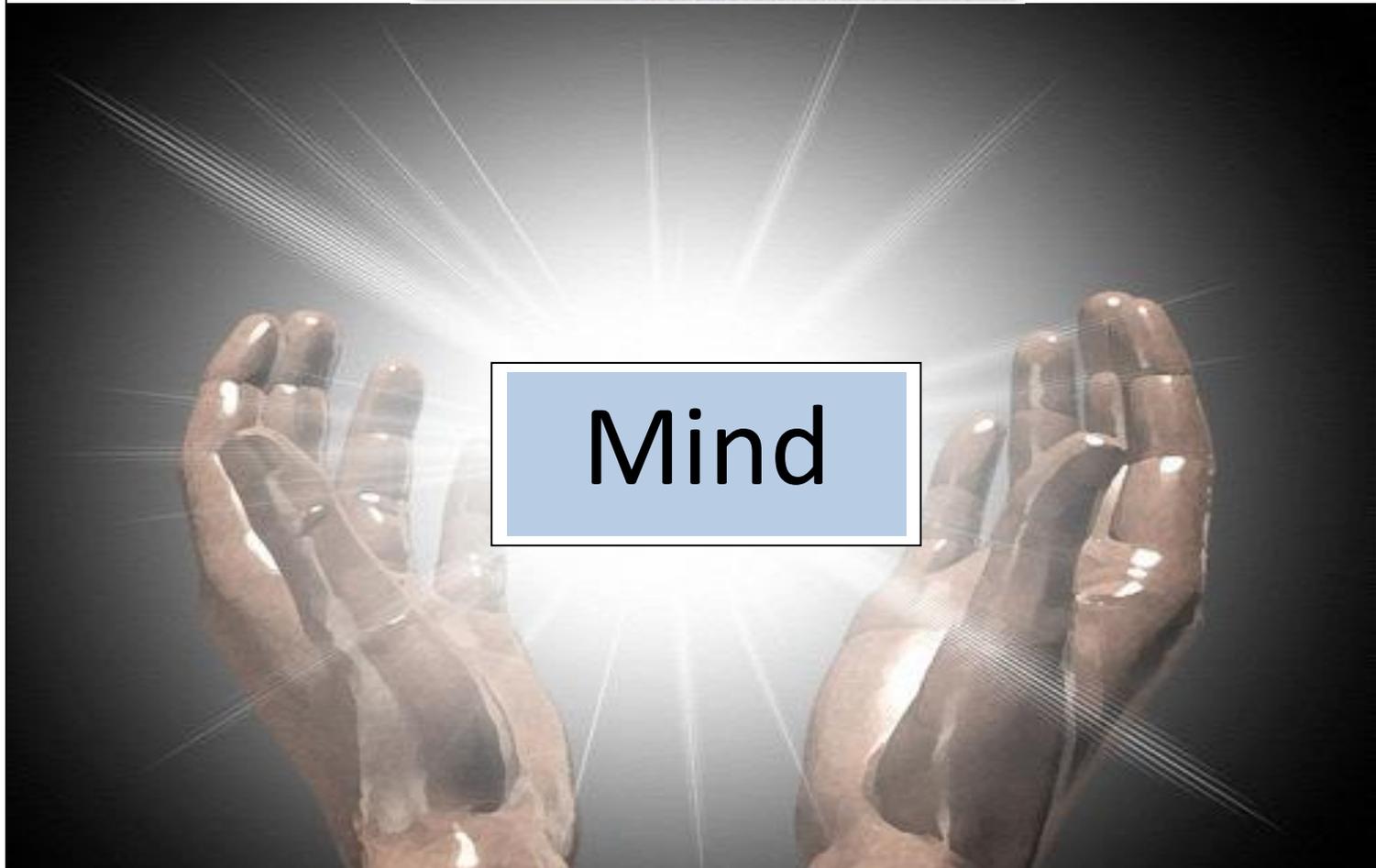
Our likes and dislikes are the root cause of our disturbance! Whether you call them as likes & dislikes or lust & anger, they are one and the same. Lust is born out of delusion. Lust implies desire! Likes & Dislikes are born out of lust. If anyone becomes an obstacle in the fulfillment of our desire, we start hating them. When anyone praises us, we start increasing our attachment for them and if anyone abuses us, we start hating them. Everyone is being burnt by their likes- dislikes and lust-anger.

Though it is difficult to transcend lust, it is not impossible. Only they attain Jnana who transcend their death and desire.

None can fulfill their lust or desire. Lust or desire knows only hunger - but not indigestion. By fulfilling their lust, one cannot transcend the same. Man gets the lust or anger only in the



form of a thought. Man cannot perform any work without thought. Therefore perform self enquiry and find out the origin of thought. Self is revealed there itself. None can transcend their lust or desire until Self is revealed. One who is devoid of likes and dislikes have no other work in this world.



The 'I' thought is the first thought. The combination of 'I' thought with the other thoughts constitute the mind. The mind is also called as Jiva. Though the body dies, the Jiva does not die. We are thoughtless in the deep sleep – where we are mindless, bodiless, world less and godless and therefore remain very blissful. As you wake up from deep sleep, the 'I' thought arises. All your other disturbances follow the same. Your wife and children alone don't constitute your worldliness- even your Mind constitutes your worldliness.

Mind has neither any name nor any form but still it clings to some name or form till its destruction. If the food ingredients feed your body, the name and form feed your mind. Everything is created by your mind. There is nothing visible in this world which is not created by the mind.

It is the mind which creates the world, lives in it and gets trapped in it in order to get carried away in the cycle of birth and death. The mind which has created this world also has the power to destroy it. Reformed mind becomes widened and takes the form of Self.

When all the thoughts within the Heart cease to exist, there is no more existence for the mind. When the sticks in the stove are removed one after the other, the fire to lighten the stove ceases to exist. Similarly when your mind is devoid of thoughts, your mind gets destroyed. Once the mind is destroyed, you attain Self Knowledge.

As long as the mind keeps extroverting, no amount of japa or meditation can bring you Self Knowledge.



Only the reformed mind gets introverted. All the spiritual efforts are only for the reformation of the mind. Only their mind gets reformed who perform selfless work, remain in Holy Company, listen to the beneficial words, and constantly contemplate upon the Self. One who swallows the mind becomes a Yogi and one who surrenders to it becomes a Bhogi.



Purity of Mind



One may be born in any caste, one may adore any God, one may take the shelter of any Guru, one may be born as a man or a woman, whether it is in this world or in any other world, whether it is in this birth or in any other birth, it is only through the gate called 'Purity of Mind' that one can attain Liberation. There is no work greater than the purification of the mind. The impurities of the mind have to be cleansed using the water called devotion.

A pair of metallic, glowing robotic hands held palms up. From the center between the hands, a bright white light emanates, creating a starburst effect with numerous thin, white light rays radiating outwards. The background is dark, making the light and the hands stand out.

# Sense Control



Self (Mind) control is not possible without sense control. Mind cannot be purified without self control. Self Realization cannot be attained by an impure mind. Equanimity is possible only to them who attained Self realization. Equanimity is the essence of entire Yoga.

One who doesn't possess sense control cannot tread the path towards God. Even if the entire world unites and stands against you, it cannot harm you if your senses are within your control. Controlled senses enact as friends and help us. Senses cannot be controlled by contemplating upon worldly objects. Senses get controlled only by the constant contemplation of Self.



# Mind Control

Without controlling the mind, one cannot attain peace. As long as the mind is suppressed, everyone remain peaceful. As the waves arise on throwing a stone into a lake, a small blow upon the ego distorts the mind immediately. We become angry and lose our peace. If a man can remain peaceful and stable in spite of the ups and downs in life, it is a symbol of his control over the mind. As long as the mind's exuberance exists, none can remain peaceful. The permanent peace is experienced only by them whose mind is completely destroyed. Contemplation of the Self bestows us with peace and contemplation of the world begets restlessness.

A pair of hands, palms up, holding a bright, glowing light. The hands are rendered in a dark, metallic or stone-like texture. The background is dark with light rays emanating from the glowing point. Overlaid on the center is a blue rectangular box containing the text "Merit & Demerit" in white, bold, sans-serif font.

## Merit & Demerit



Good deeds beget merit and bad deeds beget demerit. However both merit and demerit are within the limitations of the mind. As you go on earning merit, you get the desire to attain Self-Realization. Therefore our elders prescribed us to perform good deeds. Good deeds cannot bring us Liberation. It is only the Self Knowledge which brings us Liberation. Self Knowledge cannot be attained by money. It can be attained by perpetual dispassion.



Dispassion



Discrimination when practiced results in Dispassion. When we work without doer-ship, it results in dispassion. Dispassion resembles an axe. One who cuts the tree of ego using the axe called dispassion will attain Self Knowledge. Dispassion arising out of discrimination is permanent whereas dispassion arising out of despair is temporary.



Surrender



Abiding in the Self, if you possess true faith- it is called as Surrender! If you possess surrender, you can for-bear any amount of hardship considering it to be the gift of God. The glory of the Self is revealed to the extent you are able to surrender to the Divine.



Bliss



Bliss is that which is all pervading! Bliss is the very essence of the Self. The happiness attained from the sensory objects of the world is not true. Only when the mind is purified and thoughts get reduced, we experience the Bliss pertaining to the Self. The mind which tastes the Bliss pertaining to the Self cannot leave the Self. Bliss pertaining to the Self is nectar.



# Horoscope



Fortune does not exist in the marks of the hand. It is dependent upon the effort of the man. Do not distance yourselves from the ground realities in the name of horoscopes. You will reap good for good and bad for bad. We should always be ready for the call of the Divine by leading a simple, natural and good life.



Courage



Only the brave can conquer the world. One who can kick this world like a foot ball in a play ground – only he is courageous in a true sense. One cannot transcend the timidity of Heart without courage. If you want a bright future you need Courage and Love. Your growth in courage is limited to the extent of your growth in purity. Bheeshma said: “The only remedy for all the diseases is Courage.”



