



3/25/2017

Jai Sri Ramakant Maharaj

That Spirit or Presence acting through body is called Brahman, Atman, Paramatman, God, Master. It is not limited to the body, it is beyond the body. And knowledge means That Identification. So, theoretically we know that I am Brahman, Paramatman, God, Master. To implement the practice, you have to undergo the meditation. What is the result of meditation? You will not get results immediately. It has happened in my case also. I have taken Mantra, October 31st of 1962. In the beginning, not possible to understand what Maharaj used to say. Every day, in the evening, I used to go to Maharaj, there was lecture, before there are some foreigners used to be at the house, there are discussions, so I'm attending discussion also, attending lectures also. But uh beyond my capacity, no idea. But Maharaj used to say "Listen to me, Listen to me". What he wants to say that "Listen to Me", that Invisible Listener is Listening to his speech and engraving it indirectly. Though intellectually you are not able to understand, but some Invisible Presence engraving that Reality Permanently. At that particular moment, you will not get results, you say "I can't understand, it's beyond my capacity." But it is absorbing within you indirectly, Master's Word. He used to say "Listen to me, Listen to me". Sometimes he used to give some tips. So, he said "What is there in body? Nothing, Only Glimpses Of I". So, he told long ago this, then after some years back, afterwards, everything opened. How that open? Because after strong meditation, Involvement, Faith in Masters, your Inner Master Open The Secret of the Spirituality. Because Inner Master is not separate from the External Master, these are only concepts. But whatever is in you, that Power, it opens Behind. And I slowly, slowly I form That. Listen, You're Presence is Everywhere. Every being has Presence, it happens Spontaneously inside, inside, it is surprise.

Second thing, sometimes I think very, very bad thoughts. I feel sometimes guilty,

some hatred, jealousy, bad dreams, it happens, but I getting confused. But thereafter after some time, it's open, "why should I guilty?" Its nature of the mind to know the thoughts. I'm not accepting any thought that flow in the mind. I'm not guilty for that. That is Reality Opened. Some Inner Voice explaining the Reality before you. At that time, you will not have any separate from That. You become One with That.

That Spontaneous Instructions, some answer of your special question, or some difficult question, is flowing inside. And there was some dialog within me. See it is very funny miracles, directly within you. When you are asking some question, when some question is raised inside, immediately those questions are answered. There Is No Master physically, but your Inner Master – this is also concept - your Inner Power replying that questions and you accept that "Oh how it is!" So whenever, if anybody asking any difficult question the instant answer is there because your Inner Master is pleased with you, You have not become separate from Inner Master. Therefore, Nisargadatta Maharaj say, "I'm not making you disciple I'm making you Master." Because Masterly Essence already within you. It happens, you are unaware of that power. Always you are measuring yourself, counting yourself in body form. That body-concept supposed to be dissolved for which meditation is having powerful effect. It happens, and then slowly, silently, permanently, you feel that "Oh, body is not my identity at all, why should I fear?". Because prior to beingness I am not body, after leaving body nothing remains.

So, knowledge, purpose of knowledge, value of knowledge, till that, till that knowledge that Reality absorb within you. What is knowledge? Spiritual knowledge, spiritual knowledge, what spiritual knowledge? Spiritual Knowledge, through Master, place before you the Reality of the Listener. And You Are Listener, To Whom There Is No Shape. That Conviction supposed to be appear. Then everything will be clear within you. You need not to go to anywhere in the world, no need of any Masters. But you are to enter your Master, your Spiritual Master external master. If external Master say "You Are Brahman" you are to accept it. Therefore, those illiterate people they have accepted it, plainly, no doubts. We're having some intellect, we are creating some "why this? how this? how this?" No why, no how. My Master is Master. My Master says 'You are Brahman', You are Brahman. No other thoughts. Like that you are to accept the Reality. What happens?

We develop intellect, spiritual intellect. We're having subtle ego. We're having pressure of mind. And therefore, always, though we are Knowing the Reality, we are confused. We confuse ourself. Our thoughts creating problems. When alert these thoughts are illusory thoughts, not to struggle with thought, it is natural, that mind

is manufacturing something that I told you. So, whatever thoughts are useful for your routine you can accept it, else throw it. What happens is the nature of the body is that whatever person accepts “yes, my thought my thoughts”, and then some depression is there. So, in that case, how to act or how to react under the various circumstances, that Reality will come out of you. There’ll be inner voice, no doubt will be there. If mind says no oh I don't want it. So, you are to have commanding nature. Your mind has become slave, now we have become slave of mind.

Mind instructing your power. So, in that case we are powering power to the mind, ego, intellect. What is mind, ego, intellect? They are subtle organs. Subtle functioning bodies. Where are those prior to beingness? Nothing. We came across with the body only, needs, requirement, desires, good desire, bad desire, all concept, all concepts, came along with body. And now only you are afraid of all these concepts, but we are trying, we have accepted the concept, my thoughts.

Therefore, we feel guilty or feeling tension, anything happens against our mind you are getting tension, depressed, “oh that man is not”, there is jealousy. Nisargadatta Maharaj used to say not to be jealous of anybody.

There should not be attract, not to hurt anybody’s feelings, that is basic. That means directly or indirectly you are assaulting family members, your friends, anybody else, you feel that he is not doing well, or say something bad or some.... ok. Don't insist, don't force somebody to act according to your wishes. Suppose your wife is there, brother is there, sister is there, son is there, mother is there, so many. They are expecting that they should behave like this, this, this and that, it become again to accept that, some concept, a spiritual exhibition. You feel something irritating. I told that “You not follow me.” So, like that force, create problems for you. Forget it. forget it, why to insist? You are Master of Your Own. The world itself is illusory world, it’s a dream. Because prior to 100 years you were not there. After 100, how you will be there? So, nothing dissolve into nothing. Nothing came out of nothing. And we are fighting because ‘this is something’. That fighting is supposed to be stopped. That confusion is supposed to be stopped. You can stop it. Not difficult.

Why Master is required? Because we are not knowing Reality, even though we are knowing the Reality it is not implemented. We’re having body pressure, we’re having mind pressure, we’re having ego pressure, intellect pressure. Some thoughts are there. So many thoughts racing all the time. So, that to say, not to come across with such element which will distract you from the Reality. You know better, your aware mind. When you know the identity perfectly, why to go to enquiry, ‘how that I Brahman is” hmm? Brahman does not have any shape. It’s the nature of, ‘oh after this going Master, how that Brahman is.” And he’s trying to impress concepts. This

master says like this, this master say like this. You follow your inner Master, and through meditation you are giving some strength, power to inner Master to open the Truth to you. Then your external identity will be dissolved. No identity remains. You become one with your Selfless Self. Though you are living as a man or woman, you are not taking any touch, you remain unconcerned with the world, as if you are acting in a drama. So, That Reality is supposed to be absorbed, digested, for which meditation....

Q: So not to struggle? I mean you want to put in effort but not to struggle with it....

Maharaj: What, why to struggle? Why to struggle with, we are struggling with our own thoughts. It is the nature of the body to manufacture so many thoughts. 24 hour thoughts. In dream, also the thoughts are there. After meditation, after Conviction, after absorbing the Knowledge, Reality, you are not giving so much importance to thoughts. Why become victim of your thoughts? Ok the thoughts are flowing. Some dog is barking. Are you paying attention to why that dog is barking? No. Similarly, mind is flowing with thoughts, then you can forget it. Listen to me. Then you become thoughtless. If you give importance to the thought, then again and again it's trying to confuse you. So be alert. Be cautious. All the time. Because Bhajan is there, prayers are there. It is a systematic Devotion. All the time you are alert. Alertness is there. Through Bhajan and through prayers, through meditation, knowledge. You are getting alertness. You are not becoming a victim of anybody's thoughts, anybody's concepts, or your own concepts. Very simple thing. You are not forgetting, from that dedication. Knowledge is there, but dedication is there. It's the only thing, beyond that nothing is there. You don't have to think how to maintain it, that you have to do. You may be anywhere, you can do your job, do your duties. You can recite the Mantra, reciting Mantra.

Sit for meditation, if you got sufficient time to, one hour, half an hour, sit for half an hour for meditation. time. Remember all this Atmosphere so your mind will not play tricks against you.

The mind always tries to distract you from it. Even some other people, some different concepts are there. Everybody says, "I know Brahman, I know Brahman, I know Brahman." The story of that blind boy going to see the elephant. Whatever part he got he says "this is the elephant". But when you see the entire elephant, you don't argue with that. That is correct. You are Knowing. Like that, there are so many Masters, so many things are there. Everybody says, "Brahman is like that, Brahman is like this, Brahman....." Ok. Not to struggle with it. When you know the Reality, why to struggle?

So be Strong, Spiritually Strong. Now you know the Reality, you are to maintain that

Reality. Do your duties, do your jobs, your responsibilities. Earn something if you are earning something, what is there? Nisargadatta Maharaj was working, not to depend on anybody else, stand on your own feet. Spirituality is not restricting any of your activities. Whatever is required for this body, you can have it. "Oh, I am spiritual man, how can I do this?" Nothing. If you are having any time you may come to master. If not, I can talk with you on telephone, mobile is there. Nowadays lots of facilities are there. But stand on your own feet. Spiritually lets you stand on your own feet. Master is there, but even if Master is not with you physically Master is Master. Master is not there so I find other live masters, disciple of, so many persons "oh I have to go find live master". What do you mean live Master? You are live Master.

Okay.



3/27/17

Jai Sri Ramakant Maharaj

Maharaj: So, as we are discussing the same thing. Same tape we are repeating again and again. (Laughter)

Q: Just push play...

Q: Raga...

Maharaj: Same Raga. (Laughter) Words are different. The principle behind that you get some Spontaneous Happiness. Then, so many are there. They're reading books, listening, but some or other way they're coming on the body-based-knowledge.

Yesterday some lady made a lot of arguments, in a message, and "Why is my family like this? Why my son-in-law is acting like this?" So many but we are not concerned with family matters. Spirituality is not concerned with the family matters, why your son is not studying? How can I help that? Why your husband. I can't help you! The main thing family life, I can't help you. Because base of the Spirituality, you are not body at all. You live Happily. You are getting some courage to live happily, peacefully, because since You are holding your body you have started to believe in the body and you are acting according to that, therefore we are having some depression, and some sadness, unpleasantness, painful life.

Q: But still it can be that Spirit feels it just by chance helps you in life. So, that, I don't expect so much from my family members anymore, then they are free.

Maharaj: Yes, it happens. Because not you, but some other people say that, particularly ladies, a problem, "My husband is not going like me. I am spiritual, doing bhajan, meditation, why my husband is like this? My son is like this? Why he's not learning? Why..." What you? How to do? What to do? (Laughter) I can't take care of your family life.

So, it happens. So, after teaching, after listening, after reading, again that body-based concept pricking. It should not, because our concept of the reality is not real point. Devotees are reading, but that Conviction is not there.

Some or another body-based-concept is there. That's supposed to be dissolved, melted – without it, it is not possible. Even if told that, even intellectuals say that “this is not your Identity at all”.

Where are all these bodies prior to beingness? Nothing was there. My husband, my father, my sister, my guru. All these concepts came along with the body. After leaving the body what concept remains? Nothing remains.

It's open, even forget of spirituality, you think intellectually also, “this is not going to remain.” And further, if there is no Presence, what is the value of this body? It's a dead body. So, after knowing this, you will be having conviction that I am not birth and death, no birth, there's no death. Inside this body, what is there? Just glimpses of 'I'. It's space, just like a veil, subtle veil, through which we feel 'I'. If there is no veil, how can you feel 'I'? And that 'I' we are directly experiencing. And its nature of the Spirit to continue this life for long. It's not possible. But the importance of spirituality, it gives you courage. Whatever happened, happened on the body. It may be words, but it gives courage to, how to live happily. Nisargadatta Maharaj, faced number of problems, number of problems. Since he was a - there was so many - he was there, even he become disciple of Siddharameshwar Maharaj. He left all his things. He wanted to experience these words, etc. Now his family life and his business are totally disturbed. Then his mother died, daughter died. Father, what why he dies? So many calamities! His business gone. Now out of ten shops, one shop remains. So many things are there. He also, despite of that he did not leave spirituality. Because you are getting courage how to live in all these circumstances. So, this spiritual teaching shows how to live successfully, peacefully despite there are so many difficulties and depressions. It's the purpose behind it. But you are trying to relate, 'my family life' to spirituality. So, this understanding, this conviction reading book. So, try to overcome all these difficulties. Because you have got power how to overcome all these difficulties. You can use your power. And as it, it is fact that this is illusory world. There is no I, you, he, she, it, nothing is there. There is no master, there is no disciple, there is no God, there is no devotee. It's Fact, but so far, we are holding body so all concepts are there. The moment body disappears what concept? Nothing remains. Who is God? What is God? What is Brahman? What is Atman, Paramatman, Master? So, everything came out of nothing, everything dissolve within nothing, It's fact. The ego. So not struggle, not struggle with the mind. No fighting with the mind. We are fighting with the mind, fighting with the

thoughts, yes why not? We behave like this. We are preparing some frames and living within that framework.

Q: My only depression is not repeating the Mantra enough. Otherwise I feel very good, but I feel like I'm not repeating the Mantra enough. But I guess as depression goes, it's a good depression to have.

Maharaj: So now to accept that thing within you. Mantra is saying that 'You Are Brahman, Atman, Paramatman, God, Master'. Master does not have any death and birth. No depression, nothing is there. No peacefulness is required, no happiness is required because happiness, peacefulness, they are connected to the body only. Because body-knowledge is not tolerable. So, Spirituality teaching you to stand on your own feet. Not to depend upon anybody, including masters also. Encourage you own Master, approach your Own Master. It's Powerful Master. But we have our habit, "give something, be something, give me blessing".

Q: Who needs to be courageous? When you say that we need courage. I don't feel that I am very courageous person...

Maharaj: Courage is required because you are considering yourself in body-form.

Q: Yes, but where do I get that courage I.....

Maharaj: It's Spontaneous Courage. Even difficulty appear before you, you not disturbed, you're not depressed. Some incidents, some unpleasant incidents happen in your life, at that time you are getting some courage, firmness, to remain unconcerned with that incident. Previously if such thing happens we are getting afraid, disturbed, depressed. That depression will not come after having this conviction. You are getting courage spontaneously, it happens. Let it happen, even it happens I am not concerned with it. Like that black clouds will go away. Clouds are coming, going. You are there and there only. So, you will feel spontaneous within you, continuous meditation. Because slowly, silently, and permanently all body-based-concepts supposed to be dissolved. Then only You remain untouched with the world. Whatever is happening in the world, forget it. Because You are not body at all, I was not body at all. So, stop measuring in body-form because You are Formless.

Yesterday I told this woman that boy who used to come here. It's Fact. Every ten-fifteen minutes he is getting pained. Innocent boy he doesn't know a,b,c's of philosophy or spirituality. Totally innocent boy, totally nothing boy.

Q: Probably better that way.

Maharaj: And then I tell to her how that miracle happens. He has taken Mantra, and then falling down, reduced to some extent. He supposed to give blood every three-

four month. That stopped, his medicine stopped, doctor. Specialist says his life is not more than 22 to 23 years. So, after having when you sitting for meditation you're getting trance immediately. Forget everything. And that Naam, the person's life mention by the specialized doctor 22 years, now he married, he got child, he's working in this hospital. Then before he falls from third floor down to ground floor, nothing is happened. It's fact. Here only, some small bush was there he fall down that, he thought that he might die. When he arrives into hospital, "Oh my Master saved me!" how can he believe it? It's fact, the same fact. The person who falling from third floor, it is possible to live survive, but no fractures were there from that fall. This can happen. That means miracles are not Ultimate Truth, but you have got Tremendous Power if you have become one with you anything can happen. Though it is not Ultimate Truth.

I told to one Australian fellow when he says I don't believe it. His name is Armstrong, he was a mountaineer. He had nothing to do with spirituality. I'm talking about the Power, Spiritual Power, Inbuilt Power. While both the legs, some become handicapped. They had to cut leg from here. Despite that he wanted to climb that Everest Mountain. He made effort trice but he failed. But he had not left his efforts. Again, he has gone with artificial legs he got up to near about the peak, then one leg slips and he falls. No, no nothing was there. In spite of that, with inbuilt courage some time and he reached that mountain. It's Fact. How is it that this happens? It's miracles. That means you have got miraculous Power. We are encouraging that Power through which you can identify yourself. You are not believing "Oh how it's possible?" It happens, it can happen. Though miracles are not Ultimate Truth but it can be happen within you also. But so far, we are measuring ourself in body-form and using some excessive intellect.

It's Beyond intellect. You can't apply intellect "how this happens?" it is impossible. Something happened beyond intellect, beyond imagination.

So all will get from You only, for which you do not need to pay anything , it is priceless knowledge. But you must devote some time for You. Sometime devote for You, sit for meditation, recite mantra, there is no harm, there is no restriction what you are eating, what you are doing, not a concern. Yesterday one boy say, "I am eating fish and mutton". Okay, no problem. There's not restriction. Once came to me, so "How can I take Naam Mantra because I am, everyday I'm drinking beer, something, something." Not concerned, if your body requires something you can use it, not to use excessive things. So spirituality, what I want to say that spirituality what

food, what you are doing, you concentrate to remain untouched with all body-based-concepts, that is the purpose behind the Spirituality. Not to join that body-relations and family-relations with the Spirituality.

Okay.”



3/29/17

Jai Sri Ramakant Maharaj

Material causes, material life, material life is not permanent. Because body is not permanent. Because some day or another you are to leave the body. So, who is acting within that body? That I'm pointing out that Invisible Presence within you that is Ultimate Truth. because of the body impressions we forgot our Identity. Everybody know I Brahman, Atman, Paramatman, God, Master, but it is not absorbed that Reality. To absorb Reality, you have to undergo strictly the meditation. Because though we knowing I am Brahman, Atman, God, Master, it is not impressed so much. It is not engraved so much. It should be engraved, you cannot wash out that. Most important, for which you are to undergo the. This Reality not anywhere in the world. This is Your Reality.

There Nothing Is There. No attraction. No sources for some happiness. Source started from You. Source end within You. Because You are central point of this universe. Except yourself nothing is there. There should not be temptation to go anywhere. Because you have lots of material attractions. Some sex is there. Money is there. Publicity is there. So many attractions that try to pacify the body knowledge, have some peacefulness. It's temporary relief just like pain-killers, not permanent. Try to identify.

See one thing is that some or other day we are to leave this body. It's Fact. Willingly or unwillingly you are to leave this body. That means body is not your identity at all, body was not your identity, and body not going to remain. The Invisible Presence acting within the body is Ultimate Truth, is The Brahman. It is not separate from You. You are the source of all the Brahman. So not to have any temptation to go anywhere. Everything within you. Why to go here and there? Today some person from Rishikesh is coming. Rishikesh, Kanya Kumari, Himalaya. Why to go here and there? Why to torture your body. You need not torture your body. Very plain knowledge, the base-Reality.

You have Secret Asset. Invisible Asset. Confidential Asset. That You Are. What is that? Just to find out what is that. just glimpses of 'I'. Nothing else. It is caught with the body so we accepted the body as our identity and therefore we are running here and there for happiness. What is happiness? What is peacefulness? Why we are fearing all the time birth, death, and something else? No death is there. No birth is there. Because we're measuring ourselves in body form therefore we feel that 'I will die, last birth, future birth, all concepts engraved upon us, wrapped upon us.

Somebody says like this. 'Don't read from such book which will try to distract you from the Reality. There are thousands of books on spirituality. Everybody wrote something, what he imagines, or they have some concept. Don't go such, because it will divert you. It will distract you from Reality. Because you are Reality. To Identify what else what books is required? To know yourself, no books are required. You know better to you. You know better that body is not identity at all. You can hold body. You can have your all responsibilities. Take care of your body. Not to neglect your body. Not to sit idle, 'oh I'm spiritual man'. Do your job, do your duties. You can do it. But, try to concentrate Concentrator that Invisible Concentrator within you is Ultimate Truth. Without it, nothing is there. It's very simple thing. So, spirituality not restraining from all your routine life.

But meditation most important because meditation always hammering, always impressing your Reality. Why meditation is required? Because that words are impressing, hammering all the time that You are Brahman, You are Brahman, You are Brahman. And then knowingly or unknowingly that Spirit Accept 'Oh So That I Am That.' That Conviction, Spontaneous Conviction supposed to be there. Then you need not to go to any deliberate effort. In the beginning, you are to undergo some deliberate effort, but in the last, no deliberate effort required. Because its Fact. Your Presence is Ultimate Truth. That is called Secret Asset. Confidential Asset. Invisible Asset within you.

But generally, nobody knows it and we are wandering here and there, in search of some Masters, in search of some. Why to search of Masters? Yes because, it's okay. You are not knowing your address, till that time you are to search for address. After arriving at the destination throw that address away. So, like that, knowing the Reality, you are to discard. People who create books, but what they wanted to convey that is most important. No to try to analyze the words. Try to identify, what they say, what they want to convey. There are so many Masters there. Exceptional identity. So, some people say kundalini and these things, it all is meaningless, no kundalini. No chakra is there. Entire Asset, Entire Secret Asset Invisible asset, Invisible property within you why to go here and there to find out that Property.

That is principal of spirituality.

So, with the help of the Master try to identify. After identifying that Master within you, nothing do anything. Do your job, do your duties, if you like, smoothly. Because at that time you will be have Exceptional Peacefulness, Exceptional Happiness within you. Happiness, Peacefulness not separate from you. Why there is fear? Because you do not know, it is nature of the Spirit. Because Spirit knows itself through body only. Spirit does not know I am Spirit. Presence does not know I am Presence. It knows through body only therefore it likes to continue that body. I like to give an example of small ant. You pour water, he's running here and there. Why? The smallest subtlest presence want to continue that body. So, it's the nature of the Spirit, Presence. Because through body it knows I am somebody else. Either man or woman, whatsoever, any being. So, that external cover should not go away, should not die, should not disappear. That efforts are there, therefore you fear not to go this body. For which, after knowing the Reality, ok what has happened? Some or other day willingly or unwillingly you are to leave the body. The end of the body after, the cemetery mm? So, it's not going to remain. So, that Conviction, then there won't be fears.

After having such conviction, body is not my identity body was not my identity, what to why to fear? So, that fear will be disappear. For which you are struggling for meditation or the Spirituality. Spirituality giving you Courage. Spirituality giving you Courage, Power, Energy. Live with Brave. Live with that Light. Don't be cowards, what coward, just little. Some or other day you are to be prepared for that. That is idea behind spirituality therefore why you do the meditation. Because through meditation all illusory concepts dissolves. Meditation, all illusory concepts dissolves, for which you are to undergo strictly meditation. Not sitting like this, you got to have some non-stop recitation, reciting Mantra. Mantra came from Dattatreya. So, that is the basic principle of spirituality. Because literally we are knowing "I am Brahman" but it is not sufficient, literal knowledge, bookish knowledge not sufficient. Because after knowing this you will forget. So, material knowledge, literal knowledge, dry knowledge will not help you. Be practical. Practical is most important. Nisargadatta Maharaj till the age of 70 or 75 they are working some shops. So, they not left their job, duties, "oh I am spiritual man, I am Master, I will not continue my business." No. I also working in a bank some. So not to depend upon anybody else. You can stand on your own feet. this body-based knowledge, you're routine life also. Not to depend upon spirituality also. Because you are spiritual man or woman, man or woman spiritual. Spirituality is already with you.

Why to go here and there to find out spirituality? So Be With You all the time. You must have courage not to come across with such elements that will distract you from the Reality. So many masters in the world who are talking something, something. So, I'm not criticizing it. It happens. But here, there is not any business, there is not any commercial use. We are pointing out that except your Selfless Self there is no God. You want to ask anything?

Q: No questions.

Maharaj: This is simple, very, very simple. All these Masters giving the simple knowledge. Except your selfless Self nothing is there. Why to go to identify yourself here and there? Where is Lauv, where is he? You are Lauv. hmm? So, like that. To whom you are searching The Searcher Itself Is Ultimate Truth. It is not separate from You. So be strong, spiritually strong, not physical strong, not egoistical strong. So, nobody impress their own ideas or concept upon you. You may be anywhere in the world, you need not to go here and there. Not to stay for long in ashram. If you have sufficient time you can stay in ashram no problem. But Where You Are There, There Ashram Is There. You may be in your house, you may be in cottage, Ashram Is There. no exercise is required. No special efforts are required to identify yourself. But only thing have Conviction, you are to undergo strictly meditation, most important, it's the only source. After going to your native place country, if you want to contact, you can con contact me freely... ”



3/30/2017

Jai Shri Ramakant Maharaj

Part 1

Who want Happiness? Body want happiness? Spirit want happiness? Who want happiness? Who is enjoying happiness? Who is expecting peacefulness? Who is under pressure of fear? Unless you find out the reply of this question, you are not able to identify yourself. Only roaming here and there, from Kanya Kumari to Himalaya, approaching so many Masters, meaningless. Reading so many books, meaningless. Because Source of this world lies within you. You are unaware of Your Existence, Spiritual Existence. Some or other day we are having body-concept. Whatever knowledge you are having, whatever you are doing yourself for happiness, considering body is my base, directly or indirectly. That body-based-ego is developing all the time. Sometimes you get some temporary relief. Not permanent. Because our base is body-base. And it is fact, body is not your identity at all. What is the use of spirituality? Prior to beingness no spirituality was there. After leaving the body, what spirituality remains? How that spirituality will help you? Try to find out. I'm not restricting to read books or to go see any Masters. Try to identify Yourself.

Who want all these things? That Unidentified Identifier is already within you. What happens? The moment Spirit touched with the body, then comfort starts. You try to expecting some happiness. Small child is given some honey something sweet "oh". So, we're having some illusionary hopes to get happiness from this illusionary world. Impossible. So, unless you try to Identify your Selfless Self you are not able to get Real Happiness. What is the Real Happiness? Whatever happiness we are having, this is material happiness, external happiness. You gain some material

comforts. Money is there. Sex is there. Publicity is there. So many comforts. It's temporary.

Under the circumstances, try to know Who Am I? That's the base. We say the Brahman, Atman, Paramatman, God, but these names are given to the Unidentified Identifier. You are unaware of That Reality. Reality is already within you, that you are unaware. This not your Identity at all. So not to go to any exercise in the name of spirituality, not to go here and there. I found so many young boys going here and there, leaving their family life, leaving their wife, children, parents. Why? Not reason. Because you depend upon somebody else. If I approach this master I will get happiness if I go approach this Master I will get happiness. No master will give you happiness. Masters like you only. Master trying to invite attention of the Invisible Listener within you that you are Ultimate Truth.

Master is not doing any special favor. Whatever is within this body is the same thing within your body, but you are identifying in body form. That illusion supposed to be dissolved. Very simple. Why to go here and there? Only playing with the spiritual words is meaningless. Brahman, Atman, Paramatman, God, Master, Maya, after chakra, so many chakras are there. So not to become victim of or slave of spiritual words. So, what I wanted to know, what I don't want to know. Its Open Fact. This is not going to remain constant. And who is acting in this? Who is experiencing from this body? Body can't act without Presence. It's a combination of Presence and body. Presence does not know "I am Presence". Body does not know "I am dead body". Just like this fan is there. If there is no electricity how can the fan go. The combination of instrument and electricity, it starts. Similarly, the combination of body and Spirit, it starts working. All the talking started. box.

So, like that, try to identify yourself, Who Am I? Only going here and there, only reading books is meaningless. It can be very easy. For which you are to undergo strictly meditation. Meditation means sit down and try to identify what is there. What is my body? Who is experiencing thoughts? Thoughts are flowing. Who is experiencing thought? Who is watching dreams? Who is the Watcher who is watching dream and this world? When it stops, thinking, thinking, thinking, then the thinker will disappear. Nothing Remains. How you were prior to beingness, That Reality Will Be Open. Where everything dissolves. Nothing Remains. Your 'I' also. No I, no he, no she, no it, no master, no disciple, no God. That Conviction is supposed to be appear, for which spirituality is there. So only going here and there... not to go anywhere. Everything starts from you, everything ends within you. Everything came out of nothing, everything dissolves within nothing.

Why to find out nothing? The child which is not born is thinking about her future. Birth and death connected to the body but not to you. The Invisible Presence is just

like space or sky. It cannot identify Itself. All the time we are taking ego, 'I am somebody else', and trying to identify in the light of that ego. What is ego? What is mind? What is intellect? It came along with the body only. These are the causes, these are the organs, subtle organs functioning organs, functioning body. That is not Ultimate Truth. So, Ultimate Truth Lies Within You.

Part 2

So, in that case, try to find out within yourself Who Am I? Then the conclusion is you are Brahman, Atman, Paramatman, God, Master - not separate from you. Why this is necessary? Because we under the pressure of so many concepts. What is the principal of spirituality? To remove all concepts, even the I-Am. You say Brahman also concept. I Am Brahman also concept. When all concepts dissolve There You Are without any identity. Listen to me. When all concepts including Brahman, Atman, Paramatman, Master, disciple dissolve There You Are. That Spontaneous Conviction supposed to be appear. Then you need not to go anywhere. At that stage, there won't be any temptation to go anywhere to find out the Brahman, Atman, Paramatman, God, Master. It is not separate from you.

Only you must have Courage to accept the Reality. That we are lacking. To have that Courage, to have that Power, to have that Energy, you must undergo the meditation, it is the only source. Meditation means hammering all the time your Selfless Self that You Are Brahman, You Are Atman, You Are Paramatman. It appears in duality. And out of duality that individuality also disappears. In the beginning, you say, "when I am sitting in meditation, I'm somebody doing meditation", its duality, it's correct. But we are taking the help of the illusion to remove another illusion. To say 'I' is illusion. To say 'you' also illusion. To say Brahman also illusion. Entire world is illusion. It's Fact. Today you may not believe it. It's fact. Because its beyond one's belief. Even if you think intellectually, how you were prior to beingness? Your answer is "I don't know." After leaving this body, how you will be? "I don't know." That "I don't know" is a perfect answer because you were formless, you are formless, and you are going to remain formless. But there is no concept. Dissolve all concept, you are to remove all this illusory complication. It's the feeling that the fire is there which is covered with the ash. Through meditation you are removing ash, removing concepts, body-based-concepts. It's the purpose of spirituality.

Not difficult. Not impossible. No to stress, not to struggle with anything. Go deep and deep and deeper within Your Selfless Self. Then forget this world. Therefore, the purpose is, there should not be any other concept like this. This is last concept. No I-Am, No You-Are. Nothing is there. No Brahman, no Atman, no Paramatman, these are the concepts. God also concept. It's Fact. Because we are giving birth to

God and Brahman. This is not intellectual thing. So, for having some Conviction, you must undergo strictly meditation. In the beginning, "Oh what?". But there is no other source. Yes, I know it. You have to devote some time for You. Because you are traveling from this imbalanced illusionary world. So, we don't expect there will be another illusionary world hereafter. This is Last Ultimate Truth and Ultimate Truth not separate from You. So only playing with the spiritual words and literal knowledge is meaningless. And dry discussion on spirituality, also meaningless.

You are to go deep within You. Go deep and deeper within You. And then, your so-called existence will disappear. There won't be any experience, no experiencer, no witness, no witnesser, completely aloof from the world. And then attachment with the body will be reduced. Though you are using the body for some work or for some performing some duties, but you will remain untouched with the body-based knowledge. Mind, ego, intellect may be there but you are using sparingly. And then when they are required, ok forget it. So then in that case there won't be any confusion. No temptation. After knowing the Reality, no temptation to go anywhere.

If there is temptation to go anywhere that means, something is wrong. But you are not knowing yourself. Not knowing your importance.

You've got Tremendous Power. You've got a lot of importance. Not to underestimate You. Not to measure in body-base. You are beyond that. You Are Final Terminal. Why to go here and there? I'm not restricting your visit, but not with the intention if I go to that master and that place I will get some realization. Nothing. You will be misguided, misguided, misguided. Because there is no separate, Brahman is not there, except yourself. So why to go for unnecessary distracting from Reality? Because You Are Reality. So be with You all the time. It's very simple knowledge. Not to come across with any illusionary elements. So many shops are there. Commercial shops. Philosophical shops. Spiritual shops. Why? Now spirituality becomes business. Unfortunately. Not to attract with that spiritual business. I'm not criticizing, its fact.

So, we are pointing out the Invisible Listener within You that You are Ultimate Truth. No miracles. Nothing is there. Have some Strength. Power already within you. Encourage your Power. Entice your Power. Use your Power. So not to develop somebody stepping in "Oh this Brahman, I will show you". Nobody can show you Brahman. It can't be showed. How shows this sky? Or American sky? Can it be showed, American sky? Or show Indian sky. Nobody can. This is misleading, misrepresenting. Sky is Everywhere. Likewise, the name of Brahman is given, that is the Individual Principle everywhere in every being. Not only human, every being. This world is full of, Presence, Brahman. But we are unknown to that Reality.

Therefore, to know the Reality you are to undergo the meditation, it's the only source.

The People say "I spent so many years in this place so many..." Why you are unnecessary wasting your life? Do your job, do your duties. Not to like this. Not to leave your family life. People are coming to me, I am saying "go, if you want to get married, get married, no problem". "Oh, I am spiritual man, how can I can't get married?" You can get married what is there? It is body requirement, it is body food. If you want to get married. But not "oh, how can I get married?". Thoughts are coming but you are trying to restrict it. And again, they blowing it. Expose it. So likewise, not to accept unnecessary impressions, concept from. You become judge of your own. Think it. Which is good which is bad for your body, for your spiritual body.

You want to ask any questions for that? So, in brief, except your Selfless Self there is no God, no Brahman, no Atman, No Paramatman, No Master. It is very simple. Reality is placed before you. You may accept it, you may not accept it, it's up to you. Yes. Because This Is Final Truth. Final Ultimate Truth.

Maharaj : If you want to ask any question, you can ask question, be clear. Because, some J. Krishnamurti, Mooji and all.

Q: I have no real question in that sense because the message is clear. It is the same message everywhere that I hear. But the question that I have... It seems we can only know what we are not, you know? In a sense that, is it possible to identify positively what I am?

Maharaj: There is no positive, no negative. Why to find out "who am I?" I-am also is illusion, mhhhh? To know I-am you have to take ego, "I am somebody else". Nothing is there. If the body is not there, your body, this is illusion, so why to find out 'who am I'? To find out 'who am I' you have to take some ego, subtle ego that I am somebody else and finding out 'who am I?' There is no I, there is no you, no he, she, it. These are the concept, these are the words, just for discussion purpose, understanding purpose.

Therefore, I am insisting not to play with the spiritual words, literal words. 'I' supposed to be dissolved totally. There is no 'I', there is no 'it', these are the concepts - ok, for conversation for daily purpose you can use I, you, he, she, it. But I have told there is no Brahman like that, nothing Brahman, what Brahman is there? It's a concept. What God is there? Do you know anything God? Have you seen God? Have you seen Brahman? How can you see? Because You are! Without the help of the mirror you can't see yourself. Mmh? So, because we have read so many books therefore we have become the victim of this literal knowledge. Knowledge is not

separate from you, Brahman is not separate from you. You Are Final Destination. Where everything ends There You Are. Where everything ends There You Are. Prior to beingness do you know anything about Brahman, Atman, Paramatman, I, you, he, she, it, God - nothing was known to you. After leaving body what remains? Nothing. After leaving body do you know any Brahman is there? Atman is there? Paramatman, God is there, what?

Q: I don't know.

Maharaj: Correct. Because You are formless. Your existence in the world is just like space, space or sky. Does sky know I am sky? Has it taken birth? Is it going to die? Nothing. Spiritual science if at all you want to compare, compare yourself just like space or sky. So not to measure yourself in body form. Because You were not body, you are not body, You are not going to remain body. It's an external cover. Prior to beingness you were unknown to you. After leaving body what knowledge you have got? Brahman, Atman, Paramatman, God, Master, these are the terms that came along with the body only. All these requirements came along with the body. Who else wants it? Prior to beingness any peacefulness is there? Any fear is there? Who want peacefulness? Who want happiness? Who is under tension? Because body is not tolerable.

Q: Is that also a thought, that which one speaks?

Maharaj: No thought, no thought is thoughtless state, no thought is there. Thoughts, concepts, came along with the body only. Where are thoughts prior to beingness? After leaving, after leaving this body any thought is there? Who want peacefulness? Who want happiness? Who is fearing? And for what are you fearing? Basically, stop measuring yourself in body-form. Because body is not your identity, body was not your identity, body is not going to remain your identity. Where are, thoughts come? You are experiencing thought and, "it's a good thought, this is bad thoughts". Thoughts which is tolerable you say it is good thoughts. Thoughts not tolerable you say bad thoughts. The thing which is good for you, it may be bad for others. Thing which is bad for may be good to others. Be plain. Remove all the concepts. Complete blank. You are to surrender to your Selfless-Self. There should not be subtle ego that 'I' also.

Q: So, would you say meditation is letting go of these attachments to thoughts?

Maharaj: Yes, of course! Because through meditation you are hammering yourself. Why meditation is required? You are given some Naama mantra, or some words are given, these are words. From Guru, Lineage to Lineage. But that, those words are having some Tremendous Power. Through that words you are hammering your selfless Self, stating that, You are the Brahman, You are the Brahman, You are

Brahman, I am Brahman, Brahman I am. Why this? Because your Presence is very sensitive. What you impress, it reflects. Suppose somebody abuse, slapping you. These are the words. He says 'you are donkey' you are slapping him, because donkeys are only words. That spirit accepts it, "he called me donkey". Or something. Because each and every, words, it changes every state of your body. And you're struggling. But considering that sensitiveness of the Spirit, that Naama mantra is given, Aham Brahman, Brahman Ahamsi. Aham Brahmasmi, or something. So, after reciting the mantra, after having meditation, it reflects, "So That I Am That", without your knowledge. And then what will happen? You will remain untouched with the world. Though you are living in the world as man or woman, you are untouched with the world. Man, or woman identity of this body only, not to you. That Conviction, because Knowledge already within you, but you are unaware of that Knowledge. Reality already within you. But directly or indirectly you are posing as a male or female, and expecting to have this Knowledge, the Reality, with the body-knowledge. To dissolve body-knowledge you are to undergo meditation, till you have got Conviction. Then meditation will be spontaneous. So now it is with you because you are architect of own life. What to do, what not to do, that you have to identify. You need not to go to anywhere to find out any Master, no Master except your selfless Self - there is no Master. What is disciple, Master? Because you are unaware, you are missing yourself. So, Master say, except your selfless Self nothing is there. The Presence in this body, and the Presence in this body, nothing though, there is no difference.

There is lack of confidence. Despite knowing the Reality, you are posing as something else, 'I am somebody else' – Brahma, Gyani, or something, something. Nothing. Be humble, be simple, be normal. Do your duties, do your job. Spirituality not teaching you to restrict all these activities. Be Free. Do your duties. "I am spiritual man, how can I eat?" - you can eat because it is required by the body, the food body. No exercise is required to know yourself. Only a strong will-power, courage to accept the Reality, that is most important. And for which, Master is required. Through Master is hammering, except Invisible Listener within you, there is no Brahman. Try to Identify Invisible Identifier within you. These are the words, but through words I am trying to hammer the Invisible Listener that except your selfless Self nothing is there. Your Spontaneous Presence is Ultimate Truth, Final Truth. Be Strong! This is not an egoistic strength. Be remain in society, what is there? After knowing this is a dream, why is there temptation to go here and there? Because Your Presence Is Final Truth. Body is external cover. Yes, you want to ask any question?

Q: What do you think of other kinds of meditation? Like Buddhist meditations?

Maharaj: When you came across Buddhist meditations, meditation? These came, all these concepts came along with the body only. If you are not knowing yourself do you know any Buddha was there? After leaving the body any Buddha you know? Any Brahma know? Shiva know? This is Shiva, this is Brahma, this is Vishnu. When you came across all these? The moment that Spirit clicked with the body all these concepts started.

The Brahma, Atman, Dattatreya, this thing, that thing. This is Krishna this is ... You know nothing prior to beingness and you know nothing after leaving the body. That way you are to come out of all these illusory concepts including Brahman, Atman, Paramatman, God, Master. All this concept came along with the body, all concepts dissolve along with the body.

You know so many books and so much bookish knowledge. You know Veda, you are master of Veda, you are master of so many philosophies, spiritual books. What is the use? How will it help you at time of leaving the body? You are master of Vedas, you are master of so many books. Master of philosophy. Master of Spirituality. Will that knowledge help at the time of leaving the body? Just question yourself. These are indications. All this knowledge, the words are indication, to identify Invisible Listener within you. Vedas are there, Buddhas are there, so many concepts are there. I'm not criticizing it, but through which you are to identify Invisible Reader within you that You Are Ultimate Truth. So be strong! Yes you want to ask any question?

Q: Yes. 'Be strong, have courage,' I hear from you. So, what does it mean? Be strong, have courage, what do I do? Sit more meditation?

Maharaj: No, no, no, no. Try to Identify Invisible Identifier within You. You must have courage to accept the Reality that not there. Yes, I am Brahman.

Q: Yes, I Am Brahman! That's courage?

Maharaj: Yes, that Spontaneous Courage supposed to be appear within you. The moment that Spontaneous Courage appear within you all concepts including Brahman, Atman, Paramatman will be disappear. Listen to me. These are not bad concepts. Were just having some shape.

Q: Were having some shape?

Maharaj: Brahman, Atman, Paramatman, some subtle shape is there. Because Brahman also concept. I-Am also concept. Shankara say that 'to say 'I' is illusion, to say 'you' is illusion. To say 'Brahman' is illusion. Entire world is illusion. (Marathi) They have given directly, indications, signals.

Q: I'm still quite

Maharaj: Be Normal! Don't think so much. Don't struggle. Be normal. Because not to know that you have to know. You are trying to have some finding. The finder itself is Ultimate Truth.

Q: This morning I was meditating and I had a very amazing experience. All the sounds were coming out of me...

Maharaj: It happens. Because your Inner Voice is most important, your Inner Master is most important. You are neglecting yourself, you are trying to find Brahman somewhere there. Master is not separate from You. So not to play with the spiritual words. It's not bad. But at the same time don't ignore, don't underestimate your Inner Master, your Selfless Self. Do your duties. Don't neglect your body. If you have family members take care of your family. Whatever responsibilities you are carrying, you can carry, there is no harm. . My master said "earn lakhs of rupees and throw away". What does it mean by spirituality? Pressing feet of the Master, putting garlands, clapping, it's not spirituality. Stand on your own feet. Don't come to me. Lead a practical life. He told me, "why aren't you in college? Join college, don't come to me. You've got spare time then you come, welcome". Do your job, do your duties. You're a doctor, pay attention to your patients. Within that if you got some time you come to me, no problem. What is spirituality? Just to identify yourself in a Real Sense.

English/Marathi:

There is no fear there. Ultimate Truth. There is not any fear. No form, It's formless. One should identify. Identifier is Invisible. How can you identify Identifier?

(Speaking Marathi)

The thing which is not happened... - you are asking for the unborn baby. Because we are measuring ourself in body-form, that is illusion.

(Marathi Question/Answer)

Everything within you. Start from and end within you.

(Marathi cont.)

No road. Where all the road end There You Are. Where all road end There You Are. No roads are there. So, stop measuring yourself in body-form.

(Marathi)

I am not body. I am Ultimate Truth. That Conviction leads to Ultimate Truth. It's fact. You are not accepting that facts. Some or other day that body impressions is there. We are trying to extract spiritual knowledge through body-knowledge. No roads are there. All roads are created by us. No mind, no ego, no intellect, nothing is there. Where is that prior to beingness? Do you know any road is there? Do you know any

Brahman prior to beingness? After leaving body, any Brahman is there? It's open fact, even if you think intellectually.

(Speaking Marathi)

That identification is illusion. Whom should identify? There is no seeker to identify. Because your Invisible Presence is Final Truth. That is to say that Except Your Selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master.

(Speaking Marathi)

This is gist of spirituality. Except your selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master. This is the gist of entire spirituality. But you are not accepting it because of body. Only dry discussion will not help you. Everybody knows Brahma Gnyan. What is Brahma Gnyan? Just to identify yourself in Real Sense. We are identifying ourself in body-form, that is illusion - very simple thing. If there is no awakening in the morning who will talk about the world? Who will talk about Brahman, Atman, Paramatman, God, Master? We sleep in night, in the morning there is no. Who can identify this world? That means entire world projected out of your Invisible Presence.

(Speaking Marathi)

In the morning, you are praying Chidananda Rupa Shivoam. See the meaning of that. No Master, no brother, no sister, nothing is there. That Conviction supposed to be appear spontaneously and then there should not be temptation to go to anywhere in the world.

Whom you are finding out? Brahma? Atma?

Q A: That conviction doesn't happen to me, the way it happens actually....

Maharaj: This is the Spontaneous Conviction within you. You are already there but you are missing yourself. Conviction already there, Enlightenment already there, Realization already there, but you are missing You because you are layered with so many concepts. You have become victim of so many concepts, body-based concepts.

Marathi Question/Answer - Meditation is illusion (Speaking Marathi) Throw out your knowledge also. After reaching the destiny what address required? Throw it out the address.

(Speaking Marathi)



4/03/2017

Jai Sri Ramakant Maharaj

All these books, the books are there, all sorts of books are there. The Principle behind that is to Identify Oneself in a Real Sense. See, we are not doing any miracles. There is some concept, people say that “after going to the Maharaj, after going to the Masters, some miracle will happen. My family life, my personal life, my professional life”. I’m telling them, I’m not doing any miracles. I am placing before them their Identity. So just to discard all concepts engraved from childhood till today. Those concepts like birth and death, future and past and present, last birth future birth. All these concepts supposed to be discarded because there is no birth and death.

Secondly, we’re asking, we’re asking to devotees, not to encourage such concept that will distract you from the Reality. What is Reality? What you see it is illusion. Body is not your identity at all. But Through Which You are Identifying the world, that Invisible Presence is Ultimate Truth. This is called Brahman, Atman, Paramatman, God, Master. Very simple. Literally you are knowing, I am Brahman, Paramatman, God. After reading so many books you are having some base, some foundation. It’s not enough. It should Touch Heart, Bottom of Heart, “Yes!”. So then only, all concepts will be discarded. There are so many desires. In the name of comfort, happiness, peacefulness, roaming here and there trying to find out something peacefulness you get, no? Because peacefulness, happiness, fearlessness, these are the concepts during the body-based knowledge. Because who want peacefulness? Who want happiness? Who want fearless life? Who want tension-free life?

Body doesn't want. Spirit doesn't want. The moment Spirit touched with the body all concepts started growing. Prior to beingness, no happiness, no spirit, peacefulness, nothing was there. After leaving this body, who wants peacefulness? That Reality is supposed to be established within you. We're talking about someone talking about Brahman, Atman, Paramatman, God, Master, various sources, totally meaningless. What is the use of spirituality? spiritual Masters.

Try to Identify yourself. Spirituality- Inviting Attention of the Invisible Listener, that until you discern and learn the meaningless delusion, all these layers appeared upon your Presence. Your Spontaneous Invisible Presence or Unidentified Identity Is the Ultimate Truth. These are the words. Where there is no experience, no experiencer, no witness no witnesser. Engraved how you were prior to beingness. You say "I don't know." Simple answer. After leaving body, how you be? "I don't know." Behind that "I don't Know", something is there which is Invisible, Formless, within you. But all the time we are measuring ourself in body form. Whatever knowledge we are having, spiritual knowledge we are having, considering body is the base. Not that.

Secondly, we are having some high expectations. If I go to the Master something will happen, some miracle happens. So, in that case you are to think very seriously because this is a Golden Opportunity. Body Is a Golden Opportunity To Identify Yourself. What is the body? Just Glimpses of I. For which there is no birth and death. No destiny, no past birth, no paradish, nothing. To know Oneself, why all these things required? Because you are under the pressure of various concepts, illusory concepts. All concepts supposed to be dissolved totally. Without dissolving it, concepts, we are not able to Identify Ourselves. The temptation to go here and there, this master that Master, that master, that Master. Nothing is there. Reading so many books is meaningless.

What is the purpose behind the books? What do all these spiritual books indicate. Gist of, summary of all these spiritual books is, indicates, that: Except Your Selfless Self There Is No God, No Brahman, No Atman, No Paramatman, No Master. It's Fact, but we are not accepting it. Some doubts are there, "why? how? why? how?" Because our mind, ego, intellect is pricking all the time. Trying to disturb us, to distract us from the Reality. This knowledge is not Brahman, Atman, Paramatman. It's Knowledge of the Invisible Listener within you which is Formless, for which there is no birth and death. That Reality we are not accepting therefore we are having all this sadness, depression. You are trying to find the Reality roaming here and there, from south to north, north to south. This master, that master. Because you are neglecting your own Master Within You. Why to go here and there? The search is

supposed to be stopped. Because Searcher Itself Is Ultimate Truth. That we are ignoring. And trying to search some master that master that master. No master! What is Master? You are Master. Invisible Listener Is the Master. We are neglecting, you are underestimating yourself. That should not be there. Be calm and quiet.

See what is there. What made the body? What is the value of the body? Nothing. The Presence disappears for a moment... less than zero. It's a dead body. Therefore, Siddharameshwar says "this is dirtiest body, this is dirtiest body, but within this dirtiest body, the Purest Presence is there". Therefore, this body is having value. So, body is not your identity. The Holder of The Body Is Identity. For which there is Not Any Shape. Formless. That Conviction is supposed to be appear spontaneously within you, for which you are to undergo strictly meditation. Meditation most important to have some strong foundation to identify Yourself. Just talking on spirituality, discussing spirituality, "oh, master is talking nicely." Master is not.

Through which- that Master, to whom is he addressing? Who is Invisible Listener in this body? Who is experience of all these concepts and thoughts? After knowing the Reality, after having Conviction of this Reality, you will be in Totally Thoughtless State. No thoughts are there. Even that 'I' thought also disappears. 'I' also concept, because I am concentrating 'I'. You are concentrating something, there is no 'I' there at all. Its ok in the beginning. 'I' does not have any figure, no form. 'I' appears, no form. It's an indication, it's a language. 'I', 'he', 'she', 'he', 'she', these are the language just for discussion for conversation.

So, what is the purpose behind that? Every being want happiness, every being, including animals. You want peaceful life. It's a fact. Because body is not tolerable. The moment that Spirit touched with the body all concepts all desires started. There are no desires prior to beingness. What desire is there? Because we are unknown to ourself. After leaving the body? Unknown to ourself. So all desires crowded because the body knowledge is not tolerable. And to have toleration you want sex in life, you want money, publicity.

So many things are required, material causes are required. Material life. It's giving momentary happiness, momentary intoxication, not permanent. But if you Identify Yourself Perfectly, "Yes, I am nothing to do with the body-knowledge, because this is not my identity at all, it's the external cover. I am holder of the body without any form." The holder of this body has no any birth and death. That concept of birth and death supposed to be dissolved. When it dissolves, when you identify yourself perfectly, "Yes. So, That I." You do your job, do your duties, responsibilities. There is no restriction, what you are eating, what you are doing. You are unconcerned.

How you are acting in this life, it teaches you, therefore yesterday there was lecture

on the same thing. During this process of human life, not to hurt anybody's feelings, basics, because then ego is there. In the name of spirituality, you are hurting, "yes I'm spiritual man." Not to develop ego and subtle ego. You say "I am" also ego. To say "I am Brahman" also ego. Be calm and quiet. Be humble, be normal. Then only that Reality will be absorbed within you.

What is Reality? I was not body, I am not body, I am not going to remain this body. The Invisible Presence within the body is called Brahman, That Soham, I Am That. That mantra is given in that- purpose of mantra is: indicating all the time "Brahman, I am Brahman, Brahman I am." Why this mantra is there? Lineage. Lineage started from Dattatreya. Mantra is also words. Simple words. Through that words, meaning of the words "I Am Brahman, Brahman I Am." Through that words, that sacred words say, you are hammering yourself. "You are Brahman, You are Brahman." Because considering sensitivity of the Spirit, this mantra is created. In advanced stage, that mantra is also illusion.

But to discard all these body based concepts, to remove all body based concepts, meditation is a must - which we are not doing, we are literal knowledge, literal spiritual knowledge, bookish knowledge "that Master talks very nicely". What do you talk? Because you're not hearing your Own Master. The Master is trying to invite attention of the Reader, the Invisible Listener that "you are Brahman".

What is here? (Maharaj is pointing to his body). The same thing. The Presence within this body and the Presence within your body is one and the same thing, bodies are different. That Reality is supposed to be established. No doubt. You can use this form, this spiritual master because of master I know my Identity. There is no separate identity for Master and Disciple. But Master says "you are not separate from me. Though I am holding body, I am unconcerned with the body, I am untouched with the body world." That Conviction is supposed to appear, for which you are struggling. After that Conviction, you'll get Spontaneous Peacefulness without any material cause. No sex is required. No money is required. No publicity is required. Nothing is there. It will be eternal happiness. It cannot be disclosed in any words. Exceptional Peacefulness. Maybe there's violence around you but inside there is Total Silence, for which you are. Why don't you come out of all these things?

So, though we are knowing literal knowledge, we not meet ourself in a Real Sense. For which you are to undergo the meditation. Sincere meditation. Beyond that nothing is there. This is priceless. But because the things which is very easy and simple and costless- no value. Nothing. So, everybody coming like this, "oh, oh, oh," and then some or another day they distracted, "no, no, this is not it." So, you are to

sincerely concentrate, this is opportunity. Human body is a golden opportunity for you. To avoid next concept of birth and death you have to do today only. Just Now! Not tomorrow. Every moment is valuable for you. Golden Opportunity. So, do your job, do your duties, but give some prime importance to your Selfless Self. "Oh, I'm now getting tired." You get tired when you are in bed.

Suppose something happen to your body and "Oh what to do? Bless me, bless me, bless me, do something, do something." This will not help. If anything, happens to your body, you will have the courage to face the problem. It's the human body - something's going to happen. Sickness is there, depressions are there but even in impediments and difficult circumstances, you are firmness. Because you are completely aware of your Presence. Whatever happens to the body, it's okay. Take care, go doctor, not to neglect your doctor. But despite that, you don't aren't being handicapped. We're all handicapped: "do something, do something". We are running here and there. That will be stopped permanently. Because within you, you have got strong devotion, you can cure anything. It happens. That miracles may happen within you.

Miracle - nobody is doing any miracles, oh Master, I'm doing miracle I'm putting hand, transferring the power, meaningless. Nobody is trying to give any power to you. How can it transfer? You are already having power. Exceptional Power. Don't neglect your own Power. But at the same time, don't neglect yourself in body form. Most important. And what I have told you, just accept it sincerely. It should not to be taken casually, "oh." It's for you only. Because this is an opportunity. Again, I am repeating, this is an opportunity. There should not be any more birth and death.

Because since childhood we have developed so many concepts. This God, this birth is there, past birth is there, sin is there, virtues are there, heaven is there, hell is there. So many concepts overcrowded in this body. To discard all these illusory concepts, you strictly undergo meditation. Only source. Beyond that nothing is there. If you got thousands of books, if you go to thousands of masters, its meaningless. Nothing. Because You Are Principal of This World. You are not knowing that entire world projected out of your Invisible Presence.

If there is no Presence in the body who will talk about the world? Who will talk about the God? Who will talk about the master? That Invisible Master is already within you. But because of this body-concept you forgot your Identity. This is awakening of your memory, your lost memory. What you remembering? What you are and what you're supposed to be. Basically, Brahman, Atman, Paramatman, God, Master-these are names or titles given to You, not to body. But your all thinking process through body-base. And you should stop.

So, you can use your body, you can do your job. But not to take ego “I am doer.” Because there is no deed, there is no doer. It’s a Fact. You can’t do. Dead body can’t act. If there is no Presence, dead body can’t act. It’s a combination, just like a matchbox and stick. Stick and matchbox touch each other, it’s a fire. Fire is Everywhere. But only touch is required. Similarly, when the Spirit touch with body you say ‘I’. ‘I’ is not there. It’s Invisible. The Moment that Spirit clicked with body you say ‘I’. So, like that, you have to impress that Reality upon you, though it is duality, but through duality you have to impress it. Impress the Reality. Duality will be dissolved, Reality will come forward.

So, I’m trying to impress the Reality of the Invisible Listener within you. But, mind, ego, intellect is there. They come along with the body. Always creating some doubts. It’s the nature. So, not to give so much importance to mind ego intellect. They’re not bad. But not to become victim a slave of mind ego intellect. These are the functioning organs, beyond that, no importance. If the Presence is not there, who will talk about mind ego intellect? Where are they prior to beingness, mind ego intellect? After leaving the body what is mind ego intellect? Nothing.

So, what to depend, what not to depend is up to you. You are architect of your own life. Now after listening you decide what to do, what not to do. Therefore, not to take lightly, because, again I am repeating, human body is a golden opportunity to discard all body based concepts. There should not be any birth or death hereafter because what concept will develop, it may come differently. So, this is last. No birth and death. Last destination, last Ultimate Truth. Then you do your job, do your duties. No Harm. Spirituality is not restricting your activities or your anything. There should not be any spiritual exercise, “oh let’s do this thing”. No condition. No restriction. But you are supposed to be very sincere to discard all that. If you take lightly, then again, some other dream may be possible, like this “I am man or woman.” So, all dreams are supposed to be dissolved.

Therefore, what I have told you, Listen Carefully. Implement the Reality within you. Because your lack of confidence, lack of faith, you are listening “okay, okay, okay” and then after going to the home or to the country. This is human psychology. So, I am not giving a rosy picture. I am placing before you Reality. And Reality is not separate from You. You are the back-bone, foundation of Reality. Therefore, follow what I have said. What I have told. Strictly. Then you need not to go anywhere to have some happiness. Don’t expect “oh do something for me,” no. You can stand on your own feet. You can stand on your own feet. Not to depend upon “oh bless me, oh bless me, I am going for blessing” Why? Bow down to You. Mm? That’s Reality. How to bow down to You? That is taking what is given to you. So, you respect everybody. I’m not telling you not to respect them. Those who are saintly people

they are people, Mother, you can respect them. But at the same time, try to Identify Yourself. The holder of the body is Ultimate Truth. You should not allow any sense of ego also. Because human beings have subtle, subtle ego. Something happens against your mind you get irritated. There should not be irritation.

Remember, yesterday's talk about the saint Sharguneshwar. Saint is given symptom. How that Knowledge, how that Brahman absorb within me. What is signs? It's called Sharguna, Sharguna is six. Six signals or six example or symptoms. After having, after absorbing the Knowledge, then six things are there.

1. One thing that is Shama, means Toleration. Peacefulness. If anything is against you, you are not getting irritation. You are forgiving. Forgive and Forget. I'll give example of this, Jesus Christ also. Jesus Christ when he was nailed. During that time, what he say? "O God forgive them. They do not know what they're doing." See in that circumstance, the nailing, bloodsheds are there. This forgive and forget. Shama means that Tolerance.
2. Dama, means tolerance. Not, say, getting irritated, not to get irritated. Try to understand. Suppose a child, somebody not getting irritated. What you want to convey most important. Tolerance. Forgive and forget tolerance.
3. And then Titiksha means just to know the thing. Trying to knowing the Reality.
4. Uparati means discarding all concepts, no attraction to the world. Even lakhs, or crores of dollars given to you. No attraction "why do I, I don't want it." And then beautiful lady appears before you, no attraction, it happens. Because, why is the attraction? Because some or other way we are having some body-based knowledge. That body-based knowledge totally discarded. What is that? It's a dead body. So, I'm not discouraging the thing, but that Reality appear within you, so that discarding all these concepts. Uparati.
5. And then Bhakti means total Devotion.

