

# **Short & Sweet Utterances of** **Sadguru Sri Nannagaru**



**The Translated version of the Telugu Book**  
**'Pasidi Palukulu'**



Everything else may get destroyed, yet  
Self is indestructible.

- Sadguru Sri Nannagaru



This book has been compiled by Sri Usha Ranga Raju garu. This book is dedicated to Sri Bhanu Prasad garu, a famous devotee of Sri Ramana.

## Foreword



In the Spiritual history of our country, Sri Rama Krishna Paramahamsa, Sri Aurobindo and Sri Bhagavan Ramana Maharshi have incarnated to preach the paths of bhakti, yoga and jnana respectively. Sri Ramana taught the path of Jnana with clarity and straight forwardness. Sri Nannagaru is preaching the path of jnana in a

manner understandable to a common man. Sri Nannagaru has spoken out several divine words in the Sunday meetings and in the meetings arranged on the birthdays of Holy people. We are very glad to bring out you, these sweet words of Sri Nannagaru. Though we were unaware of Sri Bhagavan, it was only after introduction to Sri Nannagaru we were able to see Sri Bhagavan very lively in our dreams and thereby get several spiritual experiences. The help from a Sadguru is neither visible to our eyes nor can be heard with our ears. A Sadguru cannot be bought with money. These sweet words of Nannagaru are to be heard and thereby practiced in order to be liberated. The desire to be liberated will be intensified in the presence of Sri Nannagaru.



Srimad Bhagavad Gita is equivalent to our Mother.  
It is a great book useful to us in our day to day life.

The Gita gifts its Heart only to those who possess  
reformed hearts.

When the sunshine is abundant, it is futile to lighten  
a lamp. Similarly all the other scriptures are  
incomparable with the Gita.

We have to become Lord Krishna Himself in order  
to understand the Bhagavad Gita.

Whoever may preach, wherever they may preach and whatever they may preach, it needs to be trusted only when it is in accordance with the Gita. 'Bhagavad Gita' is the authoritative scripture.

Mahatma Gandhi said, "Bhagavad Gita has compensated the loss of my mother".

We have to befriend anyone only after keenly observing their qualities.

A friend in need is a friend in deed. They are true friends who help us out in our hardships.

Soft words should be spoken to children. Grown up children should be considered as friends.

Loving an enemy is more difficult than loving several friends.

Evil company is fruitless. Holy Company is necessary.

Evil company breeds bad tendencies there by leading to several menial births.

Holy company breeds good tendencies and evil company breeds bad tendencies.

Holy company is a gateway to Heaven and evil company is a gateway to Hell.

Holy company leads us to Self-realization.

A holy man will progress even in the midst of four wicked people.

Reduce your friendship with worldly people and befriend only the devotees.

Give more importance to Holy Company than your Life.

Solitude, holy company and fasting are all very much needed for our sadhana (spiritual effort).

He is the true holy man, in whose presence our mind subsides effortlessly without our knowledge.



Though we may put in a lot of self effort, though we may read many books, they will not fetch us peace. We get peace only in the Holy Company.

Holy company resembles the cool breeze in summer. Our hearts are cooled down in the presence of Holy people.

Animals ruminate after taking food. Similarly, on returning back from the Holy Company, we must recollect and try to bring their words into our experience.

We must not leave Holy Company until we settle down in the Self.

Anyone devoid of desire for pleasures (bhoga) has nothing to do with this world.

This world is as much false as the horn of a rabbit.

Few women think that their husbands should control the whole world and their husbands should be in their control.

As long as we keep thinking about our family members or relatives or the world, we are feeding our ego.

Only a Tolerant person can conquer this world.

The world which we see is not only temporary but also false. Self alone is the Truth. Therefore without concentrating upon transient things, we must concentrate upon the ever existing Self.

If we are not attracted by any object or any visual in this world, it is an implication of our victory over the mind.

When there is not even a trace of the remembrance of any external things or any worldly relationships or the existence of this world, it symbolizes the purity of Heart.

The typhoons or the fire accidents in a cinema do not touch the cinema screen. Similarly the incidents in this world do not touch a Jnani.

If anyone prays for the welfare of the world, the effect of such prayer will certainly work on the society.

There may be few people who view this world but do not allow the world to look into their hearts.

One who conquers his desire will conquer this world.

We are much nearer to ourselves in our dream state when compared to our waking state.

Self remains witness to the waking state, dream state and deep sleep state of the mind.

The dissolution of nature is as much required as a man requires sleep.

Without getting rid of the qualities pertaining to nature, leaving the house will not serve the purpose.



We will be bound if we are deluded by the objects in the world.

There is a very close relationship between the world and pageantry. One cannot obtain humility without getting rid of pageantry. Without humility one cannot obtain education.

This world is false. Therefore it does not accept the Truth as easily as it accepts the false.

In the kingdom of Rama, there were only givers and no receivers. But in this Kali yuga, there are only receivers but none to give.

It is the path of devotion which is most suitable in this Kali Yuga (the dark-age).

One can deceive the world but not God.

If you truly want God and God alone, you must get rid of the worldliness hidden within your Heart.

Only they attain sweetness, who try to keep their minds pure.

There should always be coherence between thought, word and deed.

We will get discrimination if we have a keen vigilance upon the proceedings within our mind.

More importance must be given for the mental growth than the importance that is given to the physical health.

As we get itching due to any disease in the skin, our mind runs after worldly objects due to the faults/tendencies in the mind.

Contemplating upon gross objects constitutes the food for the mind.

It is due to the weaknesses in our mind that we are not able to attain reverence for the words of God.

As we are able to shut our mouth, we should be able to shut down our mind also.

Control of the mind makes us eligible to obtain wonderful, marvellous and tremendous peace.

We become aware of our weaknesses only when the situations are un-favourable.

We must speak out only that which exists within the mind and also implement only that which we speak out.

Much more harm is done by a polluted mind than any external weapons like knives, sticks and bombs or any other dreadful weapons.

Penance refers to the effort made to transcend the illusions of the mind.



We need a spade to dig a pit. Similarly we need humility to reach the depths of our heart.

As water springs out from a well, Love should spring out from our heart.

As we go through the pages of a book, if we can go through the layers of our mind, we will get intense yearning to attain Self Knowledge.

Disease takes birth in the mind and spreads to the body.

Mind should be soft but not frail.

As the rice is churned in a flour mill to get the rice flour, if we contemplate again and again upon the words of Jnanis (liberated souls) the impurities of the mind vanish and the mind gets purified.

As a pregnant woman protects the child within her womb, we have to carefully protect the good qualities within us.

You are getting peace on worshipping idols. But this peace does not originate from idol worship. Your mind becomes concentrated. Therefore the peace originates from your heart alone.

Self is the birthplace of the mind whereas brain is the in-law's place for the mind.

Insults rectify the faults within your mind and thereby reduce your ego.

We have learned to read the books, but we haven't yet learned to read the book called mind.

The intellect or reason of the drunkards resembles a blunt blade. They may take birth for any number of times. Still their mind will never turn towards God.

The mind will not have any wavering if you have complete trust in the existence of God.

We consume castor oil to get rid of the impurities of the body. Similarly we need God's grace and Guru's grace to get rid of the impurities in the mind.

The minds of the people forbearing hardships get introverted very easily.