Cleanliness

One cannot progress without Cleanliness. The Cleanliness of the thinking faculty is more important than the Cleanliness of the body. The flaws of the body get burnt in the grave yard but the flaws of the thinking faculty don't get burnt in the grave yard- they accompany you in the next birth. Without purifying the thinking faculty, one cannot transcend the hug of the nature, cannot grow in terms of Knowledge and thereby cannot overcome their body consciousness. Therefore whatever you listen or see or do- think of purity alone- then you will be purified. Without purity of mind, one cannot do self enquiry. If Self enquiry resembles the engine of a train, purity resembles the railway track.



Sin



Whatever God has forbidden us to do- we do the same thing. Whatever God has prescribed us to do- we are not doing the same. This is our weakness! Our weaknesses represent our sins. Sorrow is born out of sin. The root cause of timidity is sin only. A Sinner cannot hear about the Truth- He cannot see the Truth. Sin will subject us to disturbance. They cannot fight against the sin who do not possess purity within their Heart. A Sinner cannot enter heaven or the higher worlds. He will only attain hell or the lower worlds.

A pair of hands, one on the left and one on the right, are shown holding a bright, glowing light. The hands are rendered in a realistic, slightly metallic or polished skin texture. The background is dark with several bright, radiating lines of light emanating from the center where the hands meet. Overlaid on this scene is a light blue rectangular box with a thin black border, containing the text "The Wealth of Qualities" in a bold, black, sans-serif font.

## The Wealth of Qualities



Quality is greater than form. Self Knowledge is greater than quality. A person devoid of quality cannot attain Self Knowledge. A birth devoid of Self Knowledge is vain. Good qualities enhance discrimination whereas bad qualities enhance ignorance. People possessing good qualities become Mahatmas and people possessing bad qualities become a sinner. Good deeds cleanse the thinking faculty and bestow us with Self Knowledge and Bliss. There is no wealth greater than the wealth of good qualities. People with good qualities shine bright in future whereas people with bad qualities ruin in future.



Insight



Insight is greater than far sightedness. We may grow materially due to far sightedness. But you can experience the Self due to insight. If you lead a natural and simple life, the doors of your Heart will be opened- and the Truth shining within your Heart will be revealed.



Shrewdness

The thinking faculty resembles the driver of a car. The laziness of the thinking faculty is much dangerous than the laziness of the body. The person or nation habituated to laziness of thinking faculty will be subject to loot. You will not get the path if your thinking faculty is not pure. The subtleness of thinking faculty is much important in the search for Truth. Self can be attained only by people with subtle intellect and not by people with gross intellect. If your intellect grasps the content in the book, your intellect will get blossomed and you will attain devotion for God. This devotion destroys all the flaws within your mind and grants you with a peaceful thinking faculty. Without a peaceful thinking faculty one cannot progress in the field of spirituality.



Steadiness



Thought process is more important than being emotional to progress spiritually. Your spiritual growth requires the control of your mind. Don't get anxious even if you are criticized by your fellow beings. Of all the qualities, Steadiness is great. It can be habituated by practice. God ensures that your fellow beings will criticize you in order to test your level of maturity. Therefore don't get depressed and emotional when criticized by others. Emotion kills the thinking faculty. Without steadiness in the thinking faculty, one cannot differentiate between the True and False.



Destiny

Destiny is restricted to the body only- It is in no way related to the Self. Man exists as Self only. However he is subject to sorrow due to his non identification with the Self and due to his identification with the body. Only the reformed mind which makes spiritual effort and purifies itself out of discrimination attains the Self Knowledge. Once the destiny is experienced, the body expires irrespective of whether we like it or not. If we cannot sacrifice the body consciousness, danger is certain and sorrow is inevitable. The Holy Company purifies the mind and gets rid of the body consciousness. One who experiences Self as his very nature is not affected by the destiny. Where is destiny for the one who abides in the Self? Destiny may exist for the body but how can destiny exist for Self? You are Self but not body. Isn't it?



Self Knowledge  
is our goal.



Self Knowledge alone is permanent. There is no liberation apart from Self Knowledge. The incarnations, acharyas and Jnanis came onto this earth only to drive man from the darkness of ignorance towards the luster of Knowledge. Even the religions emerged only for this

purpose. The bestower of Knowledge is much greater than the donor of food. Though we are born with ignorance, we must die with Self Knowledge. Though we cry at the time of birth, we must laugh at the time of death. There is nothing equivalent to Self Knowledge either in this world or in any other world. Though you may possess any amount of ignorance, it will be burnt to ashes once you attain Self Knowledge. In order to attain Self Knowledge, one needs the collaboration of self effort, God's Grace and appropriate time. Only the one with the discriminating faculty, who realizes this life to be a dream, transcends the ignorance, drinks the Ganges of Knowledge, reaches the peaks of Peace and drowns in the ocean of Bliss.

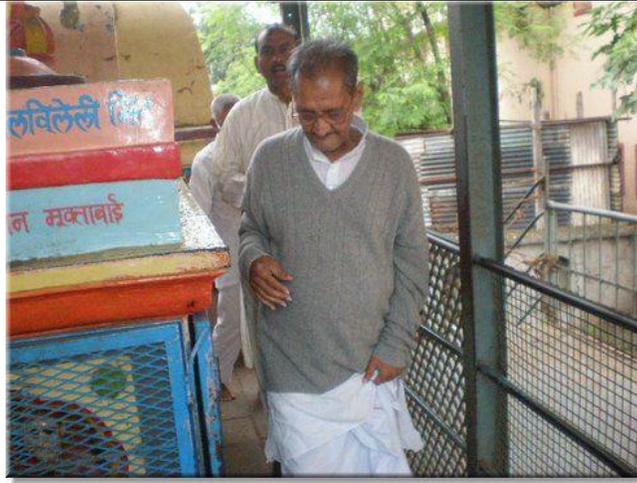
A background image for the title section showing two hands, palms up, holding a bright, glowing light source. The light radiates outwards in many thin, white lines, creating a starburst effect against a dark background. The hands appear to be made of a dark, polished material.

# Seeking Self Knowledge

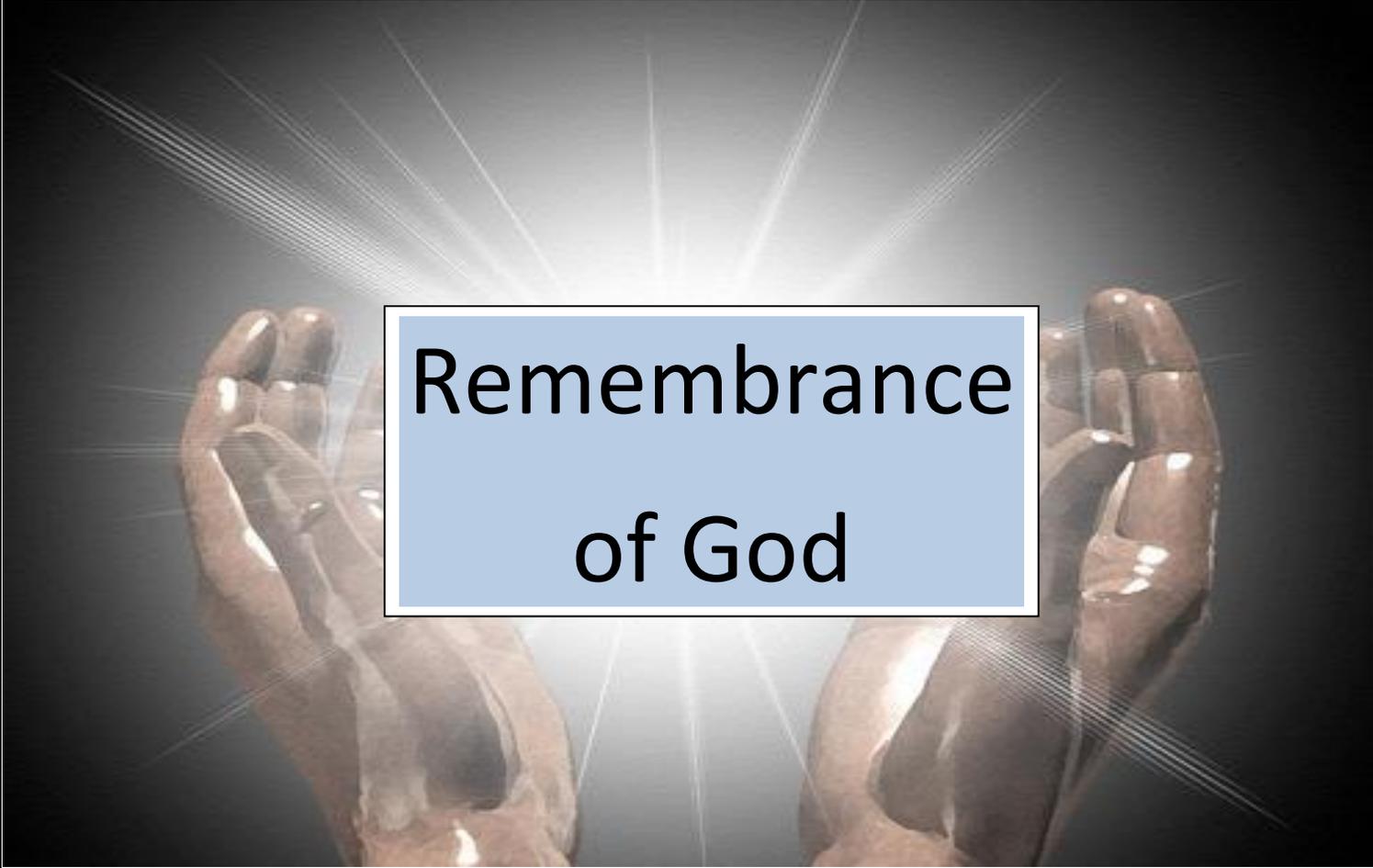
One does not become a sanyasin by wearing saffron clothes. Only he is a true sanyasin who sacrifices his doer-ship. One does not become a Jnani by controlling his senses. Only he becomes a Jnani whose tendencies are completely annihilated. The tendencies get destroyed when we are desire less and work without any expectation. One who recognizes the omnipresence of God attains the Grace of God. Only those sacred people attain Self Knowledge who offer their body and mind and selflessly work for the welfare of the world. If you don't possess lively faith in the existence of God, you cannot attain God Realization.



