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THE DISCOURSES OF SADGURU SRI NANNAGARU

I. BHIMAVARAM

My Dear Soul-mates,

Today is Bhagawan Jayanthi, the birthday of Sri Ramana Maharishi, they are called (Karana Janma), they are born for a purpose and they wear the body for it. Ours is (Karanra Janma), we are born to fulfill the fruits of our actions. Whatever Sadhana (effort), charity, good deeds you performed in previous births, will not get wasted, will follow you and will get forwarded to next births and after too. Mind gets polluted by self-praise and defaming others. Everything Happens in its own time. While performing an action, check, Are you performing it with any desire or intention, for what purpose, for whom, for name, fame or recognition or for glorifying the ego, is it out of love and mercy with total dedication, is your thought word and deed pure and How are you internally? Not work but Attachment is bondage. Remember Kartha (the doer) is Iswara God. Withdraw the mind from worldly matters and fix it in God. Work only for work and spiritual progress. It is attachment that brings us sin, disease, death. I left this, I left that, Howmanyever I you Leave, the root I should be removed. The Parasite I goes on capturing forms, it needs food. We like name and body. Artificial I means body, mind and sense-organs. TRUE I means consciuousness. Silence is Golden, Speech is Silver. Silence speaks but it cannot be understood by the mind with less maturity and by the

wandering mind. With Total surrender the mind gets destroyed. It gets introverted. There is a Higher Power Than man, Human Effort. It Enlightens Inside.

When there is no birth, there is no death too. Habits are very strong and they travel also very fast, so they are very dangerous. Iswara (God) operates all your Karmas (actions). Where there is enjoyment there is bondage and where there is no enjoyment, no body and mind there is no bondage. What is Tappas (Penance)? The Artificial I should go and unite with the True I, The Truth, the knowledge inside which is Eternal and in this inward journey, the habits, tendencies, attachments, body, mind, world, all should get eliminated. You have not experienced the true self and you do not have Brahma Bhava (Orientation towards God, Truth), you are not independent and due to separateness, wrong thinking, body-boundedness, you get fear, fear of death, feeling of death. I am dying is ignorance. Consciousness does not die. Wealth, name, fame, education, sickness are all material things.

The most important fundamentals of Life are,

1. Body should be neat and clean, without sickness, it should be under your control. Keep your body fit.
2. Speech should be under control, refined, with love and affection and above all with excellent grammatical fanning like Sri Hanuman the great grammatical scholar introduced and used in the Ramayana.
3. Mind should be under control by Penance. Squeeze the mind hardly, all the tendencies and habits will fall and then will get burned.

Guru (Sage) removes all your sicknesses, tendencies, (those even which doctor cannot identify), He removes them from the root even without your knowledge, He creates situations to remove the attachment in you. Guru (sage) works silently and even when the body dies, He works like Bhagawan Ramana Maharshi worked by his teachings as His spiritual presence in every soul.

Till you remove the dirt, attachment, ego, wrong thinking, wrong identification, false T, You cannot gain peace and Happiness. Unrest and rebirth is surrounded by false 'I', it is stuck to it. Except Truth and Except reality Everything is created by the mind. Your action and your speech should be mediocre with no extremes then the thoughts will get stopped, and you become quiet and cool. The mind should be cultured. The false T, when it reaches the source, the True 'I' then it will fall, it will get united with the True I, the source which is unlimited, endless and with no dualities. At the time of death, God the indweller, projects all our tendencies, struggles which are blocked within us and then our mind reacts at some strong likes and then that itself becomes the cause of our next birth.

You should cultivate unconditional Love towards God. Where there is no desire there is no fear. Results are not in our hands. How long should we do Sadhana? (Spiritual practice). Effort should be Lifelong. Do or Die. The secret of Bhagwad Gita is, perform your duty selflessly. The five elements, body, mind, nature are all part of nature(Maya). Mind is higher than the body and consciousness is higher than the mind for consciousness is God. Life is an ocean of thoughts. All thoughts come to I. Let all thoughts come. Question it. Who is this T? Withdraw from the false I, it will disappear gradually. It is very difficult to eliminate the craving for name and fame. Your name should get dissolved into the air. Watch your thoughts, for what

and for whom they are. Pray to God for good thoughts. Let noble thoughts come from the nature, Let noble thoughts come from all corners, from everywhere. Then the knot should be unplugged, if can be cut by the scissors of detachment, all will get separated, it is not possible by intellect, effort, it is possible only by Guru's (Sage) grace, mercy, the spiritual progress from the beginning till the end, Everything is Guru.

Sadhana (Spiritual Practice) - to remove the strong obstacles which are habits, weaknesses, tendencies for attaining that Supreme state, self, God. All is ONE and That is You. But you do not have the experience of it.

LOVE TO YOU    PEACE TO YOU

THANKS TO ALL

**Courtesy: Smt. Neelam**