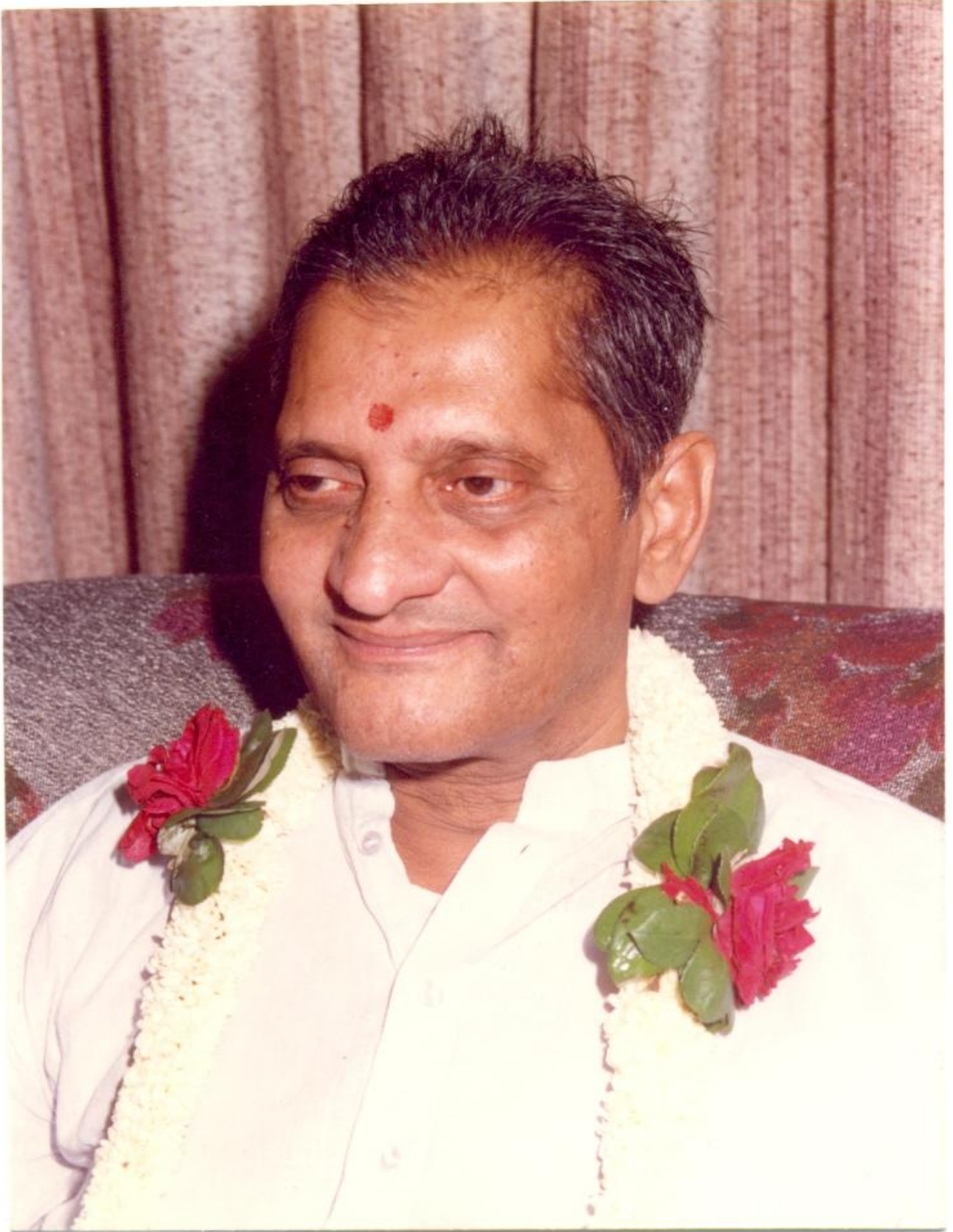
If you cautiously utilize your body, mind and words, they will help you in attaining Jnana (Self Knowledge).

Merit and Demerit are within the ambit of mind only. They cannot touch them who have transcended the mind.

Solitude implies staying alone and concentrating upon God. Staying near the Self constitutes true fasting.

The mind is as false as the body.

He is only a Mahatma who has conquered the mind.



The Self enquiry of 'Who am I' resembles the restrainer of an elephant in regulating the mind.

It is neither your house, nor your children, nor your body which form an obstacle in attaining Self-realization. It is the mind which constitutes the obstacle.

Any amount of book-reading is fruitless if you don't possess mental health.

Though we are chanting the names of Rama and Krishna, our mind is still within the ambit of nature.

If your mind is peaceful, the same is reflected at your home as well as in the society.

As your body requires food to sustain, even your mind requires the words of God.

The Self always keeps waiting as to when the mind would turn towards it.

When the impurities of the mind vanish, one becomes purified.

There are many things hidden within our heart, which are unimaginable by the brain and inexpressible by the mouth.

The faults of the mind will not vanish until and unless one attains equanimity.

Vain thoughts and vain words breed a great pain to the mind.

Devotion towards God is related to heart alone.

As you have some space for God's photos within your house, allocate some place for God within your heart.

God's qualities have been described in the Vishnu sahasra namam. (The thousand names of Vishnu). On reading the same, the senses and the mind are automatically controlled even without our knowledge.

Compassionate hearts conquer the Divine.

Until and unless the mind is introverted, God cannot be realized or experienced.

We must never search for God externally. We must search for Him only in the depths of our heart.

Our sorrows subside when we consider the same to be transient. Similarly if we consider the happiness to be temporary, the elation of the mind gets reduced.

Withdraw your mind from the impure environment; then liberation stands at your doorstep. We must take care that the mind remains unaffected by the external circumstances.

Liberation is the embodiment of highest form of happiness. Even a small remnant of a tendency constitutes an obstacle for our liberation.



Sattvic food fetches sattvic quality. Sattvic quality brings devotion. Devotion fetches Jnana, which in turn brings liberation.

If we are egoless and attentive in performing any work, it gets completed very soon without any hardships. Desire less work leads to liberation.

If we serve the elders, God bestows us with the intellect or reasoning faculty that makes us eligible for liberation.

The true Goddess of Wealth is Liberation alone and not the currency notes.

We preserve our clothes with utmost care; the currency notes with greater care when compared to the clothes; the health with much greater care than the currency notes; but are we taking any care to obtain liberation?

No one should ever think that liberation is something to be attained after death. The deserving ones can attain liberation here and now in this moment on this earth itself.

Listening to good words makes the intellect subtle. Practicing the same brings about liberation.

Liberation is nothing but attaining the sorrow less state.

We should not pray God desiring for any external things; but should only ask Him to bestow us with the eligibility for attaining liberation.

Even devotion is a good tendency.

When the fruit is not yet ripened, the seeds within the fruit remain tender. Similarly when devotion is acquired in childhood only, desires and tendencies do not strengthen. When the fruit gets ripened, the seeds within the fruit too become hard and strong. Similarly when we reach our old age, even the desires and tendencies within us also strengthen. That is why devotion for God should be practiced from childhood itself.

Do not decorate your ego in the name of devotion.

Devotion is our own property. We may earn any amount of money but it is limited to this birth alone. However devotion accompanies us in every birth.

Secrets may exist between two individuals; but no secrets can exist between God and His devotee.

As Mother is affectionate towards her children, even God is affectionate towards His devotees.

Devotees are our real relatives.

We should not enhance our ego in the name of devotion.

Our Devotion should be kept very confidential.

While walking on the road, the dust on the road may fall upon us accidentally. Similarly a devotee may attain world-wide fame.

Do not differentiate between work and worship. We should do our day to day work in the same manner as we do our daily worship with humility and devotion.



Their eyes are filled with purity, love and devotion, who constantly contemplate upon God.

There was a devotee by name 'Aandaalamma', who on a daily basis prepared garlands and decorated Lord Ranganatha with great fervour and thereby reached His Ultimate Abode.

Mirabai constantly chanted the name of Krishna, meditated upon His form, composed songs upon his leela (play) and thereby got liberated.

This world exists only if the senses exist. Otherwise there is no existence for this world.

We are doing slavery for the senses. Our senses will be under our control if we are virtuous. On doing japa, we will be purified.

No calamities can incur to them who have their senses under their control.

Controlling money is as much difficult as controlling the senses.

The joy derived from senses is false. Only the joy originating from peace is true.

Seeing the weaknesses of fellow-beings only strengthens the ego. Therefore avoid fault finding.

Both the fulfillment as well as non-fulfillment of desires breeds hardship. The fulfilled desire enhances the ego and the unfulfilled desire enhances the anger. Therefore it is best in being desireless.

The devil of ego is more dreadful than any other external devil.

The force of the ego gets reduced if we increase the gap in between two thoughts resembling the gap existing in between two words when we speak.

Birth and death are inevitable as long as we cannot get rid of 'I' and mine. Samsara or worldliness is nothing but this 'I' and 'mine'.