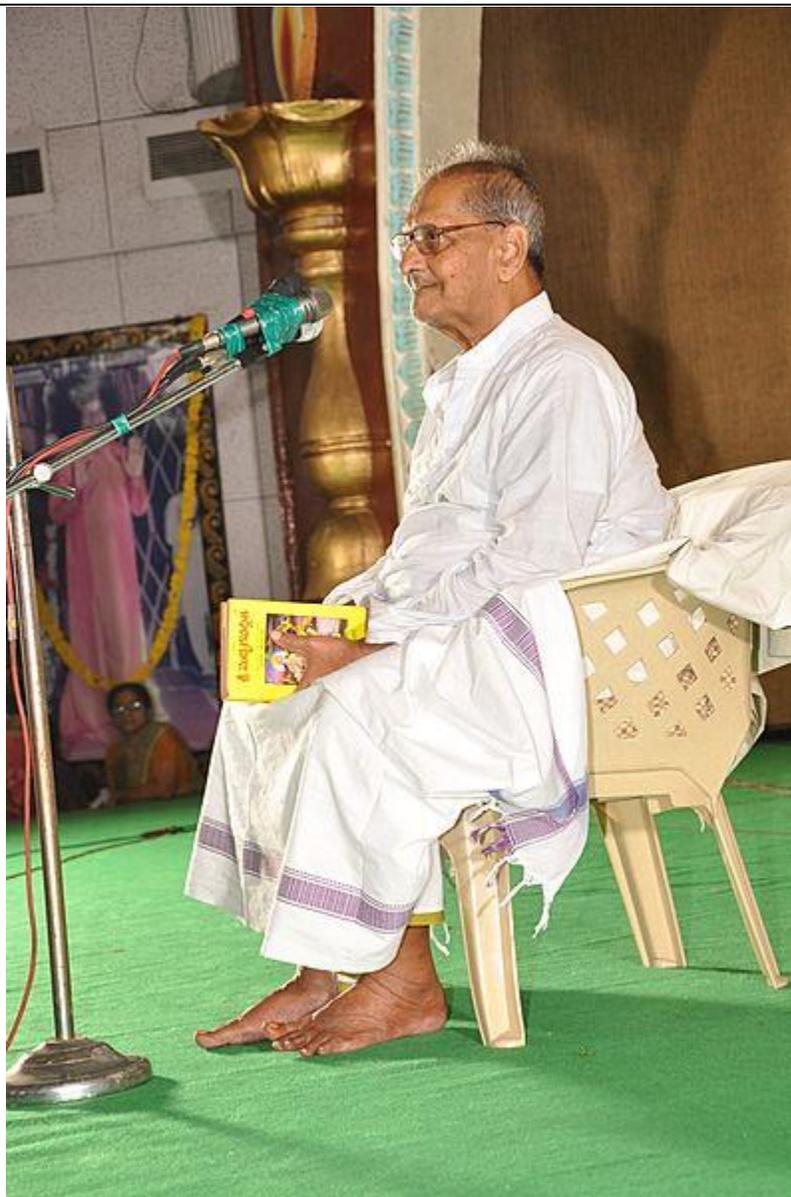
# Human Birth



A seeker utilizes his body as a bridge to transcend the false and experience the Truth. Human birth resembles a railway junction.(One can either attain higher worlds or lower worlds or liberation through human birth). It is only due to the fruit of meritorious deeds of several births that we get a human birth, devotion towards God, Holy Company and the inquisitiveness to listen to good words. Human birth is superior to any other birth. It is inevitable that a Jiva has to make effort to attain Self Knowledge. However the possibility of making an effort is possible only in a human birth.

A pair of hands in a prayer position (Anjali Mudra) with a bright, glowing light behind them, creating a halo effect. The hands are positioned on either side of a central text box. The background is dark with light rays emanating from the center.

# Remembrance of God



You will attain Liberation even if you chant the name of your Personal God with an intense Love. It purifies your mind. The constant remembrance of God showers God's Grace upon you. As you keep on contemplating upon God, the fire of Knowledge emerges within you.

A graphic illustration of two hands in a prayer position (Anjali Mudra) against a dark background. Numerous white light rays emanate from the center between the hands, creating a bright, glowing effect. A light blue rectangular box is superimposed over the center of the hands, containing the text "The Essence of Yoga".

# The Essence of Yoga



Karma Yoga implies doing selfless work. Bhakti Yoga implies “Merge me within Yourself” ie., Merging within God. Dhyana Yoga implies concentrating the mind, controlling the senses and thereby increasing the pranic power. Jnana Yoga implies discriminating between the true and false and thereby transcending the false. But what Sri Ramana preached is the path of self enquiry. Self enquiry implies withdrawing the mind into its source. The very goal of all these paths is Self Realization only.

A pair of hands in a prayer gesture (Anjali Mudra) with palms facing each other. The hands are rendered in a metallic, bronze-like color. The background is dark with bright, white light rays emanating from behind the hands, creating a glowing effect.

# The Glory of Devotion



Constant remembrance of God is devotion. Devotion is not an ordinary thing. It resembles a great weapon. The weapon of devotion burns the sins and flaws and puts an end to the ignorance.

A background image for the text box showing two hands, palms up, holding a bright, glowing light. The light radiates outwards in several directions, creating a starburst effect. The hands are rendered in a realistic, slightly metallic or polished skin tone. The overall scene is set against a dark, gradient background.

## Maya or Delusion

Delusion or Maya exists in the form of Mind. It creates both the body and world. It creates the differentiating faculty and thereby begets sorrow. Maya exists in several forms. It is only due to Maya that we are unable to raise the question: "Who am I?" If Maya is in the control of God, we are in the control of Maya. As long as we possess the tendencies of a Jiva, we cannot predict as to when Maya will swallow us or in which form the ignorance will bite us. If we have to transcend Maya, we should not leave the feet of God till our last breath. As long as we do not transcend Maya, the existent Self seems to be non-existent and the non-existent world seems to be existent.