6. Sharda means complete Faith.

These are the 6 symptoms appear when that Knowledge absorbed within you. If some irritation is there, there is no nature of forgiveness, there is attraction of the material powers, that mean something is wrong, knowledge is not absorbed within you. These are the symptoms given by spiritual science. People say “How am I realized, how can know that I am realized or enlightened?”. These are the 6 symptoms. SHAMA means forgive and forget. DAMA mean toleration. TITIKSHA means just to know the Reality. UPARATI means there is no attraction of the world. And then fifth thing is devotion, BHAKTI. SHARDA means complete faith.

These things appear within you so that, though you are living in this world, you remain untouched with the world. Exceptional Peacefulness within you. And for which mediation is most important.



4/03/2017 - Evening

Jai Sri Ramakant Maharaj

Part I

I'm trying to invite attention of the Invisible Listener within you that You, The Invisible Listener is Ultimate Truth. Ultimate Truth is called Brahman, Atman, Paramatman, God, Master. Your Spontaneous Presence is Ultimate Truth, Final Truth. But all the time we are measuring Ourselves in body-form and that is illusion. That illusion is supposed to be dissolved, very simple. So, after reading so many books you are to ask yourself, "Where do I stand?". That the world is there, but if there is no Presence in the body, who can talk about the world? That means entire world is projected out of your Presence. If there is no Presence in the body who can talk about the world? Talk about the God? Spiritual knowledge? Spiritual Knowledge is having some limitation. The spiritual knowledge is not information. It's an indication, signal. So, Spiritual Knowledge will have some confirmation from which your Unidentified Identity is Itself the Reality. Your Unidentified Identity Itself is the Reality. Except Your Selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master. Except for That. To establish this truth, you have to undergo some process. The process is, mainly process is Meditation, the best. To know, to identify yourself in a Real Sense you have to undergo strictly meditation - it's the only source remaining in spiritual knowledge. What is the Meditation? Meditation is concentration. It is hammering yourself all the time. Considering sensitiveness of this Presence, you are hammering yourself that 'You Are Brahman You Are Brahman'. Because you have forgot your Identity. Since childhood until today so many concepts are wrapped upon us, layers, so many concepts wrapped on us. Further, we are always creating for the so many desires, so many concepts are there, so many desires are there. So many needs are there, so

many requirements are there. Every being, they want peacefulness, happiness, tension-free life, fearless life. Everyday everybody is afraid of death. The concept of death also frightening inside. It's the nature of the spirit you know? That Spirit wants to continue with the body, because Spirit knows Itself, I-Am, through body only. It wants to continue though body for a longer time. Sometimes I'm giving example of some small ant. Pour water, it is running here and there for survival. It's the nature of the Spirit. Because Spirit knows itself through body only. And that knowledge is supposed to be continued longer time. For which everybody, here also, if there is something wrong with the body, "do something, do something, I want to survive longer".

Everybody wants to survive longer. Even if he is suffering from some disease, some incurable disease he wants to survive longer time. It's Nature of Spirit.

So, in the adverse circumstances you must try to Identify Yourself. What is identification? What I see it is illusion, though Which I see it is Ultimate Truth. But, lack of Conviction. Lack of Courage. Lack of Confidence to accept the Reality. Though we are reading so many books, we are not coming to the conclusion that I am the Principle of this world. It's Fact. Brahman, Atman, Paramatman, God, Master, these are words. It's an indication to Invisible Listener within you. It's not separate from You. Brahman is not in any sky or space. Sky. Everything is Within You. Name is given to Ultimate Truth, the Invisible Listener. That we are not accepting. Literally we are knowing. Hare Krishna we are knowing, but it is not Touching Yourself, you have to get in touch with "Yes So That I". So, that to have close Touch with Your Selfless Self you are to undergo strictly meditation, that's the only source remaining.

And you will ask what is Meditation? Meditation means concentration. Meditation is reminding your Self you forgot your Identity, you are Brahman. Suppose somebody lost his memory, so what you are doing? He's having some articles, "which is this? which is this? which is this? which is this?". The Principle behind it is that he should get the memory. Similarly, we forgot our memory. We are posing ourself as either man or woman or male or female. That is not our identity at all. This is external cover. But behind that cover, within that cover some Exceptional Invisible Presence is there. It is called Brahman, Atman, Paramatman, God, Master. That Reality supposed to be established. And that all desires, all concepts supposed to be dissolved. That is the purpose of your spirituality.

But even though we are knowing, we are ignoring It, some or other way we are ignoring It. Because there are a lot of impressions of the limited concepts wrapped upon us. That is to be melted, it's supposed to be melted. So only study, only approaching so many masters, after reading so many books, it is meaningless.

Unless you approach your Selfless Self, you are unable to identify yourself. The basic principle is in this human body, or human life, we are not Identifying ourself. We are identifying everybody, "How he is? How he is? How he is?". But how I-AM that we are. We know that I Am Brahman, I am Atman, I Am Paramatman, I Am God, I Am Master. Books say everything. But that Reality is not absorbing, it's not digesting. To digest this Reality, you are to undergo strictly meditation, it's the only source.

You may be having any Masters, have some Faith, some Strong Faith within that Master. (Maharaj to visitor) You have got any initiation from any Masters?

Visitor- Maybe in a dream.

Maharaj- Dream? So, what you believe that is the most important. That is not say, through which you are believing, through which you are identifying, is most important. So, you must have Faith, Confidence within your Selfless Self, that is most important. So, you read a book, everything is given, same thing is given. The teaching Principle of all these books is - except your Selfless Self there is no God, no Brahman, no Master. You are a Master of Your Own.

Not this body. That Reality is supposed to be established, it's a very simple Principle, very simple knowledge. No complication. You need not so many concepts are there. Last birth, future birth, last destiny, present, everything is illusions. No last birth, no future birth.

Visitor: It's created from mind.

Maharaj: Mind, ego, intellect came along with the body. Where is that mind prior to beingness? Mind, ego, intellect, these are functioning organs, subtle organs within the body. Prior to beingness do you know anything mind?

Visitor: No

Maharaj: Any requirements? Any needs? Any ego? Any intellect? After leaving body what remains? After leaving the body what is the importance of the Spirituality?

Visitor: Nothing

Maharaj: Prior to beingness do you know anything about spirituality? No. Spirituality trying to invite Attention of the Reader just to know that You Are Ultimate Truth. We not want to make ourself great master of spirituality. You may be master of the literature, master of philosophy, but not Master of our Own. We always forgetting your Own Master, the Reader Within the Essence. So that is the purpose behind spirituality. Through spirituality you are Identifying yourself. Because that Identity cannot be grasped through mind or intellect. It's beyond intellect, beyond mind. But the subtle ego is there. Because of ego we are not able to identify Ourself. "I am somebody else, either I am man or woman or somebody else, whatever local status

are there". And to, and second thing. To tolerate the body, you are trying to have some external material sources. Body knowledge is not tolerable. Why desires are there? Why requirements are there? Why needs are there? Spirit does not know anything. Who wants happiness? Who wants satisfaction? Who want peacefulness? Not body, not Spirit. Because if there is no Spirit what is the value of this body? Its a dead body. If this Spirit isn't there, if the Presence isn't there, no value. If body is there, no spirit, no value. So, it's a combination of body and Spirit. Through Which You Are Talking. Through which you are Listening.

So, that conclusion should be who is acting this? Who is listening this? Who is reading this? And what I will get from all reading? That we don't know. Simple question. But things which is simple we make complicated. We are always analyzing the words, "Oh this master says like this, this master say like this, this master say like this." Not to analyze the words of the spiritual masters. Not to define the words of them because language created by us, meaning given by us. So instead of analyzing the words, defining the words of master, try to identify in all this Spiritual Knowledge, Where I Stand? What is my position? If I am not body, then Who Am I? Its the main question. It's Fact. This body and ego-mind not going to remain constant. Some or other day willingly or unwillingly you are to leave this body. Then who is acting from this body? Who is speaking from this body?

Who is listening from this body? Who is watching the world from this body? After Searching, searching, searching and the searcher disappears. The whole experience disappears. Exceptional Peacefulness is there, but there is no any special identity, no experience is there. All the time thoughtless state, no thoughts are There. But for which you have to undergo some study, though it is illusion. It is illusion I know. Your meditation not a study, but to remove one illusion you have to take the help of another illusion. Because there is no any other source. Only reading, reading, reading, meaningless. After reading thousands of books it's meaningless. It's a waste of money, waste of your time. You in all what you search for masters. Nothing.

Because Searcher Itself is Master. But we have forgot. Master is not separate from You, only you have forgot Your Identity. That memory supposed to be regain again. Because Masterly Essence Already Within You. But directly or indirectly we are posing ourself in body-form, that concept is supposed to be dissolved.

Part II

You are running after mirage. You know mirage? Nothing is there. But we are running from here, spirituality, spirituality... Why? Because we are deceiving ourself. Everything within you but you are not identifying yourself. You are not knowing yourself. So, this is basic idea, not concept. This is basic Realization, basic Knowledge.

To identify, we are placing before you the Reality, your Reality. Not reality of Brahman, Atman, Paramatman, God, Master. This are good words, because you are playing with all these words. Brahman, Atman, Paramatman, God, Master, I-Am, it's okay. What they indicate? Out of this concept, what they indicate? They indicate that except your Selfless Self nothing is there. That conviction supposed to appear and for that conviction everybody struggling.

Everybody, every being is struggling. Because though we know literally, after reading so many books, if there you ask question, there is no peacefulness inside, no happiness inside. Something needs are there, know the something. No peacefulness there. What is there fear? What is the tension there? Why this? Because we are not knowing ourself. We know so, so many things, but not knowing ourself. Spirituality teaching you, try to Identify Yourself. Know yourself in a Real Sense. It is Knowledge. Knowledge means just to Identify, know yourself in Real Sense. We are knowing ourself in body-form and that is illusion. Very simple thing. That means not to neglect your body. Not to neglect your responsibilities.

Whatever responsibilities you are to carry out. You are employed, you are businessman, family member, take care of them, what is there? And during the process of this life you are to identify yourself. Thoughts are flowing, not to struggle with the thoughts. "Why these bad thoughts are coming? good thoughts are coming?" They are there, it's the nature of the body. Mind is factory manufacturing thoughts. But because we are struggling, therefore getting irritations. Not to struggle thoughts. It's okay, thoughts which is useful for your routine you can accept it, otherwise throw it out. Very simple thing. There is total lifestyle will be changed. For which you have got to have some Courage to dissolve all these illusionary concepts.

Is it clear?

Visitor: Somehow yeah.

Maharaj: Why somehow?

Visitor: Yeah, it's clear.

Maharaj: Why somehow? It's a plain Knowledge, plain Truth. Why somehow?

Visitor: It's clear because I can say nothing, so....

Maharaj: It's very simple language. Very simple. Even if you think logically, even you are thinking intellectually, the Reality is there. This is not your identity at all. Body is not your identity at all. Some or other day willingly or unwillingly we are to leave this. You are not to become a spiritual master. Try to Identify, then next there won't be any dream like this.

Visitor: Sorry, “next...”?

Maharaj: So, if you discard all the concepts there won't be any dream like this. You are to discard all the concepts, including “I Am Brahman”. Brahman also concept. Because you are not knowing prior to beingness whether ‘I am Brahman’ or Atman, Paramatman. These words came after living – after touching the body only. We came across all these words, Brahman, Atman, Paramatman, God, Master. So many words when that Spirit clicked with the body. Prior to beingness you are not knowing any single word because we are not knowing ourself. Because you are Totally Formless. As of today, You Are Formless. This form is not your identity at all.

Visitor: But I think there is something else. Hmm?

Maharaj: Don't, don't think! Why to think it? This is the Reality. When you are thinking, you are taking position ‘I am man or woman or I am male or female.’

Visitor: No something inside the form, there is a sense of beingness. It's just a sense of being.

Maharaj: Who is experiencing sense of beingness?

Visitor: This is just a....sense.

Maharaj: What is that sense? Where is that sense prior to beingness? After leaving body any sense remains?

Visitor: Somehow there is an experience of living. A sense that.

Maharaj: This is imaginations.

Visitor: It's imagination?

Maharaj: Do you know anything, any memories prior to beingness?

Visitor: No

Maharaj: Because you are Formless. After leaving body any memory remains?

Visitor: In formlessness?

Maharaj: You are Formless. All answers are within you. Prior to beingness you are formless, at present you are formless, after leaving body you'll be formless. There is no any “How I Am?” It is called just like a space or sky. Sky does not know ‘I am sky or space.’ Similarly, Presence within you not knowing itself as ‘I am Presence.’ It's Invisible, Anonymous, Unidentified, cannot be defined.

You should take from this Ashram something. To discard all the concepts. That's the purpose behind this, because we are not want any expectation from you. You should learn something, you should earn something. Be Something, Which You Are Already That. Because this is an opportunity. Human body is an opportunity to know your Selfless Self, to Identify yourself. Nothing is required for that. No garland is required,

no money is required, but you try to Identify. Body is an, say, instrument through which you can Identify Yourself. What is it? Bones are there, blood is there, flesh is there. I was small child now I am old man - is it my identity? Not at all. Some or other day we are to leave this.

Everybody wants to survive longer time. It's born with a time limit. So, not to waste your time, do your job, do your duties. But during the process of this lifetime, try to identify. What to accept what not to accept, up to you. You rely on yourself. Rely on your Inner Voice, which is called Brahman, Atman, Paramatman, God, Master, which is not separate from you. You need not to go to anywhere to find out the Reality. The Reality start from you, the Reality end within you. You must have strong faith within yourself, which you are lacking. We know everything, but we are not knowing ourself.

Okay.



4/04/2017

Jai Sri Ramakant Maharaj

So far, you've read so many books, you know better, and understand what is Ultimate Truth.

Now, what happens? Everybody knows about spirituality, everybody knows spirituality, after readings so many books and approaching so many Masters. But some change in here, after knowing the Reality, there should be something change inside.

It happens, after continuous meditation, after having Conviction you will feel some changes inside. What changes are there? Suppose you are getting irritations from some small matter, anything goes against your mind, getting irritated, though you've got spiritual knowledge, though you know the reality, in spite of that if anything happens in society or family, if anything happens against your mind, after having Conviction, that irritation dissolves. After having Conviction irritation dissolves. Why? Because at that time you are knowing that I Am Not Body. Suppose somebody allege something to you, but you are not taking touch of that. Nisargadatta Maharaj once said "If anyone say me is a very good saint, I'm not any appreciating for me. If they say you are a bad saint, worst saint, no depression for me, because I am not good not bad." That reality will be absorbed within you. So, if anybody appreciate you, or any depreciate you, nothing to do. How that change is, is because you will remain untouched with the body knowledge. Until today, though you are knowing that "I am somebody else, I am Brahman, Atman, Paramatman, God, Master" it's literal knowledge.

But there is no practical knowledge because of the impression of the five elements,

impression of ego is there, intellect is there, mind is there. So, central point is body-based so all those concepts are attracted to body-based knowledge. Whereas after having Conviction, after having Ultimate Truth, after having, say, Ultimate Stage, all these concepts dissolve.

Because I am not body at all. After beingness I am formless. Suppose after death, after leaving the body anybody abuse you or anybody praise you, all the same. You will not know if they are raising or they are appreciating. So likewise, though your Presence is within this body, it remains unconcerned with the body-knowledge. With the result, if anybody appreciate you, if anybody praise you, if anybody insult you, no concern.

It's the first thing. That is called Shama, means forgive and forget. It happens spontaneously. People ask me "Suppose I am listening from so many Masters, I am reading so many books, how can I understand if I am realized or not?" the main question, "I know everything. I know better than Brahman Atman Paramatman God. I listened from various sources but whether that knowledge absorbed within me or not, how can I understand?" For that the answer is given by spiritual knowledge.

Six things are there. Most important. After having Conviction, after knowing the Reality, spontaneous changes you will feel inside. Previously, for some matter, some words, you are getting irritation. The same person abuse you, there is not any irritation. First thing.

Then second thing, tolerance. So much tolerance is there. Because if anything happens, against, you are not getting irritations, you're forgiving and forgetting everything. Tolerance is there. Say, Exceptional Tolerance is there. Patience is there. So now if there's unpleasant atmosphere or unpleasant thing you listen from somebody else, something happens in your family, something happens again, that patience is there, no enemy, nothing is there. Okay, suppose someone is in pain, somebody died, momentary some grief or sadness is there. But you say "Okay this is going to happen to me also. Today this man die, tomorrow this body is going to go, there is no." So, that Conviction appears, you're not getting irritated, there's no sadness. You can convince yourself. That's the second thing.

Third thing is, if anyone is taking something so, there is anxiety to know the Reality. Suppose somebody is talking something of reality of Brahman, Atman, Paramatman, God, Master, but something is there. You are having to discern, capacity to discern calmly and quietly. It is called Titiksha.

And then, Uparati means you discard all concern. No attraction. No sex attraction, no money attraction, no publicity attraction. Your view of the world totally changes. There is no material attraction, for happiness, for peacefulness, because

peacefulness appears spontaneously within you, without any material cause. That attribute will be absorbed, absorbed within you. Then with the result you are getting strong Devotion, "Oh!" Then you'll not be tempted to go anywhere to have peacefulness. "The Master says I am Brahman, all these qualities are within me, I am peaceful without any material cause, why to go here and there for peacefulness." In that case, there won't be temptation to go anywhere, to any Master, or anywhere. That happens spontaneously because whatever is required is already within you, so then there won't be temptation. And then Devotion.

And then Trust, strong trust within you, "Yes! this is Ultimate Truth!" So, these changes will happen, that is a sign of Realization, or Enlightenment. If something lacking, then you have to do something for meditation all these things. So, in that case meditation will be spontaneous. You need not go to sit and meditate the words, it happens spontaneously, in your deep sleep also.

So, though you are holding the body, though you are using the body, you remain unconcerned with the body. After having these changes, how to live, how to live your life will be will completely changed. So even though you remain in the society, you live in the society, you remain unconcerned with the world, unconcerned with all these activities. That's supposed to happen. Only listening, meaningless. Approaching masters, meaningless. You'll feel some changes. Until that changes, you have to undergo the, strictly meditation procedure.

Some miracle experience happening, "Oh I got Knowledge I am realized! Don't have to go for meditation." So, this is a kind of pricking of your mind, to distract you from Reality. Mind, ego, intellect always making effort to distract you from the Reality. External forces are there, half-knowledge, trying to impress their old concepts.

So not to come across with such element that will distract you from Reality. After knowing the Reality. Why to go to others to know Brahman, to know spiritual knowledge? Not necessary. You are to identify yourself. Not to identify Brahman, Atman, Paramatman, God, Master. You have to identify Invisible Identifier within you. And It's Formless.

There is no birth and death, there is no shape, It's just like a space or sky. That conviction is supposed to appear. Therefore, you have to make those changes inside. Even anything happens against your mind, against you, anything, you are to keep quiet. Not to pay so much attention to that. That is first stage. Because of that small, small matter we are paying so much attention because our ego is not allowing us to stay completely. So, by meditation you can control your mind, ego, intellect. They will act according to you. Until today we acting according to ego, mind, and intellect. That will be stopped. That is the effect of meditation.

Therefore, prime lesson of the spirituality is to undergo the strictly meditation. It will take some time. In some cases, within one month, two month, or six years, or ten years. It depends how your involvement is there, how your strong faith is there. Here strong faith is most important because there should not be any dull mind, there should not be any say, change of mind there should not be wavering mind because, "oh so I get something from this master something from this master."

Approach your own Master. Master has shown, nothing except your Selfless Self. Changing Master is meaningless. You Be Loyal With You, because Your inner Master is a very strong Master. After knowing this reality, you should be loyal with your own Master, through which you are listening, through which you are identifying this world, through which you are watching this world, through which you are watching your dreams and all.

That's Ultimate Truth. But because of lack of confidence, lack of courage, we have some dual mind, to go here and there. How long you go here and there? Why to go changing so many Masters? Nothing you get. So, everything start from you and everything ends within you. That's the Ultimate Truth, the Final Truth.

One thing is clear, this is not going to remain constant. This has a time-limit. So, what you are doing for this, it is meaningless, because this is uncertain, body is uncertainty. So, who is acting from this? Because of Presence body is having value. I'm talking about that Presence; therefore, you must have strong conviction to accept the Reality. Without which, not possible. So, we are trying to change yourself, not to go along with the mind, ego, intellect.

You can use your mind, ego intellect, as it is required, but not to depend totally upon mind, ego, intellect, because you are separate from it, because prior to beingness there is no mind, no ego, no intellect, no master, no spiritual knowledge.

Why spiritual knowledge is required? What is spiritual knowledge? It gets information, the identification, of the searcher, of the listener, of the reader. Beyond that nothing is there. Where is spiritual knowledge prior to beingness? Nothing was there. After leaving body, what spiritual knowledge is there? Will that so-called spiritual knowledge help you at the time of leaving the body? No! It's Fact. Spiritual knowledge means just to identify yourself, it's the words. All these confusions are there, wavering mind is there. So, to discard all concepts, to discard all concerns, to discard all desires, you have to undergo the strictly meditation. After meditation, it will be cleaning process.

I call it Antivirus Software. Meditation is the antivirus software. All the viruses will be dissolved. Entire thing will be completely changed, clean, totally washed out. All the desires and concepts will be washed out. And then that Spontaneous Happiness

will be there. Peacefulness is there. It is not through material points. It's the most important thing. So according to the spiritual lesson, just start that meditation first. With meditation, you can identify yourself in a real sense.

So start from today!



4/5/2017

Jai Sri Ramakant Maharaj

We are holding the body, measuring ourself in body-form, and that is not Reality. The principle behind spirituality is that, different bodies are there, we are measuring ourself in body-form, "I am somebody, I am somebody." Actually, within the body there is Invisible Presence. There is not any shape. No special identity. It is called Unidentified, it's called Brahman, Atman, Paramatman, God, Master. That You Are. But despite this knowledge you are not accepting the reality, therefore you are wandering here and there to find out Brahman, Atman, Paramatman, God, Master. Visiting so many masters, meaningless. Visit your own Master.

What Jnaneshwar, and all the saintly people say, "You are the center of the world. If there is no Presence who will talk about the world?" That means entire world projected out of your Presence. Presence is not different with this body, it's everywhere in every being. Lord Krishna said in the Gita "My Presence is Everywhere." That Conviction is supposed to be appear for which you are to struggling. Why you not getting any happiness, no peacefulness, happiness. Always tension is there, fear is there, because we are not identifying ourself in a real sense. We are identifying, since childhood till today as a man or woman, and trying to know ourself with the body form, that is illusion. That illusion is supposed to be dissolved. Then though you are knowing literally I am Brahman, how can that reality be absorbed within us? For which spiritual science say, only you are to undergo the meditation. And what is the meditation? Sitting like this? Reciting the mantra? Not that. Your Total Involvement is there. Total Touch with Selfless Self. "Yes, my Master says you are Brahman!" Then slowly, silently, and permanently all body-effect will be dissolved.

At present, we were posing ourselves as forms, human form, so all concepts related to the body-form will be dissolved through meditation, and that meditation will be spontaneous from you. Naama mantra that is given by master, that will recite

automatically without your knowledge, and at that time, at the Ultimate Stage you forget all this identity. Though you are holding body, doing all these jobs, you remain unconcerned with all these activities. Exceptional Happiness, Peacefulness is there.

Don't have to go to any material cause to cause happiness. For which you are doing all this spirituality, and so on. Its indicating, inviting the attention of the Listener, that except your Selfless Self there is no God, No Brahman, no Atman.

But we are taking very casually, "oh okay, okay". You are to be serious about knowing yourself. Because human body is an opportunity. Though we are holding the body we are to Identify Yourself in a Real Sense. If you take casually then again you may see such type of dream. So, this is the last dream. There should not be another dream. Because we become victim of our own concepts, so all body based concepts supposed to be dissolved. That is the purpose behind spirituality.

Everybody coming here, taking Mantra, listening, then no good. Because of lack of faith, lack of confidence again going here and there. You should be stopped somewhere. Because everything is within you. I repeatedly say except you Selfless Self there is no God, no Brahman. Why to go here and there? Why is there pressure to go here? Because you are posing yourself in body-form. It's a Fact. Even if you think intellectually. Body is not your identity prior to beingness. After leaving body, what happened to body? So, your Presence is called Brahman, Atman, Paramatman, God, Master. That will be accepted, that Conviction is supposed to appear spontaneously.

And for which, again you are to repeat, recite mantra, devote some time for you. Only discussion, dry discussion on spirituality, meaningless. Be practical, do your job, do your duties. Not to neglect your responsibilities. I'm asking everybody, I told everybody, don't neglect, spirituality is not separate from you. Some people want to become sanyasi What is sanyasi? Wearing all these necklaces, neglecting all these responsibilities, not sanyasi. You are to throw out all concepts, body-based concepts. Try to find your Real Self. It is not difficult at all. But we are not paying so much attention for ourself. Still we're having some mind is working inside. Intellect is working inside. Ego is working inside. Directly or indirectly we have become the victim of our own mind, ego, intellect. Mind is very tricky. Manufacturing so many thoughts. You are accepting that thoughts and going along with the thoughts. It should be stopped. Okay, having of thoughts is nature of the body because the body belongs to 5 elements. But your identity is Exceptional Identity which is not limited to the body, through which the entire world is projected. If there is no awakening in the morning who will talk about the world and God? Try to identify yourself in a Real Sense. It's the principle of spirituality.

There are so many words, so many languages, so many things are there. But within all this knowledge where do I stand? That is the question. Who am I? That is the question. After trying to find out Who Am I? That I-am also disappear. So, this is the purpose of spirituality. Jnaneshwar says “I’m going down, earlier to earlier, where there nothing was.” Through which, speech, through which you’re talking, language, words, through which words are appearing. It’s called- 4 languages are there. So, it comes from this body. “Para Pashyanti Madhyama Vaikhari”)—Para means the thoughts, subtle thoughts are there – Pashyanti you can experience the thoughts – Madhyama coming from here (showing his mouth), come from mouth, instantly. First thoughts are appearing, you don’t know and then second stage, you experience the thoughts, then it comes to the neck, then it comes out. This is spiritual process, not to pay so much attention. That means, through which you are talking, through which you are listening, that Invisible Presence is called Brahman.

So, when you are trying to identify the Brahman, the identifier disappears. Nothing remains. That You Are. Where Everything Ends There You Are. That Conviction is supposed to be appear, for which you are to undergo strictly meditation. It’s the only source. Meditation is not sitting all the time, 2 or 3 hours, but you are to - complete involvement is there. Complete Devotion is there. After being here, you may be anywhere in the world, Complete Devotion, “Yes, my master says I am Brahman, I am Brahman”. No other thoughts. Like that, Conviction is required. So, nothing doing here. Not to do anything. Because there are not any expenses, not any restrictions, not any exercise, just to identify yourself then you will stay firm with the Perfection of the Identity. It’s the purpose of spirituality.

So, if I go on talking hours together, it will be meaningless. It’s a very simple principle.

Entire world is projected out of your Invisible Presence. That You Are. It’s called Brahman. But, you can use this body. You are holder of the body. Body is not your identity at all. That Conviction is supposed to be appear. So Be With You All the Time, recite mantra, what is given to you by Master. It’s one and the same thing. Meditation means you may utter any words which is given by Master but meditation is most important. Through which you can be very, very close with You. Listener within.

In that lecture, he says - Amrut means nectar - after taking nectar, how it reflects, in our body, spiritual body. Nectar means after having the Knowledge through Spiritual Master, and it absorbs, how it reflects? Through Masters you have got Knowledge that means you are Ultimate Truth. That is called Nectar. After taking, after consuming the Nectar, how that spiritual body reflects? It’s a question. And I have given the symptoms of the Sadhu, Sannyasi, Saint. You become one with the

Ultimate. There is no separation. Though you are holding body you are, he is one with himself. Himself, those are the words. But there is no special identity. Swarup, it is called Swarup, that means Selfless Self, there is nothing separation. Just like sky. Sky is everywhere. Sky does not have any parts. Indian sky, Chinese sky, Sky is Sky, Everywhere, like that, Presence is Everywhere. But it does not depend upon the body. That Conviction is supposed to appear, for which you are to undergo meditation, it's the only source to identify yourself.

And that through Master, what the Master has told you, you must accept it. Master has told you that except your Selfless Self there is no God. It's your Reality. So why to go here and there to find out God and Brahman. It's not difficult to find out Brahman and God. Brahman is not some material matter. Brahman is formless Ultimate Truth which you are holding, you are having. Except your Self there is no Ultimate Truth. That Conviction is supposed to be appear it's the purpose of spirituality.

So be strictly with meditation in the beginning and then after having meditation that Knowledge will be absorbed spontaneously within you. Then you need no make any special efforts. Your purpose of spirituality is just to identify yourself in a Real Sense. We identify ourself as this body-form but it is not true. It is illusion. It's the only thing.

Yes? Okay! So Be With You. This is the purpose, this is direct knowledge. Not to do, nothing you have to do. Because you're not doer, there's no deed. How you were prior to beingness, do you know anything about past birth, future birth? Nothing. In between? Any seen? No, nothing is there. No present, no past, no future, nothing is there. To know nothing, you are to do something. That's the Meditation. That will clear from you only, because Source of the spirituality is within you. We are finding here and there.

Any question for you? Very simple thing. Very simple thing. Became complicated by so many sources. Very simple thing. Entire source of this world starts from you only. The moment Spirit clicked with the body you see the world. Prior to awakening we are not knowing what is the world. We're not knowing any Brahman, Atman, Paramatman, Lord Krishna, Lord Something. Nothing Knowing. Prior to beingness do you know any Shiva, Shankara, or some Krishna or Brahma, nothing was there. All this information appeared when the Spirit clicked with the body. We are unknown to ourself. After leaving body what happens? What happened to your Lord Krishna, Lord Rama, and Lord Shiva. I am not criticizing it, but all these detailed devotees of Brahman came along with your awakening. If awakening disappear, if Presence disappear, who knows what is Brahman, what is Atman, what is Paramatman? So, all answers are within you. So, after going deep and deep in your Selfless Self, reality

will be merged, then knowledge, difficult knowledge complicated knowledge will come out. All questions will be solved within you.

So now the ball is in your court, hmm? How to act, how to live, up to you. Despite that if you have temptation to go here and there, what to do? It's direct knowledge. Keep in mind: be practical we are teaching practical spirituality.



4/9/2017

Jai Sri Ramakant Maharaj

Body is not your Identity at all. Prior to body knowledge we are holding, where is the duality? Prior to body knowledge there is no duality. After leaving the body, what duality remains? Because we have accepted body-essence as "I am," that supposed to be dissolved. You are holding body. You are Holder of The Body, not body. When you are experiencing duality, some subtle ego, mind is there, intellect is there. As a matter of fact, there is no duality at all. Since we are measuring ourself in body-form therefore we feel there is duality, 'I am somebody else', that duality. But the Holder of The Body does not have any duality. Just like there's houses and sky, house and sky. So, this is mandir (temple) sky, ashram sky, yes. Bangalore sky, whatever sky. Sky is not different. Name of the given premise is different. So, these body names are given some different names. Male body, female body. But the existence, Spontaneous Existence within that body is one and the same. If you feel some duality that means that body sense is there, 'I am somebody.' That body-sense supposed to be dissolved. When I am measuring myself as body I appear as the duality, there is no duality at all. Of course, when you are doing something else you can use your body. But the Holder of the Body - that Reality supposed to be absorbed. It's concept. Yes?

Q A: So, what is the best way to go beyond this ...?

Maharaj: Not to go beyond not to go early. Reality. Not to go anywhere. The sky is going anywhere? Oh, Indian sky wants to go to Germany, German sky want to go America? It's everywhere. Likewise, your Invisible Presence is everywhere, the bodies are different. We are having different body-form. But after 100 years how your presence is there? These bodies are not going to remain after 100 years. What is that Presence? dissolve vast. Just like if you put a drop of water or some bucket of water in sea, it becomes sea. There isn't any duality. So, we are measuring ourself in

body-form therefore we are experiencing illusion. It's ok. But within that illusion, within that duality, some Reality is there. Exceptional Presence is there, which cannot be defined. No experience is there, no experiencer is there, no witness, no witnesser, no awakening is there. Presence does not know 'I am Presence'.

So, that Status, that Stage, that Ultimate supposed to be absorbed, for which you are to undergo the meditation. It's the only source.

Q A: So, to absorb this truth totally?

Maharaj: It will absorb spontaneously, automatically. Just you follow meditation for some time. Not to think what is the consequences after meditation. Consequences will be, you are turning Reality. You are Reality. Listener is Reality. But what happens that mind pricking from backside. Ego is there. Yes?

Q A: So, what I must do is just meditate and....

Maharaj: Just meditate on what you were told, just remember it. We are having so on discussion since long. We are recording something, just remember it. After remembering it will change something, dramatic changes will take place.

Q: I would just like to first explain what is my concept. Basically, what I understood is the consciousness is the quality of the food. What I understand it, basically. And because of the consciousness, Absolute is able to understand its presence. That's what I understand. So, what is, the Absolute to have consciousness the food is essential. But when we are saying Absolute and the food then there is a duality. So, what is first, the Absolute is first or food is first?

Maharaj: Nothing is first. When you came across the food? Prior to beingness was the Absolute was there? Any food was there?

Q: No

Maharaj: After leaving body what food remains?

Q: No

Maharaj: Any Absolute is there?

Q: Absolute is...

Maharaj: Now you are thinking intellectually, Absolute and then something else. You are Absolute. You are Ultimate Truth. Ultimate Truth not separate from you. This a food-body. The moment that Spirit clicked with body you say 'I'. To say 'I' your Presence is required. If there is no Presence who will talk about the I? You say 'Absolute is there or food is there?' It's an intellectual game, you are playing with the words. There is no Absolute, no any intellect, there is no food also. All these concepts came along with the body. When do you know Absolute? What is Absolute? You are Absolute. Because we are thinking from body- base basis, so this

will be Absolute, this will be Ultimate Truth, this will be food-body. There is no discrimination. Therefore, for understanding the words are mentioned. Absolute not separate from you. Because Absolute is there, therefore food-body is there. Food-body contacted independently. Absolute is Invisible, it cannot be guessed, it cannot be imagined, it's Spontaneous Existence. Because you are holding body, through intellect, mind, ego you are trying to guess how that Spirit Absolute is there. Prior to beingness you will not know what is Absolute. Not knowing 'I am' also. There is no he, she, it, nothing was there. After leaving body what remains? These are the words just to identify yourself.

Spiritual language there are so many words, Brahman is there, Atman is there, Paramatman, God is there, consciousness, awareness is there, thousands of words are there.

Instead of defining the words, instead of playing with the words, try to identify What they wanted to convey. Or after reading so many books, this Ultimate Truth, 'Selfless Self', 'I Am That', Ramana Maharshi, so many. Instead of defining their words, analyzing the words, sentence, what they wanted to convey that most important. They want to convey that Except Your Selfless Self, there is no God, no Brahman, no Atman, no Paramatman, no master. Except Your Selfless Self there is no Brahman, Atman, Paramatman, God, master. All these names given to your Spontaneous Existence, Presence. That You Are. Absolute Not Separate from You. Ultimate Truth not separate from You. Because you are measuring yourself in body-from, and through intellect and ego you feel something, 'this is Absolute, this is food body, this is something' . There is no any discrimination. That Reality supposed to be absorbed. To absorb this Reality, you must undergo strictly meditation. It's the first lesson, the foundation. Dry knowledge will not help you. We go on talking on dry knowledge, spiritual knowledge, meaningless. These are just a spiritual entertainment, spiritual massage. Spiritual massage, or spiritual steam bath. Beyond that nothing is there. that steam bath for some time. This is Permanent. Its Existence Spontaneous Existence, Permanent. There is no any limitation.

What the requirement of the human body? What do you want? Why you are approaching so many masters? Why you are reading so many books? Because you are depressed, no happiness is there, no peacefulness is there. Always in fear of death. we are trying to find out what is status of mine in this world? Who Am I? Spiritual science says you are Brahman, Atman, Paramatman, God, Master, how can I identify myself? That is a big question before us. And because all the time we are having body-based knowledge, we have confused ourself. Our own concept confusing ourself. Our own mind rebelling against us. That confusion supposed to

vanish, dissolve. How it will be dissolved? All this confusion. What is this confusion? Because I am posing myself somebody else, either male or female, and trying to know the Reality.

Not possible. Because basically, You are not body, You were not body, You are not going to remain body, it's a fact. But despite knowing all these things, we are having some subtle ego, intellectual ego, mind-based ego. We accepting literally. We are accepting intellectually, we are accepting egoistically. But not accepting Ultimately. "Yes, my Master says I Am Brahman, I Am Brahman!" But the ego is there, "how can I be Brahman? Brahman is something else. God is something else, God is something high-power administering all this world like that."

Since childhood till today we have developed so many concepts, spiritual concepts, so many concepts are there. You are to vanish, dissolve all the concepts. Because basically, Your Presence is Ultimate Truth. Prior to beingness nothing was there. After leaving body, what remains? No relation is there. My mother, my sister, my father, my brother, my master, my God. Where are all these concepts prior to beingness? All these concepts came along with the body, dissolve with the body. All desires are there, material desires are there, requirements are there, needs are there. We want happiness, we want peacefulness. Who want happiness? What is peacefulness? Prior to beingness have you any peacefulness? After leaving body what peacefulness you get? Because body-knowledge is not tolerable.

Directly or indirectly we are posing ourself in body-form, my body-form is permanent, that concept engraved upon us all the time. Therefore, the only source spiritual science say, you are to undergo the meditation. And what do you mean by mediation? Meditation means hammering yourself.

Some ancient word is given to you. It came to lineage to lineage from Dattatreya. Sanskrit word is given. Through those words, you are to hammer yourself all the time. That meaning of the words, I Am Brahman, Brahman I Am. So, hammering "yes, You Are Brahman, You are Brahman", just like that. Just like that police officer to a criminal "yes, you are guilty" "no, I am not", "yes, you are, this is the evidence against you!", "Ah Yes, So That I !"

Likewise, you are to torture yourself spiritually, You Are Brahman, You Are Brahman. Then That Reality will be Open Explode within you. Yes, So That !! And at that time, you forget the body-knowledge. Even though You are using body You remain separate Individuality. You don't feel individuality or anything. So, The Exceptional Experience cannot be count in any words. Yes?

Q: When we are saying, like as you say, we are doing all this Naama Mantra, or sadhana, all these things, and a person becomes realized or he gains the knowledge

or he comes to know what is his true nature.

Maharaj: See he is already Realized but we are unaware of the Realization.

Q: Correct. So, what I mean to say, if we compare a realized person and a non-realized person...

Maharaj: There is no such difference of a realized person, not realized person. Indian sky is realized and American sky is not realized? Because again we are using our intellect, "this is realized person this is not realized person" because you are having the body concept that "I am somebody else, this world is true". In dream, you see two people, one realized, one not realized. What happens after your awakening? In dream, you see one Goddess, one God. After awakening what happened to that God and Goddess, God is gone to heaven? So, all these concepts considering body is my identity. That body-identity supposed to be dissolved, for which you are to undergo again meditation. Meditation is not Ultimate Truth, mind well. It is a process. Through process you are trying to invite attention of Invisible Meditator that You Are Ultimate Truth. It's hammering.

After having Conviction, after having Spontaneous Conviction, you don't have to say a mantra also. After, now you reach this Ranjit Ashram. In the beginning, you started, "where is the Ranjit ashram?" You are finding, you are asking any everybody. Now you are here at that address, you know Ranjit ashram, where is this ashram. Likewise, after having Conviction you don't have to go read even any single book. Not to go to anywhere. No temptation is there. Because you are Ultimate Truth. You are Final Terminal. You can use your body. Not to neglect responsibilities. Do your job, do your duties, there is no restriction. In human body, you are to Identify Yourself. I'm not body, I was not body, I am not going to remain body, I'm not going to remain this body. I Am Formless.

There is No Birth, No Death. I Am Unborn. These are allegations, "you were born, you're going to die, because of past some bad words or bad deed you take this birth that birth", all the concepts. Future birth, present life, what is future present life? Some people say you must say the kundalini is there. What kundalini is there? You are to come out from all these illusory concepts. For which meditation, most important, in the beginning.

Just like when you are learning language. You are to undergo the grammar and efforts. Now you don't have to go to any grammar and efforts. But you must be strong in the beginning to come out of that language. For which you are doing 'a', 'b', 'c', 'd'. So, after Conviction you need not to go to any 'abcd'. Meditation also, after strong Conviction that I am not body at all, the meditation is not required. Prior to beingness any meditation was there? After leaving the body, what meditation,

what to do? Because we have lost our memories we're missing our Self. To Identify Ourselves, that's why this process is there. Why to read books? Why to obey Masters? Because you forgot your Identity. To identify ourselves in a real sense we are to go through no any other sources. Now after having Conviction, no need is there. You may be acting just like acting in a drama. In dream, you are acting as a man there are all sorts of movie, you create something wrong thing you are not planning - today I will see this dream, tomorrow I will see that dream. This is body, this is dream. We feel that dream is true dream, and measuring ourselves 'oh I did this is bad thing, this good thing.' We are playing with the words, we are trying to define the words, we are trying to analyze the words. 'Where is master? He's realized? He's not realized? Why this question is there? How you're concerned whether somebody is realized or not realized. Try to Identify Yourself, whether you are realized or not. Ask question whether I'm realized or not. I'm not considering this or that or anybody. Presence does not have any duality of Presence. Presence is Everywhere. Indian sky, American sky, names are given India, America, China, all the things. Sky is the sky. So, like that you are to teach yourself, you are to become Master of your own. You are architect of your own life. How to act, how to react is up to You. Not to struggle. You are struggling with the mind, struggling with the thoughts 'oh I am depressed'. What depressed? Because you have become slave of your mind. No depression is there. Was there depression prior to beingness? Prior to beingness any depression is there? Any anger is there? Any peacefulness is there? Nothing. After leaving body what remains? Because body-knowledge is not tolerable because of this we require so many things. So, the gist of the spirituality: Except your Selfless Self there is no God, no Brahman, no Atman. You Are Atman - You Are ParamAtman - You Are God, but You are not getting it!

Q: And then you play, you architect, you play, you create in a sense

Maharaj: You are architect of your own life, Spiritual life. So, what to accept, what not to accept, is up to you. Suppose somebody is giving something bad thing, 'no I don't want this'. Suppose a dish, good dish is there, delicious dish is there, you feel I don't want this, whatever is required, it's up to you. Similarly, there are so many thoughts flowing in the mind. The thoughts which are useful for your routine You can use accept it. Therefore, I say that You are architect of your own life. What to accept, what not to accept is up to You. Everybody trying to impress their own concepts.

Q: But there is something inside that tell you what the right thing to do is, no?

Maharaj: For which you are to undergo the meditation.

Q: There is always instruction.

Maharaj: You will get instruction inside under which circumstance how to act, how to react. Because You are Mastermind. You are Central Point of the world. You are not this illusion. Body is not your identity. We are giving more importance to mind, ego, intellect, 'I am somebody else'. So, that 'I am somebody' supposed to be dissolved. It's very simple. You are nobody, You are everybody, Your Presence is everywhere. Just like sky is everywhere. What sky you see here is the same sky that is everywhere. You are beyond sky. That conviction supposed to be appear within You spontaneously for which you are. Literally you are knowing, about which knowledge? Dry knowledge. We are discussing long time and having so many words. Try to absorb this Knowledge. Try to digest this Knowledge. Knowledge which is Reality, your Reality, Listener's Reality. is not separate from the Identity. Therefore, I define, It as Unidentified, Invisible, Anonymous Identity. It is Unidentified Identity, it cannot be Identified in words. Invisible Identity. Anonymous Identity. It cannot be seen. And for which to absorb this Reality you must undergo strictly meditation, in the beginning! Without meditation, you are not able to Identify Yourself. It's a process, it's a beginning. In the beginning, you are to undergo deliberate efforts. Then, not necessary. Everything start from You, everything end within You. You are not separate from Ultimate Truth, You are Final Truth. But directly or indirectly we are having impressions of the body-knowledge, since childhood until today. And you are not having courage to dissolve it. 'Yes, yes, yes'. You sign everywhere. Though you are not guilty you set aside and living with a guilty conscience. You are not nothing. You are not doer, there is no deed.

Q: When we are doing the meditation, we should not read any books or anything?

Maharaj: You can read books, but not to analyze the words. You can read so many books, you can approach Master, but what they want to convey that is most important. Not to depend words. Not to analyze the words or sentence of these Masters. "Why Ramana Maharishi says like this? Why is this like this?". No. What they want to convey out of various words and various sentence? What is gist or central point of your Reality? Except you selfless Self there is no God, no Brahman, no Atman. And to accept this Reality you are to undergo meditation. Through meditation all these illusory concepts dissolve. The strong force of your mind, ego, intellect is upon you. Directly or indirectly we have become victim of our own mind and concepts. ego is there. Subtle ego is against your mind. Ego starts 'yes!'. You undergo your 10,000? "You have not offered tea?". Subtle ego is there. When you go to some friend's house, subtle ego is there expectation 'oh she should put water or offer something'. Not given, depressed. So, all these expectations supposed to be dissolved. Body-ego supposed to be dissolved. You are having expectation from childhood, you are some boy, father, parent. You are Master also. You are after

miracles, 'oh if I go to that master I will get some miracles'. Nothing, I'm not doing any miracles. Miracles happen from You. This a Box, Miracle Box, Magic Box. Everything is There. But you are unaware of That. You are unaware of that Magical Box. The Spontaneous Existence in your body is Ultimate Truth, Final Truth.

Q: Normally a person expects something, doing all these sadhana's, I personally feel and that's why at the end these depressions occur, "if I would do this then I should go there or I should have this much progress". But if that does not occur then normally he changes the Master.

Maharaj: What progress is required? There is no I, no you, no he, she, it. Prior to beingness you expect progress will be there? After leaving body what progress is required? You are not in need of the spiritual knowledge after leaving the body. You have read so many masters of spiritual knowledge. Will that knowledge help you at the time of leaving your body? You have met spiritual master, you have read so many books, you are a master of all this spiritual knowledge. Just inquire yourself, question yourself 'all this knowledge will help me at the time of leaving the body?'. Answer is there: No! Spiritual knowledge, whatever knowledge you are having is not useful at the time of leaving the body, what is the use of that knowledge? Has this knowledge given courage, spiritual courage to face each and every problem? Because basically You are Unborn. You are posing I-am-born, my energy is like this, I am going to die, future life, present life, past life, so many concepts are there. With courage, you are to dissolve all concepts. Spiritually you need courage to accept the Reality. Because you are the Reality, Reality is not separate from You.

Q: So, when we are saying that after the death we are not having any use of this spiritual knowledge...

Maharaj: See death and birth is also concept. Nobody having experience of death and birth. Until you see the death, someone die.

Q: The people who follow the spiritual practice...

Maharaj: Why to think about the about the people? You think about yourself! What you see is the Seer's reflection, Seer's projection. If there is no Seer how can you see the people?

Q: You Cannot.

Maharaj: If there is no Presence in your body how can you see the people? That means entire world is projected out of Your Presence. If there is no Presence there for a moment, who will talk about the people? Who will talk about the God, master, and everything? That concept supposed to be dissolved. You are thinking of this people, that people, that people, the realized people or not so, why? You think of yourself. It's the habit of mind to take the touch of each and everything in the world.

The world itself is illusion. Shankara say, "to say 'I' it is illusion, to say 'you' it is illusion, to say 'Brahman' is illusion, entire world is illusion". Where are the people? Where is the God? Where are the Masters? Hmm? It's a plain knowledge. Again, I am repeating, for absorbing this Reality you are to undergo the meditation, only thing. Meditation is the only source. Dry discussion will be not helpful for you. Reading thousands of books is meaningless. You are getting some sort of intoxication temporary, painkillers. Everything start from You, everything end within You.

Q: Normally we face a certain situation. When we read the book, or when we hear these talks, at that time we feel very good, but after some time then this is vanished.

Maharaj: Because illusion is pricking You, mind is pricking you from backside. What do I mean? See this body is called man, are you forgetting that I am man or I am woman? You accept this body as a man and you live as man. In dream, also you appear as a man. Likewise, Master says "You are neither man nor woman, You are Brahman." Why not accept that?

Q: Is the Naama Mantra essential or...?

Maharaj: Of course, Naama Mantra is given to Lineage to Lineage, Sanskrit words through which you are hammering yourself, for which Master is required. Why Master required? Because you forgot your Identity. To regain Your original memories, Master is required.

Q: Meditation means to repeat that Naama mantra or to sit at one place and do meditation?

Maharaj: Meditation you are to repeat, recite the Naama mantra all the time and when you are sitting for meditation. It will give you more effects. But we are insisting to take that Naama Mantra according to breathing, inhaling, it give more effects. But you are to do it. Do it sincerely. In the beginning. Then it is not required. Until you get memories, regain your memory, you are to go through with the meditation. People say 'oh I am realized, I've got knowledge!' not sufficient. Literal knowledge, bookish knowledge, it gives temporary relief, not permanent.

Q: Sometimes when I'm sitting to the meditation, I feel that I have lost my body knowledge.

Maharaj: Good.

Q: So, does it mean that...

Maharaj: All these, even that experience supposed to be dissolved. Whatever

experience is there, spiritual experience - appeared upon your Presence. At the Ultimate stage, there is no experience, no experiencer. How you were prior to beingness any experience was there?

Q: No

Maharaj: After leaving body any experience is there? That is Ultimate Stage. Even you experience something, even you are experiencing 'I Am Brahman', it is still also illusion.

Q: Yes”



6/16/2017

Jai Sri Ramakant Maharaj

The principle of all Spirituality is Except Your Selfless Self There is No God, No Brahman, No Atman, No Master. The Conclusion of Spirituality Is: Except Selfless Self there is no God, No Brahman, No Atman, No Paramatman, no Master. That means whatever you have got some awareness out of Your Invisible Presence to say "I am somebody else". Who is holding the body? That Invisible Presence or Unidentified Identity called Brahman, Atman, Paramatman, God, Master. Master or God is Not Separate from You. But since you are measuring yourself in form, the male form or female form. Basically, You Are Formless. Prior to beingness there is no form. Why reading is required, why spirituality is required? Why Master is required? Why knowledge is required? To-Whom? What is the use of the spiritual knowledge? Prior to beingness there is no spiritual knowledge. You are unknown to yourself. After leaving body, you will be remaining unknown to yourself. Body is not your identity, body was not your identity, and body is not going to remain your identity. It's fact. But we are not accepting that facts. The moment the Spirit clicked with the body you accept 'I am somebody else', either a man or woman. That is not your identity at all. Who is holding body? Who is talking from this body? Who is listening from this body? That Invisible Anonymous, Unidentified Identity called Brahman, Atman, Paramatman, Master, That You Are. Unless this Ultimate Truth Established Permanently in you, it is not possible to know the Reality. Only reading, dry discussion on spirituality, reading so many books will not serve your purpose. Because why? When you are reading some Spiritual books, then approaching some masters, go to various place, unless you don't not Identify yourself, these are only physical identities. Because here the focus is given Try to Identify Invisible Listener Within You. You are unknown. So idea is the, I call that is the Principle of Spirituality.

Only going here and there, approaching thousands of masters, meaningless. You Approach Your Selfless Self. Master, Brahman, Atman, Paramatman not separate from you.

Because you are measuring yourself in body-form therefore you are unknown to yourself. Going thousands of places, meaningless. Try to Identify yourself is a Real Sense. For which you are to undergo meditation in the beginning. Only dry discussion, reading books, visiting so many places, it's unnecessary exercise. So, for which, to identify your Selfless Self you are to undergo strict discipline of meditation.

Then you will ask what is meditation? Say I am giving mantra is meditation? What is the meaning of meditation? Meditation means Concentrating Invisible Concentrator Within You. Meditation means Concentrating Invisible Concentrator Within You. How you the Concentrator? For which in the beginning you are to undergo strictly meditation. Meditation means you are reciting certain mantra under the direction of any master, whatever master you may have there. So, you are hammering yourself. What type of hammering? You Are Brahman, You Are Brahman. Suppose you forgot your identity. Because of some reason, you have forgot your identity. So, to have that identity, to know your Real Self, they are showing something. Sometime certain people lost their memories, simple example. So, what you are doing? To regain his memory, you are showing some - see this article, see this article, see this, you are trying to indirect convince the Inner Invisible Presence that what you are creating yourself that is not your identity, through which you are taking yourself that is your identity. You can understand me? So, that is the Principle of Spirituality.

Only discussion, dry discussion, Brahman, Atman, Maya, Paramatman, this is meaningless, these are the words. Where are the words Prior To Beingness? All this word, Brahman, Atman, Paramatman, Maya, God came afterwards. Where are all these words Prior To Beingness? Because you are unknown to yourself. In that stage, there is no 'me', no experience, no experiencer, no witness, no witnesser. How this - all these things came? The moment the Spirit clicked with the body, you started knowing I-Am. And then instantly you focus the world. That means Entire World Projected Out of Your Invisible Anonymous Presence. If there is no Presence in the body who will talk about the world? That means you are the Principle of these words, to see this word, to say God, your Presence is required. If there is no Presence within this body, it's a dead body. Then who will talk about the world, Brahman, Atman, Paramatman, Master? That means the Invisible Presence within you is called Brahman, Atman, Paramatman, Master, through which you are talking, through which you are listening, through which you are watching all these things.

Therefore, you have to Concentrate Invisible Concentrator Within You. But what you are doing, everybody! We're trying to know from various sources, what is Brahman, Atman, Paramatman, God....what can find that Brahman Atman, Paramatman.

Brahman is not separate from You. Atman is not separate from You. God is not separate from You. Master Is Not Separate from You. Because you forgot your identity therefore you are roaming here and there to find out what is Brahman. Just like you have found out yourself, where is that? where is that? You are not separate from Ultimate Truth. This the principle of all Spirituality.

Any question for me? Ask, speak freely.

Q: What you say I understand and the meditation you suggest is the meditation what I am trying to do.

Maharaj: Yes, and when you are sitting for meditation, at that time you are to forget your body-identity. See mind, ego, intellect, they came afterwards. These are subtle part, subtle veils, appear upon your Presence. If there is no Presence where is the ego? Where is the intellect? Where is the mind? Mind, ego, and intellect, they appear upon your Presence. You are supplying Power to them and you have become victim of, slave of that mind, ego, and intellect. because you are measuring yourself 'I am somebody else' that is the illusion. Try to find out what is the illusion and which is the Reality. What you see it is illusion, through which you see it is Reality. I'm Inviting attention of the Invisible Listener within You, which is called Brahman, Atman, Paramatman, God, Master. We're ignoring it.

Somebody says Brahman is there, Atman is there, reading thousands of books. What is the use of that book? You Ever Read the Invisible Reader within You? mmh? You are traveling all over, here and there, visiting so many masters. Question yourself. After reading so many books, after approaching so many masters, what is the actuality for me? Where do I stand? This is only exercise. You know! Meeting thousands of masters, listening master, what is achieved? Question yourself. It's not bad. I am not blaming them, I am not criticizing them. After approaching so many masters, where do I stand? What I want exactly? Question yourself. You want peacefulness, human body want peacefulness, happiness, fearless life. Everybody in fear of the death. No-one like death. It's Fact. Today or tomorrow you are to leave this body willingly or unwillingly. Is body your identity? Not at all. It's on time-limit. Body is on time-limit. The moment that Presence disappear from the body what is the value of this body? body, because Presence is there. Presence we call Atman, Paramatman, Whatsoever Name, disappear from the body - what is the value of this body? Either they are burning or burying. Try to find the holder of this body. Invisible Listener within. That's the Principle of Spirituality. Therefore, Principle of

Spirituality Except Your Selfless Self there is no God, Brahman, no Atman, no Paramatman, No Master, because You Are Master, You Are Paramatman, You Are a God.

So, in short and sweet, the Principle Of Spirituality, try to Identify yourself in a Real Sense. You are identifying everybody in the world except your Selfless Self, it's most important. Because body is not your identity, body was not your identity, body not going to remain your identity. What you are accepting, what you are doing through the media of body it is illusion. So, try to know yourself, try to identify yourself, so that's the basic. And for which you are to undergo strictly meditation in the beginning. After having Conviction no need of meditation also. Meditation required in initial stage, just like learning some language. reading alphabet and all, mhhh? After hearing master, repeating alphabet, now he need not to go to the alphabet. So likewise, meditation is the media through which you can identify yourself. After having Conviction, after having Realization no need of meditation also. All these requirements, meditation is required, Master is required, Spiritual Knowledge is required. Why? To know your Selfless Self. We are knowing ourself in body-form, that is illusion. Basically, you are Formless. What you see it is illusion.

So, you concentrate Concentrator, Invisible Seer within you. When there is no seer how can you see the world? To say "this world" to say "God" to say "Brahman" your Presence is required. That means Entire World Projected Out of Your Invisible Presence, that you are unknown to yourself.

Try to know yourself and for which in the beginning you have to strictly undergo meditation. So, if I go on talking hours together, it is meaningless.

Q: Can I have a question? Maharaj: Yes, yes.

Q: Ok. When I read the book Nisargadatta Maharaj, Ramana Maharishi, sometimes they say, sometimes somebody ask the question, "I want to just go somewhere in the nature and be alone and quit everything and just meditate." And they say, "Ok, it's good." And sometimes somebody ask the same question and they say "You can work, you can keep your family and

Maharaj: Yes!

Q: ... you can just meditate – half an hour every day. So my understanding is: for everybody it's different, everybody has different situation, different path, and I'm interested what is my, what is good for me. I am now in the situation I can look myself for unlimited time and just sit and do this finding the Invisible Listener. I can do it, I have the money, I have the time, I have no responsibilities.

Maharaj: No question of, no question of money

Q: And I want to do it but, ...

Maharaj: You must have a strong desire, strong willpower, "Yes I am To Do it!

Q: Yes

Maharaj: Money is not necessary, but "I have to do is, I have to know myself in a Real Sense". Strong willpower is a must, number one. Second thing, you must have read so many books, Ramana Maharishi, Nisargadatta Maharaj. Not to analyze their words. It is nature of the mind, why Nisargadatta says like this, why Ramana Maharishi say like this? We are analyzing their words, statement. What they want to convey that is most important. All Masters are right, they want to say for Perfection. But what we are doing, Nisargadatta Maharaj say like this, what is the meaning of these words? Or the statements contradictory to the statement of Ramana Maharishi or somebody. But that analyzation not be there. All the Masters wanted to convey One Principle, That Except Your Selfless Self there is no God, no Brahman. That conclusion you have to accept.

It's a practice of the mind to analyze their words, statement, why Ramana Maharshi, there is no comparative study. We are not here to debate on somebody's statement. What they wanted to convey out of that all statements, that is most important. And the Principle of Spirituality, Except Your Selfless Self There is no God, No Brahman, No Atman, No Paramatman, No Master. You are the Principle of this world. If your Presence is not there, who will talk about the world? So, what you see it is illusion, Through Which You See is the Ultimate Truth. That Conviction supposed to be appear spontaneously within you, until that time you are to undergo the meditation.

Q: So would your recommendation to me, when you see me, would you say it's appropriate or suitable or best for me to do that? That I just drop everything and just focus on...

Maharaj: You do your duties, do all your responsibilities.

Q: I don't have any.

Maharaj: What I say, only meditation no I recommended? You do your normal job, your duties. If you are a family member take care of your family members. While doing all these things you can Concentrate Concentrator. "Oh, I am spiritual man, how can I see my wife, my father, parent?" Our spirituality is practical. Do your duties, whatever duties is there. Even if you are alone something will be there. Whatever duties, body-based- duties you are to do it. Suppose you take go to eat something. You are hungry you are getting hungry or doing something body-based. You can't avoid it, "oh I am spiritual man I cannot do". That is theoretical. Be practical.