Pomp and Show enhances the ego sense.

Our ego sense should melt off in the service of society.

Only they own the kingdom of peace and the kingdom of liberation, who are victorious over their foe called ego, even when their body is very much alive.

Suppressed ego resembles a sleeping snake.  
( It can raise its hoods at anytime. Therefore  
ego needs to be destroyed).

Sri Bhagavan Ramana said: “Ego itself is  
samsara or worldliness ( ie., the vicious  
cycle of births and deaths).

The power of thinking is the source of all  
powers. In few people, even if the body  
grows, the thinking faculty does not grow  
accordingly.

Scriptural knowledge is implicit where as  
Self-Knowledge is explicit.



As we utilize our body in doing any work, we must utilize our intellect/reason to think and thereby increase our discrimination.

As we cleanse the dust on the body with water, we must cleanse the dust of ignorance with the water of knowledge.

The relationship with our relatives lasts only as long as our body exists. But our relation with God is inseparable forever.

As we feel a great pain when our body is burnt in fire, we will experience the same amount of agony when we try to transcend our bad habits.

The burial ground resembles our mother.  
It preserves us in its womb after our death.

We must try to reform ourselves when our  
body is very much alive. What can be done  
after the death of the body?

When you work with body-consciousness,  
your ignorance increases. But if you work  
with Self-consciousness your ignorance  
decreases.

The body takes birth, grows and then dies.  
This is not against the way of the world.  
Since we are not the body, we need not  
grieve over this matter.

We came on to this earth on an expedition. Before this bodily journey ends, if we can get rid of the tendencies, we can attain Self Realization.

One who gains Self-Realization even when the body is very much alive need not get another body.

As long as the man's existence is limited to the body, man will be tormented by death and desire.

It is not important as to where the body resides, what is important is where the mind dwells.

We visualize many bodies in our dreams. Our physical bodies are as much false as those bodies.

Though the physical body will not accompany us, the good or bad done with the physical body will certainly accompany us after death.

The importance that we are giving to our physical body is not being given to God. Though we may control the world, if we cannot control our mind, God cannot be attained.

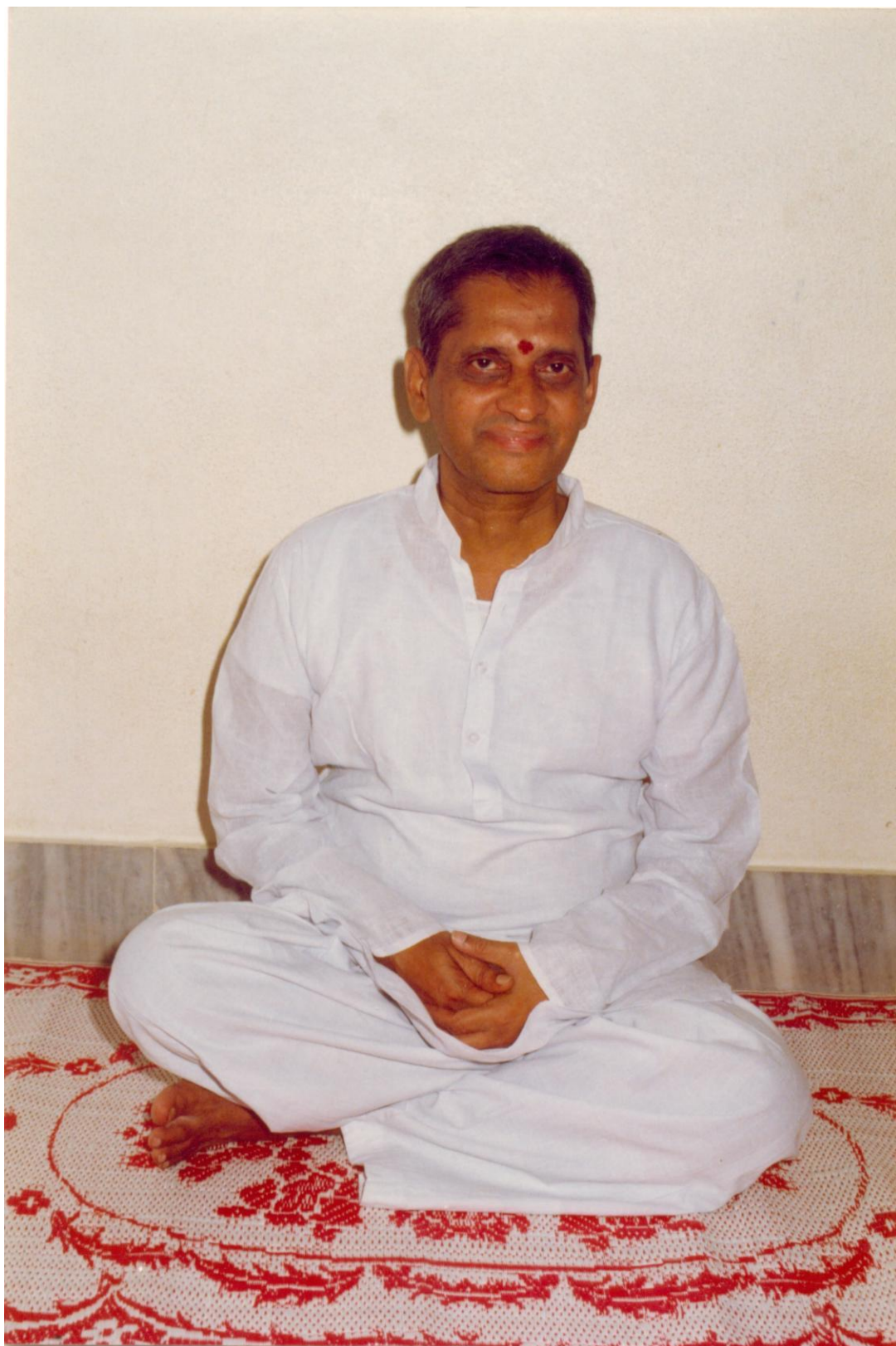
Only they can understand the essence of the Maya, who have transcended the Maya.

We must get rid of body mindedness (shava drishti) and habituate God mindedness (Shiva drishti).

As a night is present in between today and tomorrow, death happens in between this birth and the future birth.

After death, we have to travel in solitude only.

Taking rebirth is as natural as one shall die after having taken birth.



Though we may not like solitude in this life, solitude is inevitable in the life after death.

Rather than thinking about death, contemplate upon Self.

We get rebirth according to the strongest tendency that is reflected in our thoughts (in our last moments).

As a person awakens from a dream, a spiritual aspirant making self-effort awakens from ignorance.

We do not know the exact time as to when we fall into sleep or as to when we leave the body.

Without thinking about the current life when you are very much alive, what is the use of thinking about life after death?

We need not make effort to attain death. It comes to us very naturally. We need to make an effort to attain Jnana (Self Knowledge).

We only change but don't get decayed due to death.

Materialistic progress is transient whereas the spiritual progress is permanent.

Even Kaliyuga (Dark age) seems to be Krutayuga (Golden age) for those who progress spiritually.

Both Patience and Proficiency are required to learn the spiritual science.

Though spiritual progress may be invisible to the eyes, it can be perceived by the heart.

The Spiritual progress of a society is as much important as its financial prosperity. Character-building is the foundation for spiritual progress.

Though we may live in society, our heart must be kept far away from society.

If an individual is reformed, the society is reformed on its own. Without the reformation of the individual, how can the society be reformed?