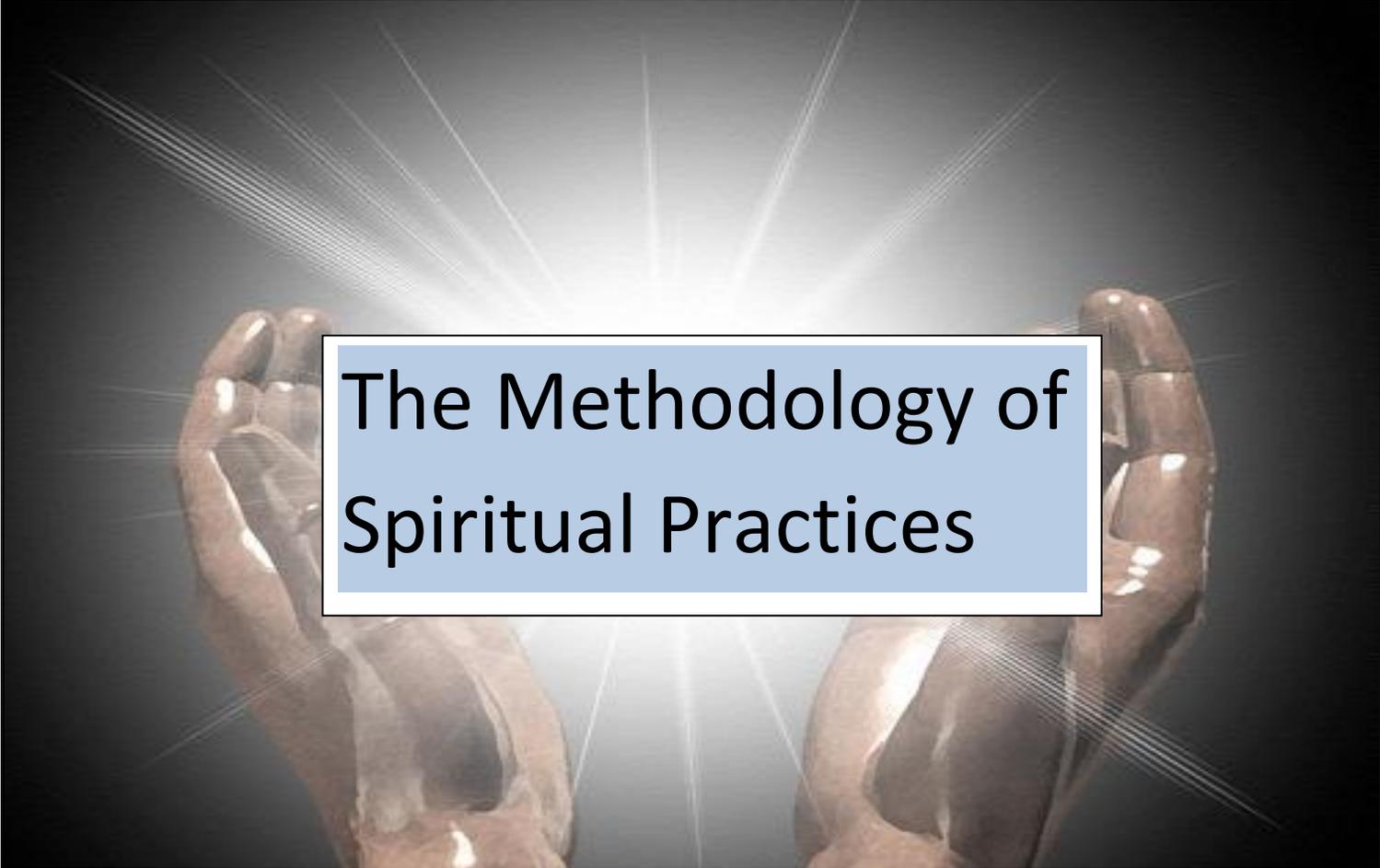


Listening

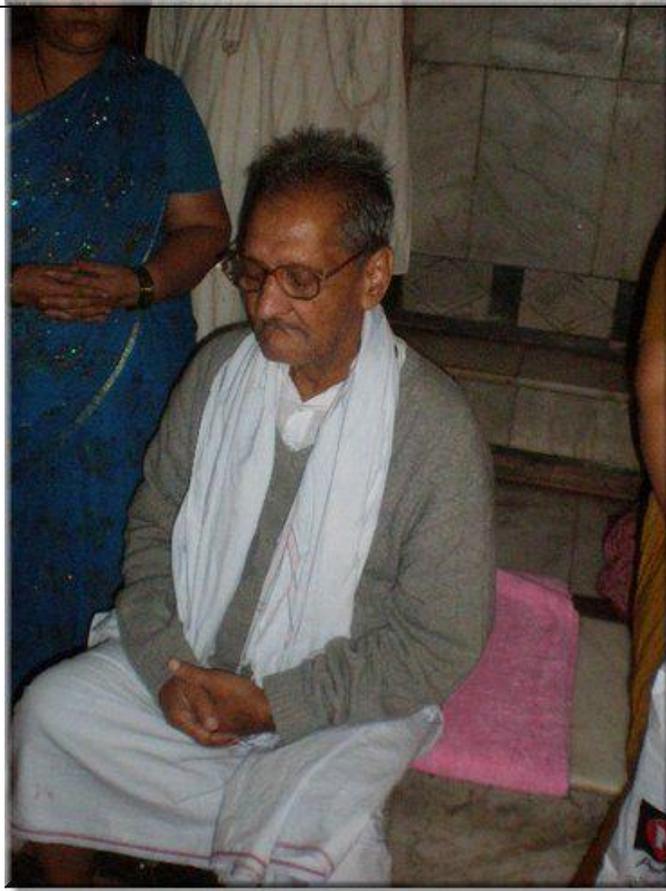
As a poor man's poverty vanishes on earning wealth, you will attain Self Knowledge if you keep on listening about the Self intently. Such Self Knowledge will root out your ignorance. But today, the most unfortunate thing in the society is that people are ready either to worship or to break coconuts or to lighten one lakh lamps- but none of them are ready to listen about the scriptures. The value being given to a stone is not being given to a teacher or an incarnation or a Jnani. One who can visualize God only in a stone cannot see the God shining within the Heart. This does not mean that it is wrong in adoring idols or God doesn't exist in idols. God exists everywhere. The omnipresent God exists even within your Heart. Forgetting this fact, you are considering yourselves to be the body. In order to squeeze



out your thinking faculty limited to your body, our elders restricted God to a stone. If you are able to visualize God in stone made idols, even the stone like minds will turn out to be gold. If Self control is attained by adoring idols- the very purpose of idol worship would be fulfilled. As long as you are away from Divinity, experiencing sorrow is inevitable. You will become sorrow less only when you experience the Self (the very nature of God).

A background image for the title section showing two hands in a prayer position (Anjali Mudra) with bright light rays emanating from the center between them. The hands are rendered in a metallic, reflective style.

## The Methodology of Spiritual Practices



The Japa done with mouth is much greater than the worship done with hands. The meditation done with mind is much greater than the Japa done with mouth. The self-enquiry done with the reasoning faculty is much greater than the meditation done with the mind. Meditation only suppresses the senses but does not annihilate the tendencies. Only he can become a Jnani whose senses become infirm and not the one whose senses are suppressed.



Penance



The attempt made to get released from 'I' is called as penance. One has to regulate his speech and conquer the same. One has to control his senses and conquer the same- it is only called as penance. Self Knowledge is revealed and Truth is realized only through

penance. It is only the Truth which releases the man from bondage. The first step towards the Truth is the question: 'WHO AM I?' One who gets the answer for this question even before the death of his body attains the final state. One need not run away from life or avoid their responsibilities in order to search the answer for this question. Only those who get the answer for the question 'WHO AM I' get settled in Peace. Rather than adoring demons, it is better to worship idols or gods. In the quest for the Truth, the question of 'WHO AM I' is more beneficial than worshipping gods. Without attaining the Permanent abode (Self), one cannot attain either freedom or peace or bliss.



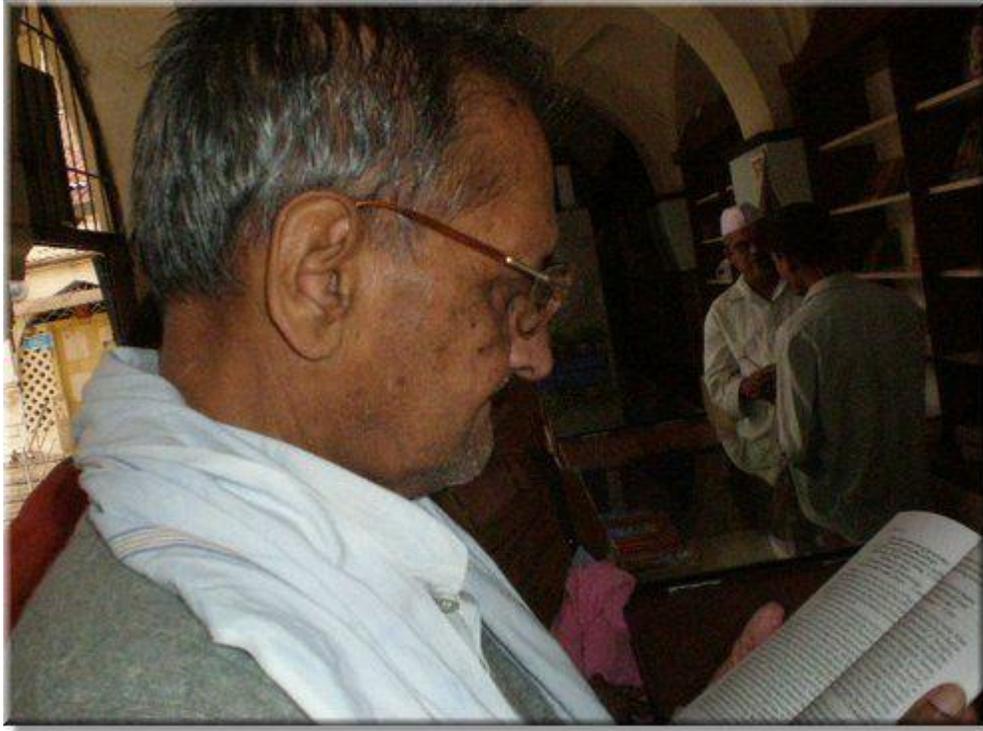
How should  
we Live?

## How should we live?

There is no penance greater than leading a good life. Everyone born as a human should learn to be good. One should do good as well as forget the same. If one leads a good life, the impurities of the mind vanish away and the path towards Liberation becomes visible. One should not hurt anyone either through thought or through word or through their body. One should speak out only that which exists within their Heart and whatever is spoken out should be put into practice. If one treads the path of righteousness, leads a crooked less life, possesses good behavior - their senses get controlled. What cannot be attained by them in this Universe who possesses such controlled senses?



# Fault-Finding



Stop searching for other's flaws. If possible, reform yourself as well as reform your fellow-beings too and thereby transform them into strong people. Reformation is greater than criticism. Construction is much better than destruction. If you are not pure, you cannot see the purity in the world. Therefore stop searching for other's flaws and start your own reformation. You will be useful to the society only to the extent you are purified. Your mind becomes impure due to fault-finding.



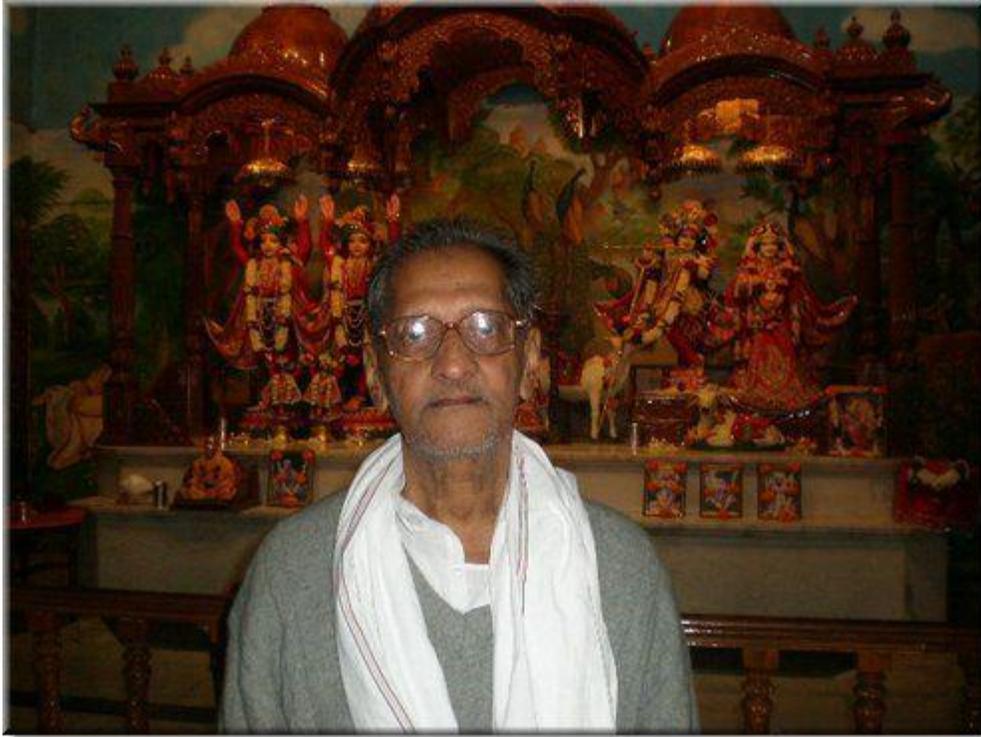
Faithlessness



Faithlessness corrupts the mind. Such a person is never peaceful. If possible we must do good to the society else we must at least admire the good being done. Even this begets merit. A faithless person becomes a criminal but not a Mahatma. The Divine is not revealed to the faithless people.