What I want exactly? I want to Identify Myself. It's fact, even if you are thinking intellectually, body is not your identity at all. Some or other day, willingly or unwillingly, you are to leave this body. What is the use of this knowledge? Suppose you read thousands of books, you'll be a master of words, spiritual words, not Master of Your Selfless Self. You are to be Master of your Selfless Self. "You know God? Yes, I know. I am not man or woman, I am totally formless. Since I am formless there is no death and birth, no future, no past, no destiny." It's Fact. Your Presence Is Just Like Space or Sky. Does sky know anything? Sky does not know anything. Likewise, Your Invisible Presence Is Just Like Sky or Space. That conviction supposed to be appear spontaneously, then only, Yes So, That I. Everybody wants happiness, fearless life, peaceful life. How it will be? Unless you identify yourself you not have some that peacefulness. So, money is not matter. You need not to go to spend a single penny for spirituality, but this is an opportunity for you. Human body is an opportunity for you to Identify yourself. So, there should not be any birth, there are so many concepts, last birth, future birth, no What Birth? Who knows what? Last past birth or destiny, future destiny, all these concepts, illusory concepts developed. What you see is heaven and hell, all these concepts. You are to come out from all these concepts. All concepts supposed to be dissolved. That is the Principle Of Spirituality.

(Q:Yes)

So be firm. Visit yourself. Not today here, tomorrow here, tomorrow here, why? why? You may visit, but not with expectation "Oh I go someplace I will get happiness, if I go this place, Himalaya is happiness." You not get happiness. Because so far you are measuring yourself in body-form. You may go anywhere in the world, you may change thousands of masters, not helpful to you. Happiness is already within you, which you are ignoring. Peacefulness already within you, you are ignoring it. Because directly or indirectly you are having so much attraction of the body, so much faith and trust with the body. So, that concept supposed to be dissolved. Not to kill body. Try to identify. There will be no ego, no intellect, no mind. Mind, ego, intellect appear upon your Presence. They are veils, they are veils. We have become victim of our mind, ego, intellect. You can use them, but not to become victim of these mind, ego, intellect. They are not bad, but they should you not take excessively. Whatever excess is poison. So Be With You All The Time.

Q: The thing.....can I ask?

Maharaj: Yes, you can ask any question.

Q: The thing which most distract me from looking for the one who is looking, is women. All the other things like, work, or some, I don' know, fame, or power, I think

I don't. But women are difficult for me to pull the attention, when there is beautiful girl the attention goes there it's difficult to do the attention inside.

Maharaj: These are the bodies. Presence is neither woman nor male or female. These are human bodies. What happiness is there? If there is no Presence does this body have any appearance? If suppose beautiful girl is there, lady is there. If there is no Presence, dead body. What happiness is there? Because so far, we are measuring ourself in body form therefore we have got attraction of the woman or man, male or female. That, dissolve. What is woman these are only dead bodies, male and female is the body. But different parts are there, some parts are different. Who is holding the body? The Holder of the body is not male or female. So far you are considering 'I am man', therefore there is attraction. You are neither man nor woman, You Are Brahman. That conviction supposed to be appear then there won't be any attraction. Attraction is there because all the time we accepted body as my identity. That body-identity, unless dissolved, you are not able to know yourself, you will not get happiness. There are source of happiness, what is happiness? Sex is happiness? Money is happiness? Publicity is happiness? These are temporary things. That is supposed to be known. What is there? What happiness is there in sex? It's momentary. What money give happiness? At time of leaving the body, all these sources will be to you? Not at all.

Know Your Greatness. Why here and there? What happiness is there is temporary. You know Castro? Prime Minister Castro of Cuba. He used to have all the ladies. You know? very sexual attraction. Countless number of ladies what happiness he got? After he died. We're not thinking. There is instant attraction. Money, okay there is some people with a lot of money. Are they getting happiness? No. Publicity - there are so many popular people, are they getting happiness? No. These are not the causes of happiness. Who want happiness? Body want happiness? If there is no Presence, the dead body can enjoy? Will the dead body enjoy the lady, or money, or publicity? Think it, you are not thinking. All replies are there. All questions are there and the reply is Within You Only. So, think what I have told just now, read the books, read Selfless Self of course if you want, I've got one copy. If at all you want to read, you can read it. After reading all these books you get some idea, some conclusion, the Principle of Spirituality.

Okay today is enough, mmh? so memorize your memory what I have told you listen. Remember. You'll get reply from You!



6/16/2017

Jai Sri Ramakant Maharaj

Q: How to practice the mantra, how does it work?

Maharaj: There are scientific reasons, because it creates some vibrations. The thing is, reciting mantra, concentrating according to the breathing, inhaling you are breathing with the first verse, exhaling you are breathing with the second verse. It is scientific. In the beginning, only, about 3 months, 6months. Then it will be spontaneous. After have practice, continuous practice, just like when we are taking something or learning that alphabet. At that time, we are writing 'a, b, c'. Now it is not required, you know the language. But in the beginning, you have to act accordingly. Till it is established, till it forms. And then, after having this mantra, some vibrations will be there. Because it addresses to your Selfless Self. See, body is not your identity at all, it is open fact you're neither male nor female, this is your external cover. When the spirit clicked with the body, you starting saying" I am somebody else, I am a man or woman". This is not your identity. Who is holding body, who is listening from body, who is experiencing from body? it is Invisible Presence called Brahman, Atman, Paramatman, God, Master. That Reality supposed to be established, for which we are to do exercise. When we entered this body-form, whatever body, you accept I am a man or woman, you are signing, even if it is not your identity. Since then, whatever concept engraved upon you, your parents, their parents, in school, so many things, whatever is heard, whatever is listened, entire thing impressed, engraved. Like a computer, you are creating something, creating some files. So, we have created wrong files.

Basically, You Are Formless, no body identity was there. After leaving body, who's

body remains? The Presence is just like a space or sky, it is fact. But we are not believing because we have a lot of attachment to body. It is natural, because the Spirit not knowing "I am somebody else". Spirit knows itself through body only. It likes to prolong this body. (Maharaj speaks Marathi). Remains constant. Like the insistence of the Spirit. I'm giving example: a small ant, a small ant, if you pour the water, it is running here and there. Why? Because it wants to survive longer. Anybody, any being wants to survive longer. Why? Because though body they know 'I am somebody else', they like it. we are human being, male or female form. You have got some intellect, but through intellect you can identify, even if you think logically or intellectually, this is not your identity at all, this has own time limit, for ten years, thirty years. In the beginning, you're a small child, age and become young man or old man, and you have to leave this body. You are young and you are very handsome boy, after old age, everything is gone. What is the Reality? That Reality is the Reality. Who's Reality? But inner, your inner Spirit, is neither young nor old, you're not suffering - body is suffering, body is painful, pleasure is there but body is painful, body is not tolerable, therefore we want something, we want sex, we want money, we want publicity, so many things want for entertainment of the body. If you sit alone, you feel bored, so is there, watching TV, read some special paper, movies, , so many entertainment program there because the Presence like to remain engaged, Presence can't stay alone, therefore it is boring.

Devotee: "The Presence" doesn't want to stay alone?

Maharaj: Because it is not tolerable, some entertainment is required. If child says "Oh I am bored, I don't want..." So, you have to keep your child busy with various things.

Likewise, that Presence through body like to engage. If it remains idle, it become lost or maybe some wrong concepts will be flowing. Empty mind is the resident of living. Empty mind is resident of living. So, we have to control, you have to identify. After identifying Yourself, you get spiritual courage. Suppose anything goes wrong with your body, you will know I am not body, you take care, go to your doctor, but at the same time you've got Spontaneous Conviction "I am not body". Whatever painfulness is there it is to body only, not to me, because 'I am body' is there, not tolerable, some sickness, or any of this disease, disease is there. So, at that time, we're getting courage. We're having some persons who are suffering seriously from cancers, but they are happy, they are not knowing a,b,c,d's of spirituality. Actually, they are happy because they are not signing that "I am sick". But we are getting some bad thing happen and "Oh this thing and that" and suffering from habit. So, that concept not entering your mind. Spirituality. After knowing the Reality, the concepts, wrong concepts will not enter your mind, because mind is a house of, it is

manufacturing bad thoughts and good thoughts. So, through this you can control your mind, intellect, ego.

See mind, ego, intellect are subtle parts of the body, they are organs, just like a veils, not have any, through your Spirit, the Spirit of your Presence is providing or supplying power to mind, ego, intellect. Prior to beingness, there is no mind, no ego, no intellect. After living body, no mind, no ego, no intellect. All these concepts came along with the body, and then dissolve along with the body. That Reality supposed to be engraved within you. After engraving is there you are knowing it's a wrong dream, its' a bad dream, you're not giving importance. Suppose somebody says you are bad, or somebody abusing you, you're not so, because bad and good are concepts. Nisargadatta Maharaj says, if somebody says you're very, very, good saint, I am not having any pleasure, if somebody says you're very, very, bad saint, I am not getting any depression. That Reality will be established, you remain unconcerned with the world, untouched with the world. You're doing your job, you're doing your duties, you're doing your spirituality also, but whatever you're doing there is no ego "I am doing something". Throughout this life, human life, the principle, or basic thing is that you have to identify.

What you are identifying yourself, it is a body-based identity. But after knowing the Reality, I am nothing to do with the body, body is a temporary identity, it has a time limit, it has an age limit. So, I was not body, I am not body, I am not going to remain body. So, whatever happening during the body, you're unconcerned. No doubt you're taking help of the doctor, if there is some pains, sometime you'll feel some pain. Because you are having Strong Conviction - body is not my identity, body was not my identity, body not going to remain my identity. THEN WHO AM I? Then Who-Am-I? Then you're God, Brahman, Atman, Paramatman, God, or Ultimate Truth. Therefore, the principle of spirituality is - Except your Selfless Self There Is No God, No Brahman, no Atman, no Paramatman, No Master. It's the gist, principle of the Spirituality. It easy to understand intellectually but it is sort of difficult to absorb it. Spontaneous Conviction you are taught that you are to recite mantra and all these effects are there. And that is the only Source, that Meditation the only source. You are hammering the meditation, you will get Spontaneous Conviction, but it will take some time, and then after absorbing the Mantra, it is flowing. Similarly, in the beginning you are to go through the meditation. You will not get immediate effect. But your meditation not going vanish, best. Absorb it within you. Bad concept will be come out. And after absorption then flow of the Knowledge start to absorb your knowledge, the subtle, "oh" - very difficult questions will dissolve in you. And then you will Spontaneous Feeling that I am everywhere in the world.

At this time, we are considering I am within the body. After Realization, you see that

the world is within Me. Body, entire world projected out of Me Only. If there is no Presence, who will talk about the world? All needs, requirements, came along with the body, it is body requirement. all requirements, needs came along with the body, dissolve along with the body. So, I am unconcerned with the body and I am unconcerned with the world. Why to worry? We are having worry because we are measuring ourself in body-form. That should be dissolved. For which meditation is there. Meditation is the initial stage, all the time. Considering Sensitiveness of the Spirit you are hammering "You Are Brahman, You Are Brahman", "you are liar: you are not male or female, You are Brahman".

Like that the meaning of the mantra: I am Brahman Brahman I am. After continuous hammering, ultimately you will come to the realization: "Yes So That I. I AM THAT! Why to worry? Okay, it is illusory, it's a dream, long dream, everything is illusion. Like that chanting we do in the morning "Shivoham, Shivoham," I am showing that I am not concerned with the master, I am not a disciple, I am not father, I am not, nothing, nothing to do with this illusory world. Shankaracharya says "to say it is illusion, to say you is illusion, to say Brahman, Brahman also illusion". Entire world is illusion, then who is. So, what you are measuring yourself in body form, it is illusion. So, that you are knowing intellectually, but it should be ABSORBED. The Spontaneous Conviction should appear and how can that appear? Only source is meditation. Meditation is the beginning. Mind is not accepting meditation, it is rebelling. Some bad thoughts are coming not allowing to sit, but you have to control it in the beginning. Then it will be Spontaneous. In the beginning you are to strictly follow the instruction of the Master. Master is required because, through Master you can recognize.

Must have strong faith in the Master. Till you have got Conviction, your Master is necessary. Then you have to be Master of Your Own. Physical body not Master. But for some reason Spirit is talking through this body, Spirit is listening through body, but there is no difference. But this Conviction will appear after having Strong Devotion. Strong faith within the Master. The Master and Disciple, there won't be any bar, the sky within this ashram, and sky within that cottage, sky within that bathroom, the same. After collapsing the walls, what will remain? Sky is sky. Like that, the Spirit within this body, this body, this body, whatever, every, is the same. It's everywhere. But that conviction will appear spontaneously, for which, in the beginning you have to hammer that, and this body is an opportunity, golden opportunity, through which you can identify Yourself. So, If you neglect this opportunity, then again some will appear. So, give totally. I'm not asking you to neglect your family life sit idle, no. You do all your job, there is no any condition for what you are eating, nothing. What you are following is most important. You are to

use this opportunity very seriously. (Maharaj speaks Marathi). You can't follow this spirituality after old age. Because at present your concepts are very tender, you can remove it. But after that concept become very strong, very difficult to take. So now it's Your Time. Do your job, do your duties – not to pay a single penny, no garland is required, no flower is required, no prasad is required - you are to devote some time for You only, not for master.



6/17/2017

Jai Sri Ramakant Maharaj

Be Perfect! Only writing books will not serve your purpose. It's theoretical knowledge. Only spiritual words you are playing. What is your practical experience? Nothing is there. The child which is not born is talking about the child. You are writing book, you are writing about the child which is not born. mmmh? Everything came out of nothing, everything dissolves within nothing. What you are going to mention in the book? Brahman, Atman, Paramatman, God, Master, Maya, these are the words. mmh? Nothing to Know That You Are To Know.

Whatever knowledge you have got, it is after clicking with this body. The body-identity itself is illusion. You may write books after having Spontaneous Conviction. Only writing books on spirituality, just for a pleasure, theoretical, spiritual pleasure. It's a mental talk, egoistic talk, intellectual talk. You are to impress the Reality upon you. Because you are cause of this world. If there is no Presence within this body, how can you write a book? To whom to be addressed? Your Presence is Everywhere. I'm not discouraging to write book. There should be practical spiritual life. Have some Spontaneous Conviction. Perfection. Perfect Identification. Then you may write book. Writing books is very easy after reading so many books, you can write any books. These are the concepts but it is in words. There should be Thoughtless Stage. No thoughts are there. Where Everything Ends There You Are.

Q: If I start to write a book now I will get lost in the thoughts. It will pull me back into thoughts. But I need to get beyond the thoughts.

Maharaj: Have some Spiritual Maturity.

Q: And the other thing is, can I?

Maharaj: Yes, yes, you can ask.

Q: I know like traveling to different places, seeing different country, different people,

different culture. In one hand, it's useless because everything I need I have inside. On the other hand, it's like something pulling me in this direction no? To explore the whole world, the whole physical world, that's also how I come here.

Maharaj: It's Good.

Q: If I didn't come to India, so many places I have to come which brought me one place to another, to another, another until I end up here. If one place I leave out I never end up here.

Maharaj: This is The Last Destiny.

Q: I hope so.

Maharaj: Final Terminal.

Q: It is true because then my visa is finished (Laughter)

Maharaj: Final Visa.

(Laughter)

Q: I don't know if it's in, if I am traveling somewhere, exploring the world, is it in conflict with what keeps me from Identifying Myself. I know it's easier to, it's easier when I just sit on my own and I don't have to be in the bus because the bus is going like this. I know I don't have to worry, I just sit. I feel like I am getting closer easier. But still something pulling me to explore....

Maharaj: There should not be any instability. Mind is crazy. Ego is crazy. Intellect is crazy. You're diverting your mind, mmh? playing mischief mmh? Be stable. After knowing the Reality, be stable. Nothing Is There! Nothing Has Happened and Nothing Is Going to Happen. There is no deed there is no doer. There is no, Your Presence Is Just Like Space or Sky. Sky does not know I am sky. Sky is not having any spirituality.

Q: So, that which is pulling me to travel and explore, that's the ego? Trying to distract me?

Maharaj: So, all travels should be end. No traveling is there. Where are all the ego and intellect and mind prior to beingness? After leaving body, where is the ego? Mind, ego, intellect, appear upon your Presence. They came along with the body dissolve along with the body. After leaving the body, where is the mind, ego, intellect? Mind, Ego, I-Am, who is that I-Am? Therefore, to say 'I' it is illusion, to say 'you' it is illusion, to say 'Brahman' is illusion, because this is illusory world and in illusory world everything is illusion, including yourself and myself.



6/24/2017

Jai Sri Ramakant Maharaj

You got any question? Any doubts regarding Spirituality? Ask. Just a refreshing of your memory, nothing else. Spirituality is nothing special. Forget everything, including yourself. You have got so many memories, you have collected so many memories since childhood. That memory supposed to be dissolved. This is a big computer. Lot of memories inside. A lot of wrong files will be there. What you say. So, to remove all these wrong files, viruses, so many viruses is there. You know virus? You are to remove all these viruses. First you are to clean your computer, inside there's new memory. Basic memory: Except Your Selfless Self There Is No God. It's Fact. Because simple, simple. Forget about spirituality. You are not thinking, not thinking intellectually. What is there? Just question 'how I was Prior To beingness?', simple question. Your answer is 'I don't know'. Okay then second question, 'how I will be after leaving this body?' Answer is 'I don't know'. Prior To beingness 'I don't know', after leaving the body 'I don't know.' What are you knowing, except 'I don't know'? Then, Who Say's 'I Don't Know?' In that negative answer, some positive reply is there, positive meaning is there. 'I don't know' means, I Am Not in Any Form. Your Presence Was There But it is Invisible Presence, Unknown Presence, Anonymous Presence, Unidentified Presence.

Which is called Brahman, Atman, Paramatman, God, Master. The moment that Presence clicked with the body, you see the world. Very simple. The moment that Spirit clicked with the body you see the world. Prior to that, body was there? 'I don't know.' After leaving body any world is there? The moment that Spirit click with the body you see the world just like a matchbox and stick. You know matchbox, stick, if you brush that matchbox, stick, you see the fire. Fire Is Everywhere, But It Is Unknown, Invisible. The moment that matchbox and stick click each other, you see the fire. Prior to that, fire was there or not, yes, fire was there. If there is no fire then

how can it Simple. Ok then, after fire dissolves, disappear, where this fire it goes? Very simple example. That means Fire Is Everywhere but the moment that fire came out matchbox and stick. Same thing happens here also. Your Presence Was There, Everywhere. But that Presence is unknown to itself. When the Presence come to know, the moment that Spirit clicked with this body you say 'I'. Invisible. There is no experience, no experiencer, no witness, no witnesser.

You are totally Anonymous, Unidentified, Invisible. That Means Your Presence Is Everywhere Just Like A Fire. The example I have given. So, like that you are to convince yourself. Teaching others is very easy. Teaching Teacher is very difficult. You hammer your Inner Teacher, my God, you are a criminal, You Are Brahman, you are a liar. It's very interesting, and then you will become Realized So That I Am That. For which do something meditation. Meditation, all concepts will be melted after meditation. There won't be concept that 'I am Brahman, Atman, Paramatman, God, Master.' There are concepts, just for understanding, just to Know Yourself. Brahman does not have any special entity. Name is given. It is Everywhere just like a space or sky, no comparing. But since you have a long association with the body, you are not accepting easily. Every now and then we are measuring ourself in body-form. Now you are - it's okay ok, ok. After leaving this then that body-concept will be crowded. An interesting comparison given in the Dasbodh. Stone and human being.

You are to prepare some statue from stone, remove unwanted statue preparing from stone. You must have complete faith so that person hammering on... removing all these parts of the statue. It was there in that stone. Statue was inside the stone. But something is required, hammering is required, required to remove the unwanted parts. And what happens? After removing unwanted parts, it is not again sticking to that stone, correct? You are removing all the unwanted thing, unwanted parts. But after leaving this space again it sticking with you. Again, you will be in same position. Then you are to exercise precaution. My master say, "I Am Brahman". It's why Nisargadatta Maharaj say "I'm Not Making You Disciple, I Am Making You Master." You are to maintain that Reality. For which meditation, you take, help you. I told you, meditation also illusion. But illusion, to remove one illusion you have to take the help of another illusion, just like a thorn. To remove thorn from your feet, you are taking another thorn. After removing thorn, you throw it out with the thorn. Similarly, Knowledge is required, why? To remove illusory concepts. So again, if the concepts appear within you are to strictly dissolve. Very simple. You will not find this Knowledge in any books. It's Your Story, the Listeners Story. You are not talking about the Brahman, Atman, Paramatman. But you must have some courage to accept this, "I Can Do It!" Nothing is impossible. Only Trust and Faith is most important, which you are lacking. Because we are having dualistic mind - this this to

that way to that way to that way - nothing is If you change thousands of masters. changing thousands of masters, you are neglecting your own Master Within You! You are posing as "I am somebody else" either man or woman, male or female. We are insisting all the time, why? Except your Selfless Self Nothing Is There. Be with You. Bow Down to You, not physical master. Respect all this. I am not asking you not to respect. Respect everybody. any other master, no comparing, no analyzation, "Oh my master is great, that master'. No comparing with any Master. Some people are asking the question, they say "so your master is realized or not?" What is your concern? If somebody realized, or not realized. Mind is unnecessary questioning. Just see whether you are realized or not and how to realize. Not to talk about others. You talk about your Selfless Self. "How Can I come out from all this constraint?" I'm posing myself as a man or woman, and is that true? No. Prior to beingness you are not man or woman, Nothing Was There. Totally Unknown, Invisible, Anonymous...

After leaving body what is. So, all needs, all requirement, all expectation, came along with the body and dissolve along with the body. Easy to understand but little bit difficult to maintain. For which you must have strong faith in yourself and in your Master, whosoever is your master. Any Master to whom you are accepting Master. Only one master. Thousands of masters, no. So be loyal with Yourself and be loyal with your Master to whom you are considering your Master, anyone. Then only, Realization will be there. What is the Realization? Simple Conviction. Spontaneous Conviction. What I am posing as of today, it is illusion, through which I am knowing myself, that Invisible Presence Is Ultimate Truth That You Are! Be Brave! Live Like a Lion! Not a coward, "oh what will happen?" Anything can happen. A lack of courage, we're under the pressure of fear 'oh what will happen?' Nothing has happened at all. No deed, no doer. So be humble. Be normal. No attraction. No comparison. There's no great, no small. The sky is having any discrimination? This sky is very good sky, that sky very bad one? Toilet sky is very bad sky? Temple sky is very good sky? Sky Is Sky. You are not supposed to measure "oh this is good man, this is bad man." Nothing good, nothing bad. Your own concept. It's the purpose of spirituality, the purpose of. You Are Not Beggar! "Oh, do something, give me all this, bless me bless me." Why you are? You are not beggar! You are Multimillionaire. You Are Father of This World. There's nothing to fear. It's not an egoistic statement. Okay.

It's sufficient, more than enough. If I go on talking. One and the Same. You Are Final Truth. You Are Ultimate Truth. Except for Selfless Self Nothing Is There.



6/26/2017

Jai Sri Ramakant Maharaj

How long will this body survive? 10 years, 15 years, 20 years, 100 years? No form there. But all the time directly, indirectly we are measuring ourself in body- form. That concept supposed to be dissolved, for this, for which your spiritual, for which meditation. Meditation always hammering. You are given some words, spiritual words, lineage to lineage, it's Sanskrit word. The meaning of that Sanskrit word is 'I Am Brahman, Brahman I Am'. Why this? Because we forgot our Identity. And to regain that memory Reality, you are hammering yourself "You Are Brahman You Are Brahman I Am Brahman I Am Brahman....." That Spirit Accepts "So That I Am That!" And then all Knowledge, all Reality come along with That. You will feel inside. The questions which are very, very difficult questions from Inside. Not even that, you will get some foresight also.

Miraculous Experience Is There. But that is not Ultimate Truth. It's a stage, people miracles (inaudible.) If you say something, it'll happen. But it is not Ultimate Truth. Some miracles are not Ultimate Truth. It happens out of Your....forget about that. What you want to know? If I Am Not Body, Who Am I? It's the main question. Answer is, You Are Everything. Not limited, this is not limited to the body. Your Presence Is Everywhere Just Like Space or Sky And For Which There Is No Death And Birth. Why there is fear? All requirements, you want happiness, you want peacefulness, you want tension-free life. Who wants? Because body-knowledge is not tolerable. Prior to beingness no needs are there, without because we are Unknown to Ourselves. After leaving this body, remember your birth? What experience. That means You are not dependent on this body, you are not dependent on this world. Entire World is Projected Out Of Your Invisible, Anonymous, Presence. say God, Goddesses, "if I do something wrong he will curse me. If I do something good he will." Basically, You Are Not Doer There Is No Deed.

What is sin? Just for example. Because of past sin or past virtue. When you taking first birth, at that time what sin is there? (Speaking Marathi) Just try to Identify. When the first click with the body, what is sin? Nothing Was There. So, like that you accepted all these concepts, you are to come out from all these concepts. For It, all this Bhajan is there, meditation is there, to regain your Ultimate Truth. Though I Am Holding This Body I Have Nothing to Do with The Body. People asking I'm taking veg or non-veg. Not concerned with that. If your body like something, but not be excessive you are fine. What you are doing, what you are not doing, unconcerned. What do you know about Yourself? Who Is Speaking from This Body? Who Is Listening from This Body? It's an Unidentified Identity. There Is No Any Shape, No Form. We are always measuring in this form, what we read. Not to analyze any words. All spiritual books are indications, they give signals. You are not going, 'why this master say like this? Why this Master like this!' not any concern. Think about Yourself! Instead of analyzing the statements, Try to Identify. The moment you Identify Yourself, all this, all body disappear.

The things which is not why is there attraction? We are having body because we want to survive this body for longer time. It's impossible. Every being, forget about human, every being want to continue or survive this body for longer time. Try to know Yourself. (Inaudible honking) nothing. You say 'my feet, my hands, my God'. Who inherited all this mind? (Inaudible honking) like this, try to convince yourself. To convince others is very easy. To convince your Selfless Self is most important.

Maya distracting from Reality. Illusory concept always attack you, and for which meditation. This Is Devotion After Realization. Everybody say, 'how can I realize?'. Who said You're not realized. How can You Not Realize? Only Reality is, the thing which you are not you accepted I-Am-Body or something therefore you say you are not realized? The Spirit within this body already Realized. You know this body not going to remain constant. It's a fact.

Whatever knowledge is there, Spiritual Knowledge, it helps you to Identify Yourself. It's having own limit. We have created language, given the meanings. In the light of meaning, try to find out Yourself. (speaking Marathi). Discard all illusion. It is illusion. But we are not. Discard all unnecessary illusions. (Marathi) Through Which You Know I-Am, Bow Down to That. Your Selfless Self. Only Selfless Self You Bow Down. You have to bow down like this? No! ACCEPT THE REALITY! Not to take literal meaning. Discard all illusions.

So like that you have to convince your.... because You Are Architect of Your Own Life, spiritual life. Everything Starts from You Everything Ends Within You. So be humble, be simple, be normal. And Tomorrow You Will Be a Master. and there is no any restriction. My Master says "If You Are Realized Make Others Realized". "I'm

Not Making You Disciple I'm Making You Master." Not difficult, you are already Master. Because some problem you say. Live Like a Master. Master Is Your Ultimate Truth. Your Ultimate Truth. Why you are wasting myself, yourself?

Common example people, I mentioned in that Selfless Self Book. One boy living on the streets, and he telling to that boy, "Why you are begging? Your parents left a lot of money for you." "You are making fun of me." "No I am not." Then he taking that boy in the bank the boy, like that, all documents "I am not beggar I am (inaudible.....). So, like that not to beg. He was multimillionaire prior, when he was begging, but he was unknown to that, and therefore he's begging. Same thing we are begging for "Oh God bless me, how?" Not to Beg, Not Beggar, You Are Multimillionaire. Why you are begging from somebody for some simple thing for blessing? have your own Blessing. Like that I am trying to convince the Devotees. How will I realize? You are realized. you are unknown, That Realization. We are not learning anything, we are refreshing you, we are removing some unwanted thing. the thing which is unwanted you are removing it. But strong Faith. Just like that story of the archer. Though Master is refuse to give him knowledge, he accepting Master and out of that strong willpower, strong Faith, he has knowledge, not known to Arjuna also. What happened, because Basically You Are Master. Physical Master is required, but try to Identify Hidden Master Within You. So, try to convince The Invisible Listener That Except Your Selfless Self Nothing Is There. And for which you are getting some Diksha. You have to be Sincere...given Diksha, you are to follow it.

Q: Following is to keep ...?

Maharaj: That means always when the meaning of that, I Am Brahman, I Am Brahman, Brahman I Am. You should recite it all the time in the beginning. Till you get Spontaneous Conviction, till that time, you are to recite mantra or sit for meditation. Except that, nothing is there. You are to hammer always with that Mantra. So, one or some other way, but Realize Yourself "OH!". Who am I finding? The Finder Itself Is Ultimate Truth! That Spontaneous Realization will appear within you. It is not egoistic. It's Exceptional Happiness Exceptional without any material cause. You are looking for happiness, you are going for material cause. Publicity, money, sex, it is not required. It's Spontaneous Happiness Without Any Material Cause. It is very simple. Why to go here and there? Why to go here and there? After knowing the Reality, not to go and search anywhere. How many masters you want to change? Because you are not giving value to your Inner Master. Master is giving everything, but still you are begging, but you are not a beggar. For this you have to devote some time. No garland, not to go press the feet of masters. What is told, Engrave Inside, Yes! So, That I. Then nobody will distract you from the Reality. Any doubts?"



7/29/2017

Jai Sadguru Shri Ramakant Maharaj

Maharaj: Yes Now We've come to that point, Spirituality.

Devotee: Maharaj sometimes you use the expression "Glimpses Of I".

Maharaj: Yes

Devotee : What do you mean by that?

Maharaj: Just, just 'I', Just 'I', Just Feeling, Just Feeling 'I'. Glimpses means Just Feeling, That Just Feeling, there is no specific identity, no form. I am giving an example: early morning you are getting up, that particular moment, even though you are holding the body, at that time, just 'I', just feeling of, it is called Glimpses of I. Glimpses Of means just feeling, there is no any identity, no man, woman, no... just 'I'. Because you can't have any specific words, therefore the 'Glimpses Of I' means, just the appropriate word, there is no any form, there is no any gender, It's an Exceptional Peaceful Feeling. When you are - suppose, in deep sleep. When you are awakening early morning. The first moment, the first moment, you feel that Just I. There is no any feeling of the world, nothing is there. Because you are in deep sleep, That Exceptional State was there. If you are to compare it, it is just like a Samadhi. Samadhi there is no any awareness, nothing is there, Just I. It Is Glimpses of I. Just for understanding. Because at that particular stage there is no any gender, no form, nothing is there. And you see what is the body. Just we are feeling 'I'. This body just feeling 'I', in the morning, and then you will say that 'I am somebody else', man or woman or all these feelings start, again and again, all memories started. But prior to that, just in the early morning when you are waking up, at that time you feel just 'I'. But that is also, because Ultimate Stage There Is No Experience, No Experiencer. Because we are holding body,

therefore we are feeling I, you, he, she, it, what- so-have-you. So many things you are knowing. But as a matter of fact, your Presence or Unidentified Identity is Unknown. Knowledge came afterwards. If there is no body how can you identify knowledge? No Knowledge Is There, No Brahman, No Atman, No Paramatman, No Master, Nothing Is There.

Even if you imagine through intellectually, prior to beingness, what experience you are having? Nothing. Do you know anything? Whether you're a man or woman, or whether-what type of forms are there?

Prior to beingness, Totally Formless. In the moment that Presence touched with the body, you started out saying 'I'. And that 'I' taking form that, either a man or woman or any animal, any being. But that Beingness, it's colored with some form. It is not permanent. So far, our body is there, you feel Beingness. The moment that body disappears, or in other words, death, so No Experience Is There. Nobody having experience of the death or birth. We say 'you die, you have taken birth.' But that particular person is not knowing whether 'I have died or whether have taken birth'. Nobody knows about earlier birth or the future birth, it is just imagination. Nobody knows whether you see the world that is the world. All identification of God appears along with this body only. Prior to body, body knowledge Nothing Was known. Your Master Is Not Known, 'I Am' Also Is Not Known. Nothing Was Known. That means that Everything Came Out of Nothing, Everything Dissolve Within Nothing. That Nothing Is Supposed to Be Identified. Through various words I Am Trying to Invite Attention Of The Invisible Listener Within You That Except Your Selfless Self Nothing Is There. Those Bodies Are Different, The Spirit, The Listener, Invisible Listener, Is One and The Same. For which there is not any form, it's totally formless. But all the time we are measuring ourself in body-form, and we take the knowledge, or accept the knowledge through body-form only. The Body-Form Is Not Your Identity at All. That Conviction is supposed to be appear spontaneously, for which you are to asking for meditation.

Meditation is the only source to identify. It is creating some atmosphere. Meditation, Bhajan, Master...these are, all these concept. But it is required to identify ourself. Source are there, these are sources to identify, and after identifying yourself, that mean conviction will appear 'I am not body at all, I was not body at all. There is no birth and death for me, these are also concept. So, I am not doer there is no deed. There is no past no future. No destiny nothing is there.

So, all concepts will be dissolved totally, collapse, suddenly, all will disappear, discarded. So, no concept is there. Even 'I Am Brahman' also concept. 'I Am God' also concept. Because, it's a good concept. (laughter) It's giving encouragement. Tomorrow you feel 'I Am a Master'. It's a good concept. But you are neither Master nor God nor...something else. You Are Beyond That. Sky does not know 'I am sky, I am

Indian sky, Chinese sky, or American sky. Sky does not know, if you are saying 'that is America and this is America sky, Indian sky. Is there any difference in the American sky, Indian sky? Not at all. We are experiencing this body, that body, that body. So, that means, the Presence within all the bodies, in all beings is one and the same.

Therefore, in Bhagavad Gita, it says "My Presence Is Everywhere, It Is Formless." Just like say, electricity everywhere. The fan is there, this is there. All these instruments working through electricity. But yet, it is not visible. It's a Power it's an Energy, Invisible Energy. Similarly, the Speaker from this body and the Listener from that body, One And The Same. There is, energy is there. Without energy, I can't utter any words, you can't be listening to anything. So, that Energy is working, that Energy is given name Brahman, Atman ParamAtman, God, Master, That You Are. It is very simple.

That Conviction supposed to appear spontaneously, and for which you are always struggling. Because there are so many concepts impressed upon us. "You are going to die, next birth will be there, past birth you've done something wrong, and then hell are there heavens are there, a lot of concepts are there. You are to discard all the concepts, for which the discipline of meditation is there.

It is very easy, it is very difficult. Because you must have Strong Faith Within You, Strong Faith in Your Master. If My Master says 'I am Brahman', I am Brahman. Then in that case, not to come across with so many Masters. It is a mind habit to go to this place, that place, that place. Unnecessarily you are wasting your time, and it is distracting from the Reality. Because Reality is Not Separate from You. In spite of that, there is temptation, 'oh I will go to that master, I will go and see that master, this master. Nobody seeing any master, nobody visiting any master, You are Master, Master is not separate from you. But mind is tempting, creating confusion within you. Stop this confusion. Because your mind is wavering. It is pricking from backside, trying to divert you from the Reality. So be alert, be cautious. And then try to Identify Yourself. Because Except Your Selfless Self Nothing Is There.

Ok any question for you? (no questions)

Take it seriously, you do your job, do your duties. But take it seriously because, body, human body, is an opportunity for you. If you neglect it, if you take lightly, so you can't say what body, any form will be there... So now after accepting the Reality no form will be appear for you. So How You Are Prior To Beingness That You Remain. But if you rely on concept 'oh my last birth future birth, this birth, that birth, so all concepts again create another concept, another concept another concept, concept, multiple concept will appear. Not to feel guilty conscience, 'oh I am doing something wrong.' You Are Not Doing Anything, in dream you are killing so many person, and

after, 'oh it's a bad dream'? mm? You are not taking ego 'I done something wrong'. If you do something, good thing in the dream, so actually, you are not taking ego 'I have done some good thing or bad thing' These are dreams. Similarly, this is a dream. So not to take ego.

That means there should not be all freedom "oh it's a dream so I can do anything.' No. Some limitation is required. It is good just for understanding. Because anything excessive will be poison, so your actions will be limited actions. Control yourself. Control is most important. After knowing the Reality you are to control yourself. Otherwise you'll say 'oh Master has given me all freedom so I can be acting like anything'. It should not be there. It creates problem for you. So, that means human body is very, a very, very important body through which you can Identify Yourself in a Real Sense. Otherwise you have to again see another dream, another dream, another dream. How long you are going to stay see that dream that dream? It is called rebirth, rebirth. This should be last dream there should not be any other more dreams. That you have to convince yourself. Nothing to do, there is no any restriction no bondage, no orders, nothing is there, no condition, no.

The moment you Identify Yourself, or you have Conviction, Be Calm and Quiet. Be humble, Be Normal. Be Simple. If anybody appreciate you, there is no any something encouragement or if people don't appreciate you, no depression is there. So, like that, because you are unconcerned with the world. You have to say 'oh this is very good sky'? Sky doesn't know. Or you say 'this is a bad sky'? No effect on the sky. Similarly, you are subtler than sky, thinner than sky. If anybody appreciate you, yes, it's ok. If they say you are good saint... Once Nisargadatta Maharaj said "If anybody says me I am a good saint, I'm no any appreciation or encouragement. If they say I am a bad saint, or foolish saint, no depression is there. It's one and the same for me. Good and bad are one and the same for me". Good and bad is concept impressed by somebody else, from somebody's thought. Not to become victim of somebody's thought. Nisargadatta Maharaj said "Not too came across with such elements that will distract you from the Reality." So have caution. There Is Nothing to Know That You Are To Know It. No Knowledge Is Knowledge. Knowledge also illusion, Brahman also illusion, entire thing is illusion. Shankaracharya said, "Entire world is illusion, to say 'I' it is illusion, to say 'you' it is illusion, to say 'Brahman' it is illusion, entire world is an illusion". No needs, no requirements, all these things are body-based relation. Just to try to Identify. Same thing. I'm repeating same thing again and again, just to Impress Reality. You Are Reality. You Are Ultimate Truth.

Ok. Short and sweet.



8/01/2017

Jai Sadguru Shri Ramakant Maharaj

You are holding human body, and it belongs to 5 elements. And Holder of the body is called Brahman, Atman, Paramatman, God, Master is Nothing to Do with This World. So, what is the Principle behind the spirituality? Since we are not coming across the contact with these Masters, we are considering ourself body-form, either a man or woman. We are trying to extract happiness, peacefulness, fearless life, tension-free life, from various sources. But, with temporary sources we are getting happiness temporarily. There is no pleasure in your life, human life, always some painful atmosphere. Family problems, financial problems, mental problems, physical problems, thousands of problems we are facing all the time. So, in that case, how can we come out of from all these problems? That is the question for us. And coincidentally we came across with the Masters. And they say what is the cause of your problem.... You are measuring Yourself in body-form, Basically You Are Formless. There Is No Form. Why to feel guilty? You Have Done Nothing, There Is No Deed, There Is No Doer. No experience, No experienter. Your Presence Is Just Like Space or Sky. Entire World Appears Upon Your Presence. You Are Completely Unconcerned with This World. mm? So, That Invisible Presence within You It Is Called Brahman, Atman, Paramatman, God, Master, It Is Called Ultimate Truth That You Are! But, to over-rule, or to ignore, or to dissolve all these illusory concepts you are to do some exercise, deliberate exercise that is called 'Meditation in the beginning'. Masters are giving some words, secret words. Through words, you are hammering yourself, you are reminding yourself. That I Am Brahman, Brahman I am, I Am Brahman, Brahman I Am. Why these words are there? Because, you forgot your Identity. So far, we are measuring ourself in body-form, that is not our identity at all. To gain the Reality, to

know the Ultimate Truth, in the beginning deliberately we are to hammer ourself.

Second part of this hammering is, the principle that is, Presence, Invisible Presence within us is very sensitive. What you impress it reflects instantly. Considering that fact, Master has given Naama Mantra which is called Brahman. Meaning You Are Brahman, I Am Brahman, Brahman I am. So, continuous reciting the mantra and sitting for meditation, you are getting, you are gaining Your Old Memories. And then you will be Strong Conviction that, so far, I am considering myself with body, it is not my Identity at all. I Am Ultimate Truth Which Is Called Brahman, Atman, Paramatman, God, Master, It's Not Separate from Me. Previously we are living just like a human being, holding the food- body. But food-body has a time-limit. It belongs to 5 elements. That is not your identity at all. So only thing, with the process of meditation, some vibrations are created, some wrong concepts, guilty concepts, or illusory concepts, dissolves. In the beginning some people feel something depression, nervousness, some irritations are there. That means it happen that Naama Mantra is effecting inside. The illusory things are going out. The dirt, dirt is going out. You continue with the Naama mantra, you continue with the meditation. And thereafter you will feel, Strongly Feel, or will have Strong Conviction, it will be pleasure not pain. All painful life will be dissolved. There may be any circumstances in your life, good circumstances, bad circumstance, any problem. You will come out from all these problems very successfully. Your Peacefulness will not disturb out of that. You will be happy. See Nisargadatta Maharaj, Ranjit Maharaj, Siddharameshwar Maharaj, though they are sick, the body is not cooperating, there are some disease which is irrecoverable. In spite of that, they are not having tension. If we fall sick, we are suffering from cold or fever, we have some tension, some bad thoughts are coming. But in all these Great Sainly people, though some incurable disease contacted to them, they are Firm. Because they are having firmness that 'I am not body at all.' Disease contact with the body not to Me! My Presence Is Just Like Space or Sky. Sky is not suffering from any disease, no cancer, no TB, nothing, nothing is there. Is there any experience that sky is suffering from cancer? No. Sky suffering from tuberculosis? No. So, You Are Subtler Than Sky. Your Invisible Presence, Unidentified Presence is Subtler Than Sky. Then you will ask that how that subtler than sky? Because in the morning, first awakening, you see the world. If there is no awakening, you can't see the world. So, in the morning you see first yourself, and then you see the world.

One time, some devotee asked a question to Nisargadatta Maharaj, "Maharaj every day I see this world, same people are there, same sun there, same moon is there, same peoples are... What is this?" He says, "When you are awakening, first awakening, you see yourself and then you see the world. If there is no Presence who will talk about the world?" That means entire world is projected out of your Invisible

Unidentified Presence, which is called Brahman, Atman, Paramatman, God, Master That You Are! But since childhood till today you are measuring yourself in body-form, that illusion supposed to be dissolved, disappear. And in the beginning, you have to undergo the strictly meditation. That's the first lesson. Recite the Mantra. So ultimately you will feel some effect, changes within you. And slowly, silently your Peacefulness. I am receiving some messages from various peoples, foreigners, after reading "Selfless Self", after doing meditation, all concepts are dissolved. And they say "We are having exceptional pleasure inside. Circumstances not favorable, but in spite of that unpleasant circumstances, unpleasant atmosphere around me" they say, "I am feeling exceptional happiness, peacefulness. I am unconcerned with what is happening outside." So, this can happen to you also. Because though we are listening spiritual knowledge, at that time you are posing something 'I am somebody else', man or a woman. Ok you can hold the body, the food-body. But at the same time there should be conviction I am not body at all, I was not body at all, I am totally formless, no form is there. So, death and birth is not there.

Painfulness and pleasure is connected with the body, not to You. Where was that painfulness and pleasure prior to beingness? Nothing was there. After leaving body what is the use of this knowledge, also no knowledge. Brahman, Atman, Paramatman, God, Master, these are the names given to the Ultimate Truth, The Presence Which is Holding This Body, 5 element body. So, that conviction is supposed to appear. Because we are under that pressure that "I am going to die, what will happen after my death?" You are not dying at all. Death and birth is allegations on the Invisible Presence.

You can read the books, but not to make comparative study of the books, not to make comparative say, study of these words of these, all these Great Saintly people. Ramana Maharishi, Nisargadatta Maharaj, Siddharameshwar Maharaj, Ranjit Maharaj, there are so many, J. Krishnamurti, there are so many Great Saintly people. Buddhism, ok the principles are not bad, but we are trying to analyze, define their words, because "I am somebody else". That 'somebody else' is supposed to be dissolved. Instead of defining, analyzing their words, what they wanted to convey? Everybody talks about Ultimate Truth. Words are different, statements are different, way of speech are different, but Principle Is One. Then what is the Principle? Except your Selfless Self there Is No God, No Brahman, No Atman, No Paramatman, No Master. So, you are Ultimate Truth! You are Projector of this world, without any desire, no desire will be there. Why desires are there? All needs, requirements came along with the body only. Prior to beingness there is no desire, no expectation of happiness. Who want happiness? Because body-knowledge is not tolerable therefore we need happiness, peacefulness. Prior to beingness we are not knowing what is

peacefulness, what is happiness, what is unhappiness. No needs, no requirements, because we are totally unknown to ourself. After leaving body, who wants all this knowledge? Spiritual Knowledge, Masters, needed because you forgot your Identity. After Realization, it is not necessary. What you are expecting, because of the Masters, we are talking something, we Realize, we have got Realistic Knowledge, Ultimate Truth. Master introduce you that this is Your Ultimate Truth. What you are taking yourself it is the wrong thing. mm? So, you are the Final Destiny, you are Final Terminal, Except Yourself Nothing Is There, that Conviction supposed to be appear Spontaneously. It's the purpose of our life. So, painfulness atmosphere will run away. No pain, no peacefulness, nothing is there. These are only concepts. During that since we are holding the human body. Human body is external cover just like these clothes. So, it is having time limit, it is having age factor. Ultimate Truth No Age Is There. Is sky, does sky having any age? Now Indian sky become 20 years old, 30 years, 100 years old? No, Sky does not have any age factor. Similarly, the Projector of the sky, of this world, does not have any type of limitations. Limitations we are holding because of the body only. So, you are not body, it is not body, that is known. Some or other day willingly, unwillingly we are to leave the body. So, they may burn, they may be buried, no concern. So, first lesson is, you have to have Conviction that "I am not body at all, I was not body at all."

Then, not to neglect the routine life. Some people say "Oh I have got conviction that I am not body, so what about my routine life?" Routine life is not disturbing your spirituality. Spirituality having its own Sense, own Value. Spirituality teaches you that, Nothing To Do With This World.

Don't feel any guilty conscious. I am doing something wrong thing, this is papa, this is punya, this is Lord Shiva, this is sin, this is hell, heaven. All these concepts supposed to dissolve. There is no hell, no heaven. Concept of God, thousands of Gods are there. These are concept created during human life, just for a faith and trust. So have your trust because all Gods and Goddesses came out of your Invisible Presence. Who knows what is a God? You are not knowing any God and Goddesses. You are not even knowing your Masters also. Why Master is required, because Master is showing the Ultimate Truth.

Just like the story of that elephant, that, Lion, very famous story. It's very, very famous story in spirituality. So, one lion, small cub of the lion brought up in these sheep and goats and start to considering I am goat sheep and goat. The real Lion, that Lion which is in the forest, when he sees the small cub within the company of the goat and sheep, he's tells him "Why you are within this? You are King of The Forest! King of The Animals!" He says, "No, no, how can I? I am one of the goats and sheep!" And then he's narrating his parts of the body, and then he convinces and say that "Oh! So That

I am Lion!" Likewise, Master narrating that you are Ultimate Truth, you are Brahman. You say, "How can I am Brahman? I am body, I am holding this body." So though you are holding your body you are not concerned with the body. The Holder of The Body Is Ultimate Truth. That Conviction is supposed to appear and for which you have to devote some time in the beginning, Just To Identify Your Unidentified, Invisible, Anonymous Identity. After having Conviction no need, there is no restriction, you may recite mantra, you may sit for meditation. But after appearing Conviction no need of any exercise. Yes, it's just like this body called man, so you are acting as a man. So, like that, the Holder of the body called Brahman, so acting as Brahman. What you are doing you are unconcerned. There is no doer, there is no deed. No experience, no experiencer, no witness, no witnesser. Does sky have any experience 'I am sky'? No. You are Projector of the sky, Projector of the world. So, that Identification, that Conviction is supposed to appear, and for which again I am repeating all the time, you are to strictly undergo the meditation. Because dry knowledge and dry listening, it's meaningless. So, dry talk regarding spirituality is meaningless. You are to start from Yourself. And then you do your duties, you do your job, spirituality not hurting on your wage. You can do your routine life if you fall sick take care go to the doctor also. So, don't neglect your routine life. Spirituality not distracting or interrupting your daily life or your routine life. So, take care of a parent, take care of a family, do you job, do you duties.

All these saintly people are doing jobs. Nisargadatta Maharaj working, having his own shop, the bidi shop. Then Ranjit Maharaj working with some furniture shop. Siddharameswar also working somewhere also. So, everybody, say Gurulingajangam Maharaj, he's having his own business coloring the clothes and then attending the goats and like that. And Bhausahab Maharaj, he's vendor of these terrains and all these things. So, everybody is having his own business. So, your business or activity is not disturbing your spirituality, that's what I say. But at the same time during this human life you're supposed to Identify Yourself, then you will be totally fearless. Because everybody, every being is having fear of the death. So, what is death? Death means, deep sleep. Do you worry about deep sleep "Oh I don't want this, let me go alone."

That means Peacefulness Is There but we are coloring with body-knowledge therefore we are afraid. So, in that case you should Identify Yourself. Be with You, and nothing impossible. What Master says that you follow it strictly. You do your job, you do your duties, you do your all routine life and don't disturb it. It is not, Spirituality no hindrance or hurdle in your spiritual ways. So, have, enjoy, and be Realized and make others Realized. Ok after Realization, make others Realized. So, there are some people says 'Oh after realization why devotion is required, why Bhakti is required, why

Naama required, why meditation is required?" It's not like that. Because this is the Devotion After Realization. Why this is required, because there are external forces are there. Mind is there, ego is there, intellect is there. They may attack you, they try to disturb you from The Reality, which in spiritual language is called Maya. So many concepts are there. Publicity is there, money is there, sex is there. So, all desires are there. So, all these are there, they're trying to attack you. So, at that time you're supposed to be alert. And through Bhajan, through meditation, through reciting Mantra, and remembering the word of the Masters, nobody will attack you, nobody will distract you from the Reality. For which after Realization also, you follow the spirituality, what Master says time to time, and that's enough for you. Nothing to do it. Ok. Short and Sweet. That is the - I talk short and sweet about Spirituality.



8/2/2017

Jai Sadguru Shri Ramakant Maharaj

Who says “I am”? How that “I am” is? You can’t guess. There is No Logic. There are no any inferences. You can’t define also. I Am Beyond Definition, because It is not having specific identity. See what is in the body? Just Glimpses of ‘I’ only. I Am, Just I.... So, there’s no need of any - have of Gods and Goddesses. God and Goddesses are imaginary. Saint Tukaram said “All Gods and Goddesses are imaginary Gods and Goddesses.” They’ve taken birth along with this body. This Body Is Not Your Identity at All. So, identification of Gods and Goddesses came along with the body only. As a matter of fact, existence of God, or creation of God, came across along with the body and you are not body at all. So, what is the Purpose of Spirituality? You are holding so many bodies, male body, female body. Who is listening from this body? Who is talking through the body? Who is making activity from the body? That Invisible Unidentified Energy called Brahman, Atman, Paramatman, God, Master That You Are!

But since childhood until today, and so because of long association with the body, we are having strong faith, belief, in this food-body. Food-body having some time-limit. Not to the Holder of the food-body. So now, we can understand intellectually. I Am Not Body, It Is Fact, it is Open Fact. Body is having some time-limit, 60, 70, 80 years, what-have-me. After, willingly or unwillingly you are to leave the body. So, we are to Identify Ourselves In Real-Sense. We are identifying ourselves in body-form, that is illusion. So, we are to discriminate what is illusion, what is The Reality. What You See It is Illusion, Through Which You See It Is Reality. Through Which You See It is Called Brahman, Atman, Paramatman, God, Master That You Are. But all the time we are measuring ourselves in body-form and that is illusion. So, Try To Identify. Because so many concepts engraved upon you since childhood until today. You are man or a

woman, you are dying, death is there, birth is there, past life, future life. No Life Is There!

Why to count beads? Some people think you count beads, what is the use of counting beads? Take so many “ram, hanuman, jai hanuman, jai ram jai ram” why what is the use? Nothing is there, it is meaningless. Prior to beingness do you think that “Jai Ram, jai ram jai ram”? No jai ram jai ram jai ram. So though the Spirit tempted to count the beads “Ram, Ram, Ram”, I Am Inviting Attention of That Spirit That Yourself Is Ram! Ram is not separate. They mention that, it is said that in the - religious science says, Brahma is giving birth. Then Vishnu is protecting or supplying food or something, taking care of the bodies. And third thing is Shiva. He is vanishing the bodies like that. The God of death, the Shiva-God. The caretaker, Vishnu. And birth-giving by Brahma. Here is the question, ok, who has given birth to Brahma? Who is Brahma’s Father? ‘Brahma is your father’, who is the father of Brahma. Vishnu taking care of you, who is taking care of the Vishnu? Then, God of death is Shiva. So what happened to Shiva? Who is taking his soul from, when his time is end, after his death? So these are the concepts developed, religious science, it is imaginary. And we’re again, we’re developing the same concept, under the pressure of the same concept. So you are to discard all these concepts, no reasoning is there. “ram ram vishnu vishnu,” all these concept, a waste of time. You are to come to some conclusion.

Yes, you want to ask something?

Questioner: Maharaj, even for discussion, exactly for discussion can we say like, Ultimate Truth used body for to know Itself?

Maharaj: Ultimate Truth is
Not....

Q: Only for discussion

Maharaj: Ultimate Truth is Not Separate From
You.

Q: For discussion, to separate it.

Maharaj: It is Ultimate Truth because around Ultimate Truth so many concepts are there. So one should not become the victim of all these illusionary concept. What I am referring, all this background, because there are so many things are there. And people asking “yes is this last birth is there, future birth is there? If I take “ram ram” Naam is it ok? Naam is there, so many - Hanuman Chalisi is there, so many concept. These are the concept. Not bad. In the beginning it’s necessary. But it is not useful at the time of leaving your body. If you say “ramramramram” at the time of leaving the body, it will not help you. This is just a name given to some body-based-concept. To say ‘ram ram’ also to say some ‘shivaya, shivaya’, energy is required. I Am Inviting

Attention Of That, That Energy Through Which You Are Talking, through which you are watching the world, through which you are watching your dreams and all. That energy called Brahman, Atman, ParamAtman, God, Master That You are. After Spontaneous Conviction, your all actions or reactions will be illusionary. Because after Conviction appears Spontaneously there is no birth, no death. Why should I afraid of the death? No death is there. What is the body? Nothing is there, just Glimpses of 'I' is there.

Therefore to have Spontaneous Conviction, you are to undergo strictly meditation. Meditation just hammering, as I have told, hammering. Because you have forgot your Identity. Though you have got direct knowledge, I am Brahman, it is not confirmed, it is not convinced, it is not, there is no conviction. To have Spontaneous Conviction you are to undergo strictly meditation. Through meditation you are hammering yourself 'I am Brahman - Brahman I am - I am Brahman - I Am Brahman. It is Called Soham Sadhana. So that is the base of this spiritual knowledge. With the result all concept, of religious concept, or any concept will be discarded. In the Bhagavad Gita it is said that - I give some reference for your knowledge - what he says, "discard all religion (speaking marathi) discard all religion, and through Which the real form came into existence that Invisible I, You Bow Down To That." Through which you are identifying all religions, forget about it, it is meant just for a happiness or for peacefulness of the society. So discard all this, it is illusionary religion. So Presence appear in you, Invisible Presence appear in you since you are Ultimate Truth. So the purpose behind that, Except Your Selfless Self there is No God, No Brahman, No Atman, No Paramatman. Ram, Krishna - so many names are given to that Ultimate Truth, but it is not that, it is for the identification. It is not Ram, Krishna , or something, something. Therefore Tukaram, Saint Tukaram said "All these are imaginary God, and will dissolve with the imaginations. You Are Separate From That. So be stick up with the Real, with Reality. It is the Reality, called Ultimate Truth That You Are. That's The Principal Of Spirituality.



8/3/2017

Jai Sadguru Shri Ramakant Maharaj

When Siddharameshwar Maharaj was having some lectures in Marathi, what happens, all of the sudden, some new persons are coming. Then he has to change all the subject. Then he has to talk considering the new person, level of his spirituality. Ok, but there's no problem because same thing we are repeating and repeating same thing. So, what is your final question now you are leaving? You have got any doubts? You clear doubts, mm. When you return to Singapore there should not be any doubt. mm. Anybody friends of yours interested in spirituality? No? You are only? Oh, what, Fortunate Enough. So, any doubt for you?

Visitor: I can't think of a doubt.

Maharaj: There should not be any doubt because all doubts, all questions related to the body-knowledge. It is a very simple thing. And it's open fact, again repeating and repeating that Body Is Not Your Identity, Body Was Not Your Identity, Body Is Not Going To Remain. So, knowledge, Brahman, Atman, Paramatman, God, Master, Maya, all these concepts creating some background. But you are totally separate from that. The Presence within this body is subtler than space or sky. To say, 'I am somebody else', that 'somebody else' is very, very, subtle. Subtler than sky or space. But because that Presence touched with the body, you started saying 'I'. That form is taking place. Prior to touch with the body there was no form. Basically prior to beingness you are totally formless, it's open fact, even if you think intellectually. After leaving with this body you will be formless. When you be formless, there is no thinking, there is no thoughts, there is no knowledge, no words of Brahman, Atman, Paramatman, God, Master. All these words came along with the body only. There is no desire, there is no demand, there is no anything! Nothing was there. Prior to beingness nothing was there. Everything came along with the body. All desires came along with it, all needs, all requirements, all happiness, peacefulness, they, all these words, came along with

the body only.