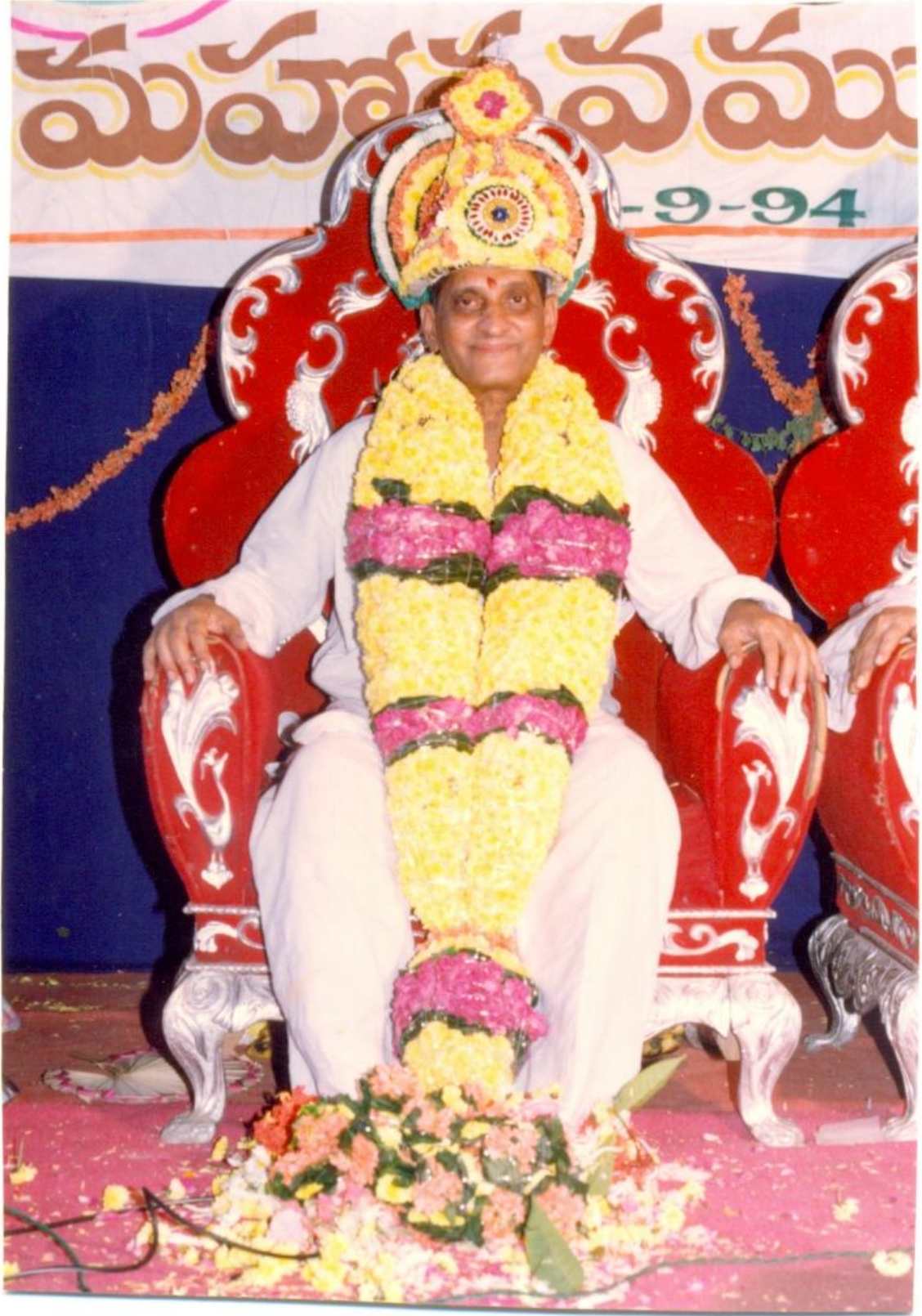
Dedicating one's activities for the welfare of the society constitutes selfless work.

If possible, try to help the society but do not expect anything in return.

Mahatmas or Holy people distribute their Peace and radiance to the society.

Only he is a Hero who has crossed the ocean of worldliness.

He is wicked who leads a selfish life (only for his sake). He is Holy who lives for the sake of others.



He is wise who learns from the experience of others.

He is not a digambara who roams around nakedly. But one who is devoid of body consciousness is a digamabara.

We should always remember God and death - and forget the insult and harm done to us.

We should always work only to please God and not to please our fellowmen.

It does not make any difference whether we say that God exists or God doesn't exist when we don't possess the experience of God.

When we do not listen to the words of God, He will bind us in the prison of this worldliness (samsara).

As a miser preserves his money with utmost care, even God preserves our merit and demerit and accordingly bestows us with their fruit in future.

We cannot remember God without God remembering us.

If one has to speak out the Truth: Jiva (the individual soul) himself is God. Therefore learn to look upon Jiva as God.

Don't you wait for your near and dear ones with a great zeal? If you possess the same amount of yearning for God, you will certainly attain Him.

As a fence is required to protect a plant, as a rope is required to tie a calf, even our mouth requires chanting of the Lord's name in order to regulate the mind.

We should not cover ourselves with the blanket of fame. Rather we should cover ourselves with blanket of God's Grace.

Even if we love God as much as we love our children, we will get liberated.

We feel that our hardships are great but do we really possess the hardship of the incarnations of Sita and Rama?

The name of Rama destroys the desire within us.

We take birth in a particular family only by God's will. Therefore as far as possible we must learn to compromise irrespective of any number of hardships in the family life.

God can exist even without jiva (individual soul) but jiva cannot exist without God.

A stone turns into an idol only after having been battered by a sculptor. Similarly only that devotee attains liberation who sustains the trials of God.

As you utilize the lamp in your hand to get rid of the darkness, utilize the words of God to transcend your ignorance.

We need not differentiate between God and His words.



We are not even giving as much importance to the words of God as we give to the news printed in a newspaper.

If we have an intent mental contemplation of the Divine, we will attain humility as well as meditation.

God resides within our Heart and witnesses each and every of our activity. God exists as a witness only but does not become the doer.

Desire less work begets purity of mind. What greater wealth can exist other than purity of mind? Purity of mind paves the way towards God.

We cannot have any sorrow if we surrender unto God.

One who attains God-realization transcends the dualities.

Only he attains God who sacrifices himself.

As you constantly contemplate upon God, you lose all the other thoughts and are finally left out only with God related thoughts. Before attaining God-realization even these God related thoughts disappear.

God will not reveal Himself until and unless we get rid of our ego.

None can deceive God with their intellect.

God exists even in the hearts of those who proclaim: "God does not exist! God does not exist!" See how compassionate God is!

When all our tasks are accomplished, we attribute the same to our intellect. If they are not accomplished, we think that we do not possess God's Grace.

God's grace will shower upon us if we acquire good qualities.

Both the personal God as well as the personal path is necessary.

Faith in God constitutes our real wealth.

