

Sri Ramakant Maharaj



Spend Some Time With
You

There are 4 different media types in this compilation of Sadguru Sri Ramakant Maharaj.

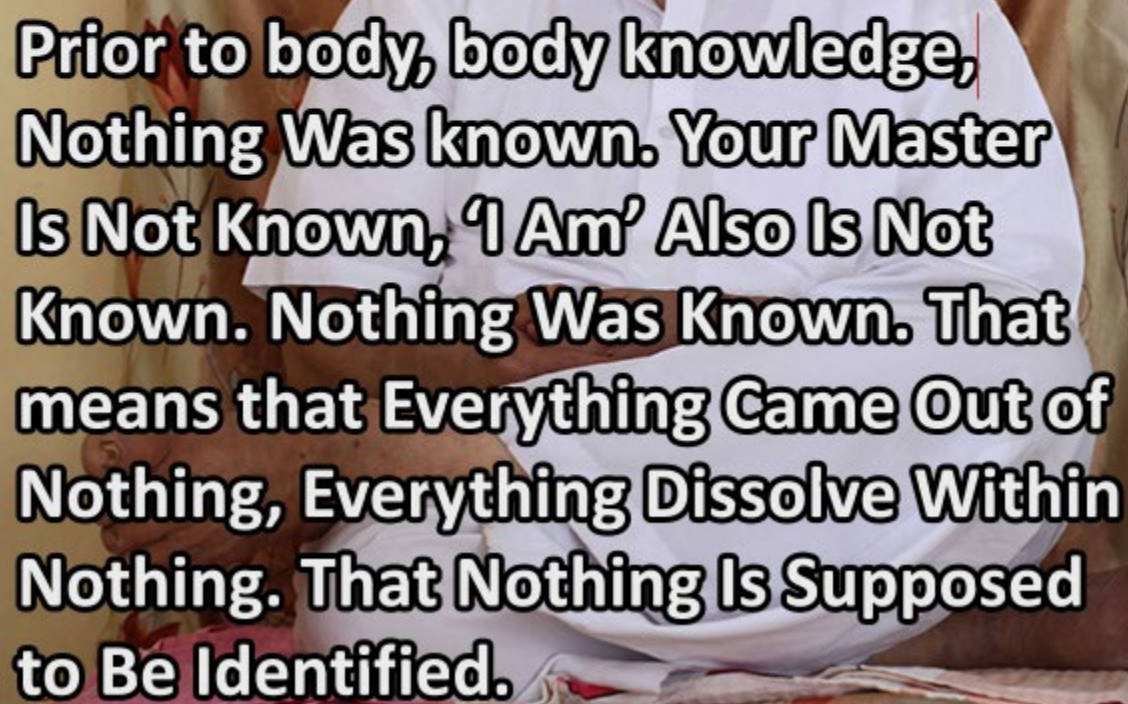
1. Excerpts from transcripts of videos of Talks Sri Ramakant Maharaj has given located at Ramakantmaharaj.us
2. A collection of Poems Poetry (Abhanga's) composed by Sadguru Shri Ramakant Maharaj around the year 1963-1964. Maharaj uses the Pen name **Gurucharan (Guru's Feet)** in most of these Abhanga's. Maharaj met his Master Sadguru Shri Nisargadatta Maharaj in the year 1962. These compositions are full of love, gratitude and devotion to His Master. All these compositions have been written in Marathi, translations of these compositions to English have been done by Gurucharanraj.
3. Aatmaanatmavivek a Marathi book that was translated into English by – Gurucharanraj
4. Images of Sadguru Ramakant Maharaj with one of his short powerful quotes.

This little collection was made to try and get all of the various talks, poems, image quotes and the translated pieces of Aatmaanatmavivek all in one place. It was formed from Love and Devotion to Sadguru Shri Ramakant Maharaj.

Jai Sadguru.

We have been told; we will be happy when we find (external) God. Do we know, how exactly the God we are looking for is? We waste whole life but can't find Him. You will find Him (outside you) if He exists at all, right? We have been told God is somewhere in the skies. He is controlling everything. He is punishing the sinners and rewarding the do-gooders. There are other stories such as, there is Yama (god of death), there is Chitragupta (god who maintains account of good and bad deeds of each person), so many such stories have been impressed on us! It is only Sadguru who goes beyond all this and tells you that one who is finding God, himself is God!!!

*It is Unidentified Identity Swatmabodh - 106
Sadguru Shri Ramakant Maharaj
Aatmaanatmavivek, chapter 10, page 99*



**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.**

You are to establish yourself, without any identification whatsoever. When you are not identifying yourself, this is the way you were prior to beingness. And That is your position. It is your place of origin. Your Original Place! This is the Stateless State.

Your Presence existed prior to beingness, prior to the mind, the ego and the intellect, prior to everything. You are trying to apply reason and logic to your illusory life, because you have identified with the body-form. Your Reality has nothing to do with reason and logic. Find out who is living? Find out who is dying? Nobody!

You have mistaken your identity and accepted the body-form as your Reality. As a consequence, there is an egoistic “I” that is influencing and controlling you. Prior to that “I”, there was only pure Presence.