Prior to beingness, we do not know what is happiness, what is peacefulness, what is tension, no fear of the death. So, because death, all the concepts, came along with the body. Prior to beingness there is no concept at all. Even that 'I' concept also not there. Brahman is different thing. 'I' concept also not there. After leaving body, that 'I' concept will be dissolved, disappears, so along with body all knowledge will be disappear, no knowledge will be there. So where is the question of death and birth? Where's the question of rebirth and all? So, all questions, we are brought up under the pressure of the various concepts. You have to come out from all the concepts. You are to discard all the concept, for which Spirituality is there. Naama Mantra is there. Why Naam Mantra? Because we have forgot our identity. Naam Mantra, these are the words! No doubt. These are words in preliminary stages though which you are hammering yourself, 'I Am Brahman, I am Brahman, Brahman I am, I am Brahman, Brahman I am.' After concentrating this Concentrator, Invisible Concentrator, I Am Brahman, Brahman Means Ultimate Truth, Final Truth. It is nature of the Spirit, What You Impress It Reflects. What You Impress It Reflects. I give an example. Suppose somebody talks very bad language to you or abuse you. You immediately slapping him, correct? If something wrong with you, you are slapping him, you're infuriated, therefore you are taking very seriously. Like that, considering the sensitiveness of spirit within the body which is called Brahman, Atman, these words are given. Words are given. These are the Sanskrit word, Soham, so that words hammering you with the result you forget your body-identity. You forget all concept. You forget your Brahman concept. Brahman also concept, Ultimate Truth also concept. So, all these concept, this is giving the Final Touch because basically you are totally formless, no form is there. So, to come out from all vicious circle you are to undergo strictly meditation in the beginning. After meditation, Spontaneous Conviction appear within you, how you were prior to beingness. That happens spontaneously. There is no any deliberate act. There is no any imagination. There is no any something missing. It happens spontaneously. You feel something, "I am totally separate from the body, separate from all these bodies, all these five elements. I Am Nothing to Do with Anything." So therefore, there is no deed, there is no doer. This is just like a dream, a long dream. We see dream, we see so many people, you see ocean, you see the sun, moon, everything. But after awakening, what has happened to sun, moon, and all these people? Similarly, after dissolving this body, or so called they say, 'leaving this body', the Spirit Which is called Chaitanya or Brahman which is Ultimate Truth does not know 'I am spirit'. It remains unaware of anything. There is no awareness. There is no consciousness. There is no Beingness. Nothing Is There. So, no experience is there. No experience there, no experiencer also there. Experience and experiencer,

we are counting because we are body. So, body-knowledge supposed to be dissolved totally. So, Brahman, Atman, Paramatman, God, Master-these also concepts. But it's a good concept. Name is given to the Ultimate Truth, that Invisible Listener within you, the name is given, Brahman, You are Brahman, You Are Atman, You Are Paramatman, You Are God, Master. Therefore, Nisargadatta Maharaj say, Except Your Selfless Self There Is No Master, Guru, Brahman, Atman, Paramatman, God. You Are the Ultimate Truth, but not to count yourself in body form. You are counting all the way body form, and you are doing all acts, ok, just for routine purpose, you can use your body. You can use your mind, ego, intellect. Because mind, ego, intellect does not have any independent identity. Mind, Ego, Intellect, these are the functioning organs, subtle organs. Mind, ego, intellect, these are functioning organs through which you are acting. I'm talking something. That means that thoughts are coming inside, I'm placing before you Spiritual Thoughts, and you are listening. So, this happens, it's just a conversation, mm. It is a reacting with the thoughts. So why there these thoughts? Why their speech, spiritual speech? Just to Identify your Selfless Self. It is Inviting Attention of The Invisible Listener Within You That There Is No Difference Between The Invisible Listener Within You And Invisible Speaker Within This Body. Ramakant Maharaj and this all these bodies, Alex, or somebody else. They are, except body, they are One and The Same. After leaving the body, there is no "body, oh Alex's spirit, this is Ramakant Maharaj's spirit." It is not like that. It is one and equal. So, for spiritual speech, or for some conversation, we are talking. Because I have to take ego that you are a disciple or devotee, I am master. As such, the Master and Devotee there is no any difference at all except this body. That Identification, that Conviction supposed to be appear spontaneously for which you are, everybody struggling.



8/4/2017

Jai Sadguru Shri Ramakant Maharaj

Q: I feel like I have just a desire to try to just come to closure with the whole spiritual search, you know rather than continue meditating, continue doing inquiry, listening to teachers talks et cetera, I just, it's like I just want.....

Maharaj: All these exercises you are to undertake until you have got Conviction. Meditation, Knowledge, reading books, and so many exercises are there, spiritual exercises are there. It has own limitation. Why this is required, because prior to Beingness we are not doing any exercise. After leaving this body no exercise will remain. Because the moment that Spirit clicked with the body you have forgot your identity. And to gain that Identity, to convince that Identity, to have Conviction Of That Identity, all this knowledge is there, the Spiritual Knowledge is there, meditation is there, reading books are there, approaching so many Masters are there. It has it's own limitation. Knowledge having limitation. Because No Knowledge Is Knowledge. See, prior to Beingness, there was no knowledge. After leaving body, no knowledge is there. So knowledge having it's limitation. Until concept of food-body dissolves. This is food-body (Maharaj shows his body). It is growing, it has it's own limitation, some or other day we are to leave this food-body. So who is holding from this food-body? That Presence- where was that Presence prior to Beingness? After leaving body what will happen to that Presence? That nobody knows. We are having so many concepts. Last birth, future birth, destiny, and so on, so on, so many concepts are there. So all body-based concepts supposed to be dissolved totally. For which the use of the knowledge, meditation, and everything is there.

So as a matter of fact, I am telling you frankly, No Knowledge Is Required. No Master Also Is Required. Master is required because you have forgot Identity. Because prior to Beingness we are not having any Master, no knowledge was there, no spirituality there, nothing was there, because Totally Unknown To Ourselves.

Ok, then after leaving body, Totally Unknown To Oneself. What concepts you are developing during the life of food-body, that concept may again get, say, in existence. To dissolve all concept, body-based-concept, all this exercise there.

So our Presence is beyond any imagination, you can't imagine "how I was prior to Beingness, how I will be after leaving the body". These are the concept, body-based-concept. So all body-based concepts supposed to be dissolved. You do not have any specific identity- body-beyond that. Body also not identity. Your name, mind also not identity, intellects no, no ego, Nothing Was There. All body-based- concepts came along with the body, dissolve along with the body. So, so many concepts overthrown and impressed upon us since childhood until today. So Purpose Of This Human Body Is To Dissolve All Concept. And for which you need Master, you need spiritual knowledge, you are to undergo meditation. All these exercise, the purpose is, to dissolve all body-based concepts. With the result, You Will Be Totally Out Of Concepts And How You Were Prior To Beingness, How You Will Be After Leaving Body, That Will Be Spontaneously Appears. So we can't guess, we can't imagine, how you will be after leaving the body, or how you were prior to Beingness. So therefore this is in-between. Say in- between what you are experiencing, that all experience supposed to be dissolved. That's the purpose behind spirituality. Beyond that nothing is there. Because only dry discussion on spirituality, hours together, do this thing, do that thing, Not To Do Anything. Because You Are Not Doer There Is No Deed. When you are doing something, at that time you are taking ego "I am somebody else", either man, or Brahman, or something. Even to say "I Am Brahman" also ego. So Everything Came Out Of Nothing and Everything Dissolve Within Nothing. Everything ends along with the body. So all body-based knowledge will not help you. So it's ok, until you have got Conviction, all this knowledge is required, or Master is required, meditation required, discussion is required. But after Conviction nothing is required. That Reality Supposed To Be Absorbed Within The Spiritual Body Of Invisible Listener Within You! Then, though you are living in this world, illusionary world, you remain unconcerned with the world. No relation in the world. You are doing everything, you are doing job, you are doing all duties. But even though your duties there, there is no any concept 'I am doing something". That Conviction supposed to be appear. So then, concept of rebirth, concept of future birth, concept of past, concept of relationship, all concepts will dissolve.

So Reality Is Not Separate From You. Ultimate Truth Not Separate From You. What we are discussing, it is also meaningless after Conviction. Until Conviction all discussion is necessary. Because through various words, through forceful, through say, through various talks, or conferences, or some dialogues, so this is required until you get

Conviction.

See, simple thing, if you glance within yourself, these 5, the body become with 5 elements. Mind is there, ego is there, intellects there, and Experience Of Invisible 'I' is there, "I am somebody". Ok, who say 'I am somebody else, I am man, or woman, or Brahman, Atman, Paramatman'? These are also concept. 'I am man, woman, Brahman, Atman, Paramatman, God', these are the concepts. These are good. Some concept connected with the Superior Ultimate Truth, Superior Power Within You. The name is given, Brahman, Atman, Paramatman, God, Master, Beyond That Nothing Is There. So, but your identification beyond that. Therefore I say, define, 'Unidentified Invisible Anonymous Identity'. Beyond that, nothing Is there.

To know that nothing, you are doing everything. You may be anywhere in the world. So knowledge itself, that Brahman knowledge, or Atman knowledge, having it's own limitations. Because we are posing OurSelf in 'somebody' form. Basically You Are Formless. There Is No Form At All. Prior to Beingness there was no form. After leaving body, no form. So birth and death, no connection. Because you are not body, you were not body, you are not going to remain body, it's fact. So all our discussion is just talking in air. Ok, it is not so bad, but it is to help you to have Conviction.

We are talking regularly about different aspect of spirituality, we are talking about the Brahman, Atman, Paramatman, God Master. The same message is there. One message: You are Supernatural Power, You are Ultimate Truth, You are Final Truth, You Are Beyond The Sky. Sky is only just for comparing but You Are Beyond Sky. There is no any comparison of your existence and sky. But once Nisargadatta Maharaj said, "If at all you are to compare how you are, You Are Beyond the Sky, You are Subtler Than Sky, Subtler Than Sky..."

So not to neglect your body, do your job, do your duties, take care of your body. But at the same time, try to identify Reality. And You Are Reality. Except Your Selfless Self, There Is No Reality At All. You Are Ultimate Truth. You Are Final Truth. So far your body is there, you can use that body. The moment that body is not cooperating, forget it! So then you will come out from all these concepts of death, birth. You are expecting peacefulness, Peacefulness always is there. Happiness, peacefulness, tension-free life, fearless life. The Moment You Have Conviction, All This Appears Spontaneously Within You. Because You Are The Principle Of This World. The Entire World Projected Out Of Your Presence. If there is no Presence, what is the world?

One person giving question on WhatsApp....very silly question regarding, "this is the world, what about the old world, this is new world". There is no new world, new or old world. World is created or world is projected out of your Presence. Where is the old world and new world, nothing is there. Because what happens, we read and listen

from so many sources. That you are to forget. That will dissolve. Just like you fill up that so many apps, press and apply the new computer. So unnecessary apps you are removing. So like that, so many, it's a big computer. Human body is a big, biggest computer. So many concepts are there, since last first 50 years or 30 years, so many concepts engraved. If you only go to that app, it reflects. So like that all concepts supposed to be dissolved, that is enough. Beyond that nothing is there. So if we go on talking, talking, talking it is meaningless. Okay.

You want to ask any?

Q: Yes, sometimes I'm still feeling I need some external aid for meditation and I know it's not true but....

Maharaj: Therefore you are- Meditation or Spiritual Knowledge help you to have Conviction. It is not say, it is useful. Meditation and that Knowledge will help you to have Conviction of your Reality. So that so called 'I' supposed to be dissolved. "I am somebody else, I am doing meditation, I am having some Brahman knowledge, Atma knowledge", so There Is No I, There is No You, No He, She, It, Nothing Is There. Simply just meditate and after meditation, certain point you will have Spontaneous Conviction. Because meditation also limitations. It is also illusion. To say 'I Am Brahman' also illusion. Because.

You Are Beyond That, You Are Beyond That. It Cannot Be Defined. Therefore Vedas say 'neti, neti,' means you are unable to define your Presence. So be practical. Therefore we are insisting undergo the meditation. Because until you get Conviction you are to undergo the meditation. So far what we have discussed, what we have conveyed, that, try to remember it.

Q: Yes, it helps me a lot when I remember your affirmations

Maharaj: Yes, so all discussion, remember it, it will help you. And you have to see, even if you think this body, what is this body? Just Glimpses Of I. Untouched I. Subtle I. Where there is No I, No Experience Of I, Nothing, No Experience. Where All Experiences Dissolve Disappear There You Are. No Experience, No Experiencer, No Witness, No Witnesser. But you must have strong Conviction 'Yes So That I Am That'. The meaning of Naam mantra is 'So That I Am That.' Nonstop you are hammering "I Am That, So That I, I Am That, So That I Am' - Soham Sadhana. See, the meaning is that, through continuous hammering, hammering, hammering, your body-identity will be dissolved, dissolved, dissolved....

So through which that meditation and that spiritual knowledge, you are sweeping, you are cleaning everything. It is a cleaning process. Purification of this body. Shankaracharya says that it is (speaking marathi) - Body is very, very dirtiest body. This body is very dirtiest body. Within the dirtiest body, Purest Presence is there, for

which you have got importance. If there is no Purest Presence in this body, no value of this body, it's dead body, dirtiest body. The Principle, Ok.



8/5/2017

Jai Sadguru Shri Ramakant Maharaj

So whatever spiritual knowledge available, just to discard the body-concepts. Because prior to body-knowledge, no spirituality was there, no knowledge was there. No concept of gods and goddesses were there. No concept of of disciple and devotee was there. So all these concepts, god, goddesses, Master, disciples, spiritual knowledge, came along with the body only. Because, it's kind of accident we say. The Spirit touched with the body you say 'I'. And since you have got picture, since you feel 'I', all this (inaudible) will be started. Along with 'I' so many concept appears. Birth, death, and that....last birth, future birth, et cetera, et cetera.

So to come out from all these concepts, illusory concept, spirituality is required, Master is required, meditation is required. Because otherwise, after Conviction nothing is required. Though you are using your body, you remain unconcerned with the body. And it's fact, body is not identity at all, body was not your identity, and body is not going to remain your identity. Because so far, we are holding body, and body is having time-limit, age limit. So body is not going to survive for longer time. Who is talking from the body? Who is speaking from the body? Who is listening from the body? Who watching from the body? So that Invisible Reality is now unknown to us. To make it known, you need Master, you need Knowledge.

And then, they are making a scrutiny of this body. That is, body belong to 5 elements. And after death, 5 elements take their own parts. Entire body, including mind ego intellects - these are subtle body - they, not (inaudible) exactly, it is a creation of this 5 elements. And after death or after dissolving the body, every part they take, Remain Nothing Except Your Selfless Self. The Selfless Self Is Not Visible. It is Invisible. It cannot be recognized, It cannot be identified. That's why I say it is Unidentified. Where There Is No Experience, No Experiencer. So likewise, that Exceptional Experience is there,

but the Experience is an unknown experiences. Therefore, during human body, try to Identify. And whatever nothingness is there, you discard it. And what is the Reality, that you can find out. So you will get answer from within you inside, because Master Is Not Separate From You, Ultimate Truth Is Not Separate Form You.

So far you are measuring Yourself body-form, you are not identifying Yourself that You Are Ultimate Truth. But after knowing the Reality, Ultimate Truth, Master, all these, Final Destiny is Not Separate From You. You Are The Master.

And there is no any search. Not in search of the god and goddesses. Where All Search Ends There You Are. No search is required. You need not to go to anywhere in the world. Everything Within You, but you are unknown to that, therefore you are finding here and there, roaming here and there, wandering here and there. It should be stopped. You give respect to everybody, you take care of your body, take care of your family members, but at the same time there should be Conviction that I Am Nothing To Do With The Body- Knowledge, I Am Nothing To Do With The Body-Relations. As a matter of fact, Shankaracharya says, "all these relations are fictitious relations", you know fictitious relations? Artificial, imaginary relations. My father, my sister, my wife, my son, my Master, my god-All these relations are fictitious, imaginary relations. There Is No Ground. Because prior to Beingness there is no relation. Whose father, who mother, who sister, who brother, no wife, no master, no god, nothing was there. After leaving this body what relation remains? No relations there. That is Ultimate Truth. Where there is no relations, where there is no any imaginations, where there is no desire, where nothing is there. Within that nothing, something is there which is unknown. Unknown came into existence in known. Unknown Came Into Existence In Known. And with the result you say "I Am". The moment the unknown dissolves, the moment unknown dissolves, so no-one will be invisible, and you will come to know that Yes So That I. It happens spontaneously. It happens spontaneously.

So that is the only purpose of the spirituality. And beyond that nothing is there, if we go on talking continuous there is no meaning. Just to identify yourself. Basically you are to Identify and for which, you are to undergo the meditation is the most important. Meditation taking (inaudible) very very good, because through meditation all purification take place inside. Purification in the sense there are so many concepts. So it, after meditation, all illusionary concepts dissolves, Slowly, Silently, Permanently. And then Reality will be open with you. You can see with your own spiritual eyes, not this eyes. And you will come to know that is, 'what I am thinking true, it is untrue.' That conviction will appear, but that's enough..... You can read book, you can listen from anybody else, but not to become the victim of that, unwanted, unwanted reading. Because unwanted reading it says, sometime some people, placing their own concepts-last birth, future birth, past birth, past sin, future sin, and kundalini and so

on and so on and so on and so on. Regarding god and goddesses, concept god-So you are to come out from all these concepts because everything's a concept, and concept appear along with the body. Prior to body there was no any concept. So that reality supposed to be absorbed within you, engraved within you, that's enough. More than that nothing is there.

So body-based concepts supposed to be discarded. Your concept of religions. So many religions are there. It is said in Bhagavad Gita, "Discard all religions, all religions are fictitious, imaginary. All religions are imaginary religions." It's not bad. Just to have peaceful atmosphere these religions are there. Because in society human beings fighting, struggling with each-other. So stabilize their peacefulness, establish peacefulness, happiness. All religion (inaudible). But behind that religion everybody struggling 'My religion great.' So that should not be there. So no religion is perfect. Perfectness is, though they are in good principles, but it is implemented very very badly. Behind that curtain of the religion, everybody fighting. It should not be there.

So this is the only thing, therefore we try our best to incorporate all this information in book, 'Selfless Self' is there, 'I Am That' is there. Some book of Ramana Maharishi also there. They are good books. They are trying to convince the Invisible Listener Within You That Except Your Selfless Self Nothing Is There, You Are Ultimate Truth. You may be anywhere, what you are doing - it is unconcerned, what you are eating - it is unconcerned. But what you are Convincing that is most important. You are to convince yourself. In the light of all this information, you are to convince yourSelf. Nothing Is True. Okay. That's enough.

So be have practical knowledge, what I say, have practical knowledge. You have got a lot of theory, you've got entire information, nothing is being hidden inside. Nisargadatta Maharaj, myself, Ranjit Maharaj, Siddharameshwar not keeping any hidden thing, it is open, all the cards are open for you. Now how to implement it, how to enjoy it, or how to absorb it, that is up to you only.

So what you see, it is not going to remain constant. Very, very small baby, then you become young man, now old man, and some or other day willingly or unwillingly, you are to leave this. It's not you identity. So after knowing this Reality, there should not be any fear, you'll be Fearless, "I am not dying, death and birth is not applicable to me because death and birth concerned with the body only, not to Me.' The Spirit within the body is not dying. Suppose there is earthquake, the building will collapse. What happened to sky? If the earthquake is there building will collapse, sky cannot collapse, there is no effect to sky. Similarly, if anything goes wrong with the body, body will destroy, body will die, Not You. Because Spirit is not having death and birth. Therefore You Are Immortal. That Conviction is supposed to be there - for which you are to undergo meditation. I am repeating to all the meditation. Through meditation you

discard all concept, whatever concepts are there. Concept of god, concept of brahman, concept of atman, these are necessary until you have got Conviction. Then not necessary. Okay. So enough for today. Enjoy.

So questions and answers are all related to the body only. There won't be any - why question is there? This a plain talk, direct talk, there is no any in-between, no any distance. "I am brahman or I am master and you are disciple", these are just for talking purpose only, for just discussion purpose only. For discussion I have to take ego "I am master and you are disciple." It's not like that. The Invisible Listener Within You and the Invisible Speaker Within This Body Is One And The Same. There is no difference. Only thing, you have forgot your Identity, and only thing that I'm trying to Invite Attention of the Invisible Listener that your Identity is just like Brahman - not like - It Itself Is Brahman. It's The Ultimate Truth. So Be Firm, have courage to accept the Reality. Okay.



8/6/2017

Jai Sadguru Shri Ramakant Maharaj

Q: If I have some dreams or something I just try to stop it with the Mantra?

Maharaj: See you don't - one thing, not to do anything deliberately - number one. "I stop it, I do it", not to think about deliberate action. All actions are supposed to be Spontaneous actions. Spontaneous, because under what circumstances, how to behave, how to act, those instructions will come spontaneously from You inside. So when you are thinking, at that time, you are using your intellect, mind and ego. Without using mind, ego, intellect, when you have some difficulty, when some questions are there, you will get answer from inside, Spontaneous Answer. So now what you think, "should I record these thoughts, should I do that?", that means you are taking ego and intellect. And with the help of mind you are trying to do something. That is a duality. Don't Think Anything. Don't Plan Anything. Not To Do Anything. Just wait and watch. When suppose you have got some great question, some problem, instantly, you will get some answer in There. This Is Called Last Devotion, Atma-Nivedana-Bhatki. You are interacting with your Selfless Self. There Is No Body, No Mind, No Ego, No Intellect. Without all these things some Spontaneous Feelings Appear Upon Your Presence and you will get reply how to act under certain circumstances. So don't do anything deliberately, okay.

Question of duality is not there, because Your Presence Is Without Thinking. It Is Spontaneous Presence. Because it is touched with the body, therefore you say "I". If there is no touch with the body, there is no 'I' no 'you, he, she, it', no Brahman, No Atman, No Master, Nothing Is There. The moment that Spirit clicked with the body you started saying 'I'. Instantly when you feel 'I', Glimpse of I, you see the projection of the world. And then after leaving the body that projection of the world will be dissolved. So as (inaudible) told that, Everything Came Out Of Nothing Everything Dissolves Within Nothing. Not to act any deliberately, not to think deliberately.

Remain As It Is. It is told that, saintly people said, Be As It Is Without Thinking, and you will get some instruction inside.

Q: Be...?

Maharaj: Be As It Is Without Thinking, How you are prior to Beingness, are you planning anything? "I will do this thing?" After leaving body, no planning is there. So like that, when you are not identifying yourSelf in any form, how you are at that time, that Position Supposed to Be Established. It will happen spontaneously, not to do anything, not to think anything, not to plan anything, not to do any act deliberately. So for which practice is most important. You have got a lot of theory but practice - why I am insisting meditation, people say "why meditation? I know I am Brahman" It's not sufficient. Because when you say 'I Am Brahman', at that time some subtle ego is there, mind is there, intellect is there. Without ego, intellects, mind, this Ultimate Truth supposed to be established. Just like see, this body called man or male body. I am living as a male body. I am not thinking "I am a male". This body called Ramakant Maharaj. So I am not repeating "I am Ramakant Maharaj, Ramakant Maharaj.....". The name is there, it is accepted. So if anybody says "Ramakant Maharaj" so I am taking the act as if Ramakant Maharaj, form is Ramakant Maharaj. But I act spontaneously. I am not thinking "Oh I Am Ramakant Maharaj, now I have to do something else like that". No deliberate action. That is totally accepted. Likewise, You Are Ultimate Truth, Brahman, Atman, Paramatman, God, Master, That is a Established Truth, Final Truth. For which you need not require any deliberate act. "Oh I am somebody else, I am Brahman, so I have to accept it, have to plan it." No planning, no deliberate action, no deliberate thinking, no definition, no analyzation. Accept As It Is, and don't think about it.

So if suppose any question will be there, instantly you will get some reply inside. This is a fast computer. When you are going some google, you want some information, immediately google you will get reply, mmm, this is faster than google.



8/7/2017

Jai Sadguru Shri Ramakant Maharaj

Regarding Spirituality, we insist on continuous meditation. Continuous meditation does not mean sitting in one place, we remember all-the-ways. Meditation means concentration. Through concentration, all layers of the illusory concepts will dissolve. There are so many concepts are there. Yesterday there was a lecture in Marathi regarding Dasbodh. It said “Reality, so many layers are there...concept of bodies, that is food-body, and subtle-body, and this body and that body.” So these are the concepts or layers upon your Ultimate Truth or Presence. So through meditation, there’s a Direct Hammering. Through Meditation You Are Hammering The Selfless Self With The Result That The Reality Will Open. The purpose behind that meditation, and that concentration, and that listening from the various Masters, the reading from various books, is that the Spirit Is Very Sensitive, What You Impress, It Reflects. So, in other words, you could say it is psychological. What you impress on that Spirit, it reflects like that. So similarly, meditation is recommended. That Soham Sadhana, or I Am Brahman, Brahman I Am, like that. With this process, you will forget your food-body identity and the Reality will be open. What Is Reality? You Are Nothing to Do With The Body-Knowledge. Body- Knowledge Is Illusion. And the body is not going to continue for long time. The body is having some time-limit. So Until Body Touch dissolves, you are to undergo the meditation. What do we mean by “body touch dissolves”? Just like when you are using clothes. You are using clothes but you are not feeling that you are wearing clothes. Though you are using the clothes, you remain untouched with the clothes. Similarly, even if you are within the body, you remain unconcerned with the body. You feel totally Light, Weightless So there won’t be any type of burden. You Remain Completely Free, Weightless. So like that, to have such things you are to undergo the meditation. And the meditation leads to Ultimate Truth, to Realization or Enlightenment. Because We Are Nothing To Do, Just We Are To Know

That The Body Is Not Our Identity At All, just a very simple thing. Because if, with the strength of the body-knowledge, you try to extract the spiritual knowledge, that will get the duality.

Any devotee of any age, if he at all likes to identify oneSelf, he has to undergo strictly meditation. Now I told that for meditation, the words are given, Soham, or Shivoam, so many words are given through Masters. That words are hammering the Meditator. And then what hammering? "I Am Brahman, Brahman I Am; I Am Brahman, Brahman I Am". So continuously reciting the Mantra, the Reality That You Are Ultimate Truth Will Be Open. And then there will be Spontaneous Conviction That I Am Not Body At All. And the result is that you won't face any, another body-based dream. This is a body-based dream, "I am somebody else, my name is something, I have family members, I am male or female, and my family is there, my Master is there, god is there, so many relations are there". So all relations, all needs, all requirements came along with the body. Prior to beingness we are unknown to everything- no god, no disciple, no devotee, no master, no brother, no sister, no father, no relations were there. Because There Is No Body At All. So how you were prior to beingness is just like space or sky. Sky does not have Any Relations. So like that, after leaving the body, or prior to beingness, no touch of the anything. So you remain untouched.

So therefore I am insisting - almost all that you know, you have got good background, you have got good foundation, spiritual foundation - now You Are To Just Hammer YourSelf. You are to be totally free from the body-bondages. Because even if you've got spiritual knowledge, these body bondages appear, having spirituality behind this curtain of this body-bondage, body-knowledge, it will not serve your purpose. So after that you will be totally free. Whatever concept will be there you will have some exceptional internal happiness, peacefulness. Though you are living in the society, or with your friends, and all relations, exceptional happiness, exceptional peacefulness will be there. Though you are holding the body, you remain untouched with body. Just like we are wearing all these clothes. So we are not feeling that 'I am wearing clothes'. It is there but you don't feel that 'I am wearing clothes'. Similarly, body is external cloth. Though you are holding the body, external cloth, you remain unconcerned with that, just like supposesubtle, subtle, subtle light. You can't describe in any words but that is something - exceptional experience, beyond imaginations.

Because Bhausahab Maharaj while planning all this Incheheri Sampradaya, he had foresight that everybody should remain with this atmosphere, spiritual atmosphere all the time. Because early morning Bhajan, meditation, afternoon Bhajan, evening Bhajan, and all this, because you want to keep yourself busy with the spirituality.

And at the same time, it's a practical knowledge. You do your job, do your duties, have your responsibilities, don't neglect your body, but at the same time you, should

be totally concerned with The Selfless Self. That is the idea behind it. No doubt that he is knowing that this Bhajan, meditation, are also illusion. But it is necessary to have conviction, Spontaneous Conviction Of Your Ultimate Truth, Ultimate Identity.

In the beginning Master is necessary. He may be in any form. See I told, I am giving example; that Master is refusing to give the teaching of archery to Ekalavya. But even so, he prepared some statue, and he under the statue of that Master he learned archery. So in that case also, if the physical master is not available, suppose he suppose refuses or anything, you can have the idol of this Master, and you will get instruction from that out of the Master. Because Master Is Not Separate From You. You are a Master, but you're posing yourself some body-form, therefore that body-form supposed to be dissolved.

It is very simple, but very difficult also because you must have strong faith within your Master. Yesterday I told that, there are so many layers upon your Presence. So remove all these layers, to burn all these layers, you are to undergo strictly the meditation, and you are to follow the instruction of the Master in the beginning very strictly. At the same time you have your own responsibilities, do your job, do your duties, not to neglect your duties. But at the same time, You Must Concentrate Concentrator.



10/12/17

Jai Sadguru Shri Ramakant Maharaj

We are all human body form, human body so many concepts are in placed upon us from childhood until today. Our lifestyle based upon the concepts and in craved upon us.

We have told there is God , Brahman, Atman, Masters, but you are unknown to all this reality, because we are holding body.

Within that body, existence of the spirit is there, along with existence consciousness appears, your presents is beyond consciousness, consciousness taken color as a man or women or something else, prior to consciousness, you are unknown to yourself.

As I told there are so many concepts regarding death and birth, past birth, further birth, salvation, God ,Brahman ,Atman Parma Atman, Masters disciple devotee, so many concepts are there, past scene, future scene, liberation so human being are confused with all these concepts, What exactly we have to know, very basic thing, what ever body we are holding it is not our identity at all, prior to beingness , or prior to consciousness our existence there but it was unknown existence, where there is no experience or experiencer no witness no witnesser .

Then the question is how i was prior to beingnes, prior to consciounes? prior to beingnes, or consciousness, your presence was there but like a spacious sky, there was not any awareness, no experience, no experiencer, it is there, it is everywhere, it is everywhere.

Some devotee says, when do I get liberation, Mukti, Salvation it is already there, who want Mukti, liberation, you are already free from all the concepts.

Because you are holding so many concepts, body based concepts, there for I these concept appear as I want liberation, freedom, salvation, mukti or something.

Liberation is already there, for which you have to stop measuring your Self as body form.

One thing, yesterday some person said, some statement of some Maharaj, are contradictory ect ect,.

Don't try to analyze the Masters words, what do you want to gain out of this analyzing the words, nothing!

Then don't do it, no argument , no counter argument, so many saintly people are there, Ramana Maharshi, Nisargadatta Maharaj, Siddarameshwar Maharaj, Ranjit Maharaj and so on.

What they want to convey is most important, don't try to analyze, don't try to define there words.

Many times I have told that language is created by us, just to convey, just to exchange thoughts with us, language is not ultimate, because we are adding some alphabets, letters, we created words we give meaning to that words, so that meaning is not ultimate.

It is conventional meaning, just to convey a message, whatever words are there, they convey some message, so not to struggle with the words, it is an unnecessarily waist of time.

Try to identify, because human being are under confusion, roaming within a vicious circle, either I am a man or a woman, so many concepts are there.

Because of this vicious circle, unclean atmosphere is there, no happiness, always tension, fear of death, no peacefulness.

Why because all identification is wrong identification.

Though the invisible listener within you is truth, final truth, we are measuring ourselves as body form, but trying to know our Selves through body form, body is external cover, not ultimate truth, the holder of the body.

The invisible presents in the body is ultimate truth, final truth, to whom there is no death or birth.

The invisible presents within the body is called God, Braman, Atma, or Master, THAT you are.

For which there is no birth and death it is formless, unborn, it is everywhere, like space and sky.

So not to measure your Self in body form though you are holding the body, you are unconcerned with the body knowledge.

Because after leaving the body nothing remains.

Prior to body knowledge, prior to body, we are not being ourselves, because there is no existence, fiscal existence. Though there is existence, it is not fiscal existence.

So the moment the spirit clicks with the body, you start to say I am, prior to I am your presents was there. To have this conviction of ultimate truth, spiritual science say, you have to undergo rigorous meditation. Meditation is the best foundation to identify your Self in real sense. At present we identify our Self with the body form, it is not real identification. Consciousness is there, but consciousness with confusion, consciousness wrapped with various concepts. So spiritual knowledge teaches you how to act, how to react in this illusionary world.

It is an illusionary world, like a dream world, everybody watching dream, so many persons you see , including God. Who is taking form in all this seeing, in a dream you see various scenes, you see relatives, you see good people , you see bad people, you see oceans, hills and everything, and not only that, you see your self also, you are acting in this dream.

Who is taking video shooting of that, who is witnessing that dream, who is present in that dream, the invisible experienter in that dream is called Brahman.

Same thing also happens in this present world, the present world is also illusionary, like a dream, a long dream, without your spontaneous existence you can not see the dream, similarly that existence you can't see this world, therefore this entire world is projected out of your spontaneous invisible presents, for that to find out you are already free from all concepts, but directly or indirectly you become victim of your own concepts, which are in craved since childhood.

You have to discard all the concepts, you do your duties, which is to be done in the human body.

the human body is having limitation, time limit, in childhood, you grow up to a young man or woman, old man, these are stages of the body in all these stages ultimate truth is there, presents is there invisible presents is there, electricity is there power is there like electricity .

This power is unknown power, unknown energy, existence is there, but is not experienced by the witness, that you are which is called ultimate truth, final truth, Brahman, Atman, God, Master. Therefore I repeatedly told you, except your Selfless there is no God, no Brahman, no Atman, no Parma atman. After knowing this what is the result. Complete salvation from all concepts, because your own concepts bound yourSelf, so bondage is there, all concepts are written upon you, you will be free because you are formless.

So therefore you must have strong conviction, strong foundation you have to undergo the meditation. What is the meaning of meditation?, why is meditation

required? Because since childhood until today, you are counting the body form, you are living within the feel of the body form. You are living within the concepts that are engraved upon us.

So basically you are free from all these burdens, all these concepts, because you are already free, but you feel that somebody bound me, wrapped me, some concept is engraved upon us, but to remove it you have to banish it for which meditation is required .

So what is the meaning of the meditation, in meditation in all lineage you are given some words, a number of words are there, it is language, indicating your Self I am Brahman , Brahman I am, I am that so am I. Why this because the presents, the spirit, the energy, the subtle energy within the body is very sensitive.

What it impresses it reflex, take in to consideration this fact the Mantra, is you one, the meaning of Mantra is Brahman , Brahman I am.

After hammering with these words, originality, reality will come at open, because so many concepts reality is under dark, at the moment you remove all these things, with the meditation, originality will be emerge, so that I so though your holding your body, you remain unconcerned with the world, and you will find something reserved within you, spiritual reserve within you.

You will be aware the entire thing will be changed, previously you were violent, previously there was no tolerance, after having conviction, exceptional tolerance will be there, exceptional silence will be there, exceptional peacefulness will be there.

Exceptional happiness will be there, it is already within you, but you are unaware of this reality, so after vanishing all the concepts, reality will be open within you, you will feel it.

Spontaneous feeling will be there, therefore six signs are mentioned within spiritual knowledge.

How to measure whether you are realized or not, Six stages, six signals are there, on thing is you measure the change, you forgive and forget, if anything happens against you, you forgive it, for example Jesus Christ. Tolerance will be there, if anything allege anything, if there is any allegation, if somebody tries to torture you. There is exceptional tolerance, I will give an example of Gautama Buddha, the after this, third stage, there will be instinct, anxiety to know the reality, fourth thing, though you are remaining in the world , you are unconcerned, no attachment with the world. No sex, no money, no publicity, your living happily, no nervousness, no depression, nothing is there.

Because you are knowing your Self in the real sense, I am unconcerned with the world, because I am holding the body I am concerned with the body but my body is not my identity at all, therefore I am totally unconcerned with the world, and then reality will be established, I am Brahman I am ultimate truth.

Brahman is also a word for ultimate truth, final truth, THAT I am.

So that reality will be established with, full confidence, full courage and what will happen around you , you will be unconcerned , with the result fitting, that you got strong devotion, devotion with your Selfless Self, so that I, and then trust with the Masters.

The Master who has explained the reality, the Master who placed before you the reality, you have strong trust, in fact there is no difference between the Master and disciple. There are different bodies, but Master, knowing the ultimate truth and the disciple not knowing the Ultimate truth.

After knowing the ultimate truth there is no difference, there is no wall in between Master and disciple. It is the reality. So therefore I question everybody, not to analyze the words of various Masters, not to make comparative studies of various Masters. What do you want, you want liberation from this world, you want peacefulness, you want happiness, you want tension free life, you want fearless life, how will I get all these things, that you think, not to analyze the putting of the words, not to analyze, not to play with the words. Language is created by us, just convey, just to action our thoughts, for communication.

Not for arguments , counter arguments, thereby you are wasting your time finalizing the words, so when you are reading all the books, try to find out where is the invisible reader within that book.

A lot of meanings are there, but the information given in that book, I am that, I am the Selfless Self, Ramana Maharshi and so many Masters are there, what they want to convey that is most important. They may make different statements, Ramana Maharshi said like this contradictory statement, Nisargadatta Maharaj said this a contradictory statement, you are not there to analyze the words, what they want to convey with the words should be accepted, it is why your mind is playing with you, the mind is rebelling against you.

Mind confusion you also, so become victim of your mind, ego intellect. Because, mind, ego intellect are functioning like a subtle body within the body, so the moment the spirit clicks with the body, mind and ego and intellect starts functioning. After leaving the body, no mind is there, no intellect is there, no ego is there, no expectation is there, no needs are there.

Prior to consciousness, or prior to beingness, no need no requirement, nothing is there, because, body is wrapped upon us, because of the fiscal beingness, body beingness, we are having so many problem, to come out of the problems, for real salvation, freedom, you have to undergo basically meditation, it is the only source, there is no other source. Dry talking, or dry listening or dry spiritual knowledge will not help you, theory is giving happiness up to a certain extent.

Unless your foundation is strong, the theory will be discarded, so theory is required, but theory is supposed to be implemented, practiced, practical knowledge is most important. To have practical knowledge, to have conviction, you must undergo meditation. Through meditation you are hammering the invisible meditator that you are ultimate truth. Through meditation you concentrate on the concentrator.

Ultimate truth, you are Brahman, you are Atman, you are Parma atman, you are God, You are a Master Ultimately it becomes spontaneously. So to have spontaneous happiness, to have spontaneous freedom, you have to undergo strictly meditation, it is the most important part.

All these talks, years together are meaningless, everything is within you, everything came out of nothingness everything devolves within nothing, it is the principle of spirituality.

Therefore Master says, except your Selfless Self there is no God, no Brahman, no Atman, no Parma Atman. You are Master, you are Atman, you are ultimate truth, therefore you are totally free. Special liberation is not required, you are already free, no bondage is there. Try to convince yourself, to convince you must have strong faith within your Self, strong faith within your Master.

Ok, Any questions?

Gopal: yes

Maharaj:

Dear Maharaj, I feel the first part of the Mantra often very deeply, like there is a vibration to it, the second part I don't seem to understand. Yesterday I researched on the net and found that the syllables of the second part are the reversed of the first part. is that correct, can you comment?

Answer: Yes yes they say: I am Brahman, the reverse is Brahman I am, very easy, very simple thing. Both the words, the previous parts of the words, but impressing the invisible listener within you, that you are ultimate truth, but don't press it,,

don't try to apply so called intellect, do it very easily,, simply, be simple , be normal, be humble.

Gopal: another question is there: Maharaj says when the spirit clicks with the body the consciousness comes to existence and we say I. But from where does body and spirit comes before existence of Parabrahman ie I, Me ?

Maharaj: How do you see it in dream, take for example a dream, in a dream you see an entire world, you see various persons. How did the dream come into existence, in dream you are acting as a real person, so who created the dream, the dream world. similarly this world also is projected out of your spontaneous invisible presents , there is no any reasoning, because you are holding the body, we got attachment with the body, we got some intellect, so you ask me an intellectual question. This is all personal, there is no reason, because your existence is anonymous invisible unidentified existence. If you go through with the Selfless Self, your existence, your presents is identified, anonymous invisible identity, there is no any reasoning. We are reasoning, because we are holding body, I am somebody else, so no reasoning there, like dream , we see everything, there is no reason why a particular dream is there, everyday you see a different dream, everyday you see different people, everyday you see so many things, and not even that ,you see yourself also, is there a call for that dream? Nothing Nothing.

ok any?

Gopal: No more questions.

So what ever we come to all this point, because long talking is meaningless, it is sort and sweet information. Now the ball is in your court, you have to undergo strictly meditation. With the words given to you, if you are away you may say: 'I am Brahman' 'Aham Brahmasmi' , like that. These are also words but through that words you try to hammer it recite the mantra all the time continuous hammering, you will totally free, you are free hammering, continuous hammering will discard body knowledge, all concepts will be vanished, there is purpose, you will be totally free, because you are basically free but you consider : I am under pressure of various bondage so meditation will vanish all the concepts. So get it typed, circulate it it will be short and sweet information, to go on talking and talking is meaningless, because it only theory, i can say so many theory, but is just wasting your time.

I am not wanting to say to you I am a great Master, I see the Master within you. I am not making you a disciple, I am making you a Master, because the Master is already within you!



10/12/17

Jai Sadguru Shri Ramakant Maharaj

Q: Maharaj, today I was reading the bhajans and everywhere it says Hari Narayana, Hari Narayana. Any significance?

M: It is all names, there is not so much significance of this name. Basically you need to concentrate on the invisible concentrator within you. Rama, Krishna and Narayana, Vitthala, these are the names given to the almighty supernatural power, which is already within you.

Because prior to beingness no name was there. After leaving body, no name is there. So all these names appear upon your Presence. The moment the Presence clicked with the body, the entire world is projected out of your Presence. So prior to that, we do not know which god is there or not, because we are unknown to ourselves, we are unknown to our existence. The moment that spirit clicked with the body, we fell "I", there are glimpses of "I" and then all this world is started and all these concepts started and directly or indirectly, we become victim of so many concepts. I am a man or woman or some body-based. So this is a temporary concept, beingness is a temporary concept, it is having time limit, the span of so-called birth and death. Birth means awakening, just to say "I", death means disappearance of Existence, Presence. Death and birth are concerned in the case of this body only and you are not body at all.

Q: So when I recite the Mantra, my mind is always trying to catch something, it needs some form, I am not able to stay with the presence because I am not able to stay with myself.

M: You have to utilize minimum intellect, mind and ego. Not to make deliberate act. Considering sensitive of the spirit, the Naama Mantra, the words are given. The

meaning of the words are “I am brahman, brahman I am”. Because that spirit is very sensitive, what you impress it reflects.

So considering that point, the Naama Mantra is given, through which you can identify yourself in real sense. We are identifying ourselves in human form. Basically you are formless, there is no form. See, there is no form, no death, no birth. Birth and death are connected with the body only, not to spirit. I have said the name Spirit, through which we say “I”. So not to make any deliberate act. Just recite the Mantra, and it will give some effects, some vibration inside, through which, after having continuously reciting the mantra, concentrating invisible concentrator, reality will be open for you, so your existing appearance will disappear and that reality will be open for you. What is reality? That you are not body, you were not body, you are not going to remain body. Even though you are holding body, you can recognize your importance, now you are not recognizing your importance: “Brahman is something else, God is something else”. God, Brahman, Atman, Paramatman is not separate from You, you are the same. Individuality is creating problem, creating confusion. Be simple, be normal, be humble, not to think so much. Whatever I have told, try to digest it.

See, one simple principle: except your Selfless Self, there is no god, no brahman, no atman, no Paramatman, no master. You are Master, you are Brahman, you are Atman, you are Paramatman, but since you are counting yourself in body-form, therefore confusions are there. Life becomes painful because we are having a lot of faith and trust with this body. And body-knowledge is not tolerable therefore we have so many expectations, so many needs, so many requirements. Just to tolerate the body we want money, we want sex, we want publicity, the basic things which is required to stabilize the body, peacefulness of the body- knowledge. So stop counting yourself in body form. Though you are holding the body, you are unconcerned with the body. Slowly, silently, try to dissolve all these illusory concepts. And only meditation, I am telling, in the beginning, only meditation and reciting mantra will help you stabilize your reality. Continuity is required, you read book but not to accept each and everything from the book, there are some books creating some confusion. You read Ramana Maharshi, you read *I am that, Selfless Self*, there complete clarification is given. There are thousands of books. Everybody is encouraging some illusionary concepts, “god is there, brahman is there, atman is there, something is there, in shastras, vedas”. Ok, to some extent it is ok, but not it is not ultimate truth. Because your unidentified identity is ultimate truth. Just think: how I was prior to beingness? After leaving body, how will I be?

So body form is having some time limit, age limit, not you. So far as awakening is there, all concepts are there, all painful life is there. In deep sleep, no painful life, because there is no I, there is no you, no he, no she, nothing is there. So awakening is

not tolerable, for which so many means are required, we want spirituality, we want master, we want god, we want to read books. Prior to beingness, nothing was required, after leaving body what is required? Nothing. So during this human life, you have to try to identify, you can use your intellect, you can use your mind, your ego. Yes, come with some question!

Q: Every question your answers are in your books, so I can't make up any question.

M: This is a practical knowledge, see, it is your knowledge, listener's knowledge, not knowledge of Ramakant Maharaj or some Maharaj. You also having this Reality of Maharaj, you are not separate from Maharaj, name is given to this body, this Ramakant Maharaj, so speaker from this Maharaj and speaker from yourself is not different. But since we are counting ourselves in body form, therefore we find different. Spirit is one, bodies are different. Just recite the Mantra and then concentrate meditation, and all problems will be solved. Unless all body-based concepts dissolve, you are not able to identify yourself, you will not get the peacefulness. Since childhood till today, so many concepts overcrowded, so you have to discard all the concepts, including the concept of god. God is the name given to the supernatural power which is already within you. Ok?



10/13/17

Jai Sadguru Shri Ramakant Maharaj

The Spirit which is remembering the Master, it's one and the same. You have no more individual. Not to count your body. Body is external cover. So unless you discard the body-knowledge, you are not able to identify yourself in real sense. Don't neglect body. Try to find out. It's fact, open fact. Body is not your identity, body was not your identity, and the body is not going to remain your identity. Body is perishable. It is on time limit, age limit. Not the space, sky. Spirit does not have any time-limit. Spirit is subtler than sky. So until that time you are to undergo discipline of meditation. The moment conviction appears spontaneously within you, nothing to do. Just very simple, this body is called man. You are living as a man. If anybody says you are a woman, you are slapping him, "I am man!". Some name is given to the body, Dimitri, so you stick up with that name. If somebody says you are George, "No my name is Dimitri." So like that, name is given Brahman, Atman, Paramatman, God, Master, That You Are. Why not accept it? It is fact. I am placing before you your Ultimate Truth. Not the truth of anybody else, not the Brahman, Atman, Paramatman, God, Master. These are the names given to the Ultimate Truth, or Final Truth, or Almighty God, you may say anything. Therefore remember these words, except your Selfless Self there is no god, no brahman, no atman, no Paramatman, no master.

Now you need some courage. Spontaneous courage to accept the Reality. I am placing before you the Invisible Listener's Reality. Invisible Listener is the Brahman, Atman, Paramatman, God, Master. You are not accepting it, that is the drawback. It's fact, I'm placing, again and again the fact that except your Selfless Self nothing is there. Don't count yourself in body-form. Some or other day, willingly or unwillingly, you are to leave the body. So whatever knowledge is there, body-based knowledge, you are to discard it, dissolve it. It is illusion! Your unidentified, invisible, anonymous identity, it cannot be explained, it cannot be defined.

Q: So the game of 'Snakes and Ladders' Maharaj. You remember talking about 'Snakes and Ladders'? Sometimes you fall. This feeling that I'm coming close, coming close, coming close to my Selfless Self but then...

Maharaj: Don't feel it! It is spontaneous action. Why to feel? Are you feeling "I am man, I am man, I am man"? It happens, therefore I told you: just concentrate meditation to discard all this confusion, discard all this illusory concept. Meditation is the only medicine for you. Then it will not be necessary. In the beginning until you get Spontaneous Conviction meditation and reciting mantra is most important. After having Spontaneous Conviction, you need not remember mantra also. Because it is going on spontaneously. What is the meaning of the mantra? I Am Brahman, Brahman I Am. Because you forgot your Identity, considering the sensitiveness of the Spirit, these words are given. I Am Brahman, Brahman I Am, I Am Brahman, Brahman I Am. Always you are hammering yourself. Just like a police officer says "-You are a criminal, you are a criminal". "-No I am not criminal!". "-Yes! You are criminal! This a witness against you". Likewise you are to hammer yourself: "You are the Brahman, you are liar! You are not a man, you are not a woman, you are not an individual. You are the Brahman, you are Ultimate Truth, my Master says". Like you when you are small, you say "my parents say that this is the correct. I am not going to agree or accept your concept". So likewise mind, ego, intellect are there. Use them very sparingly, not more than necessary. All these questions because of the weakness of your mind. No confidence is there, no courage is there. To regain your memory, to regain your strength, power, energy, you are to undergo strictly meditation in the beginning, underlined. Until you get Spontaneous Conviction you are to undergo meditation. Mind may not accept it. If you go on continuing the meditation that will be end of mind, ego, intellect.

And not to become victim of somebody's thoughts. What is brahman, atman, paramatman, god, master, maya, all this? Everything is maya. Nothing true. The things which have not happened, we have accepted as happened. Nothing has ever happened, nothing is going to happen. Prior to beingness you are Brahman, now at present you are Brahman, after leaving body you are also Brahman. Just like space, sky in this temple is there. Prior to construction of this temple, space was there, sky was there. After demolishing this building, space will be there. There is no change in space or sky. Change in body-knowledge! This Reality you are not accepting it. So then mind is pricking from backside, trying to distract you from the Reality. Don't become victim of anybody's concept, anybody's thinking. Take your own decision: "Yes I Know It".

If you want to ask question you can ask any question. Get it clear. Nothing is impossible. The entire world is an illusionary world. Shankaracharya repeatedly says

“to say ‘I’ it is illusion, to say ‘you’ is illusion, to say ‘brahman’ is illusion, entire world is illusion”. In illusionary world, god also illusion, master also illusion, disciple also illusion. All illusions appear upon your Presence. Your Spontaneous Invisible Presence is Reality, which is not colored with any concept. You are prime, you are central point of this world. Entire world projected out of your Invisible Presence. The moment awakening is there, then you see the world, “oh this world!” When awakening disappears, world disappears. Where is the brahman, where is atman, where is master? Nothing is there. So that, everything came out of nothing, everything dissolves in nothing. Needs, requirements, desires came afterwards. Have some self-confidence: “Yes I can do it!” It appears as an egoistic statement but it is necessary in the beginning. All these saintly people are having the same Spirit which you are already having. But they recognized their importance, and we are not recognizing our importance. “Oh, how it happened, do some favor for me”. Why? Have your own favor! Place your hand on your own head, mmh? Self-blessing is required, not god-blessing is required. You are to please your Self. You are to take boon of yourSelf. Always you are considering “oh what will happen? I am man, I am somebody-else.” Behind painfulness, Blissfulness is there. Behind painfulness, Peacefulness is there. Behind dark, Light is there. You are always thinking of the dark. Why don’t you think about brightness? It’s very, very interesting, if you go deep and deep, you will Exceptional Happiness “Oh!” - it is Spiritual Intoxication. For which no sex is required, no desire is there. No publicity, no money, no sex. Just Spontaneous Happiness appears upon your Presence. Some veils are appearing. So you can enjoy it, it is very easy, nothing is difficult. Only lack of confidence is there. Accept it! Yes! Why not? My Master says I am Brahman, I am Brahman. Nothing else. Let calamities come, let something happen, ok.

Q: Some days if I’m not able to sit for half an hour doing Naama mantra...

Maharaj: Don’t count. Sitting for meditation is not compulsory. You Are

To Concentrate Invisible Concentrator Within You. You Are To Concentrate Invisible Concentrator to that I Am Brahman. Always you have to hammer you. This is the beginning, to sit for meditation for half an hour, one hour, two hour, like that. After reaching the Ultimate Truth, after having Ultimate Truth, 24 hours meditation is there. Even if you are in deep sleep, meditation is there. See you are man, your name is Gangadharam. In deep sleep, “oh I am Gangadharam”! ? That name Gangadharam become one with your spirit. So likewise, Master says your name is Brahman. Brahman means Ultimate Truth, Final Truth. So though you are holding body, you remain with that State.

Now the ball is in your court. How to handle it is up to you. Nothing is impossible, you may be under any circumstances. Things are going on wheeling, you are there and

there only.

Q: Maharaj, when we do Naama mantra and all this Conviction, do I need to fight illusionary world? There are people those...

Maharaj: Why to, why to fight?

Q: I can ignore it?

Maharaj: Ignore it. Your power will fight with the external forces. You have got in-built Power, you have got in-built energy, which you are unaware of. If anything comes attacking you, that inbuilt Power will protect you. It happens spontaneously, without your knowledge. You will get some private information, intimation, inside, "Don't go there, don't do that." In that case, it is called Last Devotion, AtmaNivedan-Bhakti. You are having dialogue with your Selfless Self. At that time you are neither man nor woman. It is Self-dialogue, Self-talking. Really, it is miraculous. You will get such a knowledge, beyond your imagination. When that Self-dialogue starts, that knowledge will be flowing within you. It is total transparency.

Knowledge means just to identify oneself in real-sense. So some deliberate efforts are required in the beginning. Calamities are coming, circumstances are coming, unpleasant atmospheres are also coming. Not to give so much importance. It is a temporary storm. Yes, storms are coming and going. You are there and there only, be firm "yes!", let the storm come. Nothing will happened to you, because you are totally firm, firmness is there. Not to become victim of your mind, ego, intellects, or anybody's concept. Nisargadatta Maharaj say not to come across with such elements which will distract you from the Reality, means what? A number of thoughts are flowing inside and outside, don't accept it, or you will go along with the flow of thoughts. Be there and there only. When I am being told I am Brahman, Ultimate Truth, I am Brahman Ultimate Truth. Why to accept somebody's thoughts? You have seen Ultimate Truth, you recognized Ultimate Truth, except Selfless Self there is no Brahman, then what more do you want? Body identity may be there, body identity may not be there. You are there and there only. How you were prior to identification, and after leaving body, nothing was known. Unknown becomes known through body only. Unknown disappears along with the body only. And body is not your identity. A small child becomes a young man, become an old man, and some or other day, willingly or unwillingly, you are to leave the body. So therefore no death, no birth, you are unborn. Building may collapse, sky is not collapsing, space is not collapsing. You are subtler than sky or space. Only lack of courage is there. You have got so strong courage to accept the reality nothing will happen.

Q: Maharaj after I came here and met you, and probably the second time or first time I took manta, there are people who I live or know, know my thoughts, they control a

lot of things, and they made something I could see, that they are separating me and you, and putting off and making me to do something bad, but I did not accept it. In my heart, I believe the Guru can help me, but I don't have the ability to fight them, so I am ignoring them. Is that ok?

Maharaj: Correct, correct. Not to give any cognizance to such atmosphere. Forget it, forget it, forget and forgive. Just like Jesus says "Oh God forgive them, they do not know what they are doing."

Q: But now they know what they are doing.

Maharaj: Ok let them do it. Because they are innocent. They are not knowing what they are doing.

Q: They don't they also are Selfless Self. Can I think like that Maharaj, like they also are Selfless Self, they don't know that. I have accepted.

Maharaj: Yes. In dream you see so many people, good people, bad people. After awakening, what has happened to those people? The good people have gone to heaven and the bad people go to hell? It is illusionary world, in illusionary world these are all illusions. Ok.

Q: I want to know how to concentrate on the concentrator which is formless.

Maharaj: Just what I have told you: except your Selfless Self, there is no Brahman. So in the initial stage you have to act deliberately. See it is fact: body is not your identity at all, body was not your identity, body is not going to remain your identity. You are feeling spontaneously, what is there in body? Just glimpses of I. You feel I. Who feel I? You concentrate that Invisible Concentrator within you which is not having any form. The invisible Concentrator within you is witnessing everything, but nobody witnessing. There is no experience, no experiencer. It is Ultimate Truth. So it is called Invisible Concentrator, already within you! Body is only external cover. In body you feel 'I'. Without Presence, you can't feel 'I'. So in the beginning, you are to make deliberate effort to find out 'I'. Then after finding out, that finder will disappear. No finder is there. And for which meditation is required. Through meditation, you are hammering all the time "I Am Brahman, Brahman I Am; I Am Brahman Brahman I Am; I Am That, So That I; I Am That So That I". Through constant hammering, the Spirit within you will Selflessly Self-enlighten. That realization will be spontaneous realization, conviction, So That I, without any ego, without any words. So in the beginning, you are to undergo the discipline of meditation. After having spontaneous conviction, nothing is required. In the beginning we are advising: concentrate on Invisible Concentrator within you. You are thinking 'I have to concentrate'. That invisible 'I' giving indication that I Am Ultimate Truth. These are the words. Through words we are trying to invite attention of the Invisible Concentrator: except your

Selfless Self there is no brahman. Words are not Ultimate Truth. It's a language. We have given meaning to the language. Through various words we are trying to invite the attention of the Invisible Listener within the body that except your Selfless Self there is no God, no brahman, no atman, no paramatman. And therefore, in the beginning you are to concentrate invisible concentrator within you, that I Am Brahman. After concentrating concentrator, the concentrator will disappear. And concentration and concentrator will disappear. Nothing remains. Because everything came out of nothing, everything dissolves within nothing. There is no deed, there is no doer. There is no experience, no experiencer. There is no witness, no witnesser. Unless you stop measuring yourself in body-form, you are not able to identify yourself in real sense. It's open fact: body is not your identity, body was your not identity, body is not going to remain your identity at all. Body is external cover, who is acting from the body? That is called Invisible Concentrator. Who is listening from the body? Who is watching? Eyes are not watching. Who is listening? Who is watching? Who is experiencing? That invisible essence or invisible concentrator is called Ultimate Truth. So body is only external cover. Thoughts are flowing, it is the nature of the body. Prior to beingness, there is no thoughts, no desire, no deed, no doer. Because it is totally formless, there is no form. The moment spirit came along with the form, all experience started, all needs started. Who is raising the questions? That Invisible Questioner within you is Ultimate Truth. In the beginning we are advising concentrate concentrator. But at Ultimate Stage, no deliberate efforts is required. So stop measuring yourself in body-form. Stop counting yourself in body-form because body is not your identity at all. You are basically unborn. Just try to understand how you were prior to beingness. You say "I don't know". After leaving body "I don't know". "I don't know" means your Presence is there. To say "I don't know" some presence is required. That Presence, what that Presence is - invisible, unidentified. Ok. Any questions from anybody else.

Q: Could you say something about devotion?

Maharaj: Yes, it is a very good question. Devotion means you must be devotee. If you are devotee then devotion started. You are Deity. But you are become devotee, and through the devotion, you will find out that you are Deity. It is interconnected. These are the words! These are the words, devotion, deity, devotee are words. You are devotee, you are deity, everything you are. Basically you are not body. So Devotee and Deity, all these are also concepts. Master and disciple also concepts. All these concepts came along with the body only. Where are the concepts that devotee, and deity, and devotion? Until you get conviction, Spontaneous Conviction, you have to undergo all these preliminary stages. And therefore I am insisting on Naama Mantra. The meaning of Naama is, I am Brahman Brahman I am, Ahambrahmasmi. Just you

are hammering yourself, inviting the attention of the Invisible Listener within you that you are Brahman, you are Brahman - a deliberate act, and then spontaneously "Oh so that I!" And then you need not go to repeat that mantra also. No meditation is required. No devotion is required, because you are already Deity. Already Deity means you are Ultimate Truth, Final Truth, That You Are!

Ok. So be with you all the time.



10/19/17

Jai Sadguru Shri Ramakant Maharaj

Maharaj: so any question for you?

Visitor: Some days I feel there is something [Inaudible] just continue with the japa mantra.