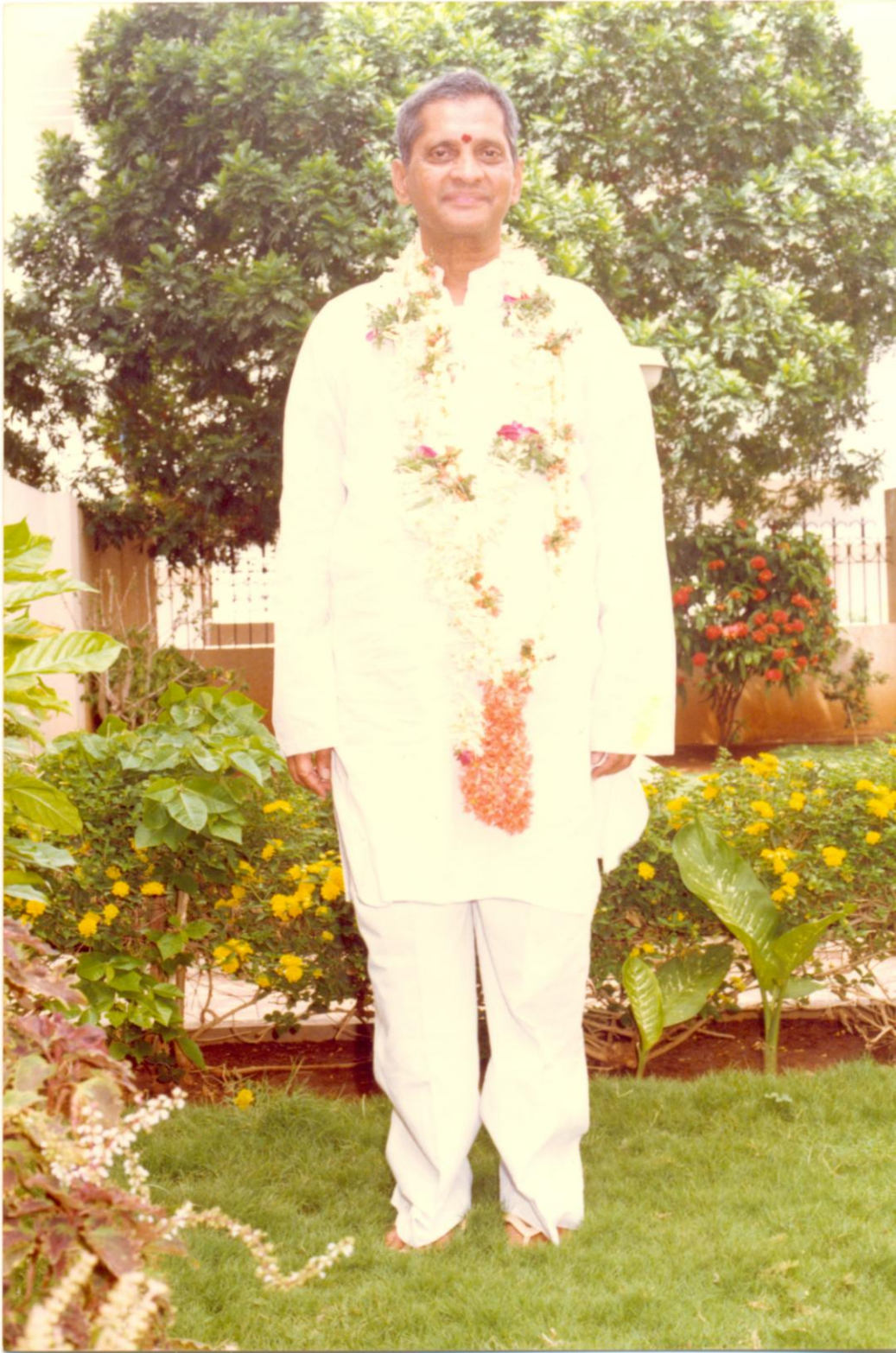
One who possesses God's grace realizes God as his very nature (Self).

Likes and dislikes do not take birth  
when man is looked upon as  
personification of God.

God shines as indweller within every  
ones Heart.

God's Grace bestows us with Self  
Knowledge.

We must work only to please God.



The reverential feeling within our heart leads towards devotion for God.

If we desire God's will to be in accordance to our will, it is a sign of our ignorance.

If we abide by God's will, no sorrow can touch us.

Our Hinduism has two big branches. One is Vaishnavism and the second is Saivism. Vaishnavas worship Vishnu and Saivas worship Shiva. Vishnu incarnated as 'Rangaraju' in Srirangam and Shiva incarnated as 'Nataraju' in Chidambaram, so that we can worship them.

Sri Ramana said: “When we travel in a train, whether we put the luggage on our lap or in the train, it is the train only which is going to carry the same. Similarly if we can place our burdens upon God, God only will bear them.”

Sri Ramana said: “God controls the Jivas in accordance with their destiny. What is bound to happen will certainly happen. What is not bound to happen will not happen, however one may try. This is certain.”

We must ensure that we remain untouched by likes and dislikes.

That which is bestowed upon us even without our request is much sweeter than the one we ask for and then attained by us.

Love for quality or attribute is much greater than love for form.

Time is much greater than our education and riches. Therefore we have to make a good use of our time.

Our progress depends upon our eligibility (how deserving we are) alone. Progress (Spiritual) can never be gauged with our eyes.

Love for parents, spouse, children, brothers, sisters and relatives, etc is Maya ie delusion. Love for all elements in the Universe is Daya ie., Compassion.

You have to get surprised if untruth is spoken, but why are you surprised when truth is spoken?

It is better to stay away from the worldly people.

As we utilize our wealth judiciously, we have to utilize our lifetime appropriately.

We must get habituated to practicing the Truth.

Though the seedling seems to be very small, the same grows into a big banyan tree. Similarly if you neglect a small thought, it grows into a big tendency resembling the banyan tree.

If we are jealous of the rich, it symbolizes our desire for wealth. Similarly if we are disgusted with the poor, it symbolizes our desire for wealth.

Even good qualities need to be earned through hard work.

We are unable to think independently as we are ardently and intensely being influenced by the circumstances.



Our habits only are our binding chains. Our tendencies only are our hanging ropes.

As long as money remains servile to us, it is beneficial. But when money becomes our Master, it will lead us to our destruction.

Truth is not revealed by argument. It is revealed only by introspection.

Reading Holy Books with a great attention also constitutes penance.

If you want to avoid sorrow- be away from the evil.

Until and unless we get an evil thought, even we are not aware of the existence of its related tendency within us.

If we live accordingly as prescribed by our scriptures, our flaws will disappear and God will bestow His Grace.

If we imbibe and practice at least one good attribute, the other good attributes adorn you on their own.

To speak (according to the situation) with the awareness as to when, where and how to speak also constitutes an art.

One who does not give good advice in the required situation is equivalent to a dumb.

It is wonderful if you ensure that you loved good (selfless) work though it is not to your liking.

When we serve anyone suffering from ill-health or hardships, if we presume that we are serving ourselves and not others, then it indicates the most superior form of service.

Listening about wickedness enhances the filthy thoughts.

The poor cannot compete with the rich in telling lies.

We must utilize our own (individual) thinking faculty in our life.

Reasonless enmity breeds sin.

It is possible to purchase articles but not attributes (good qualities).

One may amass any amount of wealth. It will remain for not more than three generations.

We lose our thinking faculty when overcome by anger.

We will be at a loss if we try to hide debt or ego.



Unity is equivalent to Goddess of wealth.

Books and preaching are insignificant.  
Experience is much more important.

If we develop unconditional love for anyone at their very first sight, it is only due to the relationship of previous birth.

We should not misuse our thoughts.

It does not matter even if we lose health or wealth. But we should never lose the Character. Character alone accompanies us throughout our births.

How can Truth be revealed to anyone who is devoid of peace? How can they become blissful?

The work should leave us but we should not leave the work.

How can one understand the scriptures when constantly being burnt in the fire of desire and anger?

Forbearing hardships also constitutes yoga.

Analysis (grasping) is more important than book reading.

Our primary necessities constitute: a house to live, clothes to wear, food to eat and medicine for a disease.

Attachment itself converts into disease.

We will be purified if we contemplate on Ahalya, Sita, Draupadi, Mandodari and Tara on a daily basis.

We must eat food as we partake medicine in appropriate dosage ie., (as food constitutes the medicine for the disease of hunger, we should not over-eat but take it in correct proportion).

This body is equivalent to mud. Finally it gets merged in the womb of the earth.

If you are unable to control your tongue, it will become a gateway towards hell.

We will attain wealth on reading Ramayana. We will attain renunciation on reading Bhagavata. We will become victorious in all our endeavors on reading Mahabharatha.

If we possess good culture or nature along with education, we resemble the gold possessing fragrance.

We must think and then act. We must not act and then think over it.

If we possess the power of forbearing all hardships, all the good qualities will adorn us.



We must earn merit by doing good.

The mind gets disturbed when we are indebted.

Though we may possess wealth, we must not become proud. Where there is arrogance, there is no humility. Humility earns vignana (Self-Knowledge).

When you get anger, put off the flames of anger with the water of discrimination.

When you help anyone, do it selflessly.

Do not compare yourselves with your fellow men. Also do not be afraid of them.

Act according to the situation.

We should not even expect gratitude from them whom we help.

As we possess body consciousness, our ancestors have built the temples.

It is a great thing to get a co-operative wife.

We must not torture our fellow beings.

Putting aside your weaknesses, it is not good in talking about other's weaknesses.

We get anger when anyone points out our faults. But when anyone points out an insect on our body, we immediately throw it out without being angry. We must not be angry with people who point out our faults. Rather we should have gratitude towards them.

Bestowing courage upon people inflicted with hardships is equivalent to charity.