Craving  
for fame

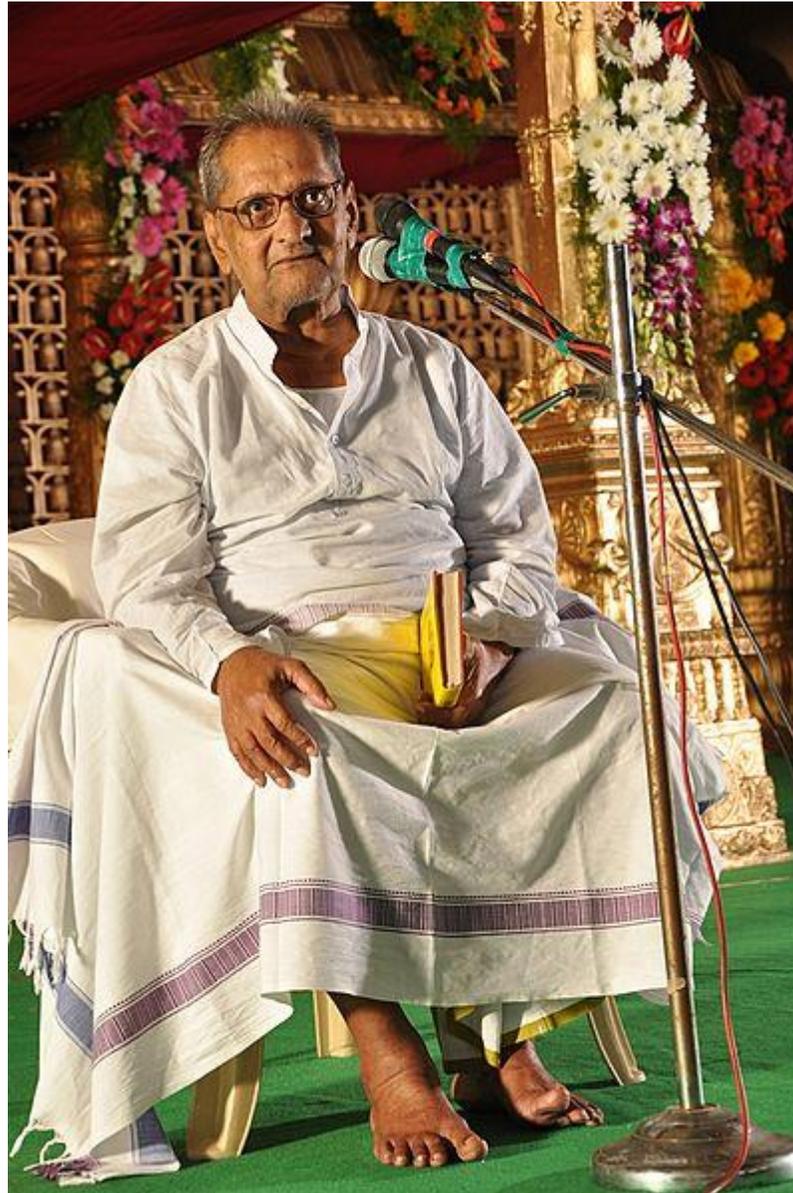


Even the desire for fame is a mental malady! In the process of time, this malady converts into an outburst and thereby leads to several dire consequences as well as distances us from the Self. It is a slavery to think thus: “We are superior and hence others have to honour us.” It is a sign of ego. Ego has an object of sight but the Self has no such object. What exists is one and only one. The intelligent one who understands this truth transcends the desire of being honoured by others.



Fear

Sin is the root cause of fear. No one can transcend fear until and unless they become sinless. Fear chases the man as long as he identifies himself with a body, family, caste and a religion. The state of fearlessness is not possible until and unless Truth is experienced. Fear is the sign of Jiva. Self is fearless. You have the experience of the body which is finite. You also have the experience of mind which is also finite. Self exists within you which is infinite. However you don't have the experience of it. When you experience Self, you attain the state of fearlessness. Forgetting your very nature and considering yourselves to be a body, as long as you roam around your mind and senses, fear is inevitable. Death as well as rebirth is inevitable as long as fear exists. Fear resembles the disease of indigestion. One may eat any amount of food but he cannot digest the same



while suffering from indigestion. Similarly even if you possess any number of good qualities, they will not be fruitful and thereby you will not attain Self Knowledge as long as you possess fear. As long as you keep fearing, you will be distanced from God.



Tolerance



Tolerance is an important aspect of Life. We must be tolerant even in adverse situations of life. Tolerance enhances our skill. A tolerant person gets illumined. Any person or nation devoid of tolerance gets destroyed. A tolerant person considers both victory and defeat alike and accepts them with equanimity. Only a tolerant person can reach the depths of his heart. Truth reveals itself only to a tolerant person.



Anger



Anger is another name of desire. A desire less person is always sorrow less. Only a sorrow less person is a true enjoyer of Bliss. Anger resembles fire. It burns the body as well as the mind and subjects us to physical and mental ill-health. Only their mind attains the form of Self who do not get angry in spite of having a reason for being angry.



Softness



Softness is very important for attaining Self Knowledge. One who is devoid of softness cannot become a sage. Softness brings uniqueness to the life. It enhances the depths of our Heart. It knocks the doors of our Heart. It cools down our mind. It helps in the establishment of peace and power within the society. It increases the understanding between two people. A Soft person turns out to be Shiva and Shuka.



Compassion



Our Love towards God is termed as devotion. Our Love towards the inferiors is called as Compassion. Compassion is a divine quality. Compassionate hearts are the residence of God. Only they are blessed who are compassionate. Compassion awakens the dormant Love hidden within the Heart. If you are compassionate towards your fellow beings, God showers His Compassion upon you.



Charity



If you donate without any pomp and show, without any expectation and with a pure mind - your sins will get reduced, your flaws will get reduced, your thinking faculty will get purified and God's Grace will shower upon you. If you donate only for the sake of attaining honour, you will not progress in life and you will attain the darker worlds after death.



Righteousness



Truth put into practice becomes righteousness. Knowledge is not separate from righteousness and there is no righteousness apart from Knowledge. Man should never give up the path of righteousness and whoever does so can never become wise. It is inevitable that the society devoid of righteousness should forgo its happiness. Only the one who treads the path of righteousness gets the path to transcend Maya or delusion.



**Non-wavering**



One who possesses the wavering of mind cannot concentrate. A person with a wavering mind cannot become Madhava. Even gods were cursed in the past due to their wavering. We should not do any unwarranted things with the mind or the senses. One can attain the state of unwavering mind only when the senses and mind are conquered.



Sacrifice



Offering a banana near God's photo does not indicate sacrifice. Your ego must be offered to God- Only then it becomes a sacrifice. If you are able to give up the fruit of your task for the sake of society- it is a sacrifice in a true sense. Sacrifice begets purity of mind. One who regulates the amusement of the senses is a true tyagi (one who sacrifices). A tyagi is always immersed in eternal Bliss. One who is not a tyagi cannot forgo his enjoyments, cannot attain Self Knowledge and thereby cannot become a Yogi.



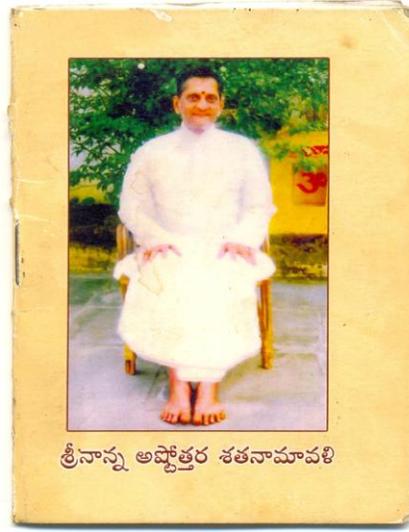
Education



An uneducated man can neither prosper nor progress. All the corners of the mind are blossomed only for an educated man. It is only education alone which can earn us food, devotion and salvation. It is education alone which wipes out all the layers of ignorance and bestows us with resplendence. The education which releases us from ignorance – It is only true education! It is only Self related science! It is only the kingly science! The eternal bliss pertaining to Self can be experienced only with such education.



Solitude



Everyone is afraid of solitude. All of us came into this earth all alone. Also we have to depart from this world all alone. You become aware of your weaknesses only in your solitude. First know your weaknesses. Don't get frightened by them. However burdensome your weakness might be, the same can be wiped out with the help of your effort, Holy Company and Guru's Grace. The thinking power and the meditative power progress from the very day you start leading a secluded life. As fasting is necessary for the physical health, solitude is necessary for the mental health.