M: continue with the mantra ... after reciting mantra original consciousness will create atmosphere how you are prior to beingness ... at that time you forget your body identity ... though you are holding your body identity you remain unconcerned with the body identity ... see one principle is there whatever experiences appear upon your presence ... when the spirit clicked with the body ... you feel I ... that consciousness appears pure consciousness ... instantly that consciousness came across with the mind ego intellects and then body started functioning see the process ... prior to beingness there is no experience no experimenter ... nothing is there ... when the beingness takes form body form and consciousness appears ... form appears ... when the consciousness touches with the ego intellect mind body started functioning and you say I ... instantly that I ... taking pose as human being any being ... and that form is my identity it is accepted by that consciousness ... prior to consciousness no form is there you are basically formless ... the moment consciousness takes shape take form it accepts form is my identity ... which it is not ... and then within that form what you feel ... I ... that I is instantly covered with all this ego intellect mind ... I accept body as my identity ... I contain all body concepts ... I am somebody else ... I concept all illusory concepts ... that is I am somebody else... last birth future birth god goddesses... so many concepts thousands of concepts impose or impress on us by various sources ... here in human body what you ought to think ... its open fact human body is not your identity at all ... it is open fact ... human body having age limit time limit which you are not ... pure consciousness there is no time limit there is no form ... the moment that consciousness touches with the body the presence touches with the

body you say and Instantly the ego Intellect mind came across ... mind manufacturing thousands of thoughts per minute ... and we have accepted thoughts because we are unknown to our self ... through spirituality you will get spiritual awareness ... what is spiritual awareness ? ... I was not body prior to beingness I was not body I was not having any form ... the moment the presence touched with the body ... Immediately consciousness came across and Immediately along with the consciousness mind Intellects take birth ... this is the process ... among all this your presence is completely separate ... pure presence pure consciousness ... where there is no touch of the body no touch of the form nothing is there In spirituality you ought to identify your self amongst all this illusory world where I stand ?

I am not body I was not body ... mind ego Intellects also illusory concepts ... they are functioning [Inaudible] functioning elements functioning organs subtle organs ... so why [Inaudible] state of spirituality ? why visit all the masters ? through masters ... as told there is no difference between master and disciples ... It is one part ... the presence the pure consciousness is the same within the master and the same within the disciple ... there is no separation ... so through language any language we are trying to convince our self I am separate from this illusory world ... why? ... because there is the pressure of death fear of death ... no peacefulness no happiness always tensions ... always there is fear of the death ... to come out from this you have to identify your self that I am not body identity ... I am not body I was not body I am not going to remain body ... It's a fact .. with the result you will get spontaneous happiness ... prior to consciousness how you were ? at that time you have got exceptional peacefulness where there is no experience no experienter ... now because of this body form we are having a lot of experience ... what you see I am getting this experience that experience ... spiritual experience something happens ... its happening and non happening appear upon your consciousness ... If there is no consciousness there is no happening no non happening ... no knowledge no knowledge ... knowledge and no knowledge are in that consciousness If it is not touch with the body all these concepts will be disappear.

So when all body base concepts will be disappear ... happiness peacefulness will be spontaneous ... so why we having naama mantra meditation ? through naama mantra reciting mantra meditation ... you are impressing that invisible consciousness ... that you are brahman you are atman you are paramatman you are god you are master ... this act is deliberate act ... with the deliberate act it will convert in spontaneous ... then you will forget doing anything deliberately all actions will be spontaneous ... because at that time it is called samadhi trance and that time you will totally forget body identity you totally feel consciousness ... no consciousness is there ... though your presence is there but there is no consciousness in any form ...

that presence or consciousness is within form ... but at that time consciousness will be there but it is unknown consciousness invisible consciousness invisible presence ... where there is no fear of death where there is no need of happiness where there is no need of peacefulness... nothing is required ... and that is your original place original things ... but this habit of mind to create some confusion ... and so many problems are there we are trying to analyze the words of the masters why this why this ... this is contradictory don't do those things because you are wasting your time ... nothing is contradictory ... master says finally except you selfless self there is no god no brahman no atman no paramatman no master ... because due to consciousness your considering yourself man or woman or human being ... in human form that consciousness is working acting all activities through consciousness.

So consciousness accepted I am body ... to vanish all this body knowledge you have to undergo the meditation ... it's a process so ultimately what is this body? ... just you glance within yourself ... sit calm and quietly and see what is this body ... just glimpses of I is there ... just glimpses of I ... because that I taken form therefore you say I ... I am somebody else ... that concept is supposed to be dissolved ... that means not to neglect your body but at the same time you have to have spontaneous conviction that I am not body I was not body I am not going to remain body it's a fact ... so it is a play of consciousness if there is no consciousness ... no knowledge is there .. no presence is there no experience is there ... no experienter is there ... no witness is there no witnesser is there ... so try to convince yourself ... have some spontaneous conviction ... at present think intellectually also ... if you think intellectually forget about spirituality for a moment ... if you think intellectually you are basically formless ... this form is not going to survive longer time ... it is having time limit ... who is acting from this form ... who is making activities from this form? ... it is pure consciousness and prior to consciousness your presence is there ... prior to your pure consciousness your presence is there which is invisible presence unidentified presence anonymous presence which cannot be defined it cannot be guessed which cannot be explained in any words ... there won't be words ... words are there language is there just to communicate thoughts just to communicate the knowledge ... beyond that there is not any importance of the words .. so language is created therefore I am requested all the devotees not to analyze the words of masters ... this statement is correct this master says like this this master says like this ... don't compare all these statements what they want to convey is most important .. they convey ramana maharshi nrsargadatta maharaj so many masters are there ... they convey ... you are not disciple you are not devotee you are master you are deity.

Prior to beingness prior to consciousness how you were? they are talking about that ... to convince all these things they are taking some words ... consciousness

belongness conviction god master disciple these are the words we are using just to convince the invisible listener within you ... just to have spontaneous conviction you have nothing to do with this illusory world ... why is it an illusory world ? ... because some or other day after leaving the body the illusory world will disappear ... and what is there ... after leaving body what experience is there ? ... are you a devotee are you deity are you master nothing remains ... prior to belonging prior to a hundred years how you were ? ... you are unknown to yourself .. at present even though you are holding body ... you are having form with the body ... you are unknown to you ... you become unknown through the consciousness ... consciousness which is taking the form of human body you say I am somebody else ... ok while living in this human body you can use it the human body but at the same time there should be spontaneous conviction I am nothing to do with the human body ... because human body is not my identity ... basically I am totally formless so therefore it is said ... pure consciousness pure consciousness where there is no experience no experiencer just presence within the body ... ok

So that conviction is supposed to happen for which all these exercises are there ... nama mantra is there meditation is there reciting mantra is there reading books are there because you forgot your basic identity ... that I am somebody else ... basically you are ultimate truth final truth so stop measuring stop counting yourself in body form ... If you continue with the body form and not to accept the reality ... then again there will be possible to have another dream ... so at the time of leaving the body there should not be any fear ... I am dying because there is no death no birth for the consciousness ... consciousness though it is in form it is basically formless ... you are formless so try to identify who am I ? ... while trying to identify who am I ? ... the identifier will disappear ... nothing will remain ...

even consciousness will not remain ... just listen to me .. but for explaining some words I am trying to convince the invisible listener within you ... I am placing before you your ultimate truth ... I am talking about the invisible listener not to the body ... because I know that you are formless basically ... the speaker from this body and the listener for this body there is no difference .. master and disciple these are the external appearance ... but prior to that there is no master no disciple no deity no devotee ...

M: It is one and the same suppose ... sky is one when you say this China this Pakistan this Russia America sky is one and one ... we have given the name likewise this name is given ... this Gopal something something like that .. It is the name of the body .. but who is the holder of the body ? ... It doesn't have any name ... name is only ultimate truth final truth Brahman Atman Paramatman god master ... that you are .. you have to accept this reality for which you have to make deliberate effort in the beginning

why we insist on meditation ... meditation is always hammering yourself ... hammering that consciousness that you are formless ... you are ultimate truth you are brahman you are atman you are paramatman soham ... soham sadhana .. In our lineage we are giving some mantra so that mantra is most important it is acting very nice it is acting perfectly it creates vibration and out of that vibration originality will be exposed ...oh so I am that ... therefore the words I am that so that I ... like that ... meaning that I am brahman brahman I am ... so as per the discipline we are not to disclose the mantra to anybody else .. but you have to recite it very seriously not to neglect it because this is a golden opportunity all you human being the human body is a golden opportunity ... within this human body within this human form you have to try to identify deliberately then it will be spontaneous ...so whatever happens around you ... you neglect it it maybe peaceful atmosphere it maybe painful atmosphere even though there are a lot of atmospheres there you remain unconcerned because you are knowing that I am nothing to do with all this just like when you see a dream ...it maybe good dream bad dream some bad elements maybe there... so awakening it is a dream even if you are awakening in that dream ... it is a dream I am not doing anything because I am not doer ... my consciousness has taken birth projected dream world and I am acting in that dream and when you are knowing in the dream that it is a dream how can you act ... similarly in this illusory world when you know it is an illusory world all actions are illusory actions ... so you don't give any importance to what you are doing ... because you are totally no doer .. because there is no deed at all ... so you are not taking any ego that I am doing something... to have this spontaneous conviction for which all these exercises are there So not again I am repeating not to try analyze define masters words what they want to convey is most important ... you question suppose to be practical question ... not theoretical question ... not to make something say analysis not to make some undue comments ... you have to taste knowledge ... it is not the ground to taste knowledge in each and everybody ... try to know the practical question ... and it is fact that except for your selfless self there is no god prior to consciousness prior to beingness you presence is totally unconcerned with the body knowledge ... unconcerned with the world the moment that presence touches with the body ... consciousness started that consciousness taken possession of the body and you started living with this body ...so that illusion is supposed to be dissolved from which all these exercises are there ... ok ... any question ?

v;It is said that there is no difference between waking life and dreams yet in waking life things are very solid for example if I leave something on the table it stays there until I or someone moves it they are the laws of physics mathematics biology etc there is no such continuity in dreams all is chaos and it is rare to find any sort of continuity

from one dream to the next. when I awaken from a dream I return to the same life and situations of my present life . how can it be said that waking life is no different than a dream ? [that last sentence is all that was needed]

m; how are you prior to beingness any dream was there ? after leaving body what dream was there any physical life is there chemical life was there or any life is there ? ... how are you prior to beingness the moment that consciousness touch with the body you starting all this logical questionthere is no logic there is no knowledge prior to beingness there is no knowledge you are unknown to yourself In dream you are watching dream your in deep sleep so you see so many things ... who has manufactured all these things ? ... so in dream your presence is there ... In present life your presence is there ... presence is common in dream and this one ... the experlencer within the dream the experlencer within the illuslony world is one and the same ... so therefore no difference between experlencer ... It is invisble experlencer which is called brahman atman paramatman god master ...

the entire world is projected out of presence .. the dream world and this world projected out of your invisble presence ... so you are the principle behind all these thing ... In dream your presence is there in this world also your presence is there if there is no presence can you see your self ? ... nothing is there .

so in dream you are acting as if somebody else in this illuslony world your acting as somebody else ... when you come to know all these physical problems science science came into existence along with the consciousness if there is no consciousness ... If you leave your body tomorrow early morning what experiences you having ?

prior to a hundred years what experience you having ..nothing ... so everything came out of nothing everything dissolves within nothing ...because you are posing yourself in body form therefore you are having all these concept ...so which meditation .. reciting the mantra ..spirituality is required .. to identify yourself .. how you are prior to beingness ? .. that identification spontaneous identification must be there then all these questions will be ... totally dissolved.

v; when I am reciting the mantra do I have to pay attention to the meaning of the mantra ?

m; no necessary .. you do it ... these are the words ... you know the meaning so you need not required to concentrate the meaning of the mantra .. mantra is acting spontaneously ... when you take a drop of poison are you thinking what will happen the result will be same ...death ... so similarly you take this drop of necta the result will be immortal ... so not to concentrate this meaning of the mantra ... mantra will act spontaneously within you and then you will be vibration and you will identify

yourself In real sense.

Any more question? ... this is direct knowledge ... there is no hide and seek .. because everything behind you ... you are principle ... you are central point ... your spontaneous identity is central point of this world ... so what you think what you consider what you see ... it is seers reflection .. because this is food body and food body as I told .. awareness is there the moment that consciousness is there you started thinking immediately that ego intellect mind .. started touching with you and so [Inaudible] many thoughts ... and you consider this world is true world .. this is not a true world ... just like the dream world is not true world ... because in dream world your presence is there in this world also your presence is there ... so this world is just like a dream world ... but this is long dream ... prior to beingness [Inaudible] nothing was there no dream world is there no illusory world is there ... existence of world came along with your consciousness ... If there is no consciousness no presence in the body ... who talk about all these things .. and therefore I repeatedly not to analyze each and every words ... not to compare present world with dream world ... behind everything your presence is there ... you are central point ... If there is no seer in this body who think about all these things ? .. and to vanish all these illusory concepts ... you have to undergo strictly meditation....

have some practical knowledge ... do some practice ... It is most important ... desperately required for this practice ... If there is no practice only dry discussion and dry knowledge ... will be meaningless ...

so don't waste your time in comparing the words and these things try to identify yourself read some books ... I am that ... selfless self ... and some ramana maharshi and so many good authors are there ... If you read it ... thoroughly .. not casually ... read it thoroughly and then try to identify what they want to convey ... my master say Nisargadatta Maharaj says except your selfless self there is no god no brahman no atman no paramatman what more you want ?

because you are measuring counting yourself body form therefore all these questions arise ... no question is there ... because questioner itself is questioner ... questioner does not know I am questioner ... but to questioner you have given some form as a man or woman or somebody else ...

If there is no presence ... suppose for a moment there is no presence where the

questions ??... Is the dream there ? ... Is this Illusory world Is there ? ... If you leave your body form and there is no presence there for a moment they throw away the body ... burning or bury ...

I am doing this thing ... I am doing that thing ... I am seeing this thing ... where that ... I ... I disappears along with the body ... try to identify I ... If there is no consciousness who says I ? ... If there is no presence who says I ? ... the moment I projected ... the body [Inaudible] projected the world ... It maybe dream It maybe this present dream ... stop measuring yourself in body form ... how are you prior to body form ? ... you do not know anything ... after leaving body how you will be ? ... any activities are there ? .. after leaving body after your presence disappears from the body any activities are there ? ... nothing is there ... so everything comes out of nothing and dissolves within nothing ... can you see a dream after leaving the body ... can you see the present thing ? ... when that presence disappears from the body can a dead body act ? ... can a dead body tell you anything there ? ... nothing is there .. so basic concept you have to forget it that I am somebody else .. you are not somebody else you are everybody ... all forms projected out of you ...yes

v; this is not an attempt to analyze words but for clarification , Nisargadatta Maharaj said .."the purpose of mantra is to surrender the seen to Brahma how is this done ?

m; yes he correctly said ... because the moment that spirit touches with the body ...the concept I am somebody else it comes out ... the consciousness accepted I am somebody else ... and for this Nisargadatta Maharaj says the mantra is acting the mantra is meant the final truth ... the mantra is hammering yourself I am Brahman Brahman I am ... that meaning so it acts spontaneously ... because you forgot your identity ... suppose somebody lost his memory ... at that time you are showing some articles that is known to him the purpose behind that till he gets his original memory ... the same thing ... the spirit is very sensitive ... it forgot its identity for which the mantra the words are there through which the meditator concentrates invisible meditator within that that I am Brahman ... Brahman is ultimate truth your final truth ... so all the saintly people say the same thing try to identify ... you are identifying yourself in body form it is illusion ...therefore concentrate on concentrator within you then concentrator will disappear ...

v; that means the surrendering of the seen .

m; yeah yeah yeah ... In Initial stage you have to make deliberate act ... then It is not necessary ... you are surrender body knowledge .. I am not body ... any question is there ?

v; no no more question are there.

m; ok I think this is sufficient for today ... If we go on talking talking the same thing we are talking in different words ... same thing we are talking in different words ... simple try to identify your selfless self ... prior to consciousness how you were ... after leaving consciousness how will you be ... and through consciousness you are observing this world watching this world ... how extent is true or false ? ... that you ought to identify ... ok ... short and sweet.

V: very sweet.



10/20/17

Jai Sadguru Shri Ramakant Maharaj

Q: Is there a minimum time in which meditation should be conducted each day?

M: There is no exactly hard and fast rule, it depends upon how extent you can devote your time. Sometimes some people take one, two, three, four hours or even 10 minutes. So reciting mantra and concentrating that meditation is most important. See the purpose behind meditation is just to hammer yourself that you are Ultimate Truth. So far we are holding human body, therefore till that time you have to hammer, recite the mantra. The moment human body disappears nothing is there. So spiritual knowledge, importance of spiritual knowledge till human body is there. After leaving human body no knowledge is there. No Brahman, no Atman, no Paramatman, no God, no Master, nothing is there. But why is it required? Because human body, we are considering human body as our identity. So to dissolve this illusionary identity the spirituality is there, Naama mantra is there, meditation is there, identification is there.

So all this is required because we are holding human body, and within human body, we are considering 'somebody else'. You have forgotten Original Identity. Your identity is vast, just like space or sky beyond that. But we are limited to the human body therefore to dissolve all this limited concentration, limited concept we have to follow this mantra, we have to recite the mantra, we have to hammer ourself, we have to undergo meditation and intellectually we have to try 'Who am I?'. That is most important.

Otherwise these words 'consciousness, awareness, brahman, atman, paramatman, god, master' these are the words so far as you are holding the human body. It is basically giving meaning for some certain extent. Prior to holding human body nothing was there. After leaving human body nothing will be there. So knowledge will be nothing. But knowledge means just to identify yourself because you are identifying yourself in body form, it's not your real identity. And to discard this body identity, mantra is there, meditation is there, concentration is there. So we require all these methods that this is theory. But for practical knowledge you have to undergo

strictly meditation, without which there is no source. Through meditation you are trying to convince the invisible meditator that you are ultimate truth. That you are also, You are not separate from ultimate truth. But so far you are considering 'I am human body' therefore the body knowledge disturbing you all the time. Concept of consciousness mixed with the body knowledge creating confusion. So that confusion supposed to be discarded, dissolved. For which all these methods are there t meditation, concentration, reading books. This is all these process. It's theoretical knowledge. The theoretical knowledge is supposed to be implemented into practical knowledge.

Practical knowledge, you have nothing to do with the human body. Because you are formless, there is no body at all prior to beingness or after leaving the body. So this is important thing that you have to convince yourself. That spontaneous conviction is most important. Everybody struggling because you are holding human body, we are holding so many concepts. We are under the pressure of so many concepts. And within that concept we are trying to live peacefully or happily. It is not possible.

Again and again through mind, ego, intellect creating confusion, distracting from the reality. So in the beginning you have to undergo the meditation and recitation of the mantra. Without which you can't concentrate Concentrator. Because it is fact that invisible presence within you is ultimate truth, final truth, where is no experience, no experienter no any concept is there. So all Illusionary concepts appear within the human body, through mind, ego, intellects. They are to be discarded. Very simple thing.

So knowledge, knowledge t what do you want knowledge? Spiritual knowledge, spiritual knowledge t what spiritual knowledge? You are knowledge, the Listener's knowledge, reader's knowledge. But not to count yourself in body form. See it's a very simple thing. After leaving body what remains? Who wants spiritual knowledge, who wants knowledge of Brahman? Whether that Brahman is there? Atman is there? Paramatman is there? Nobody knows it. Name is given. Prior to beingness do you know anything whether you are Brahman, Atman, Paramatman, God, Master? You are not knowing anything. But after the moment that beingness started building with the consciousness. Beingness, consciousness, and then awareness t these are stages.

Beingness is totally pure, there nothing is there, there no experience is there. Beingness convert in consciousness – that 'I am somebody else', that is consciousness. It is immediately, instantly taking form t I am somebody the human body. After human body consciousness there is awareness. There is conviction that 'I am somebody else.' So it is just theory, not to give so much importance.

One thing is there, human body is not a permanent body. It is having its own limit, time limit. So, since you are holding human body, human body is not your identity at all. Nobody is identity at all, because you are basically formless. What you see in this world is the Seer's reflection. Therefore, I told that entire world is projected out of your invisible presence. If there is no Presence in the body, who will talk about the world? Who will talk about the spiritual knowledge? The spiritual knowledge is just

to identify yourself. Because we are identifying ourself in body form, that is illusion. The simple thing, to have simple thing in practical life you have to undergo the meditation. In the beginning, you have to undergo the reciting of the mantra. Then after continuing with meditation and reciting the mantra, you will be having spontaneous conviction that I am nothing to do with this world. Though you are holding body and living in this illusionary world, you remain unconcerned with the world.

What you are doing, you are not doer at all, because there is no deed at all. Because you are basically formless. That conviction appears, and for which you have to undergo the meditation. For meditation there is no any specific time. One hour, two hours, three hour, four hours, 5 minutes t how can you devote your time that is most important. Through which meditation, through reciting mantra you are always hammering yourself, because you have forgot your identity. You are hammering yourself 'I am Brahman, Brahman I am', 'I am Brahman, Brahman I am'. With continuous hammering, that Reality will be opened with you, and then you will forget the body identity. That is the purpose behind the meditation. All concepts of depression, nervousness, so manythings, will be automatically disappears. You'll get some exceptional spontaneous conviction, spontaneous intoxication t spiritual intoxication. You will remain in that Field only. Though something is happening, unpleasant atmosphere, but you are having some exceptional spiritual intoxication. Just like a drunkard, if anything goes around near the body, he is not concerned with that, because he is in his own world. Similarly, when you are having this Nectar of spiritual knowledge, you are in your own world. Anything happens around you, you are not giving it any attention that. That is most important. So only talking continuously, talking about spiritual knowledge, its okay, just for the brainwashing. Because your brain has, intellects has collected a lot of information from various sources that has to be removed. Just like a computer with a lot wrong files, you have to remove with antivirus software. The meditation is antivirus software through which you are removing all these, all illusionary concepts.

So any questions from anybody else? There won't be any questions because all questions rooted to the human body. Human body contains mind, ego, intellects. These are functioning organs, subtle organs. So the existence of mind, ego, intellect till you are holding human body. And human body is not your identity at all, because you are basically formless. No form is there. Prior to beingness, you are unknown to yourself. After leaving body you are unknown to yourself. Then, at that stage, no knowledge is there. Prior to beingness there is no knowledge. You are not knowing yourself, not knowing anything. The moment that human body came into existence, the presence came along with human body, you see the consciousness is there, 'I am somebodyelse' human body'. That is to be dissolved. Very simple thing.

Q: Reciting mantra aloud? or silently in my mind?

M: In mind only – in mind only. Reciting mantra in mind only. Meditation through mind only. In meditation I've told that according to breathing it will be more effective. I am also advising taking breath or leaving breath, that is the process you

have to do it. First part of the mantra you have to recite while taking breath. Second part of mantra, in reverse, recite with leaving breath. Because it is, in the beginning you will find it difficult, but after having practice that will continuously happen without your knowledge. Because it creates some exceptional vibration inside. That vibration means, you forget the body identity. Then, Knowledge will be opened with you. What I am talking just now, that will be opened with you. Your Selfknowledge will be there. First is self enquiry, selfknowledge and selfrealization. All these stages are the practical stages.

Q: Maharaj, it's a strange feeling but every time I feel that I am closer to Selfless Self, automatically I feel like "voof" something jumps on me.

M: It happens. It happens. Because you are holding human body, some human concepts are there. So dissolve or to melt all these human concepts, human based concepts.

Q: So like to get that melting feeling, then all of a sudden it's almost like something sucks it out from me?

M: Yes, you will be totally separate, independent from all the concepts. So far the spiritual knowledge is mixed with the human body, bodybase, till that time you have got conviction, happiness, spontaneous happiness. But after having the conviction that I am nothing to do with the body knowledge because I am formless, that conviction appears spontaneously within you. So at that stage you are unconcerned with the world, unconcerned with the body knowledge. Unconcerned with the spiritual knowledge also. Unconcerned with the Brahman.

Brahman, Atman, God, Paramatman, Master, these names are given to the ultimate truth which you are" So important spiritual knowledge, till you are holding body. The moment the body disappears, spirituality disappears, brahman disappears. So at the time of leaving body there should not be any fear. There should not be any concept 'I am somebody else'. That has to be melted.

This is a direct knowledge, the Listener's knowledge, not knowledge of Brahman, Atman, Paramatman, God, Master. Only thing, because of lack of confidence, lack of courage you are not accepting it, because the impression and impact of human body is so much, that in spite of you knowing everything, you are not accepting it. To accept spontaneously you have to recite mantra, you have to undergo the meditation. If you take, give maximum time for meditation and reciting mantra, it will give more and more effect.

Human body is media, an opportunity for you to identify yourself. So don't neglect it. Don't take casually. Do your job, do your duties, forget about everything, but try to identify yourself. Because this is an opportunity for you to identify yourself in real sense. So you have got theoretical knowledge but it should be practical knowledge. For which you are to devote some time in the beginning, for meditation. Only dry knowledge and dry reading is not sufficient. Because everything starts from you,

everything ends within you. Human body is external cover, external layers upon your Presence, invisible presence. When the Presence takes human form, consciousness is there. And the consciousness accept the body as my identity, and then everything, all these chains start.

Any response from any people? (No questions)

So now concentrate your mantra, meditation, which will help you. Because you have to stand on your own feet, not to depend upon your master. You have to stimulate your own Master within you. Master is not separate from you. Masterly essence is within you; therefore, Nisargadatta Maharaj says, 'I am not making you disciple, I am making you master.' Because you are already Master. Disciple is a name given to the identity which is unknown to itself. 'Disciple' name given to the identity which is unknown to itself. After knowing the real identity, you are Master. What I am talking from this body, same thing you can talk within this body. Bodies are different but Spirit is not different. I think this is sufficient, hmm? Okay.



10/21/17

Jai Sadguru Shri Ramakant Maharaj

PRICELESS SPIRITUALITY

Parts 1 to 4

PART ONE

Maharaj: So talking about spirituality. What we mean spirituality? It means just to identify oneSelf real sense. We are identifying ourself in body form, it is not your identity at all. Your Consciousness is pure consciousness. And consciousness in body-form, therefore we consider 'I am somebody else'. So body is not your real identity.

Who is acting from the body? Who is listening from the body? Who is watching from the body? Who is doing all activities from the body? That invisible unidentified identity called Brahman, Atman, God, Master, That you are. This is the base of our teaching.

Therefore my Master says *except for your Selfless Self there is no God, no Bhraman, no Atman, no Paramatman, No Maeter*. That conviction supposed to be appear. Because in human body we are having so many problems, nobody is happy. No peacefulness is there, always tension is there, always fear of death is there. How to escape from all these problems? Only spirituality, the only source is spirituality. What do you mean by spirituality? Spirituality just to identify yourself in real sense. We are identifying ourself in body form, and it is not our identity at all. How that identity is? It is called *unidentified identity, invieible identity, anonymou identity. It cannot be defined in any worde*. Words are indications. So this is the base of spirituality, and for which you must have conviction. You have to study some books, you have to read some books. Instead of analyzing the words of Masters, try to identify, try to know what they want to convey. Ramana Maharishi you have read, 'I am That' Nisargadatta Maharaj, Siddharameshwar Maharaj, and so many saints are there. After reading all these books, what is the conclusion? Where I stand? Just inquire yourSelf. Having read so many books, Have you read Invisible Reader within

you? Because everything within you. God is not separate from you. The principle of spirituality is God is not separate from you. God does not have any independent identity. If your Presence is not there who would identify God? To say God your Presence is required. That means, you are father of God. You may surprised, it's fact. Because if there is no seer, if there is no Presence in the body, who can identify God? God is supernatural power that is already within you, but you are counting yourself in body form, that is illusion. So you have to come out from illusion.

What is illusion? As matter of fact, godly Essence are there, masterly essence are there, but you are counting yourself 'I am somebody else', 'I'm going to die', last birth, future birth, past birth, hell, heaven, so many concepts are there. Vicious circle of concepts. You are roaming within the vicious circle of this illusionary concepts. You are to come out from that. Try to identify, what is the Reality? Your unidentified identity is Reality, it cannot be guessed, it cannot be defined in any words. Words are indication. We have created language. Then everything your Presence is there. There are so many bodies are there, but principle is One. Just like so many houses are there, so many countries are there, but sky is One.

Similarly so many bodies are there but you are counting 'I am somebody else'. That 'somebody else' supposed to be dissolved, because you are everybody, everywhere. And that conviction supposed to be appear spontaneously for which you are to undergo strictly meditation, under the guidance of any master, any master.

You many have any master. If you got already master, you follow his instruction.

What is meditation? *Meditation ie inviting attention of the invieible meditator within that you are Ultimate Truth. Beacuae you are Ultimate Truth!* But so many concepts, so many concepts. You wrapped so many concepts, since beginning childhood until today. See, body is having some time limit, age limit. You are small boy, then become young man, then old man. And some or other day willingly or unwillingly you have to leave this body. That means, body is not your identity at all. Who is holding this body? You have to go deep and deep and deep your Selfless Self . Then you will find, 'Oh So That I am That'. 'I Am That' is not separate from the Brahman, Atman, Paramatman, God, Master - these are names given to the Ultimate Truth that you are. This conviction is supposed to appear spontaneously. For which is the only source, meditation.

What is the principle of meditation? That invisible meditator within you, which is called Brahman, forgot its identity. There are some words, 'Shivoham', 'Aham Brahmasmi' and so many words are there. Through which you are hammering yourself, 'You are Brahman', 'You are Brahman'. Why? Because Spirit within the body is very sensitive. What you impress, it reflects. It's the nature of the Spirit. It is given name - Spirit, Energy, Atman, Paramatman, any name. But the Spirit, Invisible Spirit within the body through which you are acting, through which you are watching, though which you are listening, - that invisible Presence is Ultimate Truth. It forgot it's identity because the moment body consciousness appear it forgot identity, either 'I am somebody else' or man or somebody else. Prior to beingness, how you were? You say, 'I don't know'.

After leaving body how will you be? 'I don't know'. 'I don't know' means you are formless. Answer is correct. I give common example, suppose you are alone in the house. Somebody knock down 'anybody there'? You say 'nobody is there'. Simple. When you are alone in the house, somebody knocked door, they say 'anybody is there'? You say 'nobody there' but the person who says 'nobody', He is there. Similarly 'I don't know' means I am not any form, I am formless but my Presence is there. Similarly *your Preeence ie everywhere, juet like a epace or eky*. So later you were knowing, 'I am Brahman, I am Paramatman, I am God, I am Master'. That conviction is supposed to be there. Why that conviction is supposed to appear? Because you are under the pressure of fear. So a lot of tension is there, no happiness there, no peacefulness is there. Always fear of the death. The moment you identify yourSelf in a real sense that tension will runaway, tension will dissolve. Peaceful is there. Who want peacefulness? Who want happiness? Who want tension free life? Who wants fearless life?

Spirit does not want it. Because we have consciousness with the mix of the body, which is not tolerable. We are worried about our body. We are knowing this body not going to remain constant, even though you got a lot of attraction with the body. We are very worried about it's survival, long survival. Though we are knowing it, it has a time limit, but problems are there. I am not saying to neglect your body. Take care of your body. Not to neglect your responsibilities, family responsibility, whatever responsibility, your business, your study, whatsoever it may be. Don't neglect it. But at the same time, doing all these things, you have to identify 'Who am I'? If I am not body, then who am I?

It is said, that Questioner itself is Ultimate Truth, Final Truth which is called Brahman, Atman, Paramatman, God, Master. That conviction is supposed to be appear. If you visit thousands of temples it is meaningless. Because you are not identifying Visitor.

You have got this God, that God, that god, that god, how many gods you are going..... The Searcher itself is God. That you forgot. And for which, to regain that original memory, that you are God, you are Master, you have to undergo strictly meditation.

So human body is a golden opportunity for you to identify yourself real sense. Don't neglect it, don't waste your time. Because if you not identify within this human body, remain some body form, again therefore another dream of body-form. As matter of fact there is no birth or death to you. You are Ultimate Truth, you are almighty God. You will not believe at present. It's fact. I'm placing before you, facts of the invisible listener within you. For which you have to be very serious about knowledge. What is meant by knowledge? Knowledge means just to identify oneself in real sense. We are identifying ourself in body form, it is not knowledge, it is not reality. The invisible listener within is Reality.

Think it very seriously. Read books. 'I am That' is there, Ramana Maharishi books are there, J Krishnamurti books are there, 'Selfess Self', so many. What they want to convey? Instead of analyzing their words, try to identify what they want to convey

out of these things? Read the books that are there. The only message they are giving, *except for Selfless Self there is no God, no Brahman, no Atman, no Parmataman. You are Maeter. You are a God.* You don't believe, 'how can be I am God'? Because you have got having impact of the body knowledge 'I am somebody else'. So body knowledge supposed to be dissolved. Body based consciousness supposed to be dissolved. It's fact. We are not accepting facts therefore we are worried. We are knowing the reality but not practical reality, we have got only theory. Master says, or some books which say we are Brahman, Atman, Paramatman, God, Master. Again there is temptation to go this thing, that thing, that thing. Why to visit so many places? Visit your own places inside, your own site. Wavering mind will not provide permanent happiness. You may get momentary happiness but confusion will be there. This is a golden opportunity, try to identify yourself.

Any questions for you? Be free, if you have got any questions regarding spirituality, you can ask. But you read all these books very carefully, thoroughly. Read again and again, you will get a different message. Because it is Reader's information, the Invisible Reader within you, it is It's information. Ramana Maharishi is there, Nisargadatta Maharaj there, Ranjit Maharaj, Siddharameshwar Maharaj, J Krishnamurti – they were very big personality, saintly personality. Read it, this is Priceless Knowledge. Not to spend a single penny. Not to go here and there, no garlands are required, no money is required. But things which is priceless no value. If anybody say....

PART TWO

'give me lakh ruppee' 'Oh he's a great saint!'. All these saintly they're not charge single penny for anybody else. So this is an opportunity to find out yourSelf. The finder itself is Ultimate Truth, Final Truth. So be with You all the time. You do your job, do your duties. If you have got family, have family responsibilities. If you are businessman you have got concentrate business also, take care of your family, no harm! Not to neglect your family life, but at the same time try to identify. Because this is the proper age, proper opportunity to identify. Otherwise it is possible to have another dream, which is called rebirth and all. These are concept! There is no rebirth, no past birth is there, no future birth is there. No past karma, future karma, no karma is there. Because you are not doer, there is no deed. So many concepts impressed upon us, and we are living within that illusionary concepts. You are to throw it out. The things which is not agreeable, forget it. Why to become victim of somebody's concepts? Nobody even having any memory of this birth also. Forget about past birth. Have you got any memory til childhood? Nothing. So apply some intellects. Intellect, mind, ego is there just to identify. Not to become victim of your mind. Mind means fow of thoughts. Mind, ego, intellect they are functioning organs, subtle organs, through which you have to think it. Thoughts are coming in your mind, immediately it goes to the intellects, intellect take decision, and with ego you are implementing them.

But You are beyond that! Prior to beingness there is no mind, no ego, no intellect. All needs, all requirements came along with the body consciousness. Prior to body

consciousness who wants peacefulness, who wants happiness? There is no fear also, after leaving the body what fear is there? Body is not going to stay permanently, some or other day willingly or unwillingly you have to leave this body. So who is acting from the body, who is listening from the body? Try to concentrate Concentrator, invisible concentrator within you that you are Ultimate Truth. You are Final Truth, just *listen*. You must have strong courage to accept the Reality. We're having lack of courage and therefore temptation go this there, go there, and that. Why to go here and there?

My master says except your Selfless Self there is no God, no Brahman, no Atman, no Paramatman. He further says I am not making you disciple, I am making you Master, because masterly essence is within you, Master is not separate from you. Bodies are different. The speaker from this body and listener from that body, no difference is there. Not to underestimate You. Not to count in body-form. Not to neglect your Ultimate Truth, Final Truth. That is the message behind the spirituality. You can ask any questions, no problem. Don't hesitate.

Q: Why is the realization so hard?

M: No hard is there. What is realization? Just to have Spontaneous Conviction. So far you are measuring yourself in body-form, therefore realization not there. Realization means just to identify yourSelf. Suppose this body called 'man'. Are you saying, 'I am man, I am man, I am man'? No. Once parents say this is a man, now name is given to you. In deep sleep if anybody asks for some name, 'Oh, I am That.' Like that, Realization means spontaneous conviction of the invisible Presence. Because lack of conviction is creating problem.

Q: How to identify ourselves?

M: Yes! You know that body is not your identity at all. Correct? Who is speaking from body, who is asking some question? Is body asking any question? ("No") Mind asking any question? ("No"). Some essence is there, ("Yeah") some invisible presence is there. That invisible presence is called Brahman, Atman, Paramatman, God, Master. Even if you think intellectually, forget about spirituality for a moment. If you think intellectually, who is speaking from this body? Who is watching dreams? In dream you are in deep sleep, you see so many things. You see persons, see lakh of temples, you see gods and goddesses, so many things you are seeing. You are in deep sleep, not even that, you are acting in that dream as somebody else! Then who has projected that dream, dream world? Have you think of this? Similarly who is projector of this world? The early morning after awakening you see the world. If there is no awakening, who will talk about the world? Who will talk about the God? That means the invisible Listener, the invisible Experiencer is called Brahman. That You Are! Because you counting yourself in body form, "I am man, male or woman." You are neither man nor woman, you are Brahman! It's fact. This is external cover, body is external cover. Who is acting with this body? Who is saying 'I am man, I am

woman'? Because basically you are formless. No form is there. This form is not going to remain constant. I am small child, then young man, then become old man - all these go away. Willingly or unwillingly you have to leave this body. Who wants realization? Realization means conviction.

Through which you say 'I', Through which you say 'I', that invisible presence is called Brahman. 'I' is not covered with the body form. The consciousness 'I' is invisible, formless. Because you are counting yourself in body form therefore that 'I' is there. Prior to 'I' Presence was there. It's a unidentified presence, anonymous presence, invisible presence, it cannot be defined. Where there is no experience, no experiencer. There is no witness, witnesser. Pure consciousness. How you were prior to beingness, just ask question? You say, 'I don't know'. After leaving body, is 'I' is there? After leaving body 'I' is there? No. To say 'I' some presence is there, some energy is required. I'm talking about that invisible energy within you, through which you say 'I'. Which is called Brahman, Atman, Paramatman, God, Master That You Are. But you are not accepting it. Because of long association with the body, you are considering 'I am somebody-else.' You are nobody, you are everybody. And for which you must undergo strictly meditation.

You may have any words, 'Aham Brahmasmi', 'Shivoham', whatsoever may be. It is called concentration, it is the beginning. This is till you get conviction. Concentrating is concentrating invisible concentrator within you. These are the words! I am trying to indicate the meaning. Concentrate invisible concentrator within you, then concentrator will be disappears. Q: The individual personality about which Maharaj talks about, that continuous hammering the personality undergoes?

M: In the beginning you have to act deliberately. Why? Because the Spirit within the body is very sensitive. I'm giving very simple example. Somebody abuse you in dirty language, you slapping him, correct? Somebody abuse you in dirty language, you are slapping him because the spirit takes abuses. These are the words. If somebody says you are donkey.....we are given some meaning that 'donkey' word, some word is given, bad animal, ugly animal, like that. That meaning of the word reflects inside, immediately you react. So this is considering the sensitiveness of the Spirit, that word is given 'Aham Brahmasmi'. But you are not accepting that. If they say you are a donkey, you are slapping him. But if anybody say 'you are Brahman', 'Oh how can I be Brahman?. He is making fun of me?' Its fact. You are the Brahman. But you are not accepting this because of long association of this body you forgot your identity.

Master says except for your Selfless Self there is no God, no Brahman, Atman, Parmatman. You are not accepting it. But if you say donkey, then you are accepting it, slapping him.

So considering that sensitiveness of the spirit, words are given, 'Aham Brahmasmi', 'Shivoham', so any word. Whatever if you have got master, if your master might have given some word, you concentrate that word. By concentrating that words according to the nature of the spirit, it is reflected, 'Oh so that I am That.'

Q: If you don't realize what happens?

M: Nothing, nothing is going to happen. You remain as man or woman and continue with this all concepts, 'I am born, I am going to die, past birth, future birth, you will take another form'.

Q: What happens to personality, does it dissolve with the body?

M: There is no individuality at all. It is just like space or sky. Does sky having any individuality? The Indian sky different from Chinese sky? Chinese sky different from Russian sky? So far as you are measuring, counting yourself in body-form therefore all questions are there. Look at You, see within You, just calm and peaceful. What is there? Just glimpses of 'I' is there, just glimpses of 'I', without any form. It's called pure consciousness. How you were prior to beingness? You say, 'I don't know'. After leaving body anything is there? Spirituality helps you to resolve all these illusionary concepts, body-based concepts. You are under the pressure of all the body-based concepts, 'I am man or woman, I am going to die, past birth, future birth, past deeds, future deeds, taking this form, that form, that form' - so many concepts impressed upon us. You are to throw it out! It's a cleaning process, purification. Just like your computer with so many bugs, and you are installing anti-virus software, correct? To clean all these wrong files, otherwise they will distract you. Something like that. This is a big computer. A lot of memories you are holding. Since childhood, or 100 years, or 60 years, that what has happened, all memories are there. It's a big computer. Somebody knocked door, "hey my brother has came, my father has came," because you are recording each and every item. You record all voice, so after some time, after 15 years, 'oh this is my master, my Masters Voice.' Everything is recorded. Dream also recorded. Who is recording this? Who is taking video-shooting of this dream? That You Are. That you call Brahman, Atman, Paramatman, God, Master, That You Are.

PART THREE

Don't measure yourself in body form. Body is there, use your body. Not to neglect your body, not to neglect your responsibilities. Not to neglect your parents, children, anything, any business or education. But during this time try to identify 'Who am I? Where I stand?' Spirituality help you. What you are considering yourself, it is not our identity at all. Through which you are considering, through which you are trying to identify, that invisible identifier is your presence. It is called Brahman. Brahman does not know I am Brahman. Paramatman does not know I am Paramatman. Just as sky does not know I am sky. Though you are holding the body, try to identify, and identifier will disappear.

Q: Is there any God?

M: God? I told, what I have told so far. God does not have any independent identity. If you listen carefully what I talk with you, except for Selfless Self there is no God, no Brahman, no Atman, no Parmatman, no Master. This is the principle of spirituality. What is God? Have you seen God? Be frank, have you seen God? To say God some presence is required. This is the god, if there is no presence in the body who can identify God? That means you are father of God? When you see the entire

world in dream-world, who has projected that dream-world? You are sleeping. Not even that, in that dream you are acting as somebody else. Who is acting, video shooting of all the dreams? According to science, a dream is for maximum 10 to 15 seconds, yet you are narrating hours together.

Apply intellect, no doubt, problem. This is not theoretical knowledge, it is practical knowledge. Theory is there. Through theory try to identify yourSelf. Mind is there, ego is there, intellect is there. They are not bad, but not to become victim of your mind. Mind means manufacturer of thoughts. You can discriminate. The thoughts which are useful for you-accept, otherwise throw them out. Because you are master of your own, you can accept it, otherwise throw it out. Because you are master of your own. You can take decision. My master says I am not making you disciples, I am making you master. That masterly essence is already within you, why you are underestimating yourself? Have some boldness, have some courage to accept the reality. Lack of courage, 'how can it happen. God is there, he will punish me if I do something good or bad' - these are all the concepts. It's our own dependence, 'this is good, this is bad. The things which is tolerable you say 'good'.

That which is not tolerable is 'bad.' Really it is very, very interesting. Don't have blind faith. Open your eyes, your spiritual eye. Bow down to your Selfless Self. 'Oh God, bless me, Oh God, bless me' - Have your own blessing! Because God is not separate from you. You may not believe today, for which you read some books and undergo this strict discipline of the meditation. Literal knowledge, dry knowledge will not help you. Questioner itself is ultimate truth. The invisible questioner within you is Ultimate Truth.

So when you are reading some books, you read it very thoroughly, very carefully. Not just glance it. Ramana Maharishi there, Nisargadatta Maharaj there, J Krishnamurti are there, so many saintly are there. Read again and again. Then the invisible reader will be awakening, 'I Am That, it's my story!' Suppose someone wrote your biography – you say 'oh, its my story.' When you are reading some spiritual book - 'Oh, its my story!'. Only conviction is required. Only courage is required. Because you have lack of courage therefore you afraid of everything, you are not accepting the Reality. So be bold, accept the Reality.

Q: Sometimes in meditation I am aware of the color blue. I wonder if that is why Shiva, Rama, Krishna are shown in blue?

M: These are the names, it's games, imaginations. Color blue. Do you know any blue or white or color prior to beingness? These are imaginary colors given to the all Gods. The black Rama is there, white Rama is there, in Nasik - Gora Rama, Kala Rama. The color given by the human being. There is not any color, it's colorless.

Prior to beingness have you got any color? Do you know anything about color? No color is there. So instead of having such questions, try to identify yourself. God does not have any specific color. Does the sky having any color? Black sky, white sky, yellow sky, hmm?- They are imaginary color given by the people. There is no any meaning for that, it is meaningless. What do you want after knowing why colors are there? Will you have that, which color Rama, which color, white color, or

any other color? What is the sense? Some people worshipping black Rama, blue Rama, white Rama in Nasik, so many Ramas are there. Hanuman, so many Hanuman are there. They have no meaning. It's a meaningless questions. After knowing reality, its a meaningless question, just like baby's question. You are not baby at all. For which you have to read some books. Read 'I am That', read 'Selfless Self', read 'Master Key', Ramana Maharishi. God does not have any color. Rama, Krishna, Shankara, these are gods and goddesses, supernatural powers. Where are those prior to beingness? If there is no consciousness, who will talks about the Rama, Krishna, and many other God and Goddesses. Color different. This is meaningless question, and for which you have to read some books. Have questions on how you will come out from all these difficulties! At the time of leaving the body which color of the Rama you are accepting? Blue Rama or white Rama, black Rama? What do you mean by Rama, Krishna? These are Gods, supernatural power. Names are given to supernatural power, Rama, Krishna, and all these things.

Q: So many difficulties I face, how can we concentrate and be the witness of them?

M: For which you have to undergo meditation. It happens, when holding the human body so many difficulties are there, so many concepts are there, so many impressions are there, so many doubts are there. So many tensions are there, fear is there, depression is there, nervousness is there. It happens, and for which spirituality helps you. For which I am advising meditation, in the beginning until you get conviction. That conviction leads to Realization. Conviction, spontaneous conviction leads to realization, enlightenment. You remain unconcerned with the body. Problems with the body, everybody is having problem. Since you are holding human body, problems are there. But the problems will be tolerable after having conviction. Because you are moulding yourself in different form. Spirituality helps you remain unconcerned with the body. It's happening with everybody. Everybody has problem. Even saintly people are having so many problems. But they are not giving any so much importance that problem.

Then have strength, fully strength, spiritual power. That Power will be there. That Power will be help you. That energy, that invisible energy will be help you. You neglect it. Tension bound to be there, everybody having tension. Small child also having tension. Because you are holding human body so problems are bound to be there. But the problem very minimized, neglected, tolerable - after having realization, after having conviction.

Q: For how long should you meditate?

M: It depends how you can concentrate, how you are serious. In the beginning I am advising one hour, two hours, or divide in half an hour half an hour like that. But meditation is best foundation.

Because dry discussion on spirituality will not help you. If we go on talking hours together it's meaningless. I am trying to make you stand on your own feet, not to depend on anybody else. You can do it, only you are not having courage to accept the Reality. Encourage yourself, create some exceptional confidence within you,

which already you are having. “Nothing is impossible, I can do it!” All these saintly people are having same Spirit which you are having.

The Spirit within this body and the spirit in all these bodies, it's not different. But you are underestimating yourself, 'how can it happen?'

PART FOUR

But we are depend upon somebody else, depend upon some spiritual power, godly power. You are independent. You are free from all burden. No burden is there. Only lack of courage is there.

Nothing has happened! When you see good dream or bad dream, after awakening you say it's a bad dream, forget it. So there is so many problem in dream. You are worried about it, so much worried about it - in dream. After awakening what is, where is bad dreams, have you seen? No loss is there. In dream you have lost lakhs of rupees in business, after awakening, “oh it is very value”? Because nothing has been happened! You are to mould accordingly. Why spiritual knowledge? Spiritual knowledge teach how to live within this body-form. What to accept, what not to accept up to you. And for which you must have forgive and forget. Sometimes it is neglected, ok. Suppose dog is barking, are you paying any attention? Sometimes some drunken person is giving abuses, are you paying any attention? No! In mind there are so many thoughts fowing in mind, you are not paying so much attention – the thoughts which are useful you can record otherwise you are throwing it out. Because you are Master of your own, you take decision.

Q: Maharaj, Some saints like Ramakrishna, they were worshipping God as a separate identity, and finally they merge....he was worshipping Kali.

M: Who is the Kali? What you listen so far to me? Rama, Krishna, Kali, these are the names given to the Ultimate Supernatural Power Which You Are! How can identify Rama, Krishna, Kali if there is no presence in the body, how can I identify Rama, Krishna, and Kali? Do you know any Kali? Have you seen any Kali? Have you seen Rama? These are imaginary gods. Saint Tukaram says these gods are all imaginary gods. You will not accept it. Suppose there's no presence in the body, who will talk about the god and goddesses? It's a bold statement, try to Identify!

Q: While we are trying to get the conviction, now that if intellectually we are convinced, how differently we act and perceive in our daily life?

M: Be simple and normal. Don't make any deliberate act. What you listen, what you read, try to digest it. Some illusionary memories creating problem - Rama, Krishna, Kali, this god, this god. There are 33 crores of gods and goddesses are there, in Hinduism 33 crores of gods and goddesses there. They are concepts developed by generation to generation. I am not criticizing it, but I'm trying to invite the attention of the invisible listener within you that you try to identify yourSelf. Don't become victim of somebody's stories.

Q: Nisargadatta Maharaj used to pray after after Realization?

M: Yes, we are also praying. That continuity is required. Because there are so many concepts pressurizing from backside. Remain in your own....Concentration. We are also praying, everyday we praying. They create some vibrations. Continuity there, you remain in that state only. It's necessary. Human body is having so many problems. There is no any harm.

Q: Identification with the body being the problem. How to be totally detached when the worldly life is still there? How to let go of the concept of the last unconscious identification to the body?

M: Not to detach. Just to know. I'm not asking to detach. Just try to know, because after knowing that body is not the identity, it leads to conviction. Intellectually in initial stage you have to identify that body is not my identity at all. It's fact. After having conviction, no deliberate effort is required. Identifier itself is Ultimate Truth. Invisible Identifier within you is Ultimate Truth to whom there is no any shape, no form. You are Formless. No shape is there. The Questioner itself is Ultimate Truth, Final Truth. Not to make any deliberate effort. In the beginning we are asking you make deliberate effort. In trying to identify yourself the identifier itself disappears. And for which you have to undergo strictly meditation.

Q: When you say courage is required, for what purpose courage is required?

M: Because you are under the impression of the body-knowledge. To accept the Reality courage is required. You are to discard all concepts. To discard all concepts you must have courage. Since childhood till today, you have accepted so many concepts. Suppose since childhood you accepted so many currency notes, after they will be fake notes. Then, you must have courage to throw it out. They are meaningless, it's useless. Whatever knowledge you have collected through various sources, after realization it will be fake knowledge. Knowledge of god and goddesses, knowledge of spirituality. Because Master is not separate from you. Why you are counting yourself in body form? You are formless! After leaving the body what knowledge remains with you? This is theoretical knowledge, therefore I am asking not to analyze what I am saying,. Try to know what I want to convey. So many masters are there having different statements. What message they are giving, that is most important. And the only message, *except for Selfless Self there is no God, no Brahman, no Atman, no Master*. Read the books very carefully, very thoroughly. Read again and again. Suppose I read this book, then, what you read? It is the reader's story.

So be strong, therefore I say to have courage to accept the reality. Master says except for Selfless Self there is no God, no Brahman, no Atman. You have to accept it! No knowledge is knowledge.

Concept of knowledge appear upon your presence, these are layers. What knowledge? Knowledge means just to identify oneself in real sense. You are Identifying yourself in body-form, that is no knowledge. Illusion.

Q: Even though intellectually I'm convinced, but the taker of the body still thinks I need to make money, to buy another car, there is somewhere I have to live.

M: Because there is impact of body knowledge. Again you are within the circle of body-knowledge. I repeatedly told you, you are not body at all. Where are those thoughts prior to beingness? Prior to beingness any thoughts are there? After leaving body any thoughts is there? It is thoughtless stage. Thoughts are coming, thoughts are going. So mind pricking from backside. Don't become victim of your mind. What is the truth? After leaving body any thoughts is there? Any action is there? Nothing is there. Prior to beingness, anything is there? Do you know anything, if you are man or woman? Any god is there? Any goddesses there? For which I am repeating, meditation is required. Dry discussion, dry spiritual knowledge will not help you.

Q: Just sitting and closing your eyes for a few minutes....?

M: Its ok, good, very good. You concentrate meditation. Meditation is most important. You may say 'Aham Brahmasmi', 'Shivoham', any word. Sit calm and quiet, see what is there inside. You can observe what is there inside. You will feel some vibration inside.

Exceptional happiness, exceptional peacefulness is there. But peacefulness, happiness not separate from you, it's there. For which you need not to go to neglect your responsibilities. Do your responsibility. You are family member, take care of your family, take care of children, take care of parents, business whatsoever may be your job. Therefore I say it is Priceless Spirituality. This is a priceless spirituality, no cost. But things which is very cheap...no value. Just listen. Okay?



10/24/17

Jai Sadguru Shri Ramakant Maharaj

Maharaj: Yes, so far til today we have decided to discuss about theoretical knowledge, how you are not body, how you are Brahman etc. But we need, everybody needs practical knowledge. Because theoretical knowledge can be grasped at the intellectual level. But theoretical knowledge is not sufficient. After reading books, after listening from Masters, and intellectually you know, I am not body at all. But there should be the practice. So that practice leads to the Ultimate Truth. It creates some conviction spontaneous conviction. In the beginning as I have told that we are giving Naam Mantra.

Those who do not got Naam Mantra they can say “Aham Brahmasami”. Those that are having Naam Mantra they know the Naam Mantra, they can recite that mantra according to breathing. Because human body is such a structure, which contains mind ego intellect, and... mind is very crazy, always creates some problems, always creates some depression. Sometimes good thoughts are flowing sometimes bad thoughts are flowing. And because of that, bad waves of thoughts create confusion, create depression, create nervousness, and kind of disappointment, negative thoughts. It disturbs our spirituality. How to control that crazy mind? Today I will talk about how to control the crazy mind. You have got theory, theory means “I was not body I am not body I am not going to remain body, body is not my identity at all.” Therefore no birth no death is there no past no future life. But the whole concepts since childhood until today is not melted. To melt all these concepts we are advising regularly, meditation. What is the meditation?

Meditation means concentration. Practical concentration. Concentration should be very very strong. Even if the thoughts enter inside, even if bad thoughts or something, bad waves of thoughts appear, you are to neglect it. To neglect all these bad waves of thoughts you have to control yourself. You have to identify yourself, to witness

these thoughts. Thoughts which are not useful for you which are trying to discourage your spirituality, spiritual ways, you are to avoid it. Tactfully you have to avoid it, suppose some unwanted person is coming near about. So you are avoiding him. "Ok Ok", you are just casually saying, "How are you good morning good night" or whatever. You are avoiding him. So like that some thoughts are flowing. You are to neglect it, because the thoughts may create confusion and an unpleasant atmosphere. Your blissfulness will be affected. So first thing in the initial stage we are advising meditation. How to undergo the meditation? How to undergo the discipline of meditation? In the beginning we are asking you to sit, normal sitting, concentrate on the top of the nose, half closed eyes, and recite the mantra. If you've already taken mantra from me, it's ok, suppose some other person isn't able to come to India, and they want to recite mantra, "Which mantra should we recite because we are not having Naam Mantra".

So in that case there is no problem, mantra is only words. You can recite "Aham Brahmasami". The same meaning is there. So if they are not mantra holder, if they have not taken the mantra, they can recite "Aham Brahmasami", but with full confidence with full concentration.

They may sit for one hour half an hour two hours or divide accordingly but not to neglect the time, because in the beginning the extent you devote your time that is most important because all illusory concepts from childhood until today are supposed to dissolve are supposed to be melted. Then only will reflection of the Reality, reflection of the Ultimate Truth will appear upon your presence and then it leads to conviction. Your presence is pure presence but it is bound with so many concepts, it is wrapped with so many concepts. Meditation is trying to remove all these illusory concepts. So unless these illusory concepts are removed only theoretical knowledge will not help you, that is just understanding intellectually. Churning is required. Regular churning, regular reciting, regular hammering is required, and this is a deliberate act. It may be an intellectual act but the intellectual act leads to the practical experience and then after all these concepts dissolve slowly, silently, and permanently. Then you will feel blissfulness inside, spontaneously, because see your invisible presence is the Ultimate Truth it is the central point of all this world. The world does not have it's own entity. It is reflected out of your presence, the entire world is projected out of your presence. So the world does not have it's own identity. If there is no presence within the body, no world is there. So after leaving the body the entire world disappears. The moment the spirit clicks with the body the world is projected. So your invisible anonymous presence is Ultimate Truth through which the entire world is projected. These basics we are knowing intellectually, but to absorb this knowledge knowing, to digest this knowledge, to digest this Reality, your spiritual

contribution, your courage is most important. You are to do it seriously. What happens is people are coming taking mantra, not devoting some time, and then saying, "Oh Maharaj I am not getting happiness, I do not get blissfulness, some thoughts are coming, I'm depressed". So in the beginning you have to act because without your practical contribution, in the case of spirituality, it will not happen. So devote some time, and I am 100% giving guarantee. If you are sincere about the meditation nothing will happen to you. Ultimately all the concepts will dissolve and exceptional happiness, exceptional peacefulness will be there. But meditation is a must, because there is no other source except meditation. In the beginning you will feel some monotony or something, laziness, something, negligence, but don't do it (neglect meditation) because the human body is a golden opportunity for you. So do your duties. I am always advising not to neglect your duty, your human duty. Take care of your family members, take care of your routine life, take care of your service, business, whatsoever it may be, take care of your children, but at the same time you must know the secret of this world. The secret of this world is that this world is an illusionary world. Just like a dream. In dreams we are acting in dreams we are seeing so many things but after awakening that dream disappears.

What happened to those people you see in the dream? They disappeared. Similarly, this is a long dream. Whether you see your father, mother, sister, Master, God Goddesses, hills, oceans, everything we see. But if there is no seer, what is the fate of the world? So the entire world, the entire seen is reflected out of the seer. So the seer is the Ultimate Truth, to whom there is no birth and death, no past no future, no deed no doer, no experience no experiencer, no witness no witnesser. That means you are Final Truth, you are Brahman Atman Paramatman God Master, except your Selfless Self nothing is there, I am repeatedly telling you.

Conviction is most important for which you have to undergo strictly meditation. In the beginning I've advised you how to meditate but reciting mantra, nonstop reciting of the mantra is most important. Say, "Aham Brahmasami", Soham Sadhana is given. So recite the mantra all the time. Mind may trick you, mind may play, mind may create problems for you, some unpleasant thoughts may be flowing inside but stick up with your

own principle. Ignore it. Hm? Say whatever you read, "I have to do it!" and after having continuous hammering, continuous churning, it is not difficult it is not impossible. So therefore, meditation is the base, meditation is the foundation, meditation is the antivirus software, you have to install it, then all wrong files, all wrong bugs, will disappear. Otherwise, only theoretical knowledge will not help you.

Again, if you go visit thousands of Masters, nobody can help you... it is because Master is within you. Master is not separate from you. Not to count yourself in body form. You are within every body, bodies are different, but spirit is one. So that spirit is called Master Brahman Atman Paramatman that you are. That conviction is supposed to appear. So for which, again I am repeating, meditation is the base, meditation is the foundation, meditation is the medium through which you can identify yourself in a real sense. Without which it is not possible. So you are not to go here and there, not to encourage your wavering mind, "I will go to that side that side this Master that Master that book". You be loyal with yourself. You can be loyal with any Master, if you are not having faith in any Master, install it (your faith) in a stone, your idol of stone, but somewhere your loyalty is required, just like I have given the example of Eklavya. It's a famous story of the Mahabharata. The Master refused to give him the art of archery because of some reason, but he (Eklavya) accepted Dronacharya as his Master and out of his Inner Master, with the help of his Inner Master, he learned the art of archery in such a way, which was not taught by his physical Master in those days. So what I want to convey is that your Inner Master is a very very strong Master. Except your Inner Master, there is not any importance of any other Master. Outer Master is there, but they are only indicating. So in practice the Inner Master and the External Master, these are only concepts, but what we are saying is that the listener within your body is the Inner Master, it is Ultimate Truth. So you have to be loyal with your own Master. If your loyalty is not there, if wavering mind is there then whatever knowledge you have got is meaningless. Any questions? Anybody else have any questions?