One who leads a selfless life will certainly attain the Ultimate Truth.

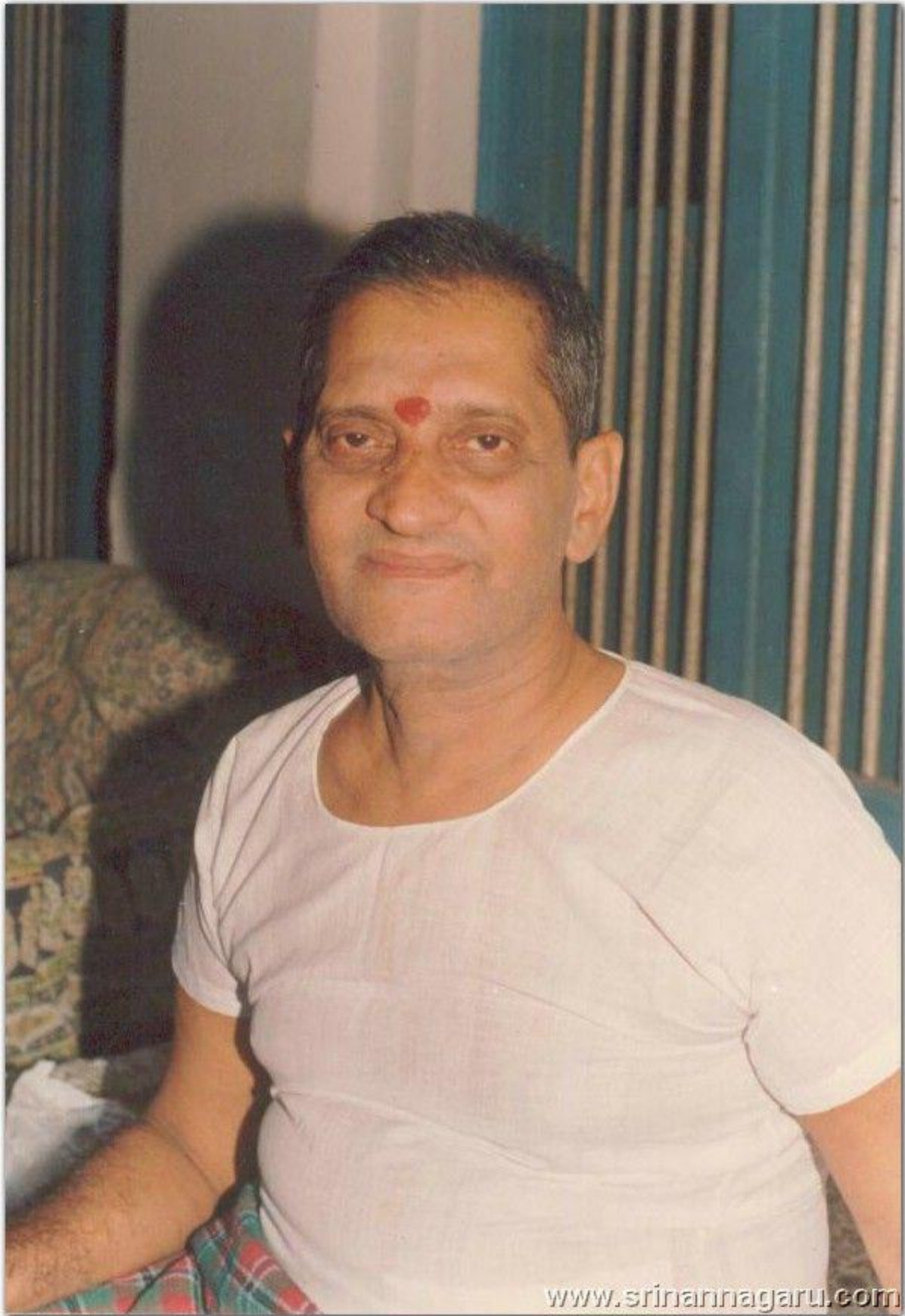
As long as we are pestered by fear, we cannot attain Happiness.

Yoga implies earning that which we do not possess. Kshema implies protecting that which we already possess.

A Holy man (Mahatma) distributes happiness to his fellow men. But a wicked man (Duratma) distributes sorrow to his fellow men.

A person devoid of freedom cannot attain the deep experience related to Truth.

We cannot conquer the desire without perceiving the Truth.



Evolution of the mind is the true wealth.

The false (that which really does not exist) seems to be true as long as we do not perceive the Truth (that which really exists) as it is.

When we speak or spend money or does any other work only for the sake of external show off, our individuality will increase.

As long as our resolve is not given up, yoga cannot become fruitful.

Attentiveness (Shraddha) is the fruit of the merit pertaining to previous births. Lethargy (Ashraddha) is the fruit of the demerit pertaining to previous births.

Divinity cannot be attained without sacrificing the individuality.

Only Jnani (one who possesses Self-Knowledge) is eligible to become a Guru.

He is not a Guru who swallows your money. He is a Guru who swallows your sorrow.

He is a true Guru who extends his helping hand in overcoming the flaws of our mind.

Guru is the one who constantly desires the welfare of his disciples.

Our ego resembles a pest. Till this pest is completely annihilated, Guru's help is required.

One who introverts our mind is only our true Guru.

The strongest tendencies can be given up only by the grace of the Guru.

We cannot be released even from a single tendency without the Grace of Guru, Grace of God and self effort.

Any education without Guru represents a blind education.

Every Sadguru has his own inner circle of devotees. Only they become the descendents of his wealth.

God only exists in the form of Guru. Who is the Guru? Only the one who attained Self Realization is eligible to be called as Guru. Guru is the personification of teaching.

God, Guru and Self are one and the same.

Though our hands are bound by iron chains, the same can be released. However our relationship with Sadhguru can never be broken. It chases us throughout our births.

A ripened disciple gets liberated merely by a single gaze of the Guru.



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Narayana only is our first and foremost Guru. At first the Consciousness existed, and then came the world.

If anyone has true love for God, then God Himself takes the form of Sadguru and showers His Grace in the form of teaching.

Sri Ramana said: “The recipient of Sadguru’s Grace will certainly get liberated.”

Our self effort must ensure that our mind transcends the nature.

Self effort is similar to swimming against the current.

A seeker of Truth should not get bothered by his worldly troubles.

Swami Vivekananda said, “The thought of knowing God after all our sorrows subside is as foolish as thinking of taking bath in an ocean when there are no tides.”

We must contemplate upon God as naturally as we inhale air.

As we proceed in our spiritual effort, the desires vanish along with the tendencies.

We must not talk unnecessarily and we must not listen when our fellow men talk unnecessarily.

We must always speak the Truth. However if it seems to be unpleasant to our fellow men, it is better to remain silent.

A seeker of Truth silently forbears his hardships.

Silence reduces conflicts and disputes.

Words are insignificant. It is silence which is important.

If we learn to remain silent, the power of that silence works on people around us. Such is the power of silence.

The power obtained from the silence of Sadguru cannot be perceived by our intellect.

Practicing external silence (of the mouth) will lead to the internal silence (of the mind) in due course of time.

Concentration, proficiency, purity and humility are attained through Silence.

When you speak out or remain mute as per the requirement, it is also equivalent to Silence.

Since the Self did not take birth, it will not grow and thereby die. Since the body took birth, it will grow old and thereby die.



We cannot perceive the beauty of the Self as long as we are tormented by fear.

Until and unless we transcend the qualities pertaining to nature, Self-Knowledge cannot be attained.

Renunciation prevents extroversion of the human mind. Such stilled mind is introverted and made eligible for attaining Self-Realization through practice.

As darkness disappears with the onset of the external sun, the darkness of ignorance within vanishes on realizing the Self.

As the main deity in the temple does not move, His representative (the utsava vigraha) is taken out in procession. Similarly Self is immobile and its reflection Jiva is mobile.

Self-Knowledge is the Kingly science. It is the science of all sciences.

There is nothing in this Universe which is more beautiful than the Self!

The Self does not have any rise and fall. It is the ego only which is subject to rise and fall.