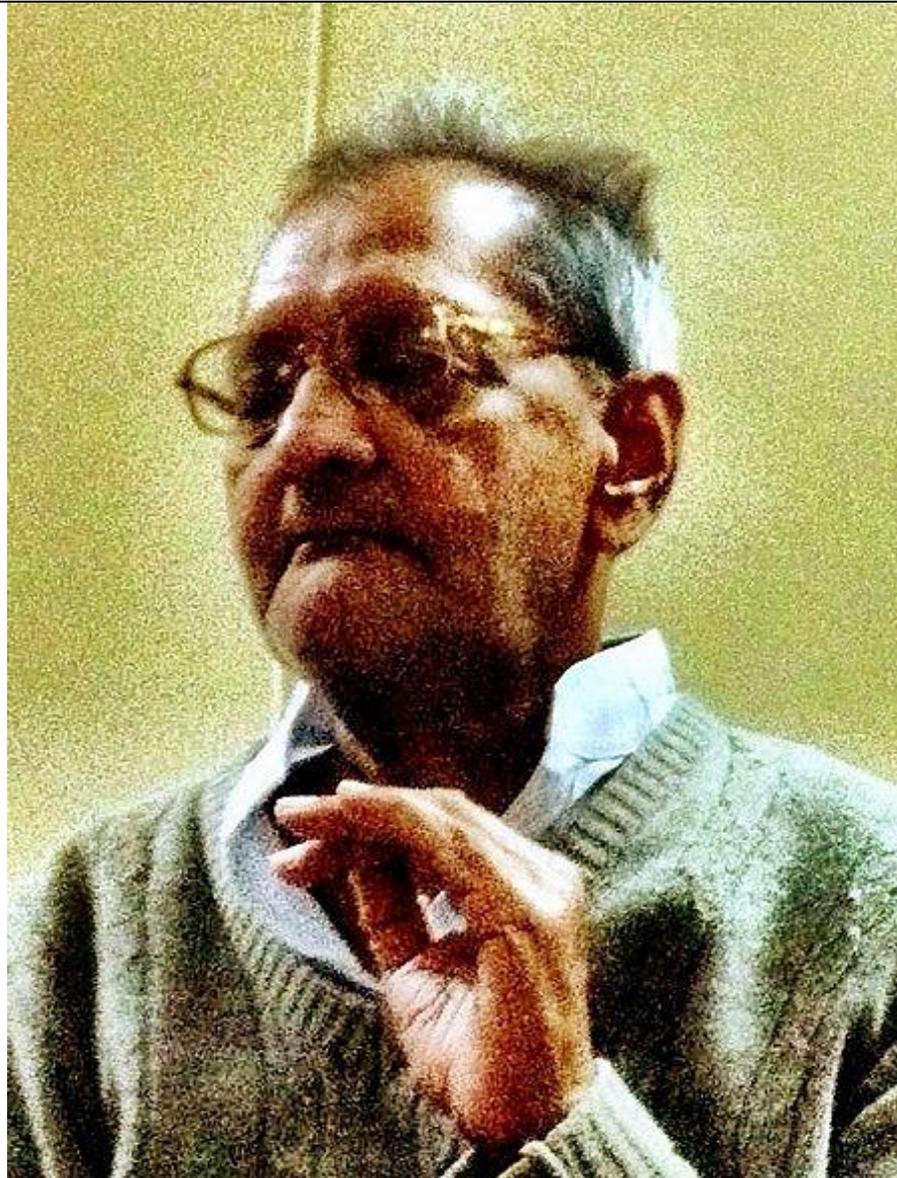
# Holy Company



The Kalpavruksha (Wish fulfilling tree) and Kamadhenu (Wish fulfilling Cow) grant us only that we desire - but the Holy Company bestows us with even that which we don't desire. If we take the shelter of Holy people and follow them, our Heart gets ripened. There is nothing in this world that cannot be attained through Holy Company. The world famous scientist Einstein said: "If required, travel to the very borders of the world in order to attain Holy Company!" Tears roll down from our eyes if there is pain in any portion of the body. Similarly the heart of a Holy man is subject to distress when there is hardship in any portion of the society.

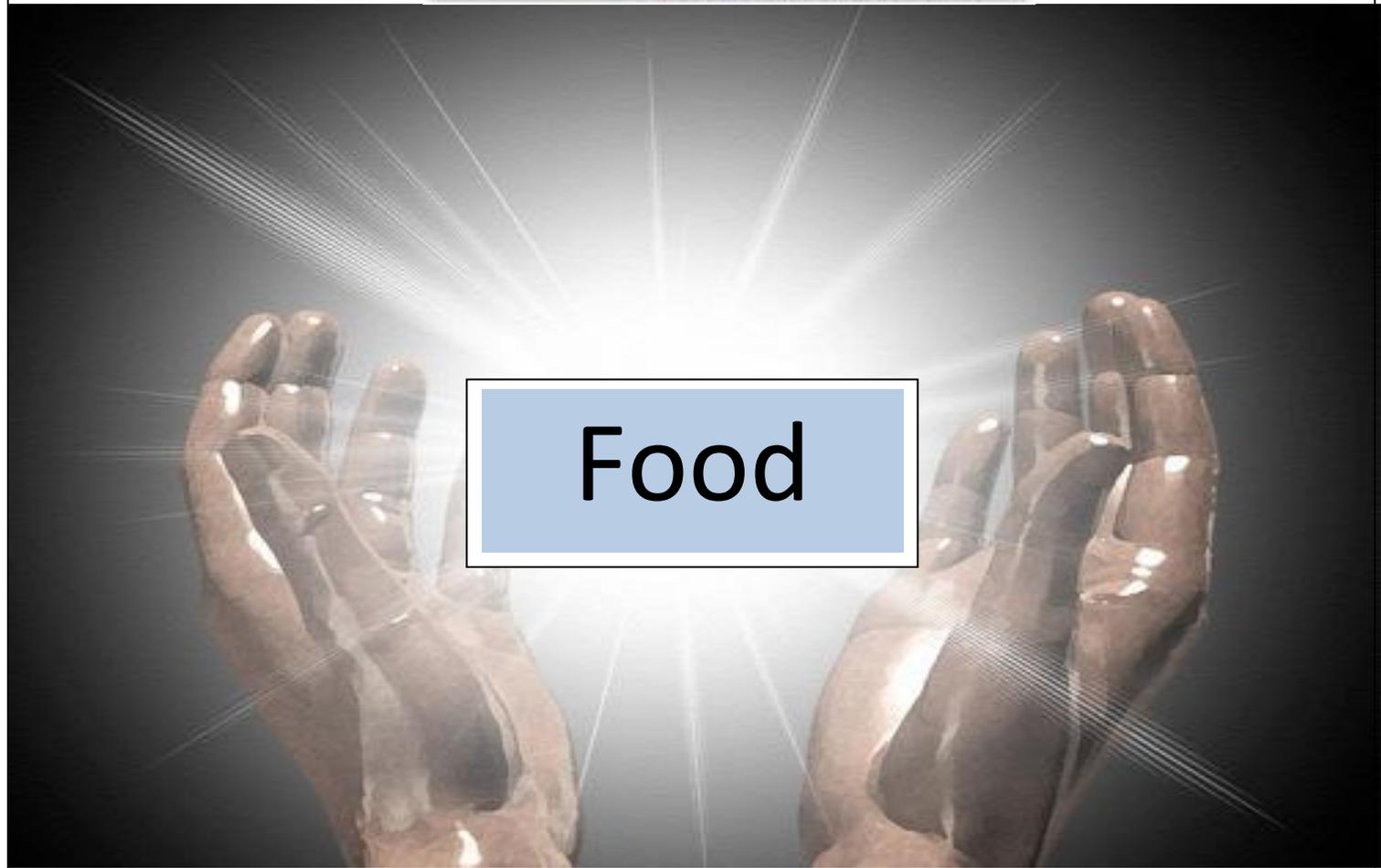


True friendship always desires our welfare – makes sacrifice. How many people desire the welfare of their fellow-beings in the present day society where selfishness has become the sole motive? When a cow is left into a green field, the green field is completely ruined. Similarly if you befriend bad company, they ensure that all your good qualities are lost and you are habituated to bad qualities. All the water look alike - still only certain water is useful for drinking purpose. Similarly all people look alike - still befriend only particular people. Association with the worldly people will thicken your mind – separation from them will reform it. Sri Madhvacharya said: “Suppose you face a tiger while being chased by a wicked man, it is better to become a prey to the tiger than being a victim of the wicked man. If you become a prey to the tiger you only lose your body.



However if you become a victim of the wicked man, you get habituated to bad habits that bring you several menial births.

Enmity with a good man is much better than friendship with a wicked man.





We must eat to live but not live to eat.

In Bhagavad Gita, Lord Krishna prescribed moderate food i.e., He asked us to eat that which suits us the best. Sri Ramana said: “Eat moderately only that which is beneficial for you.” The food that we eat affects our mind to a certain extent. If we eat sattvic food, it enhances our sattva. Our sattva shows us the path towards the Truth. If we are careful in our food habits, our thinking faculty blossoms.



**Celibacy**

Our very nature is Brahman only! Constant abidance in Brahman is called as Brahmacharya. Mere Regulation of the external senses does not indicate Brahmacharya. Self is not revealed by controlling the external senses alone. Marriage is not an obstacle in attaining Self realization. Don't fear that Truth will not be revealed to you on getting married. Don't get into such delusions. Even the relationship between a man and a woman is also a thought. By constantly contemplating upon Self, all the other thoughts along with this thought get dropped. Thoughts only are obstructing our resolute state. Our elders classified our life into four stages ie Brahmacharya, Grihastha, Vanaprastha and Sanyasa so that our life blossoms evenly.



## Money or Wealth

Valmiki mentioned in Ramayana: “God has put the entire delusion in the form of money.” Man needs money. But Self Knowledge cannot be attained by Money. You cannot purchase Self Knowledge by using money. Money is created by man but Truth is not created by man. You can enjoy pleasures using money but cannot earn peace through it. Peace exists in Self alone. The pleasures attained through money are not only temporary but also hinder the spiritual progress. If liberation is possible through money, all the rich people within this world should get liberated much before us. But did any rich man get liberated till date?