Q: No more questions Maharaj.

M: So here I am giving practical knowledge and theoretical knowledge. You know plenty of theoretical knowledge but practical knowledge, which comes from theoretical knowledge, leads to conviction. You have to undergo strictly meditation, and meditation means full concentration, inviting attention of the invisible meditator that you are Ultimate Truth. So continuous hammering is required, continuous churning is required, continuous concentration is required. So nonstop, for which you have not to pay a single penny. You have to devote some time for you. In the beginning if you give maximum devotion, one hour two hours three hours. In those days Bhausaheb Maharaj used to sit for ten hours or twelve hours, but nowadays it is not possible because of the present situation. But at least one hour or two hours you can devote to it.

And all the time you can recite the mantra then you will see the effect appear within you only. Because all experiences will be totally changed, whatever you are experiencing, depression, unhealthy experiences are there, nervousness is there, so

all this will disappear after having spontaneous conviction. So don't worry about it, but don't neglect it (meditation). Hm? Be serious and concentrate seriously, and do your job, do your duty have your family life have your business whatsoever you are doing, and not to neglect your health also. But at the same time try to understand, try to know the secret of this world and secret of your Selfless Self. Ok? So short and sweet. Any question is there?

Q: No questions.

M: So be realized, and make others realized. Be enlightened, and make others enlightened. Enlightenment is not far from you. But not to count your self in body form. You may be anywhere in the world, even if there is sickness in the body also, but don't confuse it. Body sickness, some or other day we are to leave the body, we are to prepare for it. Spirituality teaches you, creates courage within you.

Suppose today we are to leave the body, forget it, okay! This is not my identity at all. Body may go, body may come, I am not interested. I am not going anywhere just like the sky. My presence is just like the sky, anything may happen to the body. Take maximum care (of your body), take medical help, but suppose the body is not cooperating, forget it! So not to neglect the body but if the body is not cooperating forget it. I met one lady, she was not a spiritual lady. She told me, "I wrote in my will, if there is any support of the ventilator remove it!" "I do not want to live with a ventilator". That courage is there. So what you have to see you have already seen in the world. What more do you want to see? Same things. So if the body is not cooperating, why the artificial living? Forget it. So that courage will appear. It is not suicide, but you can understand, if something is going to happen, it is beyond control, "Okay!" That lady told the doctor not to use any ventilator, "Remove it". So this can happen, this is courage, because some or other day willingly or unwillingly we are to leave this body. Okay.



10/26/17

Jai Sadguru Shri Ramakant Maharaj

Q: Thank you so much for these broadcasts. When with mantra meditation should the concentration be on the words, the sound, the breath, the master, or just Selfless Self?

M: Just selfless Self. Master is also with form, basically master is formless but in the beginning mind does not allow you to concentrate selfless self directly. So in that case when you see the master in body form, you can concentrate on master and some vibrations, some rays will come inside. As matter of fact there is no difference between master and yourself, but in spite of this mind is not accepting this reality. To make the mind accept this reality in the beginning you have to concentrate on master or Selfless Self, though master with form is easy for concentration.

There is no difference between master and disciple. Because we are holding human form, different forms are there. In all bodies spirit is One just like with all buildings all sky is One. Similarly lakhs of beings are there so every being is having same spirit called Brahman, Atman, Paramatmam, God, Master. Because Directly or indirectly we are considering ourself as body form, so there is lot of attachment to that body form. Therefore we are having an egoistic 'I'. That egoistic 'I' is supposed to be dissolved, it is to be a humble 'I'. Try to identify, it is a very simple thing, this 'I' does not know it's independent identity. It is vast, it is everywhere omnipresent, in the sense how to some people Gods or goddesses are. Master is not separate from you, so instead of playing with words - master, god, ultimate truth, maya, brahman - through explaining or narrating, try to convince the invisible listener within you. So one principle is that there is Selfless Self which is the ultimate truth you are. So why is naam mantra, or master required? Because you forgot your identity, you treat this dream as true dream. Everyday there is a different dream, but dreams are not true. Similarly this is a long dream. As we are treating this dream as true therefore to discard all these illusionary concepts you have to undergo meditation.

So many questions are asked, for those unable to come to India or Nasik whether mantra is compulsory. So my reply is that Mantra is a word, came from lineage to lineage, holding some importance in Sanskrit and creating some vibrations. It is not compulsory if you have strong devotion with words of masters that except myself there is no brahman, atman, paramatmam. Myself not in egoistic sense but formless 'myself'. But these are words, if there is such full faith within you of a master who is teaching you then mantra is not necessary. Mantra is only media, creating atmosphere, and through mantra you are reminding yourself. 'I am Brahmasmi' is also mantra, and spontaneous awakening is required that 'I am Brahman, Brahman I am'. Then originality will come out with the result Meditation means concentration. Practical concentration. Concentration should be very very strong. Even if the thoughts enter inside, even if bad thoughts or something, bad waves of thoughts appear, you are to neglect it. To neglect all these bad waves of thoughts you have to control yourself. You have to that at time of leaving the body there should not be any dream. Why is spirituality required, why is a master required, why are books required? Because there is no peacefulness, no happiness. Since we are holding body always tension is there, fear of death is there, so to come out of these illusionary concepts spirituality is required. Spirituality is a concept. To say 'I am Brahman' is also a concept, an illusionary concept. But It is a concept based on sattva guna, a good concept, through which you can identify yourself. After identification, after conviction you don't need this exercise - not even meditation, bhajan or help of master. Till you stand on your own feet master is required because you consider yourself as handicapped depending upon blessings of master or God. Master is not separate from you but you are not having such conviction. To have this strong faith that you are master, this process is required. Meditation is required as form of hammering. How to breathe or concentration on tip of nose, all these aids are not compulsory. If you have full confidence that I am Brahman, then nothing is required. But mind does not accept this reality easily so all this process is necessary -so many sources, reading books, masters words, meditation - for the principle and just to get back that original memory that I am ultimate truth. Brahman means ultimate truth, that you are.

Be strong. To get spiritual strength, to accept reality that you are not man, woman or any being, but you are formless. There is no past or future birth, nothing is there, no deed, no doer, One of this reality needs to be absorbed in you. To absorb this reality this process is there. So gist of all this is that except for Selfless Self nothing is there. Master is only cause, mantra is only cause. Master and disciple are same, God and devotee are one and same, just bodies are different. Mind is not accepting and always playing always with words, debates, arguments, why this, why not this. Try to convince yourself, even if you try to understand intellectually, you are not the body.

It comes with a time limit. Who is acting from this body, think about it. Who is watching this dream, who is watching this world? If there is no presence in the body who will talk about the world? This body is just a dream, entire world is projected out of your presence. If you accept this principle there is no need of anything, even mediation or bhajan are not necessary, as everything came out of nothing. Prior to beingness you were not aware of anything, not knowing anything. After leaving body what remains? What is knowledge? Just to identify yourself in real sense is knowledge. You are unknown to yourself, because of mind, ego, intellect there is confusion. No peacefulness or happiness is there, always fear. To come out of all this bad patch you have to undergo meditation, or read

books which give direct information. Not read theoretical books which confuse, but about Nisaragadatta Maharaj, Ramana Maharishi, J Krishnamurti, as all these saints were placing before people the ultimate truth. They were living the ultimate truth, that you are. Ultimate truth is not separate from you, God is not separate from you, Master is not separate from you. All this process, this theory is just to convince yourself in real sense you are Brahman, you are Atman, you are Parmatman, you are God, you are Master.

This is short and sweet spiritual knowledge. If you go on talking and narrating it is meaningless you are wasting your time. Except for selfless self nothing is there. Why this, why that, if a child is not born why talk about it's fate? If you work with mind, ego, intellect they create problems for you. I am somebody else has to be dissolved. 'I am jnani' is ego. 'I am Brahman' is ego. Brahman does not have specific identity, it is like the sky. It does not have any identity, 'I am indian sky, american sky or russian sky. Sky is sky everywhere, so Brahman is Brahman everywhere.

Q: Please is it possible to clarify. Master says this is the last terminus, and Selfless Self not separate from us. It is inner master. So we stay with mantra till leaving last breath or till spontaneous conviction is reached? There is no wish to leave Ranjitaashram, so we keep with sadhana always? Thank you.

M: Make sadhana anywhere in the world. Sometimes its not possible due to physical, age, financial, mental or other problems not come to India. You don't have to come to Ranjitaashram all the time, wherever you are make yourself believe that except for Selfless Self nothing is there. You are reading and listening to us, so you have to accept it make in mind. Sadhana is just required to convince yourself. Suppose someone has lost their memory, and so invites the attention of that principle of their original, old memory. You are considering yourself in human form, that is not your identity at all.

Sadhana is necessary till you get conviction, to remind yourself, to hammer yourself that you are not man or woman. You are ultimate truth, I am Brahman, Brahman I am. These are words to forget body identity, because even if you understand intellectually the body is not your identity at all. Some day you have to leave the body so there should not be another dream. Therefore this is last terminus. Human body is a golden opportunity to identify yourself. God, Brahman, Atman, Paramatman is not separate from you. Again and again I am placing before you the same thing. But to accept it is difficult, therefore sadhana is required, master is required, mantra is required. But if you have full confidence, strong confidence, nothing is required. Just like Ekalavya.

In this story from Mahabharata, Ekalavya's master refuses to give him the art of archery but he does not get depressed. The boy creates a statue of his master, worships it and invites inner master thus gaining exceptional knowledge of archery in absence of external master achieved in such a way, that a master would not teach anyone else. That can happen. Your inner master is a very strong master. Don't neglect your inner master, try to invite attention of inner master. As matter of fact there is no difference between external master and inner master except for purpose of conversation, so concentrate on invisible concentrator that you are Brahman. Through mantra you are hammering yourself, and body form consciousness will be turned to ultimate truth. You are changeless, you are formless, what you see as changes, or in body form is all illusion. But you have to mould yourself, in the beginning you have to make a deliberate effort. Dry discussion is not sufficient. The questioner is within you, so question yourself in calm and quiet. You will get answers inside, make your inner master talk with you. Apparently it seems like duality, but duality will be turned into individuality. There is no duality. But in the beginning you have to undergo some discipline and deliberate efforts. And you have not to go anywhere in search of master. Master is not separate from you. You are wasting your time approaching so many masters. You are neglecting your own master. You are underestimating and not giving any value to You.

Okay? Any other questions? They can be sent in advance on WhatsApp or mail. When asking questions be practical. Not theoretical or confusing questions, which have no value and don't help you.



11/1/17

Jai Sadguru Shri Ramakant Maharaj

“...Sanskrit words are there, Shivoham is there, Aham Brahmasmi, so many words are there. Words are only casual, but through words you trying to inspiration from inside. You hammer yourSelf, You Are Brahman. Just like for example you say “you are female, you are female”. These are being held against you. So like that, though you are Ultimate Truth, Brahman, you are unknown to that Brahman, therefore though we are knowing everything, but we are searching here and there. So try to identify the Searcher within you. The individual Searcher within you is Ultimate Truth, through which entire world is projected. If there is no presence in this body, it’s a dead body. If the Presence is not there, who will talk about the world? Who will talk about the god and goddesses? God, goddesses came across with you the moment that Presence touch with the body. After leaving body, what God do you know? What god and goddesses? After beingness you are not knowing what is Rama, Krishna. After the Presence appear in this body, he’s the Rama, he’s the Krishna, so many stories are there. Okay, I’m not criticizing that. But what is the fact...To identify Rama, Krishna, or all these god and goddesses, you are master also, your Presence is required. I’m talking about that Presence, invisible Presence within you which is called Brahman, Atman, Paramatman, God, Master, That You Are. To have spontaneous conviction you have to undergo strictly meditation. This is priceless, costless, but Devotion is required, at least you are to spend some time for You. Maybe one, or two hours, or three hours, regularly, and you have to recite whatever Naam mantra is given to you. Mantra is only casual, these are words. Through that words you are hammering yourself. That is most important. The basic knowledge everybody knowing, that I am Brahman or something. But that basic knowledge should turned out into that Realization. That is most important. So we are teaching these things, except your Selfless Self there is no god, no brahman, no atman, no paramatman, no master, you are a master. Master is not separate from you. Speaker from this body

and listener from that body is one and the same, you are no different. For discussion I am taking ego that 'I am Master', but master is name given. Disciple, or master, or devotee, it's not different. The God and devotee is not different. Only bodies are different. That you are to identify, that you are to digest, that you are to convince yourself, for which all the spiritual knowledge. "

(Inaudibly~Maharaj discusses his health condition, "Master Key" and other recommended reading).

M: "So read the book (Selfless Self). Most of the problems I am discussing in this book. Dry talk with you my health is not permitting. What I have told you have got to absorb. You have got basic knowledge. You have got full knowledge. So just you are to try to identify Yourself, try to digest the knowledge. For which you have to undergo meditation, and next time you will come we will see. You read it, have some spiritual background, spiritual foundation. Because only dry discussion on spirituality will not help you – five elements, this thing, that thing, it's dry discussion, it will not convince you.

Q: Which is the best time for meditation?

Maharaj: Meditation in early morning, 4am, 5am, like that. There is no hard-and-fast rule. There is no condition. No condition is there, no bondage is there. Just concentrate Concentrator. Because human body is an opportunity for you, everybody. You can identify yourself in human body only, because you forgot your identity. Okay."



11/6/17

Jai Sadguru Shri Ramakant Maharaj

“...so in the beginning...mind is not behaving.....but don't become slave of the mind. Mind is crazy. Mind, ego, intellects – they are not bad, they are not good also. Excessive use of mind, ego, intellects – they become poison. Mind creates some problem, mind is manufacturer of so many thoughts, good thoughts, bad thoughts. So there are 3 types of thoughts are flowing - spiritual thoughts, commercial thoughts, regular thoughts. So these are the procession.

So there should be thoughtless stage. No thoughts will be there. Because we are holding body all 3 kinds of thoughts are flowing. Spiritual thoughts is bhajan and all these things, masters, conversation. So you should be completely totally alert from this.

Similarly, 3 attractions are there. Money is there. Desire is there. Publicity there. So because we are created in body-form, 3 attractions are there....some material causes, happiness, satisfaction, peacefulness. Prior to beingness, there is no need of peacefulness. After leaving body, no peacefulness is there. But because body-knowledge is not tolerable, to have body-knowledge tolerable, we try to undergo certain things.

The only source is meditation, which creates a spiritual atmosphere in your body. The invisible listener within your body is Ultimate Truth, Brahman, Atman, Paramatman, God, Master. That conviction supposed to be appear, for which you need not to go to any other master, because you will negate your own Master, Inner Master. So be loyal with that Master. Then only, not difficult. Nisargaddatta Maharaj, my Master says, *I am not making you disciple, I am making you Master. You are already Master.* That realization is there, but some body-form-concepts are there. These body-form-concepts are supposed to be, dissolved.

So be sincere. Everyday devote some time for You – one hour, two hour, three hour-for meditation. In the beginning your mind creates some problems, it will be crazy. But don't listen to mind, continue on. Then after you will be completely unconcerned with the mind, ego, intellects. Though mind-thoughts are flowing, you are not creating any tension with that thoughts. Because you are knowing, you are in Thoughtless Stage. Thoughtless stage will be peacefulness, blissfulness, happiness, no tension, no fear will be there. And for which you have to undergo strictly discipline of meditation. So, it's the only Principle, therefore everyday we are talking, we are listening. We have to absorb it, to digest it, it's most important. Because only literal knowledge, bookish knowledge, dry knowledge, will not help you. Be practical. Human body is a golden opportunity for you to identify yourSelf. The importance of the spirituality is – you have to Identify yourSelf. You are identifying yourself in body-form, it is not the reality. Basically you are formless. You forgot your identity. To regain your Memory you have to concentrate meditation. At Ultimate Stage meditation also illusion. At that time you need not to meditate, because prior to beingness we have not meditated. Some problems in the body-form therefore to regain memories until Conviction, Ultimate truth, you are to do meditation. Meditation is the base, meditation leads to Ultimate Truth, Final Truth, which is already within you.”



11/15/17

Jai Sadguru Shri Ramakant Maharaj

So all the ways we are talking about spirituality, spirituality. And we have so many spiritual words we are exchanging with each other. We are having so many questions regarding spirituality. The place of spirituality in your life is just to identify. Because, when the Presence came across with the body, unpleasant atmosphere started. No happiness, peacefulness, etc.

What is the role of spirituality in our life? That is the most important. We are always talking about what Ramana Maharishi says, what Nisargadatta Maharaj says, what Vedanta says, and what so many Masters say. Notice the importance in our life, human life. Human life is imbalanced life. Prior to Beingness, we are totally unaware of ourselves. After leaving body, there is no awareness, nothing is there. It is fact. So in between, we are traveling through the miserable human life. For which, to make it pleasant or blissful experience, blissful life, blissful happiness, blissful peacefulness, peaceful fearless life, spirituality is required.

What is spirituality? Spirituality is just to identify yourSelf. Because since childhood until today so many illusionary concepts are wrapped upon us, engraved upon us. Although we are knowing everything, we know that this body is not our permanent feature. Everybody knows that some or other day, willingly or unwillingly, we are to leave this body. This is a world, entire world around the body. Prior to Presence, we are not knowing any world. Prior to consciousness, we are not knowing any world. After leaving the body, nothing is known. Spirituality helps you for liberation from all the concepts. At present we are under the impressions of so many concepts. And to avoid another concept rooted through the desire, so many desires are there. Human body has so many desires. So to come out of so all these desires, to have factual knowledge, to have factual Reality that though I am having spiritual body, physical body, human body, I am unconcerned with this body. That Conviction is supposed to appear spontaneously.

You are living as the human body, whatever form is there. Basically you are formless, it is open fact. After leaving body, no form is there. No awareness is there, no consciousness is there. The use of spirituality is there till you are holding the body as I am somebody else. To come out from all these illusionary concepts, spirituality helps you. Spirituality is cleaning your human body. It is cleaning everything, all your illusionary concepts with the purity that I am prior to Beingness. Ultimate truth. Brahman, Atman, Paramatman, God, Master. It is a fact. Prior to Beingness, prior to consciousness, your Identity is Ultimate Truth which is called Brahman, Atman, Paramatman, God, Master. After leaving the body, your Identity will remain Ultimate Truth. But in between, you are holding so many concepts. Under those concepts, you are trying to live your life. Many a times it is painful life. Not pleasant life, tension is there, depression is there. Because directly or indirectly, we are having attachment with this body, that attachment is supposed to be dissolved. When is it dissolved? After having Spontaneous Conviction 'I am nothing to do with the body'. Body is my temporary form.

Before this human body form, my Presence was there, but without any form. It is unknown Reality, just like space or sky. Space is everywhere, sky is everywhere. So everybody's Presence, Spontaneous Presence is everywhere just like space or sky. It is beyond sky. After having that Conviction, all concepts will be dissolved. No concepts will remain.

We are living with certain concepts, it is creating problems for us. And to come out of all these concepts, illusory concepts, you have to undergo strictly spirituality. Spirituality means just to identify yourSelf. What we are identifying with today is not the real identification. It is illusionary identification, either as man or woman - whatsoever it may be. Concept of this human body Beingness is illusion. Because human body or any body was not there prior to Beingness. Therefore there is no past, no future, no present. So to come out of all illusionary concepts, wrapped upon us since childhood till today, spirituality helps you. And how to absorb all this Reality? How to be convinced of Reality? How to get Conviction from Reality? The only way is meditation. Through meditation, the mantra is 'Aham Brahmasmi' or 'I am Brahman'. You are hammering yourSelf, reminding yourSelf to regain your earlier memories. Your memories are nothing to do with the body. Your Presence is Ultimate Truth, Final Truth, which you call Brahman, Atman, Paramatman, God, Master.

In the beginning you have to make deliberate effort of meditation. Meditation is the only source through which you can identify yourSelf. There is no other source. Only reading books, playing with the words, playing with spiritual words, is meaningless. It is giving some relief, but what is the use of all these spiritual words after leaving the

body? Spiritual words, where are they after leaving the body? Spiritual knowledge, where was it prior to Beingness?

Prior to Beingness we are not knowing anything about spiritual knowledge. No desire is there. No requirements are there. No requirements of happiness, or peacefulness - nothing was there. Because we are unknown to ourSelf. What we see, it is Seer's reflection. Here the Seer is most important. Because the Seer is Invisible Seer, the Invisible Listener within you. It is to whom I am considering I am form - body form, human form. Human form is not a Reality, so to have Conviction that I am formless - my Presence is everywhere just like space or sky. Spirituality is most important, you have to convince yourSelf. So meditation must take part. Meditation is temporary, in advanced stage meditation is also illusion. Because prior to Beingness, we have not meditated. After leaving body, what meditation is there? No meditation is there. Meditation is repeating, hammering yourSelf, reminding yourSelf 'I am Brahman, Brahman I am.'

So after continuous listening, continuous hammering ourSelf, that Reality will be opened. Liberation will come. Liberation? You are already liberated. No binding is there, your concepts bind you that I am somebody else - that I have to follow this thing, that thing. There is no restriction, no bondage. You are already free. So, just to identify yourSelf. No binding upon you, not to do anything. Because you are not doer, there is no deed. No past, no future, no present. Nothing is there. So, just to convince yourSelf. Human bodies an opportunity for you, because if there are many concepts, then at the time of leaving human body, there is a chance that some concept will be there. Again, dream will be there. We don't want any dream hereafter.

So it is said in spiritual science that your last desire takes another dream. During your last desire during leaving human body, your last desire - if that last desire is very strong, it will take birth. That is the concept of spiritual science. It is not true, but it may happen. To avoid all this, to be aware of this thing, to have Conviction that I am nothing to do with this world. I am Seer, Invisible Seer, I am Brahman, Atman, Paramatman, God, Master. Though it is a concept, it is a good concept, through which all attachment with the body will disappear. Dissolve. And how you were prior to Beingness, that will happen spontaneously. It is Spontaneous Conviction. It is called Spontaneous Conviction, that I am nothing to do with the body, nothing to do with the world. You do your job, you do your duties, not to neglect your family life. Not to neglect your body. Whatever problems may be there with your body, suppose you are sick, or unpleasant atmosphere is there - you will get some courage to tolerate all these things. Human body is not tolerable. For small small things we are getting irritation. Physical irritation. Mental irritation. All irritation will be dissolved. Because,

you know better. Irritation, unpleasant atmosphere, depression, non peacefulness - it is connected with the body only. And I am not body at all.

Who wants peacefulness, who wants happiness, who wants fearless life, who wants tension free life? Because, body knowledge is not tolerable. The holder of the body doesn't want anything. Holder of the body is just like space or sky. And holder of the body is not knowing I am somebody else. Because that somebody else is not tolerable, human body is not tolerable, form is not tolerable, therefore all these exercises, we must do it. Spiritual knowledge is just to tolerate the body, tolerate the human life, tolerate the form. So basically you are formless, to have Spontaneous Conviction, you have to undergo meditation. It is the base. First lesson. Foundation, through which you can reach yourSelf.

I am using so many words, not to take literal meaning. Not to compare the words. Not to try and define the words. Not to guess the words, what they try to convey is most important. You are almighty God, you are Ultimate Truth, Final Truth, to whom nothing is required. Not to do anything, but just to identify. Present identification is illusory, because there was no body form prior to Beingness. After leaving body, no body form is there. Spirituality is required, meditation is required till you have Conviction that I have nothing to do with the body. Then only attachment to the body, attachment to the world will be dissolved. That is most important. Spirituality is up to certain stage, to have Conviction. Reality is only this Conviction that I am nothing to do with the body. And then everything will be cleared. Spiritual body will be completely clean, purity will be there. Purity means, how you were prior to Beingness. How you will be after leaving the body, that is the Reality. That Reality will be absorbed within you. And then, although you will remain in this world, whatsoever will be your position, whatsoever will be your form, you remain untouched with the world. There is no attraction with the world. For that purpose, spiritual knowledge is most important. Then you are not to go to any master. There are thousands of masters, I am not criticizing all these masters. But master is within you. Why to go at final end to any master? The speaker within this body, and the Listener within this body is one and the same. It is Master. Master is not separate from you. Master means you are Ultimate Truth. You are knowing yourSelf, that is Master. Master is everywhere, not to find out any master. Not to go through any books. Bookish knowledge, dry knowledge, spiritual knowledge will not help you. You may get some relief, it is just playing with the words. Spiritual words. Brahman, Atman, Parmatman, God, Master, Maya, Brahma, so many things are there. So many words are there. Not to become victim of the words, what is the use of these words?

What is the purpose behind the spirituality? That we must know, one must know. Because we are considering we are form, human form, that is why I am facing so many

problems. Imbalance of our life. Not having peaceful life, not having blissful life. Always tension, always fear is there. So to come out of all these concepts, spirituality helps you. And spirituality, not dry spirituality, you have to undergo meditation. Because this is the only source, it is a step. This is a ladder through which you can reach your selfless Self. You are prime of this world. You are central point of this world. World is not real. The moment that Spirit touched with this body, entire world is projected. The moment that Spirit touched with this body, entire world is projected. That means, you are prior to the world. The moment the Spirit dissolves from the body, no world is there. It is very simple thing. So the great God, the great master in this world is also illusion. Including yourself, myself is also illusion. All these are illusionary bodies. Illusionary bodies will create illusion. So nothing is there. Nothing is true in this life. So, to say I is illusion. To say you is illusion. To say Brahman is illusion. Entire world is illusion. So what you want to earn, what you want to learn is illusion.

Nothing to earn, nothing to leave anything. Everything is There and There only. We can't take body along with us. So try to identify. Because body was not your Identity, body is not your Identity, body is not going to remain your Identity. So always we are having so many questions, body based questions are there. Why this, why that? There is no why. Because you are just like space or sky. That Ultimate Truth must be absorbed, for which you may have some mantra from the Masters. Mantra is word through which you are hammering yourself, 'you are Brahman', 'Aham Brahmasmi'. Every Master gives some different different words. In this lineage also there are different words, secret words, some condition is there. It is not disclosed. But even if you say 'Aham Brahmasmi' it is the same. 'Aham Brahmasmi' is also mantra. One can have that mantra also, 'Aham Brahmasmi' or 'Shivoham', whichever is convenient. Some people say that certain words are suitable for me. You can have any mantra, any words through which you hammer yourself that I am Brahman, Brahman I am. I am Brahman, Brahman I am - the meaning of the words is the same as 'Aham Brahmasmi'. Brahman is Ultimate Truth, Final Truth.

It is nothing to do with the body knowledge. Nothing to do with the form. So after having that Conviction, no attachment with the body will remain. So be with You all the time. Read books, but not to become bug of the books. Try to identify. Try to know what this master wants to convey. After reading so many spiritual books, what they want to convey? That is the great message to the reader, great message to the Listener that except your selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master. So spirituality, world of spiritual knowledge is having limitation till you have Spontaneous Conviction. After that spiritually is also not necessary. Meditation is also not necessary. Till you get Conviction, till that time meditation and spiritual knowledge is required. After having Conviction, meditation

is not required. No spiritual knowledge is required, no master is required. You are master. Master is required till you have Conviction. Master is there because you are unknown to yourSelf. Therefore master is required to identify yourSelf. To indicate. The Listener, the visitor in this body is Final Truth. Till that time you have to undergo the meditation, undergo the bhajan. Bhajan create atmosphere, vibration inside. Creating atmosphere to identify yourSelf. So it is most important, that one should identify oneSelf in real sense. What we are identifying ourSelf with is not Reality, it is an illusion.

So what is illusion in this world, what is Reality in this world? That you have to find out. Because you are Master of your own. You are architect of your own life. You have to take decision. The entire thing is placed before you. The Invisible Listener within you is Ultimate Truth. That you have to accept it. It is fact. After leaving body, what remains? Nothing. Prior to this body, nothing was there. We are unknown to us. We are not knowing what form is there, whether there was form or not. Nothing was there. The moment the Spirit touched with the body, you say I am somebody else. Prior to I am experience, Presence was there. But it is Unknown Presence. Unknown Presence was there. Invisible Presence was there. After leaving body, what remains? You are not having connection with this world. No connection with this spiritual knowledge. All requirements, all needs, everything is concerned with the body only. If there is no body, who wants peacefulness? Who wants happiness? Happiness is required, peaceful life is required, blissfulness is required, tension free life is required because we are considering ourSelf in body form. And basically we are formless. No birth, no death, no destiny, no heaven or hell. Nothing was there. So to come out of all this you have to discard all concepts. You have to discard all attachments with the body. And you remain normal. So be humble, be normal, that is most important. Whatever the thing, you have to tolerate. Not to struggle with the mind. Not to struggle with anybody else. It is up to you.

Tolerance is the sign of spirituality. Forgive and forget, tolerance, and have so much strong courage to accept Reality. That is most important. Because we are listening and then our mind is creating problems. Mind, ego, intellect - they are functional organs in the body. Subtle organs. They are only manufacture of thoughts. Intellect taking decision and ego implementing that decision. It is okay, it is a body function. You are separate from that, you are totally different from that. You are Master of that mind, ego, intellect. So act just like a Master, not like a slave. So in brief, try to convince yourSelf, that is most important. Okay?



11/16/17

Jai Sadguru Shri Ramakant Maharaj

I am also false, ego is also false. Since when you started knowing your mind? Where was that mind prior to Beingness? After leaving the body, any mind will be there? You are talking about the moon, and all this decorative language. So instead of that, try to identify yourSelf. What you are talking, it is correct. But it is just a literal knowledge.

In human form, there is Spontaneous existence within your body. Existence of Invisible Presence is Ultimate Truth. To whom there is no any specific identity. Just glimpses of I. Prior to Beingness or prior to consciousness, nothing was there. Mind, ego, intellect, sun, moon, this is all language. These are words. Why are you dancing within the words? Why are you roaming within the words? Be specific, where were you prior to Beingness? Any moon was there, sun was there, mind was there, ego was there? Mind, ego, intellect came along with the body. These are the functional part of the body. They are the subtle functioning parts of the body, through which your body is functioning. Mind, ego, intellect do not have their own identity.

You have your own identity because Presence is there. Existence is there. This is called Brahman, Atman, Paramatman, God, Master that you are. So without which, you can't utter a single word. So be specific. Be with you. Except for your selfless Self nothing is there. The moment the Spirit clicked with the body, you started saying 'I am'. Prior to 'I am', your Presence was there. I'm talking about that Invisible Presence within you. To whom there is no experience, no experiencer. To whom there is no specific identity. Try to identify that Reality that you already are. Not to play with the words. It is okay, it gives pleasure, but not to involve such literal knowledge. It's okay, in the beginning it is okay, but have some perfection. What is perfection? That except for your selfless Self, nothing is there.

Human body form is not your Identity at all. This form is having birth and death, and not to you. Who is holding human form? Prior to holding human form, how you were? You say 'I don't know'. After leaving human body, how you will be? You say 'I don't

know'. That means, the reply to the question means, you are formless. Presence was there but it is unknown Presence. Unknown came to known through 'I am'. Prior to body knowledge, prior to Beingness or prior to form, where was this knowledge. Knowledge means just to identify yourSelf. No knowledge is Knowledge. It is okay, sometime we are talking knowledge, Brahman, Atman, Parmatman, God, Master, Maya, mind, ego, intellect- these are just polished words. It is okay, you can use it, but try to identify yourSelf. Because everything is within you only. Everything starts from you and everything ends within you. There is no special identity, there is no separate Brahman except for your selfless Self. You are counterpoint of the world. Not only that, the entire world is projected out of your anonymous Invisible Presence, and that entire world will disappear along with the body.

Then where is the mind? Where is sun and moon? Where is Master and God? Where is devotee, where is deity, nothing is there. So everything came out of nothing, everything dissolved into nothing. That Reality is supposed to be absorbed for which you have to undergo strictly meditation. Meditation is the beginning, meditation is the foundation, to establish the Reality within you. Because of various concepts, illusory concepts wrapped upon you. You are wandering here and there, to find out the Reality. So just try to convince yourSelf. Have some Spontaneous Conviction that I am not the body at all. It is a fact. So to accept the fact, to accept the Reality, to have the Spontaneous Conviction that I am not the body, you have to undergo strictly meditation in the beginning. Meditation means concentration of the Meditator. Invite attention of the Invisible Meditator within you, that you are Brahman.

It appears as duality, but in the beginning you have to make the deliberate effort because you forgot your original Identity. Original Identity means, your perceiving Identity called Brahman, Atman, Parmatman, Ultimate Truth that you are. Ultimate truth is not separate from you. Master is not separate from you. Brahman is not separate from you. Parmatman is not separate from you. These are names given to Final Truth, Ultimate Truth. You have to accept it. With the result that you forget all concepts. All illusory concepts wrapped upon you, engraved upon you, you have to remove them. For which, meditation will help you a lot. And meditation is required in the beginning. After having Spontaneous Conviction, no meditation is required. Because Reality is there, but it is covered with so many concepts. Those concepts are supposed to be dissolved, supposed to disappear, supposed to be melted. Then only, you can realise. So don't underestimate yourSelf in body form. Body form is not your identity at all. Body form is not going to remain your identity. Some or the other day, willingly or unwillingly you have to leave this body.

So body is not your identity at all, it is a fact. But you are not accepting the fact. So instead of playing with the spiritual words, instead of dancing with the spiritual words,

try to identify. Not to repeat the words of various masters. Ramana Maharishi, Nisargadatta Maharaj, so many spiritual masters are there. They are not wrong. Try to convince with the help of their words, try to know what they are trying to convey. They are trying to convey that except for selfless Self, nothing is there. Selfless Self is very very subtle, subtler than space or sky. Presence is everywhere in the world, just like space or sky. That Conviction is supposed to be appear. Then you will remain unconcerned with the world. Though you remain as man or woman, you will remain unconcerned with the world. Do your duties, do your job, but try to convince yourSelf, that this world is projected out of your Presence. This Presence is subtler than sky. Okay?



11/17/17

Jai Sadguru Shri Ramakant Maharaj

Q – Maharaj my question is that all spiritual discourse seem to take a slightly negative view of this material reality. The invisible listener came into this material reality and he put all the effort in this life so that we can be out of this and not come back again, and so my question is that: why is it such? Why do we take such a negative view of material reality? Is there an error somewhere, did the invisible listener make a mistake by coming into this reality or is there something wrong with this reality?

M – There is no reality as such. Your Spontaneous Presence is Reality. No material cause is there. No negative is there, no positive, nothing is there.

In brief, it is an illusionary world. In dream you see so many realities, is that true?

In dream you see so many things, you see yourself, you see sun, moon, you see so many persons, good persons, bad persons, what is reality of the dream?

After awakening, you say it was bad dream or good dream. So negative, positive, all these concepts are there. Do you know anything about you prior to Beingness?

Nothing. After leaving body, anything knows you?

So what is the discussions, knowledge, theoretical knowledge, Brahman, Atman, Paramatman, negative positive, good energy, bad energy, past life future life, all these concepts came into existence along with your Spontaneous Existence. The moment that Spirit clicked with the body, all these questions and theories started.

All these theories, even spiritual theories, even say “I am Brahman “– also is a concept, so what is true? Nothing is there. Questions and questioner also illusion. You and me also illusion. So far we are holding the body, therefore all this struggle is there. After leaving the body, what knowledge is there? Knowledge also illusion. So everything came out of nothing and everything dissolves within nothing.

The moment the Spirit clicked with the body, you say “I” and ego started, mind started, intellect started, and body started functioning, within the circle of this mind, ego, intellect and three gunas.

So ok, in the beginning theory is ok, just to understand, just to identify. But theory also, any theory, spiritual theory also,

is illusion. Even spirituality also illusion. Forget about everything. Knowledge also illusion because there is no experience, no experiencer, when you say "I", there is no experience at all.

To say "I", you have to take help of the body. If there is no body, who talk about the "I"? Who talk about material knowledge? Who talk about spiritual knowledge? Who talk about the God? Who talk about the Brahman? Who talk about the Master?

Master, disciple, God, everything is illusion. It is an open fact. After leaving body what remains? What is negative, what is positive? Do you know what is negative, what is positive, you can't define. The thing which is negative for you, it may be positive for others. The thing which is positive for others, may be negative for you, it is vice versa.

So all these talks are within the circle of human form and you are formless, it is fact. Just to understand yourself, just to concentrate on speaker within you. The invisible speaker, without any name, anonymous speaker is Ultimate Truth. Through which you have to concentrate, therefore to absorb this reality, you have to undergo the meditation, without meditation you can't identify yourself.

So knowledge is there, you have got good knowledge, you have got good foundation, but confusion is there because ego, intellect and mind are confusing. So do not listen to the mind, ego and intellect. Where was that mind, ego, intellect prior to Beingness? Nothing was there.

After leaving body, where is the mind? Who's mind? Because you remain unexperienced, you can't experience also. Where all experience and experiencer dissolve, disappears, there you are.

It is nothingness, entire world is nothingness. To know nothingness, you are considering yourself something, that is illusion. So therefore, everything came out of nothing, everything dissolves in nothing. Because we have subtle ego "I am somebody else", that body ego is there, body ego is supposed to be dissolved.

You are not body at all, you are not body at all, and your are not going to remain body. What is life of this body? Fifty years, sixty years, hundred years, what-have-you, after what?

Just question yourself, where were you prior to hundred years? You say - "I don't know ". After leaving body? - "I don't know"- then what is the negative and positive, what is the God & Goddesses, what is the Master and disciples? All these relations, all these concepts, are within the circle of the body knowledge only. Just to identify, and for which, theoretical you are knowing everything, but don't confuse yourself.

Apply your intellect, forget about spirituality: how you were prior to Beingness? Any negative there, any positive there? Nothing is there? Because you are not knowing yourself. Your unknown to yourself, the unknown comes to the known through body only. If the body is not there, can you utter a single word? No words are there.

If body disappears, dissolves or death, after leaving body, any world is there? Any language is there? Concept of God is there? Brahman is there? Master, nothing is there. Prior to Beingness, any concepts were there? Nothing.

So to say “I” is concept, illusionary concept, to say “you” is illusionary concept, Brahman also illusionary concept. All these concepts develop and within the circle of those concepts, we are trying to identify our self, that is illusion.

Entire world is illusionary world, which is projected out of your Spontaneous Invisible Presence. So to have this Conviction, you have to undergo meditation. Otherwise only bookish knowledge, or literal knowledge, will confuse you again and again.

So not to go anywhere, Master is not separate from you, my Master Nisargadatta Maharaj says – “I am not making you disciple, I am making you Master because, Masterly essence already within you“. You are not separate from the Master, only thing, you have forgot your identity. To regain your memories – “I am Brahman, I am Ultimate Truth”, all this process is there, even meditation is also illusion.

So, therefore you undergo the meditation in the beginning. After having meditation, your mind may rebel against it, confusion will start, negative, positive concept will be there, good energy, bad energy, past life, future life, because since childhood till today, we read so many books and the impressions are there. You have to be totally blank, how you were prior to Beingness. You read so many books, confusion is there, so not to have confusion.

There is only one thing: except your Selfless Self, there is no God, no Brahman, no Atman, no Paramatman. You are Master, you are Final Truth, that you have to accept it.

Do your job, do your duties, not to neglect your family life, not to neglect your routine life, take care of your body. At the same time there should be Conviction, not understanding, there should be Spontaneous Conviction, I am nothing to do with this world. The world itself is projected out of your Presence, and that Ultimate Presence, Invisible Presence, Invisible Existence, within you is Ultimate Truth. And there, there is no any observer, there is no experiencer. So that you have to accept it; it is a fact, we are not accepting fact. We are roaming within the circle of the body knowledge, body based spiritual knowledge, that should be avoided, don't roam within the circle of the body knowledge.

There is some habit of the mind to make the comparison “Oh, Ramana Maharshi says like this, why?” These are the words, you are playing with the words, we are dancing with the words, avoid that, because mind is crazy, mind is creating confusion, and trying to distract you from the Reality.

So be aware from mind. Mind is not bad, mind means manufacturing of thoughts. There are three types of thoughts, spiritual thoughts, then commercial thoughts, and criminal thoughts. Which thought to be accepted, not to be accepted, it is up to you. So you become Master of the mind, ego and intellect, not to become slave of the mind,

ego and intellect. You can control it, and see that the entire world is illusion, what is true? You are not true, I am not true, the Presence within the body is Ultimate Truth.

So these houses are there, thousands of houses are there, thousands of countries, after demolishing the houses, what is the true and false? Sky is there and there only, we have blocked the sky within the four walls. We say, this is temple, this is a house, this is a toilet, this room, that room, we have given the name, it is not having some independent name. So we have given the name to sky: this is China, this is India, this is America. Sky is same, can you bring China sky something? China sky is there, American sky is there, is it separate? No.

So Presence within you and Presence within this body is not different. We are identifying our Self in body form, your name is something else, my name is something else. Names are different, but the Existence, Holder of the body is not different, follow?

Any question came for me?

Q – Maharaj what relationship do you have with your body?

M- No relationship with the body. I am not, I am not body at all. When the Reality is there “I am not body, I was not body” -what relation is there? I am Holder of the body, so far holding the body it is ok, no relation is there. This is casual relations, the moment body disappears what is the relationship with the body? Body is not certain, body is not permanent, what relation remains? So far as you are

holding body, relation is there, the moment body dissolves, no relation is there.

Because body is not your identity at all, body was not your identity, and body is not going to remain identity, so what relation do you mean? Temporary relation, you are tenant, you are remaining for some time. So far you are feeding the body, water, food, it is growing. The moment you stop feeding the body, water, food, it will go away. This is a burning wood, you can burn or burry.

So who is holding the body? Who is talking from the body? Who is listening from the body? Who is watching dream from the body? Who is experiencing from the body? I am indicating, I am trying to indicate THAT- THAT you are. Which is called Brahman, Atman, Paramatman, God, Master.

Theory... No theory will be there. Be practical, accept the Reality practically. How long will you say “ABCD”, “ABCD”? How long will be a student? You are Master. Ok, so far you are not knowing yourself, therefore you are a student, but after knowing the Reality, you are Master. Master Essence is already within you, therefore my Master says – “I am not making you disciple, I am making you Master” – live like a Master. Ok.

This is a rare knowledge, not to do anything for this. This is a really rare knowledge, because you do this thing, you do, no exercise. To know the spirituality, no exercise

is required. To read this book, this parayan, there are so many all around India. Parayan means: read books continuous, read this

book. Instead of that parayan, try to identify within that, what is written in that book.

So this is undue exercise, you are wasting your time, not to waste your time. Your Spontaneous Invisible Presence is central point of the world. The world is projected out of you, the moment the body disappears, world disappears. What is negative, what is positive, what is true, what is false? Nothing is there. No consciousness, no unconsciousness, no knowledge. No knowledge is Knowledge. What is Knowledge? Nothing is there. To know nothing, you are doing everything. What is material? No material is there, ok.



11/17/17

Jai Sadguru Shri Ramakant Maharaj

Q: How is it that I am not the doer. During meditation, I sometimes get glimpses of this truth, but then again in critical situations, I fall back into worrying as if I was the doer. I understand that after dissolving all body knowledge this will not happen, but is there possibility of avoiding this pitfall?

M: It will be spontaneously avoided, after having Conviction, everything will disappear. See all these experiences appear during the Presence within the body. You are separate from the body. Prior to Beingness or prior to consciousness, no experience was there. After leaving the body, no experience remains. So that is your Reality. What you are feeling, what you are experiencing at present, it is through body. Body belongs to five elements, where there is imbalance. Everything is imbalance. Even mind, ego, intellect also are the functioning of the body. So far our Identity is not clear, all these experiences will appear. What you are doing is correct. But don't encourage your mind, ego, intellect, because confusion will start.

Even if you think intellectually, what was prior to Beingness? When there was no Presence in the body, no experience was there. After leaving body, what experience remains? So whatever experience appears, good or bad, it is appearing upon your Presence. Experience of Presence is so far body is there. So, you have to convince yourself: body is not your identity at all, body was not your identity at all. Why mediation is required? Because through meditation, you get Spontaneous Conviction that I am not the body. And the thing that was not tolerable earlier, will be tolerable at present. All questions are appearing because "I am somebody else". That subtle ego is there. So okay, it happens, but not to give importance to this egoistic 'I'.

Subtle ego is there, so thoughts are appearing. Not to struggle with the thoughts. Where experience is appearing? Experience is appearing upon your Presence. If there

is no Presence, what will you experience? No I, no you, no he, no she, nothing is there. Good things, bad things appear upon your Presence. Prior to Beingness, prior to Presence, there was no experience. Because you are unknown to yourSelf. After leaving body, you are unknown to yourSelf. That is Reality. For which you are doing meditation, and in the beginning you have to take ego, you have to do deliberately. As matter of fact, there is no doer, there is no deed. Because you are not in any form. Where there is form, only there the question of doer and deed appears. You are formless. Sky can't do anything. Sky or space can't do anything. There is no doer, there is no deed. So like that, you are beyond the sky, because you are experiencing sky. So therefore, there is no doer, there is no deed. Nothing is there. No knowledge, no knower.

Knowledge means just to identify yourSelf in Real sens. But you have to take deliberate efforts in the beginning only. Then knowledge is also illusion, you are also illusion, I am also illusion, everything is illusion. Illusionary world, everything is illusion. So knowledge is also illusion.

Q: So in that case Maharaj, some worrying is appearing, we just notice worrying is appearing and that's it.

M: It happens. Just to watch and wait. Just ignore it. Whatever is appearing is upon your Presence. If there is no Presence, nothing is appearing.



11/18/17

Jai Sadguru Shri Ramakant Maharaj

Maharaj: You have got knowledge, but that knowledge is supposed to become part and parcel of your spiritual life. Everybody knows that this body is not going to remain constant. But as long as you have got attachment with the body, attachment with the mind ego intellect, that knowledge will not be absorbed. At present, there is the pressure of mind, ego and intellect on the body. We are supplying energy to mind, ego and intellect. Your energy is most important. Your Presence is most important. You are not knowing your importance. Still you are considering “I am somebody else, male or female”. That is not your identity. Basically you are formless. It is fact. You are not accepting it. Listen carefully: human body, human form, is a golden opportunity to identify yourself. Though it is not your identity, human form is a media through which you can identify.

What is the necessity of this spirituality? In human life, what is the necessity, the importance of spirituality? See, the moment that Spirit clicked with the body, you started knowing “I am”. Instantly you see the world. And in childhood, father and mother, called parents, social life, relatives, everybody tries to impress their own thoughts. Social culture, spiritual culture. And it is the nature of this Spirit to accept those illusionary concepts. You are man or woman, you are father or mother; these are your relations, and so many concepts, hundreds of concepts, thousands of concepts. And our lifestyle is within the circle of these illusionary concepts. We are totally ignorant. We are not knowing ourSelves properly. We live in this human life with so much attachment to body, so much attachment to body related relations, father, mother, sister, brother, Master, God, so many. But we forgot what is the truth? Where are the attachments prior to beingness? No attachment is there. All relations came along with this body. All relations dissolve, disappear, along with the body.

So at the last stage, there should not be any desire. At present, we have got lots of desires. A lot of needs, a lot of requirements because body knowledge is not tolerable? It happens, every being, in animals also? But in human form, we are having some intellect. We are having some mind, we can understand. Mind means flow of thoughts, a continuous flow of thoughts is there. Good thoughts, bad thoughts. Mainly there are three types of thoughts flowing inside: spiritual thoughts, commercial thoughts and criminal thoughts. Spiritual thoughts means we are thinking always about gods and goddesses, prayers, self-knowledge, spiritual knowledge, etc. Commercial thoughts means all commercial life, enjoyment and so on. Criminal thoughts means hatreds, struggle and all. So spiritual thought will help you to develop your identity, to convince yourself. Therefore, which thoughts to be accepted, and which thoughts not to be accepted, it is up to you. There are so many questions; hundreds of questions are there, because all these questions appear upon your Presence, because you forgot your identity.

Basically, you are Ultimate Truth. Which is called God, Brahman, Atman, Paramatman, Master. In spite of this literal spiritual knowledge, still you have got so many questions. All questions are body related questions. So first thing, first priority to be given, after knowing the Reality "I am Brahman I am Ultimate Truth". So why are these concepts appearing? All concepts are appearing upon your Presence. They are creating confusion; mind is such that it is creating confusion. So many questions are being raised, body based questions. I receive sometimes so many questions from devotees, seekers, always body-based concepts. So first thing, discard your body based concepts. Discard your body. Body is not your identity at all. Unless we accept the Reality that "Body is not my identity, body was not my identity and body is not going to remain my identity", the experience of a body appears upon your Presence. Body is having life problems, depressions are there, unpleasant atmospheres are there, we are afraid, we have tension, no peacefulness, no blissfulness, always fear of death. All these illusionary concepts are supposed to be dissolved, that is the main goal of spirituality.

"How can I discard all these concepts?": that is the question. To know your self in a real sense, we are knowing ourselves in body form, and body form is not going to remain constant. Prior to beingness, prior to consciousness, you are not holding any body. Prior to one hundred years, have you got any body? No. After leaving body, what body remains? You are neither man nor woman. You are not Brahman, Brahman is a name given to Ultimate Truth. "Then how was I?" That is the question. Spiritual science says you are just like space or sky, sky is everywhere, it is not limited with India. It is everywhere. Sky does not have any special identity; sky does not have any individuality. It is vast.

Your Presence is everywhere. In every being, your Presence is there. Bodies are different, Presence is there. How can you identify? Because the moment that Spirit clicks with the body, the entire world is projected. Just like in a dream, you are in deep sleep, you see the dream. Who has created the dream world? You are seeing yourself, you see the entire world, you see the sun, moon, gods, goddesses, friends, father, mother, everything, all things. Not even that, you are seeing yourself, you are acting there. You are having some role. You are playing some role. In that dream you feel that dream is true. You are enjoying that dream or not enjoying it, there may be good experience or bad experience. Who is experiencing that dream? Who is watching that dream? That is your identity. Because you are sleeping, there is subtler and subtler identity there, which is called Brahman, Atman, Ultimate Truth. I am talking about that subtle unidentified identity which is called Brahman, Atman, Paramatman, God, Master, That you are. Though you are holding body, you are unconcerned with the body. So this Reality is supposed to be absorbed. So literally you are knowing everything. You have got literal conviction. It should be spontaneous Conviction.

After having spontaneous Conviction, though thoughts are flowing, good and bad, you will not give them importance. Just like in a dream world, after awakening you say, "I had good or bad dreams". Just like Janaka, he was king, but he had seen that he was begging, so he questioned all his stalwart spiritualists "Is that true or is this true?". In the Ashtavakra Gita, this story is there, it is a good book. Ashtavakra was a great spiritualist in those days, he was only a 14 or 15-year-old boy. But he was having exceptional realization. It is a big story, I am now talking about a big story.

And here, he replied to Janaka. Janaka asked, "The only question I have is whether this is true or that is true?" He told him, "I was having a dream where I was begging as a beggar and now I am king". Ashtavakra was a very very brilliant spiritualist. Instantly he said, "That is also false, this is also false". What you see in a dream, that dream world is also an illusion, what you see today with this body form, it is also illusion. No other question is there, but the Presence in a dream and the Presence in this body form are one and the same. Without Presence, you can't watch a dream and without Presence you can't watch this body-based knowledge. So your Presence is there also and it is here but you are measuring, you are counting yourself as body form. That concept is supposed to be dissolved.

And all this is okay, some basic knowledge you have got, how to implement it? How to digest it? That is the main question. And the main question will be solved with meditation. Why is meditation required? Because within this body, invisible Presence

is very sensitive. Considering the virtue of sensitiveness of this Spirit, the words are given, "Aham Brahmasami", "I am Brahman" or "Soham", whatsoever the words may be. Every lineage gives different words. Those words are creating vibration when you are reciting Mantra, meditating with the Mantra, concentrating with the Mantra. You are asking how to meditate: in the beginning you are to have some discipline. You sit in this fashion, half closed eyes, you concentrate on the tip of the nose. Why do this? Because your mind is very crazy. To keep the mind busy, we ask you to concentrate on the tip of the nose. So while the mind is concentrating on the tip of the nose, at the same time, you are reciting the Mantra. When the mind is busy, it will not play against you. After keeping it busy, your purpose is served. You are hammering it. Keeping the mind busy with concentration, you are not allowing it to create any questions or any crazy activity. And then by reciting Mantra, you will be directly hammering your Selfless Self : "You are Brahman, you are Brahman, I am Brahman, Brahman I am, I am Brahman, Brahman I am". After nonstop reciting, Originality will be open: "So that I!" And instantly, after some time, of course it depends upon your involvement, seriousness in meditation, not casual meditation. What Master says, you have to accept it, and then instantly, Reality will be open with you. Where experience and experiencer will disappear. You will forget form. There isn't any witness or witnesser. Though you are sitting for meditation, you remain unconcerned. You will forget everything. You will get exceptional peacefulness inside. Through meditation, some vibration are created inside, and the waves create a spiritual atmosphere within you. That spiritual atmosphere helps to absorb the Reality.

And for which, we are insisting, in the beginning, meditation is supposed to be strict and well disciplined, without which you can't identify yourself. Only literal knowledge, dry knowledge, will not help you. So be strong, have courage to accept the Reality. I am always saying not to neglect your duties, not to ignore your responsibilities, not to neglect your family life, not to neglect your routine life. Do your duty. But at the same time, there is the conviction "I am not doer, there is no deed". It is fact. You are not doer, there is no deed. For deed and doer, some form is required. You are not having any form, you are basically formless. This human form is not living constantly. How are you prior to one hundred years? Formless. No birth, no death. Not to do anything. You must have conviction, spontaneous conviction, in the beginning. Then after having conviction, though you are living in this illusionary world, you will remain unconcerned. All body-based concepts will dissolve, disappear. You are knowing, you can watch: "Yes, this is correct, this is false, this is illusion". After knowing they are illusion, you will not have any attachment.

No desire is there, thoughts are flowing, mind is very crazy. Previously, we were becoming slave of mind ego and intellect. The mind was dictating terms “do this and do that”. After knowing That: “I am providing energy to the mind”. Without your Presence, how can mind run? If there is no Presence, mind can't act. Prior to beingness, or consciousness, there was no mind, no ego, no intellect. The question of thoughts never arises. The question of existence never arises. We feel existence because of the body form, but who is acting from the body? Who is listening from the body? Who does activities from the body? The invisible Presence called Brahman, Atman, Paramatman, Ultimate Truth, That you are. It is not having any experience. It is Final Truth.

So though you are living with this body, human form, you will get spontaneous Conviction. What is the Conviction? That “My role in this world is not the doer, no deed is there, I am nothing”. Everything came out of nothing and everything dissolves within nothing. So what you feel, what you experience “I am something”, that will dissolve. So the concept of body form is supposed to be dissolved. It is not your Ultimate Truth. The Presence within the body, through which you are acting and you are doing all these things, is spontaneous Presence, which is called Brahman, Atman, That you are. It is just like space or sky. So there is always the question, “After death, what happens to the body, what happens to the Spirit?” You know that death means leaving the body. As a matter of fact, there is no death and there is no birth. But these questions are there always because you see everything. Death and birth are connected with the body only.

Suppose in a dream, you see your body die, just imagine. Who is seeing that body die? Or somebody dies. After awakening, that man is there. When you see a dead in dream, after awakening that man is there. So what is true? The Presence of that man or being in this world is true? Or is his death in the dream true? Question yourself. You will get all answers from you. Your Spirit is exceptionally powerful. You are unaware of your power. You are unaware of the tremendous energy within you. Not to beg for any blessing from anyone else. Not to go here or there in search of Masters. Master is not separate from you. You are a Master. My Master Nisargadatta Maharaj says: “I am not making you disciples, I am making you Masters”. Bodies are different, forms are different, but Masterly Essence, Ultimate Truth, is not different. Just like I am always mentioning, countries are different, houses are different, but the sky within the house is one and the same. Likewise, the invisible Listener within you and the invisible speaker within this body are one and the same. Which is called Brahman, Atman, Paramatman, God, Master, That you are. But you are not accepting this truth because of long association with the body form. You are protecting so many concepts. We have

developed so many concepts. Through meditation, all body-based concepts are supposed to be discarded. It is true. As in a dream, you see somebody doing a good or a bad thing. After awakening, you have nothing to do with that experience. So whatever experience you are having in a dream, after awakening all experience disappears. So this present life is just like a dream, a long dream. So like that you have to convince yourself because you are your own Master. You are the architect of your own life.

So don't encourage body-based questions. Mind is always asking "Why this, why that? Question yourself. What is true? The illusory world and all experiences? False. In this illusory world, all questions are body-based questions. Nothing has happened. In a dream, you are seeing and experiencing so many things. Are you asking "Why this thing, why that thing?" It is a dream! It is false! It cannot be true.

Similarly, the present life is not true. As long as Presence in the body is there, you feel it is true. After leaving the body, what happens? No question is there. So just like nothing remains when the dream disappears, similarly, after this dream disappears, nothing remains. Where does it go? Body is burned or buried. Are there any problems for the dead body? Because you are holder of the body. Does sky die or take birth? Does sky take birth or does sky die? Just like the sky is not having death and birth, similarly your Presence is not having death and birth. You are unborn, you are formless. That Conviction is supposed to appear. It is not impossible, but in the beginning, follow the instructions of the Masters and strictly administer their meditation. Do the meditation. Unless you undergo the discipline of meditation, your foundation will be weak. Your foundation will be weak and all your building will be weak. It is very simple knowledge, for which you are not to do anything, you are not to spend a single penny. No garland is required. No rituals are required. In India so many rituals are there: "Do this pranam, do that pranam". Why? When you entered this world, did you have to do any pranam? Have you taken any name? "Ram Ram Ram Ram?" When did you come to Ram? When the Spirit entered the body, you started knowing "This is Ram". All this is ok, I am not criticizing this. It is faith. These names are having faith. Question yourself.

In a dream, there are so many gods and goddesses, where are the gods and goddesses after awakening? Where have they gone? You see so many people. After awakening what happened to them? Have they gone to hell or heaven? Nothing is there. Therefore everything came out of nothing, everything dissolves within nothing. That you have to know: your invisible Presence is the Reality. Brahman, Atman, Paramatman, God, Master is not separate from you. I am shouting all the time. But

still some crazy mind creates so many questions “Why this, why that?” Some people say “Oh I have got depression, why this thing?” There was once a question asked by somebody “When I am doing meditation, I forget everything, but on awakening my mind is playing and I get depression”. This is a game of your mind. So your happiness in this world is also false and depression is also false. Depression, happiness, blissfulness, appears on your Presence. Your Presence is subtle. Does sky have depression? “Oh this Indian sky has got depression” or “Nasik sky has got depression”.