There is no birth and death for Self.

Apart from the inquisitiveness, one should also possess Love to attain Self Realization.

Build up self confidence. We must ensure that we do not lose self confidence at any cost.

It is foolishness to consider body alone as the Self.

It is only to attain Self Realization that practice or self effort is required.

Though Self is nameless and formless, it forms the basis of all names and forms.

Self is devoid of Poverty.

The evil tendencies within us are the sole cause for our inability to attain Self Realization.

As we keep on enjoying the external pleasures, we get frustrated. Irrespective of the number of days or years we experience Self, we don't get frustrated. It is because Self alone is everlasting and Self alone is truth.

Worship, japa and meditation are required only to realize the Self shining within our heart.

You will attain the Immortal state as you keep on contemplating upon Self.

You are ready to spend any amount of money for the sake of rituals. But you are not ready to spend at least 2 minutes for the sake of Self enquiry.



Words are the embodiment of ego whereas Silence is the embodiment of Self.

Self related Bliss alone resembles ever pure Ganges.

Only they attain Self Realization whose breath, mind and word are merged into Self.

Peace does not exist externally. It exists in the Self within. It is our separateness alone which is distancing us from the Peace.

Self alone represents the Holiest thing (satvasthu). Having relationship with it is Holy Company (Satsangam).

Self related Knowledge (Atma Vidya) alone can eradicate ignorance (avidya).

We should not contemplate upon the world in the name of God (or Self).

We are deeply rooted in the name and form. Therefore we are unable to reach the nameless and formless Self.

The long lasting ignorance within us is annihilated only when the sun of Self-Knowledge arises.

Self Knowledge is attained only when the mind gets introverted.

All the tendencies get annihilated for the one whose mind constantly abides in Self.

Self is beyond thoughts, words and imaginations.

The only thing which has never been touched by the tongue either in this world or in the other worlds is Self alone.

It is Bhagavan Sri Ramana Maharishi alone who has ascended the highest peaks of spirituality even without listening about the word 'Self'.

Self is the very embodiment of Shiva, peace, light and all the good.

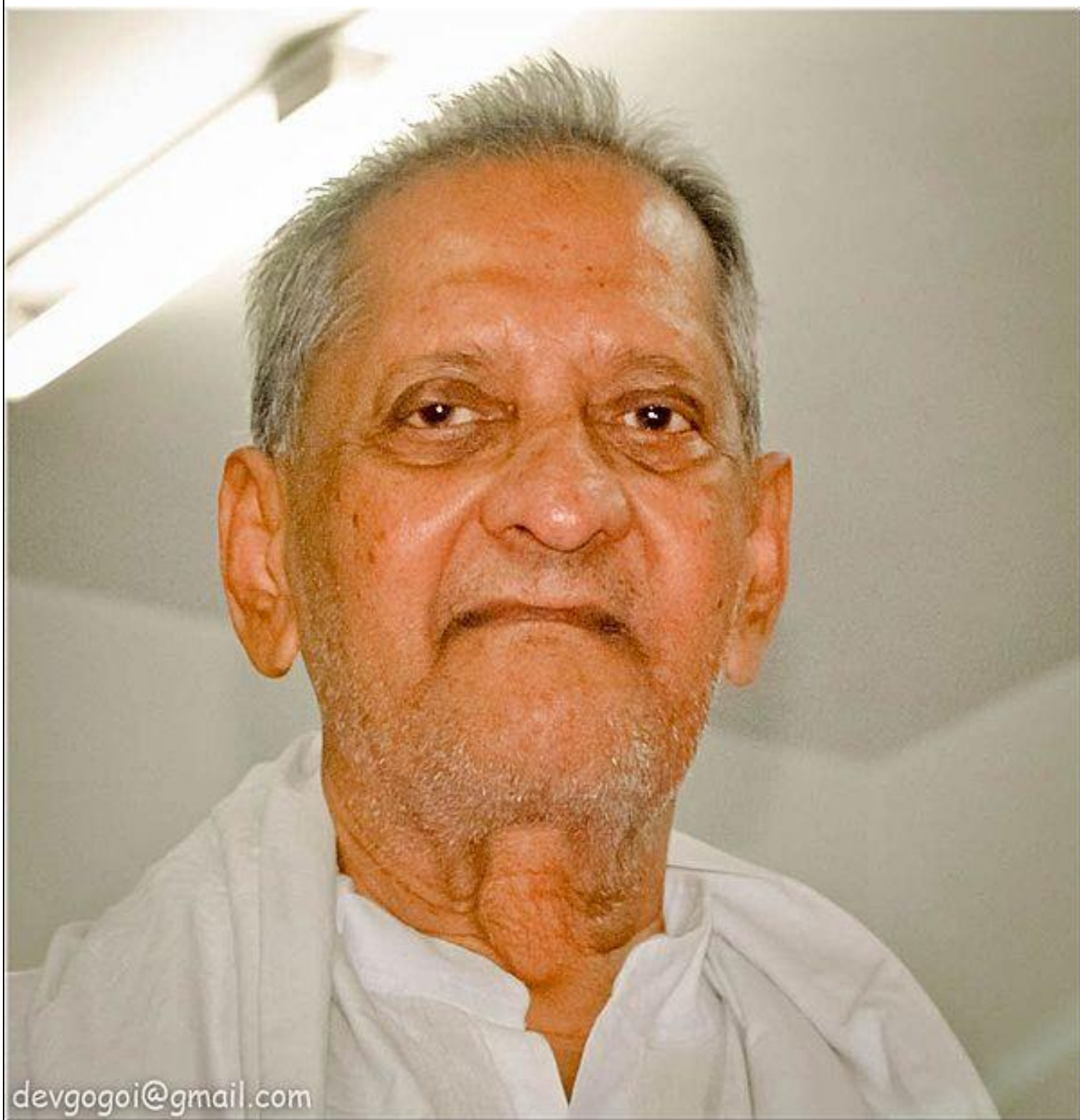
Sanath Kumara said, "Only they can cross the ocean of sorrow who have attained Self Realization."

Only when the feeling of 'I am the body alone' is eradicated, can we get rid of the ego.

Equanimity is achieved only by him, who gets released from the thoughts of 'I' and 'mine'.

Getting rebirth is inevitable as long as the source of 'I' thought is not found.

Only he conquers death who is released from the body bound 'I'.



There is no path greater than the path of Self enquiry in order to eradicate the 'I' as mentioned in the question of 'Who am I?'

The body does not have the power to say 'I'. If it possesses the same, even the corpse should speak.

Even the person who thinks that he knows everything does not really know who he is.

If the 'I' that we think about (that is in our experience) is true, then why are we unable to remain natural? Why are we being subject to sorrow?

We will attain Self realization when we know about the 'I' which acquires knowledge about every other thing.

Sri Ramana questioned, "There are people who proclaim that God does not exist. But are there any people who would declare that they do not exist?"

If you work with doer ship, your ignorance increases. But if you work without doer ship, your Self-Knowledge increases.

There may be several people who state that they do not need God. But are there any people who would say that they do not need knowledge?

An animal may grow horizontally and a man may grow vertically. However there is no difference between both of them if they are devoid of knowledge (Self-Knowledge).

As you sacrifice your (little) happiness for the sake of your family, you must sacrifice your pleasures for attaining Self Knowledge.

Human life devoid of Self Knowledge resembles a decorated corpse.

A person aspiring for Self Knowledge should be more careful in this world than a person walking on the edge of a sharp razor.

There is no difference between goodness and Self Knowledge.

Duality itself is fear; duality itself is worldliness; duality itself is ignorance; duality itself is sorrow. A person possessing duality cannot attain the Immortal state.

Whether holy men speak or write, it is only to shower their grace upon the world.

He is a Siddha Purusha who attains the thing that is ever ready (the Self).

Only He is a Siddha Purusha in whose Heart the world gets dissolved and the mind gets stilled. Such a person's heart remains untouched by sorrow.

At whose sight you get the desire to reform yourselves as well as attain a good thinking faculty, only He is eligible to be called as Jnani.