It does not indicate that money has no value. If your donation is sattvic, the flaws within your mind are annihilated and you get purified.



Don't ever regret in doubting that the money you spent for the good will go waste. It accompanies you to the next birth and brings you a higher birth. You must learn to control Money. If you are unable to do so, you will get equally depressed in future births as much as you are elated now. Quality or Attribute is greater than money. None can purchase quality or attribute with money.



Sleep - Death

In deep sleep, your body, world, god as well as mind do not exist. You are not aware of the happiness that exists in deep sleep while you are fast asleep. You become aware of it only on waking up. If you are able to experience the happiness of deep sleep in the waking state- you will experience the Bliss- It is only called as Liberation. Though your relationship with your body and world vanishes in the deep sleep, you are not afraid of sleep but you are afraid of death. Why is it so? After waking up from sleep, you are able to see your body, family, wealth and world. This is something which is in your experience. Therefore you are not afraid of sleep. Even death resembles a prolonged sleep! Even death is a thought! That which brings about change is death! If the body expires- you only get a new body and new surroundings.

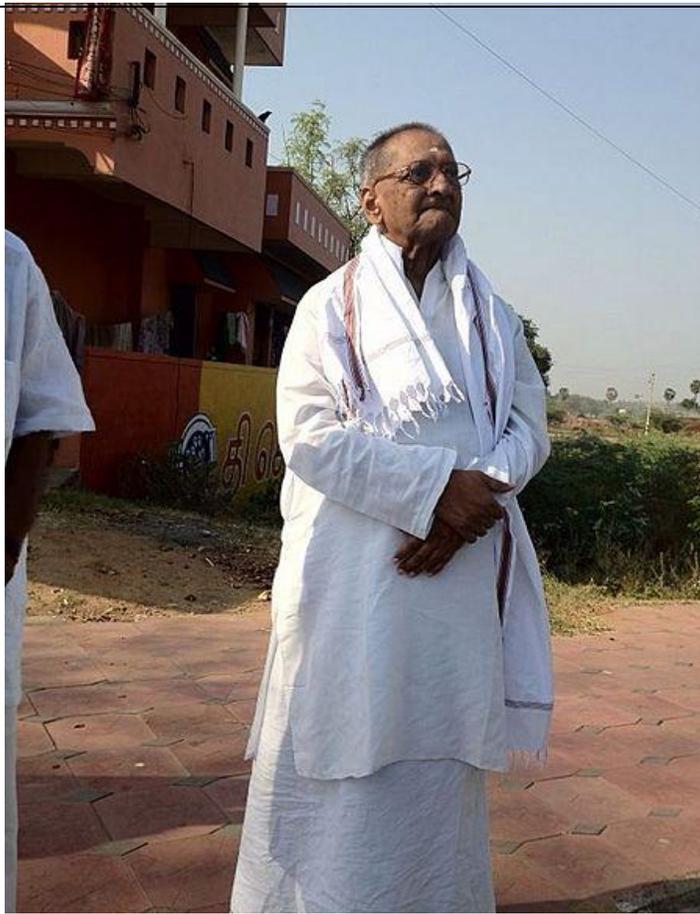
Everyone is afraid of burial ground. But even burial ground resembles our Mother! The body which originates from a Mother is preserved by the burial ground after it's death. When the body, which is made up of five elements is burnt in the burial ground, the five elements get separated from the body and merge back into the respective five elements.



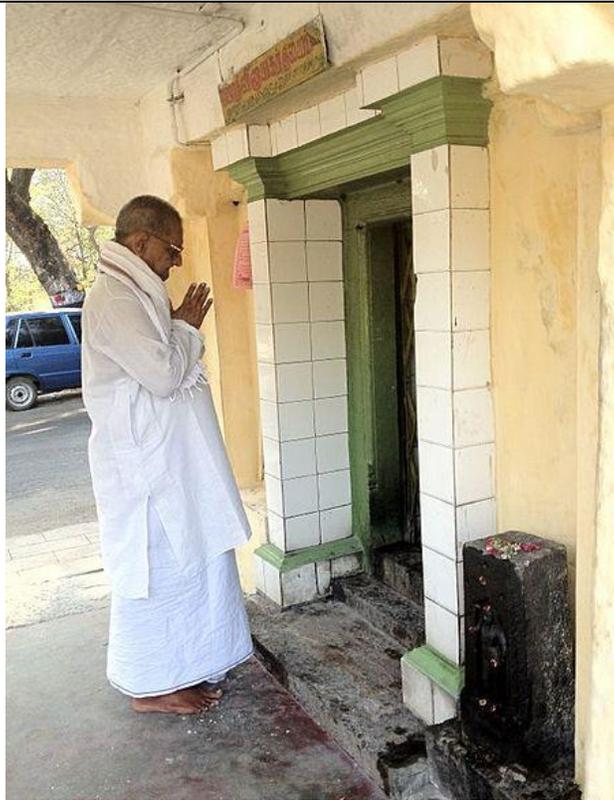
If dreams represent our short lives- the life in the waking state represents our long life. It is the subtle body which experiences the dream whereas it is the gross body which experiences the current life. This is only the difference!



# True Birth & Death



You are not born when your body is born. You are not dead when your body dies. You are born only when the 'I' thought is born. You are dead only when the 'I' thought merges into its source ie., heart. The birth of ego is the true birth – the death of ego is the true death. Therefore the birth of the body does not represent the true birth and the death of the body does not represent the true death.



Since several births, the ego has been roaming externally. Putting an effort to introvert the mind and searching for its source constitutes true spiritual life. Rather than travelling miles of distance externally, travel internally at least an inch into the Heart. You will then understand the glory of Self. We may put the ego to sleep by worshipping the idols and by chanting the mantras but we cannot get rid of it. Self is revealed only when you put your entire power and tact in looking at the source of ego.



Religion



Religion is the creation of mind. Since it is born out of mati (mind), it is called as matam (religion). This world consists of not only Hinduism, Islam, Christianity and Buddhism- but a separate religion exists for each and every head. Mankind is being subject to more harm than benefit in the name of religion. Your religion is irrelevant if you are getting intoxicated by it. The very purpose of religion is to enhance your wisdom but not to intoxicate you and thereby enslave and loot you. Only that can be called as religion which shows the path (towards Self) and reforms the mind!



Self existed even before the religions emerged! The religions took birth only to show us the path towards Self. The religion which does not strive for the benefit of the entire world cannot be called as religion. You can adore your own religion and God- there is nothing wrong in it. But you should not hate the religion or God of your fellow beings.

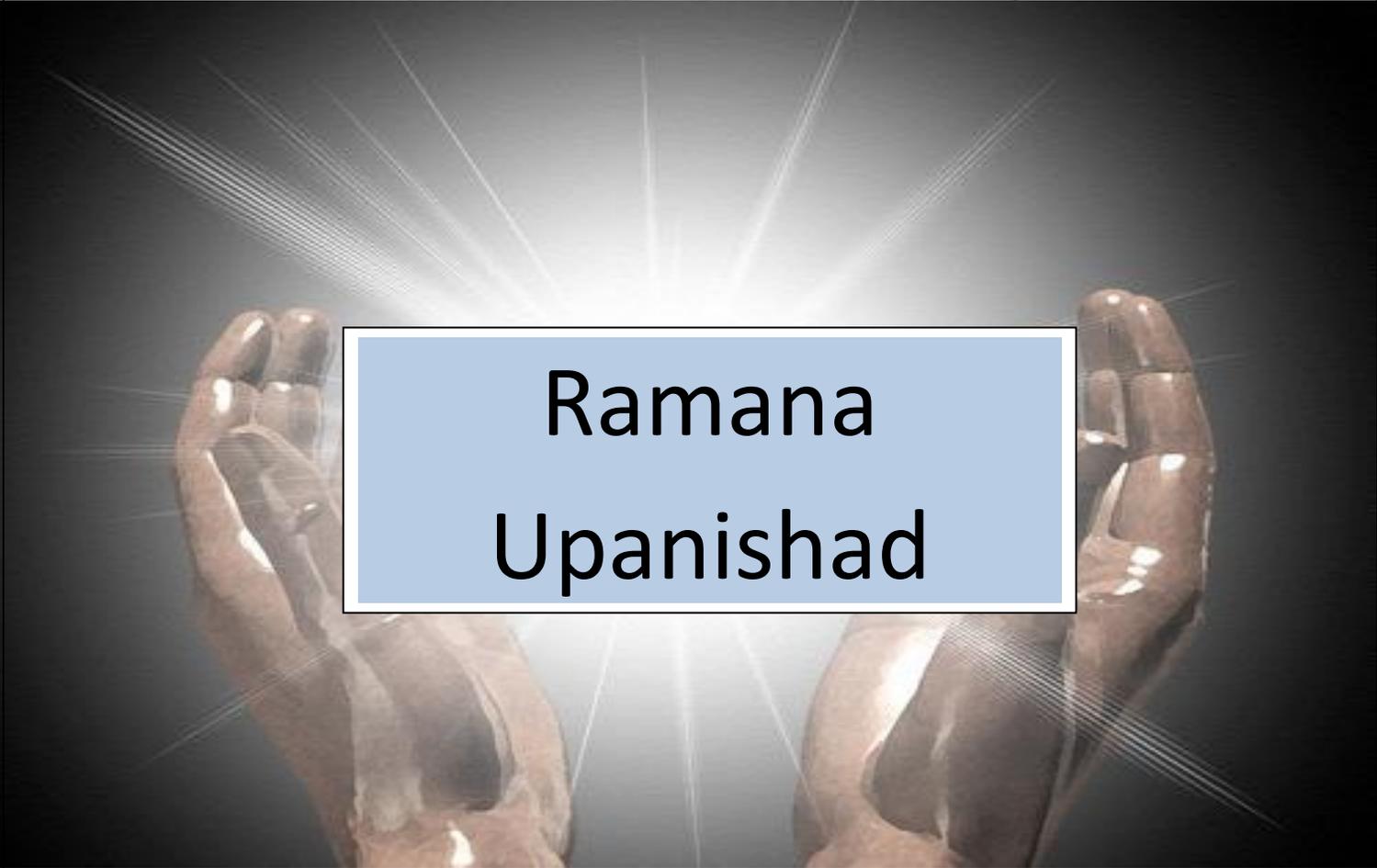
There is no other religion greater than Truth.  
There is no other nation greater than Truth.  
There is no other God greater than Truth.