So you will get all answers from your side. Ask questions to yourself, make it answer. In the beginning, you will not get answers, but after hammering, just like the criminal in the police station, the criminal says “I have not done anything, I’m innocent, I’m innocent”. They are torturing him and then he says “Yes, I am guilty”. Similarly, with the Nama Mantra meditation, you are torturing yourself: “You are Brahman, you are a liar, you are Brahman”. And after continuous torturing and hammering: “Oh I am that!”. And then all answers, all replies you will get from inside. You are not required to go anywhere to solve your questions, all questions will be solved within you. For which, in the beginning, you are to undergo the discipline of meditation. Make it talk! Just like the police officer taking answer from the criminals, he did not reply, he tried to divert the mind. But after continuous torture, you will place before you all evidence: “Yes I am Brahman”. So after hammering yourself “I am Brahman, Brahman I am” or “Soham”, Ultimate Truth, Entire truth will be opened from you. You will be surprised: very difficult questions will be solved within you and you will not have to go anywhere.

Not to change any Masters. People are changing this Master, that Master, that Master, that Master. It is meaningless, you are wasting your time because you are not giving importance to your own Master within you. Master is not separate from you. Take the answer from your own Master, which exists in your human form. The holder of the human form is the Master. It is not having specific identity, so not to guess, not to imagine.

Try to convince yourself. In the beginning you have got duality, but I am always advising not to make comparative study of the various Masters. Many times there are questions of whether this Master is realized or not: “Is that Master realized?” How are you concerned with who is realized or not realized? You are not concerned. Talk about yourself, whether you are realized or not! Some people compare “Why is Ramana Maharshi like this, why does this Master says like this?” How are you concerned? You are not analyzer. You are not to make comparative study. It is a waste of time. So instead of wasting such time, make yourself invincible, powerful, and get answers

from you. You are fine, you are the central point of this world. Don't ignore it. It is fact I am placing before you. So you need not to question. Why questions are there? All questions are related to form, they are basically rooted through mind. And mind, ego and intellect, it is itself an illusion. They are functioning organs. Your entire body functions through mind, ego and intellect. Who is supplying power to them? That you are. You are supplying electricity, you are supplying power. Survival of mind, ego and intellect in this form is because of you only. How were you prior to beingness? Unknown. After leaving body? Unknown. That means unknown dissolves in unknown. What you feel as known is because of this body only. Basically you are unknown to yourself. After leaving body, you are unknown. So unknown came into existence in body form and after leaving body, unknown will dissolve into unknown. In between you are posing "I am somebody else". You are not somebody, you are everybody. You are everywhere. Just like space or sky. So be with you, it is not impossible.

Don't waste your time going here or there. People are coming here "Oh I will go this way and that way". Why to roam here or there? Not to go anywhere. You may visit it no problem, but not for spiritual knowledge. Spiritual knowledge is always within you. Don't underestimate you. You do not know your greatness. Greatness is always with you. So we have created language, to convince with various words. Language is not important. Try to identify and understand the meaning of those words. We have created words, "Spirituality", "Brahman", "Atman", "Maya" and so on and so forth. So instead of analyzing the words try to understand. What is the message out of those words? What is the message given by various Masters through their spiritual statements? And where do you stand in that message? That is most important. Question yourself, get answers from yourself. You will make yourself get answers for all the questions. See the fun. And then you will find so many complicated questions solved within you, you will make the Spirit talk just like the police officer made the criminal talk. So likewise, with meditation, with hammering, you will force your Selfless Self to talk and answer all questions. In the beginning, there is duality, it is a deliberate act. But you are to do it until you get spontaneous conviction. Then everything is easy.

Even if you think intellectually, logically, what is in this body? Just sit quiet and calm. What is in the body? Nothing. Just glimpses of 'I'. Just glimpses of 'I'. This body form is not going to remain constant. It is having a time limit, age limit etc. So what is appearing on your Presence, good thing, bad thing, don't give so much importance. Sometime you feel some depression, some unpleasant atmosphere, it happens because you are holding body. The body belongs to the five elements. When there is an imbalance in the five elements, you feel it. I am suffering from a cold. Some

weakness in this body form is there. So that you have to understand. So body concept, body feeling is not constant. Different atmospheres, different things are there. Just like seasonal things.

Clouds are coming, clouds are going, you are there and there only. Like that, you are to convince yourself. Therefore, the first basic thing: you have to undergo the discipline of the meditation. Hammering yourSelf all the time. Recite Mantra non-stop. For which you are not to spend anything. There should not be any attraction of anybody else: "if I go to that Master, I will get different knowledge". It is not necessary to go to any Masters. For what? That will only add confusion.

My Master Nisargadatta Maharaj has given a good message to all the devotees: "After knowing the Reality, after having Conviction, not to go anywhere or come across any elements which will distract you from Reality". Because somebody else may not be knowing the Reality, and he will try to impress his own thoughts, his own concepts? His mind will create confusion and your faith will be damaged. Don't do that. This is a red signal. So have alertness. There should not be any attachment because attachment with someone else's thoughts will create problems for you. So all your effort will be ruined. So be cautious. I'm not against anybody else, but now you have got realistic knowledge. Basically except your Selfless Self, there is no God, no Brahman, no Atman, Paramatman. What more do you want? If you go anywhere they will say "Do this thing, do that thing". Why? Because you are not doer! Some people think past life, future life. There is no life at all. You have not done anything bad. Suppose you have done bad. In a dream are you thinking "Oh, I have done a bad thing"? How can it be a bad dream or good dream? Likewise, this is also a dream, a long dream. You are basically not doer, there is no deed. There is no experience, no experiencer. No witness, no witnesser. After leaving body, what experience is there? Prior to beingness, any experience is there? Any questions are there? Prior to beingness, no question was there. The moment that Spirit clicked with the body, all questions, all concepts started, all attachment started. So all these problems are to be solved and you can do it, you have that capacity. So be alert. I have tried my level best to convince you, to invite the attention of the invisible Listener.

So be strong, have some courage to accept the Reality. Ok. So what you have recorded you will display, it may be useful for beginners and all the devotees. The recording should be typed also, it will be helpful to everybody. Those who are not present here, they can see it in book form. I am insisting for book form because if book form is available, they will continuously read the book and that will lead to making them more and more strong spiritually. After listening to this, you are to make yourself very

strong in spirituality. Not to hurt anybody's feelings. Not to compare. Not to hurt anybody's heart. Not to struggle with anybody else. There should not be ego "Oh I have got a lot of knowledge, I am a spiritual master". Not like that. No comparative study. Sometimes there is temptation "Oh, I have got good knowledge, I am a great master". Not like that. Everybody is a Master. Not to count yourself as an individual. Therefore the Reality of your formless Self, you are to accept it. Because you are not accepting the Reality, therefore all confusion starts, all illusion starts. So be strong. Again I am repeating: this human body is an opportunity for you. Don't waste your time. Do your job, do your duties, take care of your health, take care of everything, but not to neglect it. If you take it lightly, casually, then you will be a victim of your own desires. So this will be the last terminal. No birth, no death, nothing is there. So be strong spiritually strong. Ok?



11/28/17

Jai Sadguru Shri Ramakant Maharaj

M: See, it's very simple. In the beginning you are to undergo the exercise of spirituality. We're asking for meditation, do bhajan, and all these things. All these exercises are required, spiritual exercises are required, in the beginning, because what happened is we have forgotten our identity. We're posing our self in human form. We've accepted "Human form is my identity". It's not your identity at all. To discard all this body- based identity, body-based concept, to discard all body-based identity and body-based concept you, have to undergo some spiritual exercise like meditation, reciting mantra, bhajan, placing garlands on Masters, all these things are required. Because, as I have told, since childhood until today, we've accepted so many concepts and we are living within their vicious circle. We have to dissolve these, they are supposed to be dissolved, we have to discard all these concepts. As you know better, body identity is not going to remain constant. It is on a time limit. So who is acting from the body? Who is listening from the body? Who is watching a dream from the body? Who is experiencing all this in the body? So that invisible experiencer, invisible presence within your body, is called Brahman, Atman, Paramatman, God, Master. Why is it necessary to know all these things? Because since childhood until today hundreds of thousands of concepts have wrapped upon us and then we are living within these concepts. Our total lifestyle is under the pressure of all these concepts. Our total lifestyle is under the pressure of mind ego intellect. There is no mind ego intellect prior to beingness. They are not going to remain after leaving body. The number one thing is that body is not your identity, body was not your identity, body is not going to remain your identity. That conviction is supposed to appear, then there won't be any fear and no requirement of peacefulness, there will be spontaneous peacefulness. Now, body knowledge is not tolerable therefore we need some peacefulness, happiness, tension free life, fearless life, etc. etc. Prior to beingness, these requirements are not there. After leaving body, no requirements are

there. All concepts of God, Brahman, Atman, Paramatman, appear in this body presence. Brahman, Atman, Paramatman, God, Master, are names given to the Ultimate Truth That you are. You are not accepting it. There is still something in your mind saying "God may be somewhere in the temple", wandering here and there searching for God, searching for so many Masters. "This Master has given me knowledge". No Master is giving knowledge, they are placing before you your reality. Knowledge means nothing, just to identify your Self in a real sense. Beyond that knowledge does not have any identity.

So, no knowledge is knowledge because prior to beingness, there was no knowledge. After leaving the body, what knowledge remains? Knowledge means: in human form you have to identify your Self. Where do you stand after listening to all these things after reading and reciting Mantra? The purpose of Mantra is just to hammer your Self that I am not body, I was not body, and to dissolve all body-based concepts Mantra is there. And through Mantra, after reciting Mantra, slowly, silently, permanently, all concepts will be dissolved. Then you'll feel some exceptional reality within you. You'll feel some exceptional happiness within you. Happiness and peacefulness is not separate from you. Happiness is there, but it is body-based happiness therefore there is no stability. Body-based happiness body-based peacefulness is having some material causes. So when there are material causes happiness is there. What is happiness? Something which is tolerable is happiness, things which are intolerable means unhappiness. Every person, every individual is having different concepts of happiness. So forget about it. Not to become victim of your mind ego intellect, because throughout our life mind is playing a very big part. Always we are accepting something through mind. So control your mind, mind is a very tricky mind. It is a naughty mind. Hm? It creates problems. So far you are not aware of this mind ego intellect. You are following all the instructions of the mind. Now you have to dictate terms to the mind. Mind is not your owner, you are Master, you are providing energy to mind. So mind ego intellect is not having any specific identity. These are the functional organs from the body, so not to give so much importance to mind ego intellect. So, the purpose behind spirituality is very very clear. Within this body form, you have to identify your Self. Where do I stand? Who is it that says "I"? Who am I? If I am not body who am I? This is the main question before us. Spiritual science says you are Ultimate Truth you are Final Truth. You are Brahman, you are Atman, you are Paramatman, you are God, you are Master. Master is not separate from you. But how long are you going to remain in the body concept. So, for which, you are to hammer all the time. We are giving Mantra, Soham Sadhana, it has come from lineage to lineage, from Dattatraya. It is having some exceptional power, energy. Through that Mantra, some vibration is taking place inside. And then entire reality will be open

within you. You need not go to anywhere or accept any blessing from anybody else. Accept your own blessing. Hm? So any dry discussion, dry knowledge will not help. There should not be wavering mind. Hm? After knowing the reality, be stable, be loyal, be faithful with you and your Master. We are always inviting attention of the invisible listener within you. Except your Selfless Self, there is no God, no Brahman, Atman. You have to accept it, it is the reality. But you are not accepting, therefore you are having temptation to go to this Master, that Master, that Master. Nothing is going to happen. By changing Masters, nothing is going to happen. Start with your own Master. Master is not separate from you. Master is Ultimate Truth. Bodies are different Presence is one. The Presence within your body and the Presence within the speaker's body are one and the same. Try to convince your Self. Try to understand. What is the reality? Then the entire reality will be open with you. Beyond that nothing is there. It is very simple... Where are the Veda's prior to beingness? See, there are so many sciences: spiritual sciences are there, thousands of spiritual books are there. What do they indicate? They indicate: except your Selfless Self nothing is there. Instead of going through theory, live practically, practicality is most important. Hm? You need not have any exercise. No rituals are there. Just identify, for which you have to undergo strictly meditation, meditation is the very very base, it is the foundation. At the advanced stage, meditation is also illusion but at the beginning, you are to undergo meditation, don't ignore it.

Devote some time for you. Don't neglect your family, I'm repeatedly saying don't neglect your family, don't neglect your body-based responsibilities but at the same time try to concentrate. This body form is an opportunity for you with which to identify your Self. After identification, there won't be any concept of birth and death because you're unborn, you're formless. It's fact, but you are not accepting, still there are some impressions, "I will die", "Because of past birth something happened", "Future birth", "Past dream future dream", all these are concepts, so not to be a victim of all these illusionary concepts. No birth, no death, nothing is there because everything came out of nothing, everything dissolves within nothing. Not even that, the entire world is projected out of your presence. If there is no presence in the body, who will talk about the gods and goddesses or anything? Nothing. So you are the central point of this world. So to identify the world, your presence is required. Therefore I'm inviting attention to that invisible presence within you. You have tremendous energy, don't neglect it, don't underestimate it, that is the most important thing and for which there is nothing to do, just a little bit of deliberate exercise in the beginning in the initial stage, meditation, because through meditation you can identify your Self. Without meditation it is not possible. Why is meditation required? Because so many layers of illusionary concepts are there. So many layers of

illusionary concepts are there. You are to discard all these concepts. For which you may read the books, but when you are reading books, what you are reading is the reader's story. Hm? But not to read those books which will distract you from the reality. Because some books are saying things down and down and down do this thing do that thing. What special exercise is required? Not to do anything, (some books say) "You do this thing you do that thing", because you are not doer, there is no deed at all. So all these concepts are developed in certain books and you are not to read books that distract you from the reality. Read "I Am That", Ramana Maharshi's (books) and some other books also, which directly invite attention of the listener or reader. So there is nothing to do because I can go on talking and talking it is the same principle I am talking about with you. So be with you all the time, but be sincere, because again I am repeating, this body is a golden opportunity for you. If you lose the opportunity, or if you take it casually not seriously, there is the possibility of another dream, and we don't want another dream this is the last destination. There should not be another dream of birth and death. As a matter of fact, there is no birth and death at all. You are omnipresent, your presence is everywhere just like space or sky. So don't ignore it. After knowing the reality, be in touch with your Self. That's enough. Hm? Does anyone want to ask a question?

Q: I just want to ask about the Mantra, you say on the YouTube talk that you gave that doing the Mantra was the initial stage, does the Mantra become automatic?

M: Yea, Yea, in the beginning you have to recite it, you have to hammer it and then afterward it will be automatic, you won't have to concentrate on the concentrator. In the beginning we say to concentrate on the concentrator. What is the concentrator? Presence. The invisible Presence within you on which we say to concentrate on concentrator. In the beginning it is duality. But after having that exercise, duality disappears... So invisible Presence, the unidentified Presence within you is the concentrator. When you are sitting alone, see what is inside: glimpses of "I". We are just experiencing glimpses of "I". That is called the invisible concentrator. So concentrate on the concentrator then the concentrator will disappear. Nothing will remain. So in the beginning you have to study. Don't worry, nothing will happen.

What I have told follow strictly. Hm? Not to allow so many unnecessary doubts, because mind creates so many doubts. (Q: The Mantra has power) The Mantra has tremendous power, the Mantra is having tremendous power, it came from Dattatraya and it has tremendous power. It creates vibrations and all the layers of concepts will be melted. You'll feel it. Miracles...there is no miracle, nobody is doing any miracles... what do you mean by miracles it is beyond imagination, things that happen that are beyond imagination are called miracles. But it is a body-based concept, so not to give so much importance to miracles. You are beyond miracles, because these are body-

based concepts. So try to identify, and after trying to identify, the identifier disappears. Yes?

Q: So when we work with the Mantra, you mentioned that there are many layers of ignorance... (M: Yea Yea) that would be in the subconscious, that material in the subconscious is concepts and the Mantra helps to release those. Does the Mantra help to refine...

M: The Mantra removes all these things, all layers. The Mantra will remove all layers that appear upon your presence (Q: Yea) because so many layers are there therefore it is not visible, just like suppose a fire is there but it is covered with the ashes, inside fire is there but it is covered with ashes... after removing these ashes, you will see there is fire. Similarly, energy is there, fire is there, it is covered with so many concepts. Mantra is cleaning it. Mantra is making purification. Hm? Mantra is having tremendous power and in the beginning only, after using the Mantra (all concepts will be cleaned away), the duty of the Mantra is to remove all these things, it is a spiritual broom. You know broom? It is a broom. Cleaning everything. It is a spiritual duster. It is vanishing everything. But you must have some patience. Some people say, "I have taken Mantra and it has no effect". It is not like that. Suppose you are pouring water, it is absorbing and then it is flowing. It is not immediately flowing. It will take some time. It depends on your involvement. How serious you are about it. Don't take it casually... we are not to spend a single penny, no garland nothing is there. Hm? No condition nothing is there. No bondage is there. Hm? So this is free of charge, it is totally free... not to consider yourself handicapped, "How will it happen?" No nothing is impossible. Hm? So, human body is not your identity at all, that reality is supposed to be accepted. It's fact. We are not accepting because of impressions of the body-based knowledge.

Q: Can Mantra be repeated when you are walking?

M: Yea yea, all the time even when you go to the toilet. There is no restriction, it is part and parcel of your spiritual life. And through Mantra, you are inviting attention, "You are Brahman, you are Brahman, you are Brahman, I am Brahman, Brahman I am". The meaning of the Mantra is "I am Brahman, Brahman I am, I am Brahman, Brahman I am", because the spirit is very sensitive. What you impress it reflects. Hm? Considering this fact the Mantra is given. Through Mantra you are hammering all the time "You are Brahman you are Brahman". So like that, until you get conviction, spontaneous conviction, you have to undergo Mantra, then that Mantra will be automatic without your knowledge. Even when you are in deep sleep, Mantra is going on. So see the fun and concentrate with you, miracles are with you, see the miracles. You'll find some exceptional experiences within you. All spiritual experiences are

progressive steps, not Ultimate Truth. How were you prior to beingness? Nothing was there. No miracles are there. After leaving body what miracles remain? Nothing. Ok.

Q: So when we are reciting the Mantra, we should not ask “Who am I?” or “What am I?”

M: Not to ask, be simple. (Q: Just do the Mantra) What I have told you, you just have to accept it. Not to put any questions or doubts. When we say, “through Mantra meditate it”, meditate it. Not to create any more because mind is playing very crazy part, creating some doubts “Oh”. So continue to find out your presence and reality, reality is within you. Just exercise that Mantra meditation, and you’ll see the reality, what is there. Reality is not separate from you. You are reality, Ultimate Truth. I am repeatedly repeating the same thing. Except your Selfless Self nothing is there. Your presence is just like space or sky. Does the sky die? Does sky have any birth or die? Any question there? Does sky have mind ego intellect? Nothing is there. Mind ego and intellect are all concepts related to body knowledge. Body requires peacefulness, body requires happiness. But if you forget the body, just imagine, because Presence knows itself through body only. Presence is unknown. The invisible Presence through which you’re talking, through which you’re listening, through which you’re walking, taking all body-based experience, always energy is there. Hm? Just like electricity. If there is no electricity, no light can be there. So like that, there is invisible energy, power, which is called Brahman, Atman, Paramatman, God, Master, That you are. But you’re not accepting the reality of life because you are having more faith in mind, ego, intellect. Not to go anywhere to find out Master, why to go to that Master to that Master? What will they do? Nothing. They have their own concepts. So not to become a victim of anybody’s concepts. Spiritual knowledge is not a concept, it is reality I am placing before you. Therefore as my Master Nisargadatta Maharaj says: “I am not making you a disciple, I’m making you a Master”. Masterly Essence is within you... Ok.



11/29/17

Jai Sadguru Shri Ramakant Maharaj

Questioner: Can you tell me the reason why we must not disclose the Mantra to anyone?

Maharaj: It's correct, because it is a secret Mantra. That is the discipline in lineage to lineage. It is the Sadguru's order, number one. If you disclose the Mantra to everybody, the importance will go away, then it's common word. So you have to maintain the secrecy of that Mantra. It is only for the devotee who has become disciple. So to maintain the secrecy of those words, if you disclose everywhere, that will be meaningless. Therefore the secrecy of the Mantra is there, not to disclose with anybody else, that is instruction. So that you have to maintain it. Because it is Sadguru's order. Not to disclose it in public places or anybody else. It is not ordinary words, 'Ram' or 'Krishna' or like that. Because it comes with some exceptional value. Therefore you have to maintain that value, it is most important. Therefore, you have to view it in that way. Guru Mantra is not ordinary word, it is having some importance, it is having some secrecy, it is having some valuation. So you have to maintain that valuation. Otherwise it is meaningless. Hmm. So that, if you maintain that value, then effect will be there, otherwise there won't be any effect. Therefore, always you have to maintain the secrecy of the mantra.

Questioner: When I was instructed today, Mantra changed little bit in pronunciation...

Maharaj: It is Sanskrit words. So in the beginning, those who are foreigners find difficulty to recite the Mantra. So, in that case, you write in words and then make efforts, then it will be spontaneous. Because it is a spontaneous Mantra. It comes out of your invisible Presence. It is not only a words, it is having some exceptional value. Therefore you have to maintain secrecy.

Questioner: If the Mantra, when you chanting it, after a while it sounds different. Do I have to come back to the clear version?

Maharaj: These are two words. While inhaling, you have to recite the first part of the Mantra and while leaving breath (exhaling), you have to recite second part. This is an exercise just to create some vibration inside, atmosphere inside. In the beginning only, at the preliminary stage, you have to follow discipline of Mantra and after some time it will be like not so much restrictions. Restrictions to recite the Mantra in the beginning only. Thereafter it will be spontaneous because spontaneous Mantra is there.

Questioner: It will be spontaneous. Yeah!

Maharaj: These are words given by Dattatreya first. He was Nava Naatha. This is going on, therefore you have to maintain the secrecy of the words. Not making so public. Recite it because it becomes part of the life. This is the only Mantra, you can create vibration, spiritual atmosphere. With the result, you will get that I am Brahman. Brahman means Ultimate Truth. There are so many words: Brahman, Atman, Paramatman, God, Master, Realization, Enlightenment. These are only there up to you get spontaneous Conviction. A number of times it was asked "xyz is really realized or not? Enlightened or not?" These are the words. They were not there prior to the Beingness. Realization, Enlightenment, Aham Brahmasmi, these are the words. They are not prior to Beingness. It is necessary because you are holding human body, you are holding this form. To dissolve this form, to discard this human form, and in other words "I am not the body", this Reality is supposed to be established with in you. Because so far you are holding body, and doing meditation, that body based knowledge will create some concepts, it encourages some illusionary concepts within you. So since childhood till today, we are having so many concepts, wrapped upon us and you have to discard it, you have to come out form all these concepts. For example the concept "I am born", "death is there", "birth is there", "past life", "future life", "hell", "heaven", so many concepts are there. So all concepts supposed to be discarded. That is the purpose behind reciting the Mantra. Mantra says "I am Brahman, Brahman I am", that is your Original state, how you're prior to Beingness, it indicates by Mantra "I am Brahman, Brahman I am", that is the meaning. So it is the nature of the Spirit: what you impress, it reflects. And considering the nature of Spirit, this Mantra is given, through which you are hammering yourself "I am Brahman, Brahman I am", through which you are regaining your memories, how you are prior to Beingness and at that time there won't be any experience, you are beyond that. So, your invisible identity is just like space or sky, there is no birth, no death, no form, nothing is there. That is the Ultimate Truth and to have the Conviction of Ultimate Truth, all this exercises are

required. Meditation is required, Bhajan is required, every is required till you get out of this human form or any form. Form is not your identity. It is not difficult but it is also a little bit difficult, because if you follow the instructions of Master thoroughly, carefully, then it will be resolved. Otherwise "I have taken Mantra from this Master" then go to another Master and "I have taken Mantra from that Master", countless Masters you are visiting. You are deceiving yourself. One Master is sufficient and you are the Master. Master is not separate from you. External Master is trying to indicate, giving the signal that except your selfless Self nothing is there. "External Master" and "internal Master", these are also concepts. But in the initial stage it is required because Master is showing your Identity. Therefore Kabir, the great saint, says: "if God and Master appear before me, I will bow down to my Master not to God because my Master introduced me to God". The Master is having tremendous importance, therefore you have to follow the Master, respect the Master, not to change this Master and that Master, etc. It is meaningless because it will be a wasting of your time, wasting of your energy and developing the illusory concepts. So, the basic principle behind that: you have to be out of all these illusory concepts, you are formless, you are unborn, it's a fact. So body is a media and as you know, the body is having time limit. You were a child, and you have become young man, now old man, and some or other day, willingly or unwillingly, you will have to leave the body. So it is a fact. Even if you think logically or intellectually: body is not identity at all. How you are prior to body and how you will be after leaving the body: that indication, that Reality, Master is placing before you and is inviting the attention of the invisible Listener within you that "you are Brahman, you are Master, you are everything, you are almighty God".

Almighty God means Ultimate Truth, except your selfless Self there is no God. So, in the beginning till you get Conviction, you have to exercise meditation, Bhajans and all these things. Afterwards it will be spontaneous, even though you are holding body, you remain unconcerned with the world. What is the world? When did you come across the world? The moment awakening is there, the moment the Spirit clicked with the body, you see "I", and immediately with the experience of "I", entire world is projected. Where was that world prior to the Beingness? After leaving the body where is the world? That means: entire world is illusion. Illusionary world disappears with illusions. To say "I" is illusion, to "you" is illusion, to say "Brahman" is illusion, entire world is illusion. So in the illusionary world, whether you are realized or enlightened is meaningless. But for the sake of understanding, we say "you are realized", "enlightened", "you have got lot of knowledge", etc, etc. So "spiritual Master" are also illusionary words, but the spiritual Master is placing you before the Listener's Presence which is called "Brahman". So be with you all the

time. Because again I am repeating: the human body is a golden opportunity for you, though it is not your identity, through human body, you can identify yourself. Because the invisible Presence within the body is Ultimate Truth. So if you go on talking spirituality, theory, practice that is meaningless. Not to read any Vedas, nothing to do, because it indicates your unidentified identity that you are. So the glimpses of "I" within the body is called Ultimate Truth, through which you are experiencing "I". Prior to "I", your Presence was there, after leaving the body your Presence will be there. Prior to being Presence, your Presence was there, so all the time Presence is not going anywhere, just like space or sky. If you go in America, sky is same, if you go to China, sky is same. So like that, the Presence within the body is one and the same, there is no difference. And then, after Conviction, Nama Mantra is also illusion, meditation is also illusion, but Nama Mantra is required till you get spontaneous Conviction: "I am nothing to do with the body, though I am holding the body, I am totally different from the body, I am formless". That spontaneous experience, that spontaneous feeling is supposed to appear within you, for which you are doing all these things, meditation and all. Bhajan is creating spiritual atmosphere within you, meditation is also one of the parts through which you get Conviction, so these are the various disciplines, spiritual disciplines you have to follow, in the beginning only, till you go out of these illusionary concepts. This is a dream, human life is a dream. When are in a dream, you say everything is Reality. After awakening, you say it was all a dream. Similarly, so far we are holding the body, we feel that everything is true. After leaving the body, what is the true and false? Nothing. Prior to Beingness, nothing true, nothing false. There is no "I", there is no "you", "he", "she", "it", nothing is there. So everything came out of nothing, everything dissolves within nothing. Where do you stand? What is your position in the world? You may be a great philosopher, you may be a great master, you are a small person, one and the same. Not gaining so much effects. So try to understand, try to identify yourself, who is listening from this body, who is experiencing from the body, who is watching dreams from the body, who is doing actions from the body, like that you start Self-enquiry, Self-enquiry leads to Self-knowledge, Self-knowledge leads to Self-realization. These are the stages, just for understanding purpose.

So don't say "I have to realize, I have to attain enlightenment", these are the words. As such, there is no "realization" or "enlightenment". These are the concepts, spiritual concepts within the span of the body knowledge. But, you have do it very seriously, don't neglect it, there should not be any wavering mind, there should not be any temptation to go anywhere. Beyond this, nothing is there in the world. If you

go on changing the various Masters, visiting so many temples, nothing is going to happen, it is waste of time.

You visit your own temple within you. God is within you, God is not separate from you, Master is not separate from you. Bodies are different, Presence is one and the same. Invisible Presence within the body is one and the same. It is called Brahman, Atman, Paramatman, God, Master, that you are. What more do you want? Nothing is there.

Questioner: (inaudible)

Maharaj: There is no future, no present, no past. Just for understanding I have to use some words, don't analyse my words, what I want to convey is most important. "Prior to beingness", "after leaving the body", these are the words through which I am trying to indicate that except your selfless Self, nothing is there. Your Presence was there prior to Beingness, after leaving the body your Presence will be there, at present Presence is there. You are talking literally, "my Presence, your Presence", there is no "my", "you", "she", "it", nothing is there. Is your body yours? To say "my", to say "I", some power is required, some energy is required. Have you got any individual identity to say "I" or to say "my". Nothing is there. Everything came out of nothing, so, since you are holding the body, you have got some ego that "I am somebody else", out of that somebody else, these questions are there. There is no "my", "I", "he", "she", "it", nothing is there. There is no existence. You are considering in body form, you are formless. How you are prior to Beingness? "I" is there? "my" is there? "He", "she", "it" is there? Nothing is there, no God is there, no Master is there. After leaving the body, what remains? Nothing. "I don't know" is correct. When you say "I don't know", that means: "I am not in form". I give the example: when you are alone in the house, somebody knocks on the door, somebody is shouting from outside "anybody is there?", you say "nobody is there". That means you are there! When you say "I don't know", it means your Presence is there.

Questioner: Yes, but "I don't know" may be it is nothing also.

Maharaj: Yes, everything is come out of nothing, it is an illusory world, in dream you see many things, what is true? What is false? After awakening, what is the true thing, what is the false thing in the dream? It is a dream, this is also dream, but you are treating dream as a real dream. There is no real or there is no unreal. No true, no false. Totally nothing. In this illusory world, everything is nothing. These are illusory bodies, a concept. Therefore, I am insisting: not to measure yourself in the body-form, not to count yourself in body form, there is nobody at all. Body is not your identity, body was not your identity, body is not going to remain identity. To

say "I", some Presence is required, power is required, energy is required, I am talking about that energy through which you are talking "I", if there is no energy in the body, how can you say "I", "you", "he", "she", "it", nothing. Dead body can't say "I", dead body can't say "my", to say "my", "I", "him", these are the words. Not to play with the words, spirituality is also illusion. But through illusion, we have to remove another illusion. Therefore I mention that "realization", "enlightenment", these are the words. There is no such "enlightenment" or "realization". Where are the realization, enlightenment prior to the Beingness?

Prior to Beingness do you know whether you are realized or not? So these are the words in human form, but through words we are trying to indicate that except your selfless Self, nothing is there. We have created the language just for understanding, just to convince yourself. It is addressed to the invisible Listener within you, it is the Ultimate Truth, for which you have to undergo strict meditation. Without meditation, it is not possible for you to identify yourself. Only literal knowledge, dry knowledge, or say, comparative knowledge, analytical knowledge, it is meaningless.

Questioner: Is it necessary to read scriptures?

Maharaj: You can read it! No problem, but while reading just find out who is the Reader. It is the Reader's information. Not to read some theoretical, which is insisting on some "Karma", "do this Karma, do that Karma", because you are "not the doer", there is "no deed". Some books are insisting on *Parayana* (reading Scriptures), try to know *Narayana* (Self), not *Parayana*. Only *Parayana* will not serve your purpose. Some people are insisting on doing *Parayana* of this *Grantha* (holy book), t h a t *Grantha*, why to do *Parayana*, see the *Narayana* within you, hmm? You are keeping aside *Narayana* and you are doing *Parayana*, it is meaningless. It is the story of the *Narayana*, not *Parayana*. You are itself is a *Narayana*, *Narayana* is Ultimate Truth, great God. It should not be analytical study, with the various words, we are placing various words before you, not to analyze, not to try and define the words, try to find out the Listener: who is listening from this? Body is not listening. If there is no Presence in the body, who listens to the Master? When you see the Master, Seer is there. Seer is having the most importance. The invisible Seer within you is the Master of Masters. If there is no Seer within the body, who knows what is the Master and who is the disciple? "Disciple", "Masters", "God", "deity" or "devotee", all these are concepts appearing within the human form. We have created the language, we have given the meaning of every word, not to analyze the words, not to make comparison of various Masters. I am repeatedly telling you: "why this Master said like this, why this Master said...?" What do you want out of that? Where do you stand? "Why Ramana Maharshi said like this, why Nisargadatta

Maharaj said like this?" Not make comparative study of all this Masters. What they want to indicate is most important. The common message of all Masters is: except yourself, there is no God, no Brahman, no Atman, no Paramatman, you are Master, you are Brahman, you are Ultimate Truth, don't count yourself in body form. Bodyform is not your Reality, therefore you are unborn, no birth, no death. You are Final Truth. This is a last terminal, not to go here and there.

Questioner: last house on the block!

Maharaj: Yes! So you should have some spiritual courage to accept the Reality, through meditation, you are getting spiritual courage. Accept the Reality. It is not so easy.

Questioner: To be unborn, you have to be born? It is impossible... **Maharaj:** There is no birth and death. Entire world itself is illusion. Why birth and death? No birth and death. In dream you see so many birth, you see God in dream, you see everything in dream. What happen to it after awakening?

Questioner: I don't know.

Maharaj: Correct. I don't know means that it is illusion. To say "I" is illusion, to say "you" is illusion, to say "Brahman" is illusion. Entire world is illusion. In illusory world "you", "I" and "she" is also illusion. Knowledge is also illusion, spirituality is also illusion, Master is also illusion, disciple is also illusion, nothing is there.

In nothingness what is truth and false? Nothing is there. If there is no Presence within the body, then who will talk about the world? For a moment, that Presence disappears from the body, then it is a dead body. How is this world for you, how is God for you, how is Master for you? Nothing. Everything came out of nothing, every thing dissolves into nothing. So don't count yourself in body-form. Since you are counting in body-form, so many questions are there. In the beginning you have to discard the body-form, for which you have to undergo meditation. In meditation, hammering yourself "I am Brahman, Brahman I am". I am always insisting: concentrate the invisible Concentrator within you. Invisible concentrator means invisible Presence within you. Questions are asked: what do you mean by invisible Concentrator? Concentrator means invisible Presence within you, invisible, spontaneous, unidentified Presence within you, which can not be defined. Unknown came into existence in known through body, that unknown will dissolve within unknown. Nothing is there. Okay.

Questioner: Maharaj, one question. I asked you when I walk also, can I recite mantra?

Maharaj: Yeah

Questioner: But inhalation, exhalation does not...

Maharaj: Not necessary, that exhalation is not necessary. Just recite the Mantra. When you are sitting for the meditation, that time you have to apply that discipline. Otherwise you can recite the Mantra all the way. You have to make the practice, it will be spontaneous afterwards, in the beginning you have to make deliberate efforts. It can be duality, but afterwards it will be spontaneous for you. Nothing is impossible, only you must have courage, will power to accept the Reality. Because lot of the impressions, some concepts appeared through reading books, listening from various sources, but discard everything. You talk about past birth, future birth, last destiny, last deeds, future deeds, hell, heaven, so many concepts are there. They ask you to do this thing, that thing, some rituals.

Questioner: Do you recommend books like Avadhuta Gita, Bhagavad Gita books like that?

Maharaj: So many Gitas are there, starting from you only, it is your story only. Avadhuta Gita, Guru Geeta...

Questioner: It's my story only!

Maharaj: If the Reader is not there, then where is the Avadhuta Gita? If the Reader is not there? It is the Reader's story. Avadhuta, Guru Gita, so many Gitas, Bhagavad Gita, these are the information given on the invisible Presence within you, the story of the invisible Presence within you. All Gita's, what they indicate? Now this is last Gita! Instead of referring so many Gitas, you refer your only Gita. Your real story. Okay, when you are unaware of this fact, at that time everybody was reading Bhagavad Gita, everybody was listening Gita, everybody approaching, visiting temples and all. It's okay. Now you need not go and visit all. You can visit it, but not with the expectation "if I visit this God, he will then bless me". You can read Dasbodh. What is there in the Dasbodh? In Dasbodh your story is given. You read in that way. Dasbodh, all Granthas are not wrong. What they are indicating, that is most important. All Granthas, all books, all philosophies, spirituality, it is not wrong, you can read it, it is Reader's information. In various ways, with various, they are indicating that except your selfless Self nothing is there.

Questioner: Sometimes it is good to have these books because you forget...

Maharaj: They are reminding yourself. They are reminding. With daily discussion we are reminding the invisible Listener within you. We are pointing out, reminding, we are hammering that except your selfless Self, nothing is there. Nothing is impossible. You must have courage to accept the Reality. Why to try? It is fact! I am placing before you the invisible Presence, it is fact. You are Ultimate Truth. Hmm? Okay!



12/02/17

Jai Sadguru Shri Ramakant Maharaj

Q: After leaving body, where are the vasanas?

Maharaj: So far human form is there, vasanas are there, desires are there. As I told you, human form is not your identity at all, vasanas were not there prior to Beingness, after leaving the body no vasanas will be there, we are holding human form, human form is of 5 elements. And when there is 5 elements imbalance, you will feel something, it is natural. Vasanas are not bad things, it is natural, thoughts are flowing inside, creating desires flowing inside, various expectations are flowing inside, so many thoughts are flowing inside.

What happens: directly or indirectly, we have a lot of attachment with this human body. When the Spirits clicks with the body, we are starting knowing ourselves, confirming ourselves as somebody else, either male or female. Whatever form is there, either male or female, thoughts are flowing, male form, human form. Male and female, two different bodies, but the Holder of the body is one and the same. So there is an attraction for male and female to be together, and as a matter of fact, the Spirit is neither male nor female.

Just like the sky above the ashram or the sky above the toilet, the sky is not different. The sky above India or America, the sky is the same, names of the countries are different. Similarly male and female, in human form, natural attractions are there, vasanas are there, for which spirituality helps you. That's not bad, at a certain age it is required, like food, sexuality is like food, it is necessary, so it is not something bad.

Because we have been given some bad approach: this thing is bad, this thing is good. Nothing is bad, nothing is good, but at the same time, if you identify yourself "body form is not related to Me. I am not the body, I am holder of the body, and I

am unconcerned with the body, I am unconcerned with the world". Because prior to Beingness, there is nothing known to me, I am unknown. After leaving the body, where are the vasanas, the attachments, the relations, nothing remains. So far you are holding the body, all the concepts are there. We are fighting with our thoughts "I am a spiritual man, so I can do this thing or that thing". Be normal, service is necessary, education is necessary.

I went to my Master, I just passed my matriculation, I used to sit, as a boy of 21 or 22. So one day he asked: "what are you doing"? I said: "Nothing", at the time I was unemployed, employed but earning one or two Rupees per day, as a service carrier. So once he asked me "What are you doing"? "nothing". "So why don't you go to college?" My parent's position very very weak, I depend upon somebody else, I am staying with my sister. So college was beyond imagination, it is dream. I just passed my matriculation with marginal marks, because I only studied in my native place, 3 to 4 kilometers I to go by walk without food, etc. There was no guidance, with great difficulty I passed my matriculation. So my Master I asked why don't you join college, but for me that was highly impossible. Coincidentally the headmaster of a reputed college was a disciple of Maharaj. And Maharaj said:"You take this boy in your college". But that was very difficult, to enroll at that college you needed about 75 to 80% rates for admission and I just got 35 % (giggles)! With great difficulty I got admission. And in the beginning, english language is my enemy. The professor was talking about something, it was a different world. Af first I found it very difficult, it was not my fault, but my Master said:"Continue the education, don't come to me, don't bring any garlands, also don't bow down to me. Concentrate full education, earn something, do something in life and then trough it out".

Be practical in life, you say "I am a spiritual man, so how can I?" but take care of your family, there is no harm, but during this process of this human form, try to identify yourself, it is very simple, simple spirituality, not to have any restriction, no bondage, simple life, take care of your family, take care of your job, everything, but at the same time, you should have conviction, I have nothing to do with the world, because the world is projected out of my Presence. I am inviting the attention of the Invisible Presence within you. That Presence is called Brahman, Atman, Paramatman, God, Master, what more do you want, what is your theory? Vedas, Shastras, don't become a Master of spirituality, don't become a Master of spiritual words. What ever spiritual knowledge you are having, will that help you at the time you are leaving the body? Nothing! So try to have such knowledge which will escape you from another dream, try to identify: who is acting from this body, who is listening from this body, who is having desire from this body?

So likewise, you convince yourself, because your invisible Presence is the central point of this world, the world came in existence along with your body. When there is no body, where is the world? Where are the Gods and Goddesses, nothing is there, where are the sun and moon, nothing is there. What is the use of spiritual knowledge? Spiritual knowledge gives you spiritual sight, see with you, how you are in this body, invisible Presence is there, just like space or sky, it does not have any shape, it is shapeless, formless. Not even that, there is no experience, no experiencer also, everywhere is subtle subtle. So “four bodies”, this is not necessary, “mula maya”, these are all the concepts. What is the use of all this theoretical knowledge, come to the point, what do you want to say.

Present life is not Ultimate Truth, it is not stable life, so likewise you have to think over it, who am I? That is the main question, that you have to concentrate. After knowing the reality, though you are living this body form, you are unconcerned. Sometimes bliss is there, sometimes pain is there, sometimes depression is there, nervousness is there, sometimes happiness is there. It happens because you are holding the body, today you are happy, tomorrow depression may be there. Sometimes some devotees say “oh, I am doing spirituality, I am doing meditation, I am doing Bhajan, why is there nervousness, why is there depression?”. It is body knowledge, it is going to happen, depression, unhappiness, all these concepts are not there prior to Beingness. After leaving the body, have you got any depression? “Ohh I am depressed”, there, nobody is there! The Presence merges with all the entire Presence, like a bucket of water you put in sea, you can't remove the bucket of water from sea, it becomes sea. Likewise, your Presence, after leaving the body, will merge within, vast, Brahman.

So that type of conviction is required, then only, there will be spiritual survival “yes, I have nothing to do with the world”. At present we survive with the body form, that is not survival at all. So be with you, always, do your job, do your duties. “Ohh Master, I am having so many problems”, some people ask whether not to continue service or not, why? What is the harm? Spirituality is not asking you to leave your service, leave your responsibilities and go to the forest. Do your routine life, nothing is wrong with you, that means you got ego, “I am somebody else, I am a spiritual man”, and that ego is supposed to be dissolved.

“I am spiritual man, I am Brahman” is also ego, you are neither Brahman nor Atman, you are very thing. Atman, Brahman, Master, names are given to that Ultimate Truth that you are. So desires are there, concepts are there, because you are holding the body, a body made by 5 elements. And there is imbalance in the 5 elements, it happens, up and down is there, today you will be so much happy and peaceful,

tomorrow some incident will happen, just like clouds are going and coming. So not to give so much importance, just be steady.

So the first thing: that body attachments are supposed to be dissolved with spiritual knowledge. And take positive views, not negative “ohh something happened”, “ok, body is there, some or other day, I will have to leave the body”. That is reality. You can't postpone. At the most you can postpone 1 year, 2 years, 3 years. You are not going to survive more than a 100 years, so that is not your identity at all!

So whatever job, duties you have, observe your duties and for which again I am repeating, meditation is the most part, because after meditation, Conviction will appear, entire knowledge will be open within you, because you are Master of Masters. You are neglecting that, you are discarding yourself, you are not knowing your importance, you got tremendous importance.

But again you are depending upon somebody, “ohh do something, bless me”, why do you want blessings? Ok. Blessings are there. Have your own blessing, please yourself, your inner Master is almighty God.

Master key is given to you in Naam Mantra, recite Naam Mantra continuously, there is no harm, not to pay a single penny, you are not required to bring any garlands or anything, not to bow down to me also, bow down to yourself.

But what I have told you, just accept it, that is my humble request to everybody. I am addressing the invisible Listener, because human form is a golden opportunity for you. This is the last terminal, don't neglect it, do your job, your duties, your responsibilities, at the same time, try to identify, that is the most important thing. If you neglect it, if you take it lightly, with a wavering mind, you go here and there, approach this Master, that Master, you are wasting your time.

Approach your own Master, it is very simple, but be humble, not to have any ego, not to struggle with mind, not to struggle with people, there should not be any attract, some conditions are there, not to make comparisons “ohh my Master is great and your Master is not great”.

Not to allow silly questions inside, sometimes mind is playing, mind is very crazy, playing with you, creating so many questions, trying to distract you from the Reality, so you control the mind, sometimes you have to go against mind. Mind ego intellect have not any separate identity, they are functioning organs of the body, though which you are talking or listening, so not to become a slave of mind ego intellect!

Q: How to forget everything?

M: Do Naam Mantra! Because after having continuous Naam Mantra in meditation, the entire knowledge will be open and you will see the Reality. Prior to Beingness,

nothing was there, after leaving the body nothing will remain, so all your impressions are supposed to be dissolved, for which you have to undergo meditation. Meditation will teach you everything, all knowledge will be open within you, discussions will not arise. What you have collected in the form of various concepts are illusionary concepts. There is no how, there is no why, because you are just like sky, space. So far you are counting yourself in body form, questions will arise, I repeatedly told you: you are not the body, you are not going to remain body, how are you prior to Beingness, how are you prior to consciousness, nothing was there, after leaving, nothing will be there. So within nothing you consider you are something! That is tricking you all the time. Therefore it is called Brahman, Atman, God Master, they are not separate from you, stop counting yourself in body form. It is not your identity, though you are holding body, you can use your body, no problem. Continue your responsibilities, all your duties, but at the same time there should be the spontaneous Conviction "I have nothing to do with this world, no attachment with the world". So meditation is the best. If you get Conviction you have to recite the Mantra. After Conviction, Mantra is not necessary. The Guru Mantra has tremendous power, it creates some vibration, it is antivirus software, so all bugs and wrong files will be removed, spiritual purification will take place. Cleanliness, that is required. Then all questions will be solved! Whatever question is there within you, it will be answered automatically. You don't need to go to anybody else, need not to go to any Master. Approach your own Master. Ok?

Q: What is the Mantra?

M: We are giving some lineage Mantra, which starts from Dattatreya, these are words "Aham Brahmasmi", "Shivoam", "Soham", so many words are there, but those words you have to take through the Master. In the beginning, to have conviction, you have to recite Mantra, to undergo the meditation. Listen for some time, read some books, and then make your mind and then you can take the Mantra. It is very simple, you read all these books and you will come to know what is Reality and what is unreality. First you study and then you come. Make your foundation.

Q: I have read enough books, now I want to experience it.

M: Yes, meditation is most important. So what I have discussed with you, you have to remember it and then the next time you come, I will give you the Nama Mantra. Until that time, you read some books and follow some lectures on Youtube also. Make your foundation perfect, only taking the Naam Mantra will not serve the purpose, spiritual foundation is most important. Read some books, try to understand the Reality, it is not difficult. There is a new book of Nisargadatta Maharaj, Self Love, a very good book, originally it was in Marathi, *Atma Prem*, but

now it is translated, it is a very, very good book. All the books are reminding you of the Ultimate Truth, Ramana Maharshi, J. Krishnamurti, Nisargadatta Maharaj, Ranjit Maharaj, Siddharameshwar Maharaj. Because without giving any other information, to the point they give information there, not round and round and round, to the point. To the point hammering: YES! Before taking Mantra, you must have some foundation, read these books, you are living in Mumbai, that is not far from here. Just concentrate, meditate, and what I have told you remember it, that is sufficient, it is very simple knowledge, don't take any pressure, "ohh spiritual knowledge...", it is very simple, it is your story, the listener's story, not the story of Brahman, Atman, Paramatman, but you must have some Self-confidence and confidence in what you learn and listen. So read some books and then make your mind and then next we will see. Ok?



12/03/17

Jai Sadguru Shri Ramakant Maharaj

M: Human body is an opportunity; don't neglect it, because there is a possibility, if you neglect human body responsibility, then it will not be possible, because you can identify yourself through human body only. Prior to human body nothing was there, after leaving human body nothing will be there. So as I told you, everything came out of nothing but in between we feel something, "I am somebody else", and along with "somebody else" so many concepts, illusionary concepts are wrapped upon us, engraved upon us, from childhood. Now your duty, your responsibility, is to remove all these sticky concepts through meditation. So the meditation should be absorbed within you. Listen to me. The meditation words will absorb within you and you will forget all this identity "I am man, I am woman or something something". Whatever your position in this world, whether poor or rich, whatsoever it may be, all positions will be dissolved, because of your Knowledge. You have got tremendous Power. Your Existence in the world is exceptional. The Presence in this body is having exceptional importance. So don't neglect your Presence. You are not body at all it is fact, but theory is supposed to be practiced. So live practical spirituality. Nothing is impossible, I am telling you. What is in this body is the same thing within you. But you are measuring yourself in body form. I'm not, though I am holding body, I am not concerned with the body. So that reality, it is not a concept, it is supposed to be absorbed. That is the goal of your life. Do your duty, do all jobs, whatever is your responsibility, take care of the survival of the body also. Sometimes what happens is people say, "Oh I'm sick, I'm not feeling well, I'm a spiritualist". Don't make any relation with spirituality and body-based knowledge. Body is five elements, if there is an imbalance in the body's five elements, it happens. At present I am suffering from a cold and feeling something. So it happens, it has no relation with, "Oh my Master is there, I am doing some devotion to Master, how could this happen?" So it is not the reality. Not to stay attached to body-knowledge or whatever happens to body-

knowledge. You are totally separate from this. See, it is a simple thing, prior to Beingness, there is no suffering, no disease was there, because you are totally unknown to you. After leaving body, are you feeling any cold and fever? Nothing is there. So this is body- based knowledge. Not to make any relation when something happens to your body. Sometimes thoughts are coming, bad thoughts are coming, it happens. It's mind. It's the nature of the mind to attract material things, particularly bad things. Suppose somebody abuses you. You're immediately slapping him. But if somebody says, "You are God", "How can I be God?" This is different, if somebody says, "You are God, you are Brahman" you are not accepting it. But if they say, "You are a donkey" you are immediately slapping them. They both are words, so in this angle try to convince yourself. Donkey is a word, God is also a word. We are giving the word donkey for an ugly animal. And God is some supernatural power. We are giving meaning. So like that you have to convince yourself. Now the ball is in your court, nothing is impossible. God, Brahman, Atman, Paramatman, is not separate from you. But you are neglecting it because of so called Maya, material attractions, tempting you to do something wrong. So be alert, you have to change your regular behavior. Your existence has so many attractions to material causes, material things, particularly publicity, sex, and money. Ok, it's not bad but some limitations should be there. So if you cross the limitation, you'll suffer, if you're within the limitations, you'll enjoy it. Same thing, anything excess will be poison. Suppose some sweet is given to you, if you enjoy a little bit, you'll get happiness, but if you take more and more you'll get diabetes. So similarly whatever things are there, enjoy it, but limitations are required. Spiritual excess is also not good for your health. Excess means, "Oh I am doing ten hours meditation, five hours meditation", which is ego. You don't need to meditate for five hours, five minutes is sufficient. five minutes is sufficient for meditation, what will you do? You have to convince, until you get spontaneous Conviction, you have to undergo meditation. Then meditation is also illusion. Prior to Beingness, you have not come across with meditation. But why is meditation required? Through those particular words, sacred words, meaningful words, they are hammering you. And then your body-knowledge will be separate from Ultimate Truth. For which you are struggling, it is most important in life. So don't ignore your life, don't neglect your life. Life is most important, human body is most important; through it you can identify yourself. This is a golden opportunity for you. This knowledge, which you are now having, is most important, it is not theoretical. "How did the child come, how did the five elements come, how did the subtle body, this body, that body come?" Why are you concerned? What is the use of that theory? "How did the five elements come into existence", why are you concerned? Will all this spiritual knowledge help you at the time of leaving the body? Nothing. Prior to Beingness, do you know any five elements? Do you know any Master? Do you know any God?

Nothing was known. The unknown dissolves within the unknown. What is your position? Where there is no experience, no experiencer, that is your Ultimate Truth. That you are. So body is not your identity at all. So don't neglect the body, but at the same time, remain unconcerned with the world and unconcerned with this body knowledge. And as and when you would like to use your body, you can use it. But there should not be so much attachment. You can use it within limit, ok, but not with so much involvement. It will possibly distract you from the reality. Attachment to material things will distract you from the reality. Live a simple life, be humble, not to struggle with the mind, not to struggle with people. If you find there is some struggle avoid it. You can do it, because if you struggle with people, if you struggle with the mind, you will lose your peacefulness. So what do we want? We want a peaceful life. We want a tension free life. We want a fearless life. We want happiness. We want things that we already have, but if we come across with some people, some unwanted thing, then you will lose your peacefulness. You are to remain peaceful, peacefulness is already there. Therefore Nisargadatta Maharaj says, "Not to come across with such elements which will distract you from the Reality". Have association with people, ok no problem, but what to accept and what not to accept is up to you. Everybody has different concepts about spirituality. So you know direct knowledge, just like I have given an example of an elephant, a blind man going to an elephant. The Master has placed before you the entire elephant. Why to have some knowledge about a part of the body of an elephant? So like that you have to convince yourself. Now the Master is not separate from you, but you have to do something for it. So lead a practical life.

Not a theoretical life. Always I have told, like my Master said, "Don't come here, get an education, do something in your life. Earn something then throw it out." Hm? He said, "A beggar can't earn it. Have something and then forget it." So likewise he has taught me how to live a practical life in a spiritual world. Hm. Ok.... the lineage here is from Dattatraya, who has given Mantra to the Navnath, the Navnath have taken birth in this world to enlighten the people who are in the dark with no knowledge... Nine Navnath, that is the story. So the idea behind the story is, we are in the dark. We are under the pressure of illusions, to remove all illusionary concepts, this Navnath Dattatraya, enlightened us, placed before us our Identity. So what you are taking as yourself is not your identity, but who is acting from this body, the Invisible Presence, is called Ultimate Truth, called Brahman, Atman, Paramatman, God, That you are. Hm? So you have to accept this, for which, meditation is the media, through which you can identify. Yes?

Q: There are many different kinds of meditation... Vipassana Meditation, it's a technique of watching...

M: With meditation, in the beginning, you have to concentrate, with concentration; you forget other aspects of this world, like the illusions of physical life. So the meditator within your body is Ultimate Truth. The Invisible Meditator within your life is Ultimate Truth. Body is not your Ultimate Truth. So in the beginning, we're advising: sitting in this fashion, concentrate on tip of the nose, not to disclose Mantra, there are various conditions we are giving. Just to concentrate on the Invisible Concentrator within you, so that while concentrating on the meditation, you will forget everything. And you will be one with You, because you are the central point of this world. Therefore study it, read, there are so many books. But what do they want to convey? Not to analyze the words of the Masters. What they want to convey is most important. People are coming here with so many questions, "Ramana Maharshi said like this, Nisargadatta Maharaj said like this, xyz Master said like this". You are not here to make comparative study. Where do you stand? What is the position of the reader? That you have to identify. Reader is the base, if there is no reader... (Q: They are all saying the same thing) Yes, Instead of analyzing the words of the Masters, try to identify your Self. Try to know where you stand. What is your position? How are you? You are not body at all. You were not body at all. Some or other day, willingly or unwillingly, you have to leave the body. Who is acting from the body? That is most important. So concentrate on the Concentrator, concentrate on the Invisible Concentrator that is your Presence. In the beginning we are asking some restrictions. Then after Conviction, no restrictions are required, no meditation is required, the meditation will be spontaneous. Suppose for example, this body is called man, you've accepted "I am man". Are you repeating, "I am man, I am man, I am man"? No. You accept it. Likewise, Master says you are Brahman. You have to accept it because due to long association with the body you have forgotten your identity. And Brahman is Ultimate Truth That you are. So to have Spontaneous Conviction of Ultimate Truth, we are asking you to undergo the meditation. By meditation you are hammering your Self. "You are Brahman, you are Brahman, you are Brahman". Then Brahman will be exposed openly with all knowledge. Brahman is not separate from you, Master is not separate from you. So be humble, not to stress your mind, take it lightly. Try to understand it thoroughly. Read all the books, read them again and again, and you will come to know what is the Reality. So theory is supposed to be implemented in practical life. Theoretical knowledge is supposed to be implemented as practical knowledge. Ok?



12/03/17

Jai Sadguru Shri Ramakant Maharaj

Q – Is samadhi in meditation required for realisation?

M – Not necessary. Samadhi is one of these progressive steps in spiritual life. Samadhi means: at that time it will be thoughtless stage, there is no any awareness. But samadhi is also experience, samadhi stage is also experience. So it is very good for spirituality, but it is not Ultimate Truth. So when your meditating, you go to the trance, samadhi. Samadhi means: at that time you forget body identity, you get exceptional peaceful inside. In spite of that, the samadhi stage is also experience, when you are awakening, at that time you say “oh I got samadhi”.

So your identity is beyond that, where samadhi stage is not there, no experience is there, no experiencer is there. Samadhi is not bad, turiya is also not bad, these are the stages during the spiritual concentration. When the Concentrator, that Invisible Presence disappears, disappears in the sense that it will become thoughtless or there is no body experience, no body attachment, no world attachment, you forget world totally.

So only Existence was there, only Existence was there, spiritual Existence there. At that time, that worldly awareness disappears. At samadhi, worldly awareness disappears. You remain alone and alone. But that stage is also subtle experience therefore samadhi stage is progressive step, it is very good step in the spirituality, but it is not Ultimate Truth. Ultimate Truth is where there is no experience, no experiencer. In brief, how you were prior to Beingness, how will you be after leaving the body? After leaving the body, entire world disappears, entire world of spirituality (what is the concept of God Masters? Etc), all this disappears, it is illusionary part.

The present life is illusionary, it is illusionary part. So illusion dissolves within illusion. The moment Presence came across with the body, entire world is projected, "I am" came into existence, "I am", "you are", "he/she/it is", instantly five elements came into existence, instantly three gunas came into existence, instantly mind, ego, intellect, came into existence. So all this family came into existence. And then ur routine life, human life is running or performing along within the circle of this mind, ego, intellect, then sattva guna, raga guna, tamas guna, likewise. But it is only limited within the circle of the body knowledge. I am talking about beyond that, how were you prior to Beingness, how you were not identifying at that stage. When you are not identifying in any way prior to Beingness, how you were?

So your answer is common answer, it is "I don't know". Correct. After leaving body, your identity disappears. That means you have not disappeared, body identity disappears. You are formless, but that formless, there is no any experience, no experiencern no witnessn no witnesser, you are subtler subtler than sky and space.

So I am talking about that. So that is your identity which is called Brahman, Atman, Paramatman, God, Master, there names given to the supernatural power within you, I am talking about that. So what is the purpose behind that? There are concepts: death, birth, past life, future life, rebirth, destiny, good deed, bad deed, hell, heaven, so many concepts are there, and then male, female, material causes, so many things are there.

So all these illusionary concept disappear when you identify your Self in real sense. Now we are identifying in duality, identify different one and identification different one, this is just for information because I have to use minimum words, without words I can't explain things and for which I have to-say- separate the identity and identifier etc. But they are one and the same, Identifier itself is anonymous unidentified Identity, Identifier, our Presence, spontaneous Presence within you, it is called Ultimate Truth, Final Truth, Brahman, Atman, God, Master. That is the most important to accept it.

To absorb this Reality, you have to undergo again the repetition of the Mantra, the reciting of the Mantra. Mantra hammers you, the meaning of the Mantra is "I am Brahman, Brahman I am", as you know. So through that Mantra, through those words, you are hammering the Spirit within you, which is called Brahman, that "you

are Brahman, you are Brahman”, because that Spirit, that Presence, forgot His identity, and accepted “body form is my identity”.