In this sacred land of ours, the value that is being given to idols made of stone is not being given to Self Knowledge. Only stone hearted people require Gods made of stone.

Jnani is the embodiment of Silence. It is enough if jnani retains his body. He need not speak anything.



A Yogi turns into a Jnani and a Bhogi turns into a Rogi.

A jnani always wishes to make others also jnani. But a rich man never wishes to make his fellow men rich.

The mouth of a Jnani is used as a passage by God resembling the passage utilized to send down the water stagnated on the top of a building. Therefore it is God only who speaks through the mouth of a Jnani! The body of a Jnani is equivalent to a temple!

The words of an atheist and rationalists are accepted by a Jnani in the same manner as the words of an infant are accepted by its parents.

A Jnani does not feel happy for those who are alive and does not mourn for the dead.

Selfless Love exists only within a Jnani.

Neither the world nor the body nor the mind prevails for a Jnani.

An Ajnani (ignorant) is not aware of the place where God resides whereas a Jnani is not aware of the place where God doesn't reside.

An Ajnani (ignorant) cannot love  
whereas a Jnani cannot refrain  
Himself from loving.

The benefit done by a Jnani is  
neither visible to our eyes nor  
audible to our ears. It is not  
perceptible by our thinking faculty.

There is no simile available in the  
world to describe the Bliss of a Jnani.

Once a Mahatma advised Swami  
Chinmayananda: "Live like a monk  
and work like a horse."

Sri Ramakrishna said: "Though the eagles may fly very high in the sky, their sight is always on corpse existing on the ground. Similarly even the scholars always aim at fulfilling their desires and in attaining gold."

Gandhiji said: "It doesn't matter however careless a liar may be but a truth speaking man should be very very careful."

Gandhiji, Swami Vivekananda etc accepted their life as an examination. However we are considering our lives to be a recreation.

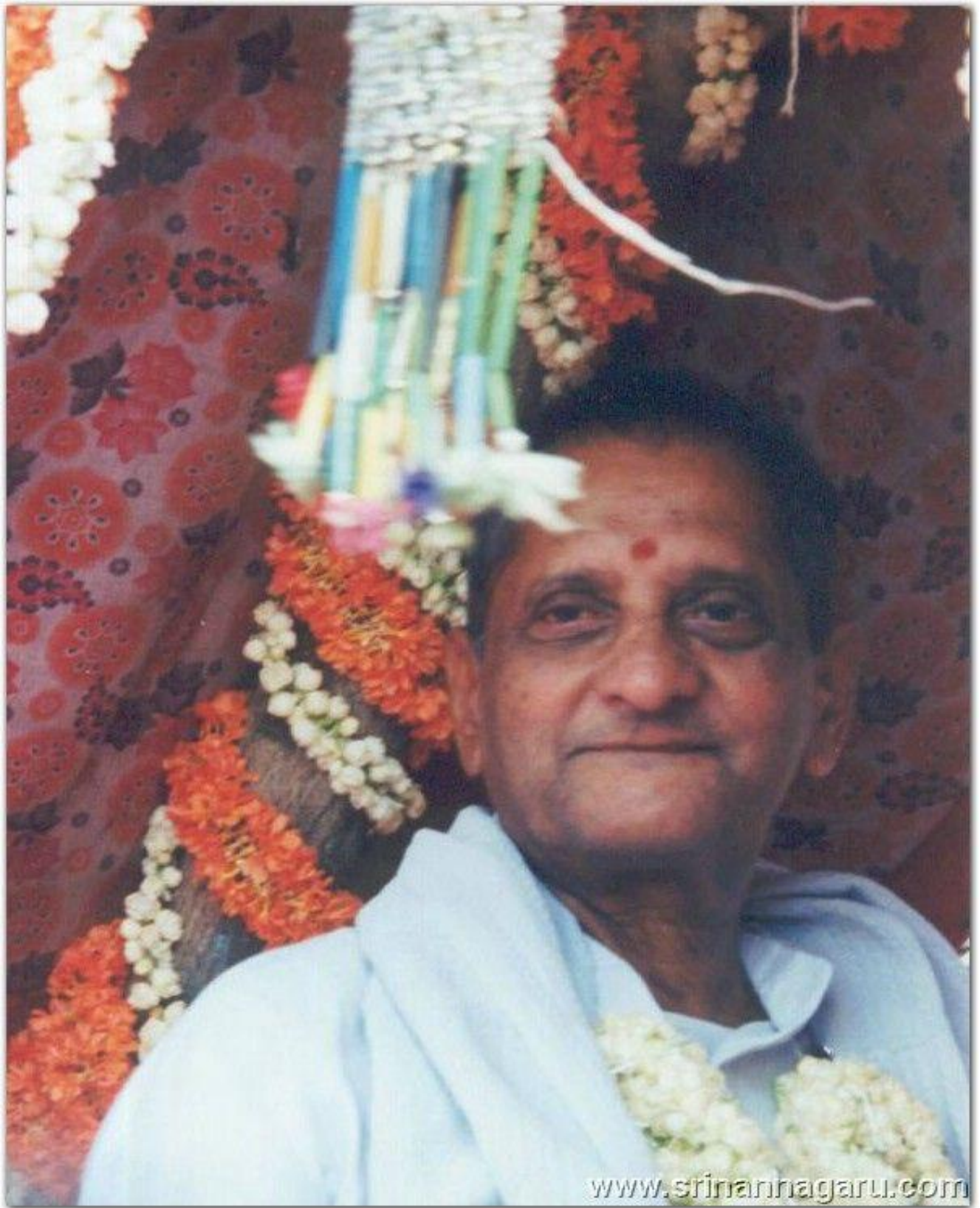
Holy Mother Sarada said: "If you want peace of mind, do not find fault with others."

An English writer said: "The tongue of a Jnani resides within His Heart whereas the Heart of an ajnani (ignorant) resides on his tongue."

Swami Vivekananda said: "Distribute your happiness amongst others. But if you are sorrowful, forbear the same all alone at home."

Jesus said:" The work done by the right hand should not be revealed even to the left hand."

Gandhiji said: " Do not listen to the evil; Donot speak about the evil; Donot view the evil."



There is nothing comparable to Self Knowledge either in this world or in the other worlds.

Swami Vivekananda said: "If the wisdom of this Vivekananda has to be understood, another Vivekananda has to take birth."

If we perceive this creation as a play (of God), sorrow cannot touch us.

Sri Valmiki Maharishi said: "God has put the entire delusion of the world in the form of money."

Sri Valmiki Maharishi said: "Even the dogs hesitate to eat the corpse of those who lack gratitude."

Gautama Buddha said: "After my death, burn my corpse in the same burial ground where the dead body of a common man is burnt."

Sri Krishna said: "The benefit of 'Purity of Mind' is attained when the work is done without any expectation. One has to attain Liberation only through the gate called Purity of mind."

Tulsidas said: "Two rooms are separated by a cross bar. If a lamp is placed on it, both the rooms get illumined. Similarly if the name of Lord resides in our mouth, both our external life as well as internal life gets illumined."

Yagnyavalka said: "Their life breath merges into Brahman who sacrifices their tendencies along with their desires."

Sri Ramakrishna said: "Give up fear and shyness."

Sri Rama is the symbol of Self Knowledge. Lakshmana is the symbol of dispassion. There is no difference between Self Knowledge and dispassion.

The mind that attains dispassion is very pure resembling the lamp in an airless place.

Sri Ramana Maharishi said: "Moderate food, Moderate speech, Moderate sleep is very good (for spiritual progress)."

The essence of all the scriptures is ingrained within the 'The Marital Garland of Letters' which is composed by Bhagavan Sri Ramana.

By regenerating the path of Self enquiry, Sri Ramana strengthened the religion of Hinduism to a great extent.

Even though Bhagavan Ramana mounted the throne of Advaita (ie Non duality), He never distanced himself from a common man.

If Arunachala comes to our remembrance,  
it is only due to our relation with that  
place in our previous births.

Remembrance of Arunachala begets Joy.

*Dedicated to Lord Sri Ramana*



People possessing beautiful Hearts represent the devotees of Sri Ramana.