Society



Man is a social being. Society is a congregation of people. The society gets reformed only when people get reformed. The society gets reformed only when man sacrifices his selfishness. A Selfish man is devoid of selflessness. One who lives for the sake of others- Only he can be called a Mahatma! If one sacrifices his laziness and offers the result of his actions to the society - only that constitutes true worship. The one existing in the form of Nara is Narayana only! Serving man is equivalent to serving God.

A background image showing two hands, palms up, holding a bright, glowing light. The light radiates outwards, creating a starburst effect. The hands are dark, and the light is a bright, warm yellow-orange color.

# Ramana Upanishad



Though man is Brahman and Brahman shines within his Heart as Self- he has stopped searching for Brahman within his heart and started searching for it in scriptures. Therefore Sri Ramana discovered a new path called 'WHO AM I?' ie the path of self-enquiry in order to direct man towards Heart. It is only referred to as Ramana Upanishad.

Bliss doesn't exist anywhere else in this world except in Self. Self alone exists. It is infinite, indivisible, immortal, ageless, wonderful, indescribable, inexhaustible, eternal, incorporeal and unworldly. It is the embodiment of Knowledge, Bliss and Existence. Self is the basis of this creation. Water cannot drench it; Fire cannot burn it and Wind cannot shake it. It has neither birth nor death. It has neither any beginning nor any end. It is beyond time- beyond your thoughts - and beyond your qualities. It is not far away. It exists as your very nature. It shines within your Heart.

Forgetting your very nature (ie Self) , you are in the delusion that you are this physical body which takes birth, grows and dies. Therefore you are experiencing sorrow. You cannot transcend sorrow until you attain Self Realization.

Do you possess the 'I' thought in your deep sleep? When the 'I' thought doesn't exist, do you possess either body or world or God? - No.

But as soon as you wake up from deep sleep, you are getting the 'I' thought. It is only after getting this 'I' thought that you are reminded of your worldly disturbances which are the root cause of your sorrow.

If the 'I' that you are referring to is true, why doesn't it exist in the deep sleep? If the 'I' that you are referring to is true, why does it possess likes, dislikes, desire, greediness and sorrow? Why is it unable to abide as One (ie Self) forever?

The body bound 'I' doesn't exist in your deep sleep- does it indicate that you don't exist then? If you don't exist, who else declares on waking up that 'I have slept blissfully'? Are you

declaring thus after experiencing Bliss or even without experiencing it? Then who is that 'I' which has been blissful in the deep sleep? It is only the real 'I' ie Self. This 'I' exists forever. It exists even in your waking state but you are unable to experience the same due to the body bound 'I'.

If you are able to consciously experience the Bliss of deep sleep in your waking state, - it is only called as Liberation! Liberation is not something to be earned. It exists forever. Even when you desire liberation, you exist within liberation only. Your very nature is Liberation.

It is only the body bound 'I' which is obstructing the experience of the Bliss (relating to Self). Then who is this 'I' which is the root cause of all your hardships and losses?

A body bound 'I' is taking birth to connect Self (representing Consciousness) and the gross body. This is only called as the Chit-Jada Knot- it is only the ego-it is only the Jiva-it is only causal body.

This 'I' is not true. It is merely a thought. Of all the thoughts, this 'I' is the first thought, the primary thought and the foundation thought. All the other thoughts are arising only to this first thought- the bundle of all these thoughts only comprises the mind!

This 'I' is limited to the body only! Still it does not die upon the death of the body. It will not get annihilated until and unless it reaches its source. Then where is its source?

This 'I' thought is arising within us only. Therefore everyone points towards the lower portion of the right hand side of his chest while

referring to himself as 'I'. It implies that the source of 'I' exists there itself- it is only the Spiritual Heart!

It is within this Heart that Brahman constantly shines as 'I' 'I' in the form of Self. It is only the eternal and true 'I' ie Self! As the bubble emerges from water- the body bound false 'I' emerges from the true 'I' ie Self. This false 'I' represents a remarkable power emerging from Self resembling a ray of light that emanates from Sun. But this false 'I' is behaving independently considering itself to be self born forgetting its very source. The entire creation is dependent upon this single pillar of false 'I'. The Jiva took birth only when the false 'I' was born and the Jiva expires only when the false 'I' will die. The state that existed even before the emergence of the false 'I' is our primary state.

Self (our very nature) exists where there is not even an inch of the false 'I'.

'I' implies Self. 'I' thought refers to the ego. Self is infinite whereas ego is restricted to body. If an ocean represents the Self, the bubble represents the ego. The ocean can exist even without a bubble but a bubble cannot exist without the ocean. Similarly Self can exist without ego but ego cannot exist without Self.

The ego needs the body, world as well as God. But Self can exist even without the body, world as well as God - It is Self-luminous.

Greed will not abandon man as long as he thinks: 'I exist within the body; the world is external to me and God exists somewhere else.' A greedy man cannot work without any expectation. As long as one works with some expectation, tendencies originate from such

work. These tendencies hide in the form of a seed within the heart. Desire (thought) arises from this tendency in another birth. This desire makes him work again which in turn yields result. On enjoying this result a tendency is again formed. This is an ocean of Karma (vicious circle of birth and death). As long as doer-ship exists within a man, he cannot cross this ocean (of Karma) and thereby cannot transcend the vicious circle of birth and death.

None can become a Jnani until and unless the tendencies within Heart are completely annihilated (without any remnants). One cannot merge within God without becoming a Jnani. Even a single tendency left out in the Heart would form the basis for another birth- It will become an obstacle in experiencing the eternal bliss. Can a fort be conquered as long as enemy exists within the fort?

As long as the tendencies within heart shoot out into brain, You are not even aware of the desires (tendencies) hidden within the Heart. A desire fulfilled becomes much stronger whereas a desire regulated gets diluted and vanishes off. Therefore as soon as the desire arises, one should not implement the same but has to put himself the following question: “For whom does this desire arise?” Then he gets the answer: “To Myself”. Once he enquires: “Who am I who is getting this desire?”, the mind which has been searching for pleasures in several worlds at once becomes breathless when it is unable to find the answer. It then starts searching for its source.



WHO AM I?

Am I this body which is made up of the five elements? If I am this body only, shouldn't the body declare that it exists even after death? Does any corpse declare thus? Body is gross- it has no power to speak. Hence how can I be the gross body? If I am not the gross body then WHO AM I?

Am I the senses (Karmendriyas) that perform the activity? Or Am I the senses (Jnanendriyas) that grasp the subject matter? When I am not even the body, how can I be the senses that are merely a part of the body? If I am not the senses, then WHO AM I?

Am I the life breath? If I am the life breath, I should be aware of my existence even after my life breath merges into air. When I am not aware of my existence, how can I become that

life breath? If I am not the life breath, then WHO AM I?

Am I the mind? If I am the mind, shouldn't the mind exist forever ie in waking state, dream as well as in deep sleep? But the mind vanishes away in deep sleep. Then how can I be the mind which is losing its existence in deep sleep? If I am not the mind, then WHO AM I?

So don't I exist even when the mind vanishes in deep sleep? If so, once I wake up from deep sleep, how can I declare that I slept peacefully? It is only because I exist in deep sleep and experience the Bliss that I am able to declare that 'I slept peacefully'. Then who is that I who remained blissful in the deep sleep?

It is the True 'I'! It is only the Supreme Consciousness; It is only Self; It is only Brahman.

This 'I' existed alike in our waking state, dream as well as deep sleep. But it is our limited thinking faculty (the body consciousness) which is obstructing us in experiencing the same.

Once we start the self enquiry of 'WHO AM I?'- our body bound 'I' gets separated from the mind and gets introverted. In the search of its source, it travels towards the Heart. Then the desires within mind, unable to find an opportunity and unable to find a basis to become exuberant, get diluted and drop away when their force reduces. As and when the desires get reduced, our body bound 'I' gains the ability to stay within the Heart- it gets the taste of Self.

If the owner of a rupee is given a 100 Rs note and asked to throw out the rupee, he would do

it willingly. Similarly as and when the mind which is habituated to transient physical pleasures gets the taste of eternal bliss pertaining to Self - it's wavering stops immediately. Then the mind subsides into the Self and thereby loses its very existence. As the waves arising from the ocean merge back into the ocean, even our body bound 'I' gets merged into its source ie the ego gets destroyed and Self is experienced immediately. Then Self is revealed as 'I'. We become the very happiness for attaining which we have been running externally out of delusion.

The self enquiry of 'WHO AM I' is a great vow. The question of 'WHO AM I' acts as a restrainer to the mad elephant called extroverted mind. As the self enquiry of 'WHO AM I' is practiced again and again- it annihilates all the thoughts including the 'I' thought. As the fire brand in a

funeral pyre, burns the corpse as well as burns itself, even the question of 'WHO AM I' burns out all the thoughts as well as the 'I' thought. When your 'I' is lost (ie ego is lost), it is only You (Self) who is left out!

### **Your very nature is Bliss**

God has bestowed us with that thinking faculty which has not been granted to other animals. Why is it so? It is to enable us to think. Therefore think over! Don't ever leave your own thinking faculty. Thought process itself constitutes nectar! If you are able to think, you become the very embodiment of Immortality- you cross the ocean of sorrow and reach the Peaks of Peace.