Basically you are formless, there is no form prior to Beingness, after leaving body there won't be any form, you are Formless. But, to accept this Reality, meditation is required, hammering is required, because still, directly or indirectly, we are considering ourselves in body form. All questions are rooted through body form, it is not bad. But, within the body, who is experiencing the thoughts? Who is experiencing the existence, who is watching the dreams? Question yourself, that is Self-Enquiry. You make Self-Enquiry in the light of whatever knowledge you have got. That Self-Enquiry will lead to Self-Knowledge. There will be expansion of this identity. Self-Knowledge means just to identify your Self in real sense. After that Self-Knowledge, Self-Realization, Conviction, Spontaneous Conviction. There are the three stages in spirituality.

So therefore, samadhi is not bad, it is very good progress, samadhi, turiya, these are stages, when you are having deeper and deep devotion, deep and deeper meditation, deep and deeper involvement. It is a good sign. But even if it is a good sign, it is not Ultimate Truth, Ultimate Truth is beyond and beyond that, that You Are, where there is no samadhi, where there is no turiya, there is no any state. But it is okay, it is a progressive step. It is a landmark in your spiritual life. Ok?

Q – In my meditation this morning, I have had a couple of different times were there would be a vision, a very clear vision, just out of nowhere somebody handed me, or came up and just showed me these Padukas (Master's wooden sandals), and then the other day somebody came up and waved a light and incense. I think that's just symbolic of

M – You will feel so many spiritual experiences, in the process of meditation, you will feel so many experiences, therefore that Mantra is having tremendous power. That is why I told not to disclose this Mantra because it is having tremendous power, not to disclose to anybody else. Not even that, whatever spiritual experience you are having, not to share that experience with anybody else, because what happens? There will be competition, ego will be added. So if want to disclose the experience, you disclose it with your Master, otherwise you keep with you, these are progressive steps.

Q – I hesitated to even say it, but I figured you're here.

M – So this is okay, you get a number of experiences, spiritual experiences, you will feel weightless, as if you are flying, you will see the lights. There are mainly three types of experiences appearing, called darshana, sparshana and sumbarshana. Darshana means when you are in deep deep samadhi or deep and deep spirituality, at that time you see the lineage's Masters, Gods and Goddesses, everything you see, you get that sight. One of the devotees, westernforeign devotee, have this sight. When he is sitting here, with open eyes he see all these lineage Masters sitting here. It is a good experience. He says "I see all the lineage Masters standing here doing Arati and all these things". Not even that, he got a lot of experience, and then he is asking, because he is unaware of that impact, when he see that carriage, that burning fire etc etc. He is asking "what is that, what is that?". So that, the things which you have not seen, you can see, that sight is coming through this spirituality. But that is not Ultimate Truth, it is good progress.

Sparshana means you will feel touch, somebody touching you, you will get some good smell, fragrance. So somebody touching you, you will feel that one. Sumashana means, physically they are talking, there are some experiences of some people. The Masters who are not in existence, they are talking with you directly, with physical body.

It happens, these are the experiences but they are not Ultimate Truth, because it is a reflection of your Presence. Presence is taking shape and then these incidents happens. So even though, that is not Ultimate Truth. So three types of experiences are there. Not to encourage miracles, therefore I am not quoting any miracles, there are so many miracles, I know it, but I am avoiding to explain those miracles, because you will feel "why not that experience for me?", so I don't explain, I don't encourage miracles. Miracles happen but that is a stage, even that is progressive stage, miracles happen out of your Presence.

So there should not be any attachment to miracles also, that ego will benefit, you will always think for miracles and miracles, so not to end there, not to stop there.

So samadhi, turiya, these three types of experiences I mentioned, it is a progressive step during spiritual ways, but where all these spiritual ways disappear, There You Are.

Where there is no any experience, no miracles, nothing is there. There is Yu and You only without any world.

Okay? Any question, any more question?

Therefore, lot of experience, a lot of spiritual experience, but don't stop there. There will be thoughtless stage, exceptional peacefulness will be there, exceptional happiness is there, something flowing inside, you will feel exceptional freshness, happiness, peacefulness, blissfulness. It's good, good sign, but not to stop there "oh I am Realized". Sometimes it is ego that "I am Realized", so realization is not such a, any stage. Realization means Conviction, Spontaneous Conviction that I am beyond this world.

So where there is no "I", no "you", no "he/she/it", so how you will be at the stage of Realization, when you are prior to identification, when you are not identifying your Self, that stage. When after you are leaving body, what is your identity? Nothing is there. So as I told that nothing come into existence from nothing and nothing will dissolve within nothing.

There is no knowledge, knowledge also is experience. Knowledge means just to identify oneself in real sense. So all cards are open with you, now you have to follow it. I am not asking any theory, four (four) Vedas, Shastras (scriptures), and four bodies and these things, these are all explanation, it is not useful for your spirituality. These are the studies, theoretical studies, what to do with these studies? You are not to be a spiritual master of philosophers. Only practical knowledge which will help you at the time of leaving the body, at that time there should not be any feeling that I am dying. You're a free bird.

So with various words, I am trying to convince, so not to analyze words, what I want to convey, you have to accept it. There are so many Masters: Ramana Maharshi is there, Nisargadatta Maharaj, Ranjit Maharaj, Siddharameshwar Maharaj, J. Krishnamurti, what they convey is most important, don't make comparative studies. Siddharameshwar said like this, J. Krishnamurti said like this, Ramana Maharshi said like this, not to compare statements or their teaching, what they want to convey, that, try to accept it. It's a bad habit of the mind. Mind is trying to make comparison analytically, it is meaningless, don't analyze the words. Because language is created by us, meaning is given by us, so with the minimum words, I am trying to convince the Invisible Listener within you that except your Self nothing is there.

Ok, so samadhi, turiya, thoughtless stage, these are a good experience, but it is not Ultimate Truth. It is progressive steps, spiritual progressive steps. Not to stop there. Ok.

So record it, it will be useful when you have got some spiritual status. Because same thing happened, at that time I am recording what my Master told because in those days, it is not possible to understand, but afterwards, those words of my Master engraved inside, recorded inside and it reflects. What he wanted to say at that time, that I am sharing with you.

So in the beginning it happens, because sometimes you may not understand, you may not be able to identify your Self. Sometimes it is boring, you feel sometimes boring, sometimes it is going over your head. So whatsoever is there, the Listener in you is listening the speech and it is engraved. So maintain it and not to go anywhere, there should not be any temptation to go anywhere, because Master is not separate from you, Ok.

Q: Anywhere means?

M: There is temptation sometimes to go to this Master, that Master, the mind saying “go to that Master, you get more knowledge, that Master told...”, that is wasting time, because you are underestimating your own Master within you. If you are not having faith within your Master, faith with inner Master, there will be temptation, mind asking “go here, go here, go...”, it is meaningless. So changing of the Master is like changing of wife, changing husband. What is the use? So not to do this. Ok



12/05/2017

Jai Sadguru Shri Ramakant Maharaj

Q: Maharaj what is strong meditation?

M: Strong meditation is, where you forget your total body identity. There is no individuality. There is no any experience, no experiencer, you have become one with your Selfless Self. There is no any awareness, so you forget all the words when you are having strong meditation. Because the words given to you, you become with the same with words, what is the meaning of that word – ‘I am Brahman, Brahman I am’ – so Brahman means Ultimate Truth, that means: body is not your identity at all, all these efforts we are doing to forget our body identity.

We are holding human form and human form is not our identity, that you know. We are having some time limit, age limit, after certain time we have to leave this body. So who is speaking from this body? Who is listening from this body? It is separate from this body identity. It is called Brahman, Atman, Paramatman, God, Master. But still, we have got attachment with the body, we are having body based questions, concepts, and because of that strong attachment with the body, we are not able to accept the Reality.

What is Reality? You are separate from the body. Human form is not your identity at all, but the Presence holding, the Presence I call Ultimate Truth, the Presence or Spirit holding the human body, and in human body we are having a lot of suffering, unpleasant atmosphere, but that Spirit, that Presence, does not know what is good thing, bad thing, does not know blissfulness or peacefulness or any unpleasant atmosphere. The Spirit is just like space or sky. So, you must have Conviction, body form, body identity is not my identity at all, then only, you will be fearless, there is no death, no birth, there is no form.

Prior to Beingness we are formless, at present we are formless though we are holding body form. I am talking about the Invisible Presence within the body, that to have Conviction, or Realization, you have to undergo meditation. Through meditation you are hammering all the time – ‘I am Brahman, Brahman I am’ – because it is the nature of the Spirit: what you impress, it reflects, it accepts. For example when so-called birth is there, our parents say “you are male or female”, we accepted “I am male or female”. At that time we are not knowing what is male or female, but our parents said this body called male, this body called female, we accepted that. Along with that, so many concept were impressed upon us by our parents, by society members and by other family members. We accepted each and every concept and our life style is according to that concept.

So, so many concepts we have engraved, we have protected, we have accepted, those concepts are supposed to be dissolved, that is the main purpose. Because unless that, dry talking, dry reading of the books, approaching so many Masters, it is meaningless. Because everything starts from you, everything ends within you. Stop measuring yourSelf in body form, stop measuring yourSelf with illusionary concepts.

So not to count yourSelf in body form, because you are not body at all, that Reality is supposed to be accepted. Because you are not accepting, since childhood till today, we have accepted so many illusionary concepts and we are not ready to go out of these concepts. We are under the pressure of that vicious circle of various concepts.

So it is clear even if you think logically or intellectually, it is fact: this body is not your identity at all. Who is talking from this body, who is listening from this body? It is

separate from the body identity, there is no form, just like space or sky, but we are not accepting it.

When you accept that Reality, then at certain stage, you will be thoughtless. Body identity will not remain, that is called strong meditation, where everything is forgotten, including yourself, entire world because entire world is projected out of your Presence, if there is no Presence within the body, who will talk about the world.

So entire world, this illusionary world has taken birth because of your Presence only. So main focus is your invisible Presence, unidentified Presence within the body. That Conviction is supposed to appear, you can read books, you can listen, but at the same time, try to digest that speech or digest what you have learnt and listened. Try to accept it, try to have Conviction. Then only what you read, what you listened will materialize. Otherwise only listening is not sufficient, along with the listening, you have to continue the meditation.

Meditation means not only sitting idle, it is continuous reciting of the Mantra, Soham sadhana is given. According to breathing. When your sitting for meditation, fifteen minutes, twenty minutes, half hour, one hour, sit with full concentration. If you are not getting time, it is not bad, okay, you can recite the Mantra wherever you are, while walking, while eating, every time, you can recite the Mantra. Only reciting Mantra is not technical reciting, try to accept the Reality.

What is the meaning of Mantra?: 'I am Brahman Brahman I am'. That meaning is supposed to be absorbed within you, without which only reciting Mantra will not materialize. So be serious, it is very simple, you need not to go read so many books, you are not to go to so many Masters. Your own Master, Spiritual Master within you is Ultimate Truth.

So after meditation entire Truth will be open within YOU, because you are central point of this world. World does not have any existence. World's existence came along with your Presence. So this world does not have its own aspects. Therefore, we are talking about the world, we are talking about relations: my father, my sister, my Master, my God- so many relations are there. All relations, all requirements, all

needs came along with the body only and then they will be dissolved along with the body, disappear along with the body.

So therefore, body identity is having some time, limit age limit, it is not your identity at all, you are beyond that, beyond that, because you are totally formless and since you are formless, no birth, no death, you are UNBORN.

So accept the Reality that is the most important thing, otherwise only listening, only reading books is not serving your purpose, Ok?



Jai Sadguru Shri Ramakant Maharaj
12/06/17

Q- How will I still be able to interact after dissolving body- knowledge?

Q – How is it after dissolving all body knowledge, I will still be able to interact with human beings who believe themselves to be a body?

M – After dissolving the body knowledge, no identity remains, but since you are holding body, you are doing activities without any ego. At the final stage, though you are holding the body, and after realization, body based concepts dissolve because you are not body, it is fact. When the fact is confirmed that I am not body at all, thereafter all your activities are just like a dream activities, as if you are acting in a drama.

So there is no any ego, there is no any type of illusionary concept. You remain formless, all actions after realization are spontaneous, where there is no ego, no intellect, no mind, because it is confirmed, it is convinced that “I am not body, I was not body”– so all activities are not having so much importance, egoistic importance, ok.

Q – Is true meditation the total negation or denial of any of all phenomena, including the Self? Will that lead to supreme wisdom? If yes then its seems nothing needs to be done except deny everything.

M – After realization, no need of any meditation is required. Till you've got Conviction that – “I am not body” – till that time you have to undergo the meditation, number one. Second thing, as a matter of fact, human form is not your identity at all, that Conviction is supposed to appear.

So all questions are related to the body based questions. Basically, prior to Beingness, there were no questions, after leaving body, there won't be questions, all our questions are guessing, guess questions, imaginary questions, illusory questions, so no questions remain after realization.

Realization means Conviction that I am not body at all, basically you are formless, human form is not your identity at all. So all these questions: “what will happen after this human form after Realization?” nothing is going to happen because nothing has happened, nothing is going to happen. So your birth and death this is also concept, illusionary concept, so not to accept this.

We are acting within the circle of the body knowledge, that is supposed to be broken-up. You are not body at all, that's a fact, you have to accept it.

So the basic principle of Spirituality, I repeatedly told you: that body form is not your identity at all, that Conviction is supposed to appear. This is Ultimate Truth: you were not body, you are not body, you are not going to remain body. So many questions are there, they are body related question.

So after knowing the Reality, your actions or reactions, remain no value. Your actions are just like a spontaneous act because you are knowing that this is not, say, Ultimate Truth. Present body form is not Ultimate Truth, Ultimate Truth is beyond that where there is no experience, no experiencer, that is your Identity and for which you have to undergo meditation because if you don't go under the meditation, illusionary concepts will not dissolve and then again and again the mind will play with you. It will create some problems, it will create some questions, it will create confusion within you.

So very simple thing: even if you think intellectually, body is not your identity at all. After leaving body what remains? Just think intellectually, forget about Spirituality, after leaving this body what remains? Any question remains? Any requirement is there? Any need of God is there? Any need of Master is there? You are not disciple, you are not Master, you are not God, you are not devotee, nothing is there. Nothing is there, prior to Beingness, what is there? Nothing is there.

So in between, that Spirit has taken form, human form and a number of questions, and through mind, ego, intellect, we are acting all the ways. All routine activities are going through the mind, ego, intellect, they are the functional organs during human form, so human form is not your identity at all, you are formless and since you are formless, there is no birth and death, it is very simple principle of Spirituality. You need not go to God and Master, Master is within you. External Master is inviting attention of the Invisible Master within you that except your Self nothing is there, it is fact.

But you are not accepting because of a long association with the body, you are acquainted with this body knowledge, so body knowledge is supposed to be dissolved, it is very simple thing. Spirituality is not complication, there is no complication. Because we have a lot of attachment to this body, we are thinking, considering body is our base and body is not your base at all. Some or other day you have to leave the body, prior to Beingness, prior to body knowledge, nothing was there. After leaving body what remains? No knowledge is there. Knowledge, Enlightenment, Realization, Conviction, God, Master, disciple, devotee, all this came along with the body.

Where are the Master and God prior to Beingness? Nothing was there, just simple, imagine it, prior to hundred years what is your status? Nothing. After leaving body, what is your status? Nothing is there. So everything came out of nothing, everything dissolves within nothing.

So all questions are body related questions, intellectual questions, guess questions, logical questions. Where were all the questions prior to Beingness? Nothing is there.

And for which, again I am repeating, to know this Reality, to identify this Reality, you have to undergo meditation. Meditation will open all cards and you will yourSelf Self–Realize.

You will come to know, you are not to go anywhere, knowledge already within you, Reality already within you, Ultimate Truth is not separate from you, Master is not separate from you, God is not separate from you.

Since you are measuring yourself, counting yourself in body form, therefore you forgot all these memories. Master is reminding it, through meditation, through these words – “Aham Brahmasi, I am brahman”, reminding, hammering, “You Are Brahman you are Brahman” – “I am Brahman, Brahman I am”. After having Conviction “Brahman I am”, then all body based knowledge dissolves, nothing will remain.

What is there. Just you see, what is there? Blood is there, flesh is there, bones are there, what is there? And for which you say “I am somebody else”. What is identification? Is body your identity? Not at all. Why there should be ego, why to struggle with the mind, why to struggle with the people? Okay, you can hold body, you can act from body, but have some Conviction, because everything is within you, everything start from and everything end within you, you are central point of the world. Even Masters and everybody says “Except your Selfless Self, nothing is there”. No God, no Master is there. Have some spontaneous Conviction. What is the purpose of Spirituality?: just to identify your Self in real sense. Ok.



12/12/17

Jai Sadguru Shri Ramakant Maharaj

M – “Maharaj, bless me!”, nothing will happen, you have to come forward. Maharaj is there to take care of you, Maharaj Sadguru blessing always with you, but you have to start yourself. Maharaj told “you are Brahman, Atman, Paramatman, God, Master”. Nisargadatta Maharaj says “stay with the ‘I am’”. That is a question: stay with ‘I am’ means, ‘I am’ is Ultimate Truth; Through which you are experiencing ‘I am’ is Ultimate Truth. You got to stay with that Reality. You have to forget body identity and it is fact: body is not your identity at all, it has got time limit, age limit. So you have to come forward with the Reality, what Master says you have to accept it. Only you are expecting “oh, Maharaj, bless me! It is not possible, how can I do it?”, it is not sufficient, you are not man or woman. Your Master says you are Brahman, Ultimate Truth, you are Master, why don’t you accept it? You are going along with the mind, going along with intellect, and I told you: mind, ego, intellect came along with the body and you are not body. Every time I am hammering you: you are not body, you were not body, but you are not accepting it. Again “my mind is not controlling, what to do Maharaj, give some blessing”, Maharaj can’t give blessing, you have to come forward, you have to have some daring.

I have given example of that Eklava, you know Eklava’s story? Yes, but you are ignoring it, it is one of the best story about Reality.

Eklava is this character in Mahabrata, he was a small boy, hardly fourteen years old. He had been to that kingdom of Pandava and that time, Master Guru Dronacharia was teaching the art of archery to the Kauravas and Pandavas. At that time he outside, he seeing that Dronacharia king of archery, kingly people Pandava and Kauvala. And then he approach Dronacharia, he requests him “I want to learn the art of archery can you teach me?”. Dronacharia said no because circumstances are there, he is supposed to teach only kingly people and Eklava is from a lower caste. He says “I am sorry, I am unable to teach you”. But Eklava is not depressed, he accepted Dronacharia as his Master and then he went to forest. He prepared a bow, he prepared arrows, he prepared a statue of Dronacharia and with full faith, he concentrated Concentrator and he asked questions to Dronacharia’s statue “Oh my Lord, Oh my Master, I am aiming this, is this correct?” And his inner voice says “Yes my boy, it is correct” and like that, he learnt that archery in such a way which is not taught by Dronacharia or anybody else. See what power he is having!

The next story is that, when Padava and Kaurava boys went hunting along with Dronacharia in the forest and this boy, Eklava, was concentrated, fully. They came along with the hunter dogs, which were barking, barking. Eklava felt disturbance, so what he does? He aims an arrow at their mouth, in such a way that there is no blood shed, their voice stopped, there was no blood shed. When they came to know “why our dogs are not barking? What is the problem?”, they saw the arrows in the dog’s mouths, but no blood. Then “who is the archer?” They went there, they saw one boy concentrating fully and learning that archery. Then they said “who is your Master?” – he says – “My Master is Dronacharia”. They went to complain to Dronacharia “how you taught this art of archery to him, which is not taught to us?” Then Dronacharia was surprised. And then Dronacharia asked that boy “who is your Master?”. “You are my Master” – he forgot, Dronacharia forgot.

Then, next story is most important: Dronacharia says ‘If I am your Master, give me Guru-dakshana (gift to Masters) – Eklava says “what do you want? – “I want your finger, through which you are aiming – “Ok, take it, I don’t want to become warrior, I wanted to learn the art of archery”.

The story indicates that: you are not supposed to be Master of philosophy, you have to implement that Reality, “I want to know the Reality”. So like that, with full faith, full confidence, you have to learn this Spirituality, only “Oh Maharaj, what to do? Give some blessing, I am helpless, how can I do it?”-this is not..., you must have courage! You have to start from your own!

Q – I understand after reading that book ‘I am That’ ...

M – Yes you read it, because everything is mentioned. What you want? You've got a lot of power energy which you are not using. So you are going along with the body and that is illusion, this world is illusionary body. Mind, ego, intellects are illusionary bodies. So you have to discard all these. When Master says you are Ultimate Truth, you are Ultimate Truth.

Again not to go along with the body, along with my mind, ego. Mind is always crazy, mind creates problem, FORGET IT, have some courage, "yes I can do it! Because Master says that I am Master, I am Master!". So live like a Master, not like a slave.

Q – I had the recognition that whatever I am speaking or whatever you are speaking is different from what I am. I would like to stay with the recognition. When it comes to repeating the Mantra, my recognition goes because Mantra repetition is like I am doing some action.

M – See: unless body identity dissolves, all this up and down is bound to be there, and for which I am again repeating for you: sit for meditation. It will take some time, three months, four months, six months, or eight months, one year, but effect will be positive.

Don't expect any miracles because you are Ultimate Truth, "I am doing something, I am doing like that", that 'I' is supposed to be dissolved! There is no 'I', no 'you', so these are the intellectual games, mind playing intellectual games with you. You are separate from mind, ego, intellect, so that 'I' is supposed to be dissolved. Where there is no experience, no experiencer, no witness, no witnesser. That is a stage. So, since you are experiencing something, experiencing ups and downs, that means it is a game of your mind. So you have to discard mind. To control your mind, you have to undergo strictly meditation. Through meditation you are hammering – 'I am Brahman, Brahman I am, I am Brahman, Brahman I am'. With continuous hammering, it will come with explosion: 'So That I am THAT'. So, something is wrong with your imagination or something wrong in your understanding: that "I am doing something, I am feeling something", there is no 'I', that 'I' is supposed to be dissolved totally. So be strong, you are not a handicapped man, you have to stand on your own feet. Master is teaching you: stand on your own feet, not to depend upon your Master. Master cant do anything, I am not doing any miracles, miracles happen out of You, I am placing before you your Ultimate Truth.

So if you feel "oh Master, give me some special favor, special blessing", no Master is giving blessing. You are Master, you ought to have your own blessing. Therefore Nisargadatta Maharaj says – 'I am not making you disciple, I am making you Master, because the Master essence is with you' – how long are you going to be disciple?

So have some Conviction, have some strong faith within you and within your Master – ‘Yes I can do it’ – all these Sainly people, they were not highly qualified, they did not know, they had compete faith in Master.

Master said “you are Ultimate Truth” they accepted it, no other way, no other thoughts. Not to go anywhere to search any Masters. And therefore Nisargadatta Maharaj says – ‘Except your Selfless Self there is no God no Brahman, no Atman.’ – so don’t be dependent, you are Independent.

Q – Should I, continue repeating Mantra or should I stay with the recognition?

M – You don’t do anything.

Q – I am not doing anything, that’s when I feel peaceful

M – You are making partition “I have to do something, do I do Mantra, or do I stay with me?” You are not to do anything, be normal, be simple, YOU’RE ALWAYS WITH YOU. You are discriminating: whether to stay with the Mantra, whether to stay independent. It is not like that because ‘YOU’ does not have any form, there is no ‘I’, you are Formless.

In the beginning, we are telling to undergo the meditation, afterwards it is not necessary, it will be spontaneous, even in deep sleep, your meditation is going on. You have not to go make any deliberate effort, whether to stay with ‘I am’, whether not to stay with ‘I am’, like that. There is no ‘I am’ also, in Ultimate stage, Prior to Beingness, where is that ‘I am’? There is no any ‘I am’. After leaving body, what ‘I am’ is there? No meditation is there, so just think and the entire Truth is before you.

Prior to Beingness, are you doing any meditation, are you doing some sadhana? Nothing sadhana was there, sadhana is required because you forgot your identity, Your Ultimate Truth, but you are posing your Self man or woman, that is not your identity therefore this sadhana is given, just to regain your old original memory.

So “I am doing something, I am doing that thing”, peacefulness is also illusion, happiness also illusion, WHO wants happiness? What is happiness, what is peacefulness, prior to Beingness any requirement is there? Peacefulness? After leaving body any peacefulness is there? Nothing is there.

So peacefulness, happiness, and so many depression, these are all concepts that came along with the body, THIS IS DEAD BODY.

Body is not tolerable therefore you have to do all these things, meditation you have to do, you have to follow the Master’s instruction.

Where are the Masters prior to Beingness? Where was God prior to Beingness? God, Master is given to you. In spite of that, you are considering “I am somebody else”, that somebody is suppose to dissolve. The ‘I am’ is suppose to be dissolved.

Q- If that is the case, you are asking me to repeat the Mantra which am doing, but that Mantra is not sinking, and some other Mantra from my childhood which I learnt sinks in well. Can I repeat that Mantra?

M – See I have given Mantra, if you are happy with other Mantra, you can do it. Whatever gives you happiness, you do it ...

Q – I mean I feel very comfortable doing ...

M – Don’t be confused, through which you are comfortable, do it, no problem. If you say- “Ram Ram” – do it – “Ram Ram Ram” – if – Siva “Siva Siva”. Mantra is given, where to keep faith, where not to keep faith is up to you, whether to accept Master’s instruction or not accept Master’s instruction is up to you. I am giving freedom to everybody, if you are not happy with this, you can change your Master, no problem

Q - Not the Master but the Mantra

M – Yes, you change anything. What I suppose to tell you, I place before you your Truth, if you are not happy, that is ok, forget it. You’re a free bird to go anywhere, the Truth which I suppose to place before without any expectation, if you not agree, if you want to change, do it no problem, Ok.



12/12/17

Jai Sadguru Shri Ramakant Maharaj

Q: Should we use the Mantra while meditating or just concentrate on the Silent Concentrator and use the Mantra everywhere else?

M: Recite the Mantra whenever you are sitting for the meditation, concentrate on the tip of the nose, according to breathing you have to take the Mantra on the in and out breath. That is the most important thing. It creates some spiritual vibrations inside. And all the time, you can recite the Mantra in the mind, there is no time limit, you can do it for 24 hours. When you're sitting for meditation, sit in the fashion which you have been told, and in the beginning, at least for six months, you have to strictly follow the discipline and concentrate on the tip of the nose, then after concentrating on the tip of the nose, your mind will be busy and then at that time, the effect of the Mantra will appear within your Presence and the Presence will regain the memories. Memories mean: "I am Brahman". So as a matter of fact, you are formless. That formless Reality will be opened within you. For which, you have to concentrate on the meditation because mind is not allowing you to meditate. So therefore, you are keeping the mind busy concentrating on the tip of the nose, at the same time, vibrations are going on, the Mantra is going on, meditation is going on, so that Mantra is creating effects inside. Ok? So this is most important because people say, "I am Brahman, I am Atman, why should I have to be given Mantra?" But in the beginning, one month, three months, six months, one year, until you get spontaneous

Conviction, you have to concentrate on meditation. Meditation is not only words; not only the meaning of the words, what you are told you are to follow it strictly. Don't get confused with your own imaginations. What Master has told, do it! This is most important because they are speaking from experience. When I was asked to do meditation, I used to sit for meditation for about two hours. Every day. Sometimes it was not possible, but at least for half an hour in the morning and half an hour at night. So find two hours, for some period, half an hour half an hour, like that. But in the beginning you have to meditate how you are told at that time. Ok. Not to neglect it. Just like medicine that has been given will take some time to act, similarly, this is a medicine, Ultimate Medicine, without which you will not be Realized. Realized means you have got Conviction. So, body-knowledge, illusionary concepts, will be overcrowded. To remove all confusion, meditation is most important. Concentration is most important. Reciting Mantra is most important. Ok? Any question you want to ask?

(No Questions)

M: So it is very simple, what I am trying to explain is very very simple, it is no problem. But you have got attraction to body-knowledge, you have got impressions of the body knowledge, which you are not leaving therefore so many questions are there. Basically you are not body at all! It is open fact! Body is not your identity at all, some or other day you have to leave this body. This is a dead body, if there is no Presence what is the value of this body? Still you are considering "I am body" and asking so many questions, body-based questions. It is an illusion, again you are creating confusion. You are going through your mind. So neglect, discard, your mind, ego, intellect, where are they prior to Beingness? Nothing was there. Again, the same thing happens, the same questions are asked, the same questions are there, "Should I concentrate on Mantra or should I concentrate on the tip of the nose?" This is a very silly question. What you are told in the beginning you are to follow it! Don't disturb your Self! Don't bring mind in between.

Q: But Maharaj, if the person is meditating for one hour, if he is only able to repeat the Mantra for ten minutes, and if for the remaining fifty minutes, the mind keeps wandering...

M: Ok, let the mind go wandering. What you are told... recite, recite Mantra! You can recite Mantra no? Say I have given, "Aham Brahmasami", or "Soham", whatsoever the words may be which have been given, you can recite the Mantra, what is the harm? Why are you concentrating on the mind? Why aren't you concentrating on your Self? All the time, you have become the slave of your mind. Why are you going along with the mind? Let mind go along with You. "Oh my mind is not cooperating", you have to control your mind! For which Mantra is there. Mind is always playing with

you. Mind is very crazy. It creates confusion. Mind doesn't have its own importance. Mind is nothing because previously there is no mind. Mind, ego, intellect, came along with the body. They are foreigners. Hm? Prior to that You were there. Why to follow these foreign culprits, mind, ego, intellect. Prior to the holding of the body, where are these foreigners? Nothing. Mind, ego, intellect, came afterwards. They are visitors. Prior to them, there is total purity. No mind is there, no ego is there, no intellect is there, no concept is there, nothing is there! After leaving the body, what remains? After leaving the body, mind is there? No. Ego is there? Intellect is there? Experience is there? Nothing is there! Prior to Beingness, is anything there? Nothing is there. But 'nothing' came along with the form and started saying "I am". You're formless. No birth, no death. No destiny, no deed, no doer. No experience, no experiencer. Open fact! I am placing before you your open fact. Prior to Beingness, you are Brahman, and now you are Brahman, and after leaving the body, you are also Brahman! Brahman means Ultimate Truth. It is just like space or sky. And meditation is giving you courage to accept the Reality. Why are you following the mind? Hm? So far we are slave of mind. Now you have become Master of mind. Try to go against your mind: "I can do it!". It is simple reciting Mantra. What is there? Just recite the Mantra. Mind is wandering, with your permission; you are giving it permission to wander. Hm? You are not controlling it. And so "my mind is wandering", ok, why? You're allowing it to; you're giving it all freedom. "My child is not under control". You are to make them disciplined. Hm? When a son or daughter is not under control, "Oh my son or daughter...". In the beginning, you are to correct it. Hm? Similarly, mind, ego, and intellect are your children. Now you just have to convince. Nothing is wrong or impossible for you. It is open secret I have placed before you. Except your Selfless Self, there is no God, no Brahman, Atman, mind, what is mind? What is ego, what is intellect? Nothing. These are functioning organs. Hm? You are supplying power to them. Prior to Beingness, you are Brahman, now you are Brahman. After leaving body you are also Brahman. Brahman means vast, beyond space or sky. When Master says you are God, why are you not living like a God? Hm? My Master says, "I am not making you disciple, I am making you Master" and yet you are saying "Oh..." and living like a disciple. Previously you were a servant, now, you have become owner. Previously you were a servant. But fortunately you have got mastership, you have become owner of the factory. When you are servant, you are serving everybody. After having ownership, are you serving anybody? No. Live like owner, live like a Master. Respect everybody, no doubt. Respect everybody. But live like owner. Similarly, live like Brahman, Brahman, Atman. You are Brahman, Brahman is not separate from you, this is not an egoistic concept, it is Reality. I'm placing before you your Reality. Why to fear? Hm? It is your property... It is very simple; I am trying to explain a very simple thing. You are Master, you are Brahman, you are Ultimate Truth, what more do you

want? Hm? Mind is separate from you. It came along with the body and body is not your identity at all. To discard body- knowledge you have to undergo strictly meditation. Sit for fifteen minutes. Spend fifteen minutes of your life for meditation. So much freedom is given; in those days they were doing ten hours, fifteen hours, twelve hours of meditation. Now fifteen minutes, twenty minutes, half an hour. Spend some time for you. It is high time. If you take it casually, it will be difficult for you. Again so many concepts will create confusion. Now there should not be any other dream! This form is last form! No form, because you are formless. Be firm! But at the same time, be humble be normal. Not to hurt anybody's feelings. No arrogance. Humbleness is most important, forgive and forget is most important for a spiritual person. These are the qualities. Ego always creates problems. Why is there ego? Everybody is equal. These bodies are different, the Speaker and Listener are one and the same. Hm? I am not claiming "I am a great Master". Because you are not knowing yourself, therefore you say "I am a disciple". Master is there! Don't be a coward. Have some courage to accept the Reality. This is your property. Hm? Okay? Any problem? Any question?

I don't want anything. Therefore I am asking you: be sincere in concentrating on meditation. This is first step. If your foundation is not correct, my talking is meaningless. It is dry talking, dry Spirituality. I am asking you to have practical Spirituality. Realization is not separate from you. It is instant Realization, instant Enlightenment. Only thing: you have to follow the instruction given by your Master. Strictly. There is no harm, you are not to pay a single penny. No garland, no Prasad, nothing is required. No expectation. My expectation is that you follow the instruction. It will be of benefit for you. Because you are Master of this world, the entire world is projected out of you. Why you are counting all the time "I am man or woman"? "I'm with form", "My mind is troubling me, oh, what to do?", "My ego is troubling me". Why are you being a coward? You can control it. "I can control my mind, what is there?" Have some courage! If you control your mind, it will not dare to touch you.

Q: Is by saying "I can control my mind" not a subtle form of ego which is taking control?

M: Forget it, recite Mantra! Don't concentrate on mind, ego and intellect. Recite Mantra, that is most important. Ignore your mind, ego, intellect. You're concentrating so much on mind, ego, intellect. Why? Why don't you concentrate on what Master says? That you are Master, you are Brahman, why don't you concentrate on that? "My Master says I am Brahman, I am Brahman!" But we are not accepting it. Directly or indirectly, we are posing ourselves in form. What is human body? It is a dead body. If there is no Presence, what is the value of this world? Nothing. Where is the mind ego intellect prior to Beingness? Nothing. After leaving body, your mind will be there?

Nothing. Nothing will remain. “My mind, my mind” What is “my mind”? No mind is mine!

Q: Can I ask a question? (M: Yes) So when the mind is settled, everything's quiet and settled in meditation, there's no inclination to think, then I don't worry about it ,I just be. No Mantra, no nothing, I just enjoy it.

M: Ok, that is a good idea, good. After a certain stage, there won't be any mind. There won't be any experience. No Mantra either there. As I have told, Mantra is given in the initial stage. I have also told Mantra is also illusion. I am not hiding anything from you. But to remove one illusion, you have to take another illusion. Mantra is antivirus software. After removing wrong files, it is useless. No meaning. But you have to recite Mantra, because so many bugs are there crowding around you. If there is any weak point, they will enter your computer. Therefore reciting Mantra is most important. Mantra is playing a very good part. It is protecting your Spiritual body. All the time you have to recite Mantra. You may be sick, you may be in good position, you may be in bad position. Recite Mantra all the time, it will be spontaneous. When I am coughing nonstop, Mantra is going on inside. It happens spontaneously. It has become part and parcel. You can't stop it. It can happen. Your body can be in any condition. Sickness, illness is there, any condition. You have to engrave the Mantra, the meaning of Mantra.

Be calm and quiet. Ok?



12/13/17

Jai Sadguru Shri Ramakant Maharaj

Q: Do you recommend to sing Bhajans at our home?

Maharaj: Yes, Bhajan is required because it is refreshing your spiritual knowledge. Bhajan, meditation. I am telling you that Bhajan, meditation also illusion. In spite of that, external forces are such, they may try to distract you from the reality. External means so much attachment is there, attractions are there. Outside, the world, attractions are there because see, we are holding body, human body. It is nature of human body to get attraction from external sources. So many sources are there: publicity is there, money is there, sex is there. So, Bhajan and meditation are keeping you alert all the time. It is said: after realization why bhajan is required? Why meditation required? It required because we are holding human body, made by five elements, naturally we are having attachment with the world, attachment with the body. And our teaching, spirituality, what it teaches?: you are not the body. Body is not your identity. It is a teaching of most spirituality. To absorb this reality, you have to undergo meditation. Why meditation is required? We are always hammering, reminding that "I am Brahman, Brahman I am". Why this required? Because external forces are there, mind is there, ego is there, intellect is there, attachment is there, sex is there, so many things, so many concepts are there. At any moment, if you come across with such elements, it will distract you from reality. You have to do nothing, you can use it, you hold your human body, act as human body, woman or man, or what so ever it may be. At the same time there should be alertness "I am nothing to do with the body, because human body form is not my identity at all". Thoughts are coming, thoughts are going. You are the observer of thoughts, not to go along with the thoughts, not to struggle with the thoughts. Let them come, thoughts which are useful for your routine life, you use it, otherwise you ignore it. So Bhajan is required, meditation is required because it is refreshing your identity: "I am Brahma, Brahman

I am". Brahman means ultimate truth, final truth that you are. There are so many concepts are there. Theory is there. You need not depend now on theory. You are beyond that. Theory is there that four bodies is there, Maya is there, Brahman is there, past Karma, future Karma, lot of theory is there. What is the use of that theory? Now theory is no more because what is the practical? Where was that theory prior to beingness? Where was that Maya, and the four bodies, the subtle bodies, Mula Maya? So man concepts are there. What is the use of this knowledge? Just tell. You will become master of spiritual words. Meaningless. What do you want exactly? How is this world prior to beingness? Nothing is there. After leaving the body, what remains? Nothing is there. Why to fight about nothing? Child is not born, you are fighting about the fate of the child. It is foolishness. So be with you. See, what is happen? You are master of your own. Master is not separate from you. Why to play with the words? Yes, words are useful. Again I am telling you, language is created by us just for conversation, just for understanding, because you have forgotten identity. The moment spirit clicked with the body we forgotten our identity. We started knowing yourself in body form, either man or woman. This appearance after beingness. This appearance, human form, is appearing after beingness. Prior to beingness nothing was there. You are basically formless. No birth is there, no death is there. But you are not accepting it, that's the tragedy. Because you are not ready to discard all the concepts, body based concepts. That is a tragedy. You have got lot of attraction with the world, lot of attraction with the body. I am not asking you to neglect your body. Take care of your body, take care of all responsibilities as a human being. But, at the same time, you must know the reality. You are nothing to do with the body knowledge. Nothing to do with the body concept, nothing to do with the body based concepts. So that, not understanding the realization, that conviction suppose to be appeared with in you. So whatever happens to the body, it's okay you take care of the body. But body is not identity, forget it. There should not be any fear of death and birth. You are unborn, even if you think intellectually, forget about spirituality. What is there in the body? Is your body your identity? Not at all. One or other day, you have to leave this body. Then what is happen to body, it is gone to hell or heaven? Nothing. Always you see the dream, you see so many bodies there. You see your father, mother, sister, all relationships are there in dream. After awakening, what happened to those people you have seen, you see master, you see God, what happened to them? Similarly it's a long dream. Because attachment create problem for you. There should not be an attachment. Therefore I say that: Master is not giving knowledge, Master is placing your ultimate truth before you. Knowledge means it's a dry knowledge. But ultimate truth, you are final, you are master. Nothing is there. But, for which you must have strong faith. Yesterday I told you the story of Ekalavya.

It's a spiritual story. Because you are having in built tremendous power within you. You are not aware of it. You are unaware of that power. You got tremendous energy within you which is called Brahman, Atman, Paramatman, god, master. Master always inviting attention to the invisible listener: You are a master, you are a Brahman, you are ultimate truth. Why to depend upon master? External master is there. External master, internal master, till you get conviction. As such there is no any bars: external master is different, internal master is different. Just for understanding we are placing. The spirit in the external master and internal master are one and other is same. But for conversation, for understanding, you are to take the ego, you are to take help of the words, spiritual words, till you get the conviction. So don't operate it, nothing is happened. No karma, no Dharma, nothing is there. There master says: except our selfless self there is no god, no Brahman, no Atman. Why to struggle with the people? Why to struggle with the spiritualist? Why to struggle with the mind? No struggle. Have peacefulness. Nothing is there. The thing which is not happened, why should you worried? The child which is not born, why should worry about his or her fates? So, you convince yourself, you have to stand on your own feet. Every moment of your life is most important. Give some time for you: ten minutes, half and an hour, one hour or two hour. And therefore I am insisting: meditation is a basic through which the door of the knowledge will be opened, door of the reality will be opened. Hmm. Meditation is the base, through which all the secret card will be opened with you. Secret card means the reality. Reality is not separate from you. So dry discussion of spirituality is meaningless. So you need not go, change many masters. Because you are master. Prior to known, you are the master. Master says: except your selfless self, nothing's there, no master is there. Live like a master. In your present identity, there is master. Only thing is that you have to have the courage to accept the reality. That courage you will get after the meditation. In the beginning, you have to undergo strictly the meditation. And then the meditation will be spontaneous. Nama mantra will be spontaneous. Yesterday, somebody asked me "oh! I got Naam mantra. I got other Naam mantra". why? You must follow the instruction of the masters. That means you are not believing the masters. I am all okay, wherever you satisfied. Because this mantra came from lineage to lineage. It is having some exceptional power. But people are not believing it. Because they got it easily. Oh! they say "I am doing other Naam mantra", you do other Naam mantra. What to do? When you are given some delicious dish, "no no, I don't want it". Okay, forget it. Because you do not have value of this mantra. Because you have no value of masters. I am Okay! You do it. So when I say, you have to follow it. Because this mantra has tremendous power. Came to lineage to lineage from Dattatreya, that mantra is given. Because people are not having the value of that mantra. They say "I will do Ram! Ram!" Okay do Ram! Ram! Because they are not having faith, what to do? So nowadays I am very liberal. If

you are happy, ok, do it. Some people say “I want to change master”, change master. What to do? I am helpless. I can't do it. Whatever I have to say, I have told you. Master is not separate from you, even though if you want to see another master, go to another master. It is meaningless. Wasting of your time. So, I am, okay! I am not insisting anybody else. If you are not happy with me, go anywhere. Some people are asking the question “should I change the master”, change the master. You will become the victim of some other concept. You have to make the payment for that. Okay! So, forget about it. I am telling this, I am placing before your truth. Not truth of any Brahman, Atman, Paramatman, God, Master. Because nothing has happened, nothing is going to happen. You are the central point of this world. Entire world is projected out of you. If there is no presence then what is the fate of the world? Brahman, Atman, Paramatman, god, master, these concepts came along with the body. Brahman also illusion, master also illusion, everything is illusion. Where are those prior to beingness, after leaving the body what do you know? Nothing. Why to accept the concept? There are lot of concepts in spiritual science, four bodies, subtle body, this body, Maya, Brahma. What? Past birth, future birth, destiny. All this concept. What is the use of that concept? At the time of leaving the body, are all these concepts helpful to you? Nothing. Only collecting fake notes, no values for fake notes. It is short and sweet. Be with you. Meditate it. There is no harm. There is no side effects. Meditation is required because alertness is there. Bhajan is required alertness is there. It is illusion, I am telling it is illusion. But since you are holding the body, some attachment, external attachment is likely to attack you. Through mind. Mind is very crazy. As matter of a fact intellect, mind, ego are functioning organs of the body. If you not use properly, they will distract you from the reality. So, be strong. Stand on your own feet. Not to depend on master, “oh! master do something, give me blessing”. Arey! You have your own blessing. Master is shouting: except your self nothing is there. You are not accepting, what to do? So, be strong. Hmm. Therefore mediation is most important. Okay!



12/16/17

Jai Sadguru Shri Ramakant Maharaj

M – You would like to ask any question regarding spirituality?

V – For the past three years I practised meditation but sometimes I feel something like separate, something like missing, I need to go home.

M – What happens, see, one thing is basic thing: we are holding human form, the moment the Spirit, Presence touched with the body, we started knowing ourself “I am male or female”, correct?

As a matter of fact, male and female, or any form is not your identity at all, very basic thing. Can you follow me? This form is not our identity at all, who is holding this body?

It is called Atman, Paramatman, God, Master, these are names given, we are trying to identify. The Spirit which is holding this body has got a lot of experience, through body we have a lot of experience, good experience, bad experience. Secondly, when the Spirit clicked with the body, touched with the body, we want some happiness, pleasure, we come across some pains also, pains which are not tolerable, body is not tolerable. Some wrong feelings are there, psychological problems are there, physical problems are there, mental problems are there, so many problems are there. The moment we came across with body form, problems start. And what do we want exactly? Why are we doing spirituality? Why we want Master? Why is meditation required? Because we are not happy, no peacefulness inside, everything is there but basic thing, our basic need is peacefulness and for which we are searching here and there. We are searching Masters, reading so many books and doing so many things, visiting temples, why? Because we are not having pleasure inside, we are having

some pain, psychological pain, mental pain, so and so, and therefore you are wandering here and there.

But in our spirituality, we are focusing, the Invisible Listener Within You is the root cause of this world, the central point of this world. We are inviting attention of that invisible Presence who is holding this body. Correct? That is your Ultimate Truth, body is not your Ultimate Truth. A lot of theories are there, I am avoiding these theories: 5 elements, maya, Brahman, and so many things are there. Theory is ok but theory will not serve your purpose: after reading theoretical knowledge, what help you get? Nothing.

Who wants peacefulness, who wants happiness, who wants fearless life, who want tension free life, how will we get? That is the problem. Only dry knowledge, dry spiritual knowledge, any rituals, any karmas will not give you happiness. A lot of people say “do this karma, do that karma”, some rigorous exercise is given, discipline is there, stand on one feet, so many things are there, we say not to do anything! Try to identify yourSelf because directly or indirectly, we are having impact, impression of body knowledge. We are doing everything! Even though we are doing meditation, but we are forgetting that meditator “I am somebody else meditating”. So many questions are asked: “how to find out ‘I am’, what is ‘I am’?”. There is no specific definition of ‘I am’, the term 'I am' came into existence the moment Spirit clicked with the body. Prior to that, no 'I am' was there, no 'you are' was there, no language is there, no experience is there, there is no experiencer also.

In brief, prior to Beingness, nothing was there. After leaving body, what remains? Nothing is there. So all requirements, needs and expectations came along with the body only, because this food body is not tolerable. This is a food body, so far you are supplying food and water, it is growing. The moment you stop supplying food and water, it will go away.

So it is open fact, even if you think intellectually: body is not your identity at all, body was not your identity at all and body is not going to remain your identity at all. But through body and through Presence or Spirit, we can identify ourSelf. Apparently it appears in duality, but sometimes we have to take the ego, duality is required. If I don't exercise duality, I cant talk with you a single word. As a matter of fact, there is no difference between you and me, different bodies are there, the speaker within this body and listener within this body are one and the same, it is formless, no form is there. That spontaneous Conviction is required.

The purpose of spirituality... we are not having Conviction therefore realization is not near about to us. What do we mean by "realization"? "Oh he is realized, he is a realized Master": he identified oneself in real sense. What identification is there? Body is not my identity at all, this form is not my identity at all, I am formless, no birth, no death to Me. No deed, no doer to Me. After knowing this, you can live your life normally. Just like in dream, if you come to know this is a dream then you are free. In dream you see so many things: good things, bad things, you are enjoying your dream. But in that dream, if you come to know this is a dream, then you'll enjoy that dream because you know this is a dream, it is not real, correct? Same thing: at present we are holding this body, this is a long dream, it is fact, this is not going to remain, this body is having time limit, age limit, stages. You're a small child, then you turn young man, young woman, then you go old man or old woman, and one or other day, willingly or unwillingly, you have to leave this body, that means this form is your not real form. We are holding this body, but who is acting through body? That identification is most important. Unless you identify yourSelf in real sense, again there are chances of another dream. Now we don't want any dream, so this is an opportunity, human body is an opportunity to find out yourSelf, to identify yourSelf.

We are having a lot of questions, so many questions are asked because these questions are coming through body only, because some or other way, body establishment, body identity is there. When you come to know "body is not my identity at all", no question is there.

You are Final Truth, Brahman, Atman, God, Master, names are given to YOU, not to this body, the Invisible Listener Within You.

This is the brief of spirituality, so dry knowledge, dry discussion will not help you. Intellectually we understand everything but in practice, Conviction is required. Theoretically we are knowing "I am Brahman" because so many books are there, they are inviting attention that except your Selfless Self, there is no Brahman, Atman, Paramatman, God.

It is fact, but in spite of that, we are having some attachment with the body, a lot of attachment with the body. Suppose anybody hurts you with any words, you feel "oh he insulted me", it happens. Suppose, any person, he hurts you by any words, bad words, you feel "I am insulted" because you are not expecting that words from others. That means there is some impact of the body.

Directly or indirectly, we are living with mind ego intellect. Mind ego intellect came along with the body, they are functioning authority, functioning organs. So unless you overcome with the mind ego intellect, unless there is confirmation “I am not body”, till that time, you feel so many thing. You will feel insulted, depression maybe there, non peacefulness maybe there, so many problems bound to be there.

So to overcome all these things, some method is there, some discipline is there. What discipline? You have to undergo strictly meditation. Meditation is the base, foundation of spirituality. You need not to go to do anything, meditation means concentration, concentration to the concentrator.

In this body, invisible concentrator is there, in this body, invisible listener is there. Body is not listening, if there is no Presence within the body, who will listen it? So that Presence, Invisible Presence within this body, it is called Brahman, Atman, Paramatman, God, Master, that YOU ARE. But we are not accepting it! Again and again, mind playing, creating some questions, not allowing to stabilise, we are unstable because mind is playing along. Mind is very crazy. Mind, what is mind? Manufacture of thoughts, in your dream also. So mind is one of the parts of this body, it is not you.

Mind ego intellect appear upon your Presence, you are supplying energy to the mind ego intellect. So try to identify yourSelf, the basic principle of the spirituality is: try to identify your Self in real sense. Though we are knowing everything about spirituality, but we are not having Conviction. To have Conviction “I am not body, I was not body, I am not going to remain body” – you have to undergo strictly meditation IN THE BEGINNING, underlined, because that is the only way to have Conviction, that’s the only way to have realization. I am telling you meditation is also illusion, we are giving some words – “I am Brahmasi”, “Soham”, so many words are there. Through those words, you are hammering your Self – “You are Brahman” – because you forgot your identity.

In spite of knowing this, our mind is not allowing us to stabilise, creating some problems, there are so many questions asked “oh, my mind isdoing this thing, I am not stable, some problems are there, physical problems”, because you are giving more importance to your mind.

To control your mind, to control the intellect and ego, you have to undergo strictly meditation. I am not doing any miracles, miracles happen from you because you are miraculous source, source of miracles starts from you, Brahman, Atman,

Paramatman, God, Master, is not separate from you. I am again and again repeating the same thing. Only thing, what I am telling to you, you are to accept it. What is my advice for you? We are inviting attention: except your Selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master – you are Master. My Master Nisargadatta Maharaj says: “I am not making you disciple, I am making you Master” because you are already Master but you forgot your identity, YOU ARE MISSING YOURSELF, trying to find out outside.

Go to this Master, that Master, that Master, read so many books.... No happiness. So everything starts from YOU, everything end within YOU. YOU are the source of this world, your Presence is subtler than sky, space, nothing was there prior to Beingness, nothing will be after leaving this body. Everything came out of nothing, everything dissolves within nothing, it is fact, but we are not accepting that fact. Still we are having some ideas, some concepts, still some temptation to go here and there. Why to go here and there to find out yourSelf? YOU ARE THERE AND THERE ONLY.

You are not to go find out Brahman, Atman, Paramatman, God, Master, it is a waste of time. Settle with your Selfless Self, you are central point of this world, entire world is projected out of your Presence. I am placing before you facts, your fact, listener’s fact. Listener has tremendous capacity, tremendous energy, you are not using your energy, still you are living just like a beggar “oh do something, do something, give me your blessing, have some blessing, oh god, bless me, bless me”. WHY?

Have your own blessing, God is not separate from you, Master is not separate from you, Brahman is not separate from you, Atman is not separate from you. But the impact or impression of the body knowledge, that is suppose to be dissolved, it is very simple thing. And how will it be dissolved? You follow instructions given by the Master, don’t raise any question, meditation is the base, when you ask about meditation to someone “oh, I am doing meditation but not stable, what to do?”. Follow it. Ok, immediately you can’t be Master of the language, you have to study it, when you are a student, ‘abcd’ like that, we don’t become master of language, we study ‘abcd’ first standard, second standard, third standard, then you’ll be Master or PHD of all this, post-graduation, etc. At that time, you need not, not required to say ‘abcd’. Similarly, meditation is ‘abcd’, beginning lesson, basic lesson, you have to go through strictly. I am telling you, in the beginning you will find some difficulty, your mind will not allow you to steady, it will create problems.

Mind means flow of thoughts, it is very crazy, because mind is in commanding nature. Now, Master says “you be of commanding nature, don’t follow instruction of your mind, don’t be slave of your mind, have command, try to go against your mind”. If mind says “do so”, “no I am not doing”. There are some child, parents ask “do something”, “no! I am not doing this”. Try to go against your mind, that is the basic thing. Directly, indirectly, we are a slave of mind, we are following, “oh my mind is not doing this, what to do Maharaj?” What to do? Instrument is given, power is given to you, you can use your full power, not to depend upon your Master, I am not doing any miracles. “Bless me, put your hand on my head”, why? You can put your hand on your own head, because there is no difference at all, I am placing before you Final Truth. I am not claiming I am a great man, great Master or great philosopher. This philosopher, spiritual man is already within you, but you are neglecting it, you are underestimating your Self, that is the tragedy, don’t do this. Because human body is a Golden Opportunity for you, if you neglect, if you take casually, again there is possibility to have another dream.

Now this is last terminal, no search, not to search anywhere, Searcher Itself Is Ultimate Truth! Why to go search here and there, no Master do anything, knowledge is also ignorance. What knowledge? Knowledge means just to identify yourSelf in real sense. We are not going to become great Masters, spiritual Masters.

The purpose behind that: we want pleasure, happiness, peacefulness, blissfulness THAT IS ALREADY WITHIN YOU. But we are giving so much importance to body based concepts. Unless the body based concepts dissolve, disappear, vanish, you will not get pleasure. Fear is there always, fear of death is there, “oh what will happen?”.

So you can have commanding nature, you are not to talk egoistic thoughts. You can do it, but you are lacking courage, to have that courage, you have to undergo strictly meditation, meditation in the beginning till you get Conviction. Then, again the question: how to meditate it? In our lineage, we are giving some words, it is language, those words are creating some vibrations, those words are very powerful, those words are having so much power, energy, people are not knowing the importance of the words. It is having tremendous importance, therefore we asking not to disclose that Mantra to anybody else. But try to stand on your own feet, nothing is impossible, all these great Sainly people, Ramana Maharshi, so many Sainly people, what they do? They followed the instruction of their Masters. They digested what they read and listened. You’re reading so many books, “oh, I Am That

book, Ramana Maharshi, this book, that books”, only reading books is not important, try to find out that Invisible Reader Within You, whose story is that?

Invisible Reader Within You, it is Ultimate Truth. I am pointing out that Reader, invisible Reader within you, not to body. I am inviting attention of the invisible Listener within you, not to body, you are FORMLESS, just to accept this Reality. And to accept this Reality, you must have courage, not to follow the instructions of the mind ego intellect, these are only the functioning organs of the body, it is not Ultimate Truth, because their existence came along with the body. If there is no existence of the Spirit within the body, who will talk about the mind ego intellect?

Therefore I am always advising all of you: try to identify yourSelf, convince yourSelf. Power is given to you, use your power, you got tremendous power, not to be beggar “oh do something fair to me”, why?

No doubt, you be humble, be normal, but not to have any expectation “do something for me”. Why? You can do it, so many things, because your power is not limited to the body, you got tremendous power.

So don't consider yourself as a coward or something “oh what to do?” hmm? You can do it, so many things. So therefore, first thing, you have to follow the instructions of the Master and the discipline of meditation strictly, then there won't be any question, all questions will be solved within you.

All questions are related to the body only, psychological questions, mental questions, “my mind is not...”, what do you mean ‘mind’? Because we are giving more importance to mind ego intellect. You can stop it, you can listen to the mind, not to follow instructions. So many person advising you, you just listen to it and forget it, things which are useful for you, you can accept it, otherwise forget it. Not to follow mind all the time, mind means flow of thoughts, thoughts appearing in your mind and go to intellect to take decision and through ego it is implemented, it is a process.

So theory is important up to some extent, till you get realization, not to depend upon theory. You need not go to do anything because you are not doer, there is no deed at all, Ok.

So just, what I told, you follow it, listen again and again because in a nutshell, in brief, I have given the entire philosophy. You need not go anywhere, you can approach your own Master within you, not to go any Master. Master is not separate

from you, I am again and again repeating the same thing, same principle is there, only reading so many books, it is meaningless, only collecting information is not necessary, not to go to any other Masters. Master is not separate from you. Respect the Masters, I am not asking to neglect Masters, respect all the Saintly people, but at the same time, that Master is within you.

So to know the Master, to identify God, your Presence is required, if there is no Presence in the body, who can identify God or Masters? So just to follow it, that's enough.

Some problems are there with my body, but I am trying level best to convince those who are coming to me. Beyond that no spirituality is there. Ok?

Q – When I sit in meditation, I try to repeat Mantra but Bhajans come instead.

M- Ok, don't worry about it, it happens, don't confuse, because everything is illusion [laughter], so Bhajan is ok, Mantra is ok, but you must have some Conviction. Mantra is there, Bhajan is there, the basic idea behind Bhajan and Mantra is to have spontaneous Conviction within you. So it happens, always mind sometimes directly or indirectly, mind playing with you, mind is very crazy, hmm? So whatever is coming, ok, just see it, ignore it. But reciting of Mantra is most important, all the time you recite Mantra, it is most important.

Even after Realization, people say "I am realized", so that is also concept, nobody can say "I am realized", then again ego is there. So even after Realization, Identification or Conviction, you continue with the Mantra, it is called "devotion after Realization", devotion after Realization, that is most important hmm? Because there are a lot of attachment, external forces will try to distract you from the Reality.

Mind is playing, some external forces, so many concepts are there, some people will try to impress their own ideas, don't come across with such people who are trying to place their own ideas upon you. Because you are knowing Ultimate Truth, somebody may know theoretically, there is possibility if your mind is very weak, you can go along "oh that Master is there, that Master is there", again you will, travelling will have started.

So don't throw yourself in ditch, illusionary ditch, you are Master, nobody Master except your Selfless Self. Just have some confidence, some courage to accept the

Reality. What is flowing in the mind, forget it. “Bhajans is first? Meditation is first?”: everything is first and everything is last.

People ask whether they should concentrate on Mantra or not, whether mouth or not, whether Bhajans or not. Bhajans, Mantra is creating atmosphere to convince yourSelf. Bhajans are also words, that Mantra is also words, the principle behind that is through Mantra, through Bhajans, to convince the Invisible Listener Within You that your are Ultimate Truth.

The most important goal or central point or understanding is that: I AM NOT BODY, I WAS NOT BODY. That Conviction is supposed to appear Spontaneously.

If you can concentrate Mantra, concentrate Mantra, no problem. If Bhajan you can do, Bhajan hmm? The doer, inside doer, invisible listener is ONE AND THE SAME, through which you are impressing the Reality, because you forgot your identity. To regain the original memory that you are Brahman, all this practice is there: Bhajan is there, reciting Mantra is there, meditation is there, reading books are there, these are only theoretical knowledge. Not to get so much involved in theory, be practical. “Oh, Bhajans is first or Mantra is first?” Everything is first and everything is last! Hmm? Ok?