There is no such thing as a disciple, and there is no such thing as a Master. No one has ever visited a Master because there is only One Masterly Essence that is Formless. That Masterly Essence is in you. You are the Master. “The Master is Not Separate From You.”

Oh Master! Now we no more need any religious rites and rituals as You have set us free by showing us the essence of Spirituality.

Oh Master! You have set us free by bursting the big bubble of illusory concepts of Punya (good deeds) and Papa (bad deeds).

Oh Nisargadatta! With the repetition of your Naam (by doing Naam Smaran) we have forgotten our body existence and no more do we fear the ghosts of death and birth.

Oh Nisargadatta! Gurucharan (Sadguru Shri Ramakant Maharaj) is praying that With your grace, let everybody experience this exceptionally divine bliss and happiness.

...the finder himself is God! But we do not realize! why? Because of years of influence(conditioning) of body-based knowledge (body-knowledge). We have read many spiritual books. We have read Vedas and Upanishads. We seem to have lot of theoretical knowledge. We have become full of words, which breeds this confusion, and therefore no conclusion is possible. For dissolving all this body-based knowledge, Master has given a simple _yukti_ (spiritual trick). Through this _Maha_ (Great) _Mantra_, we can make that God appear within us, this the trick given by the Master. Through the sacred trio of Meditation, Bhajans and Knowledge you can truly know God! But alas, even after meeting a true Master, we do not realize His importance. Nobody has time (for Spirituality)! Not a single person comes for morning Bhajans!! We don't need any of these as(if) we have become Jnanis!!! Why this happens? Master's true worth is not understood. Look at foreigners, they are devoting years and years for this search.

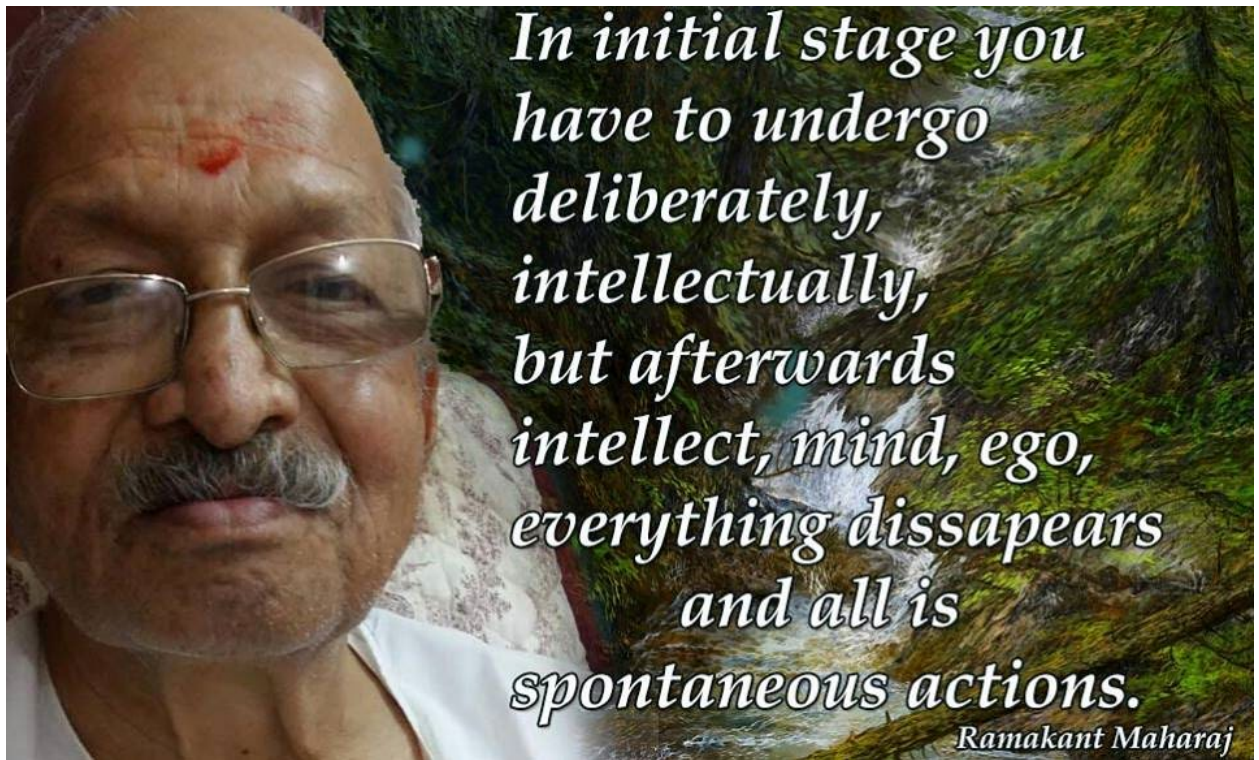
We need to learn from them.

It is Unidentified Identity Swatmabodh – 107

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 10, page 99

Meditate and absorb the knowledge that “I am not the body”. Meditation will reignite your Inner Master, who, in turn, will give you the guidance and instruction that you need. You will know how to act, and behave at all times, in a humble, and normal manner. Beware of hurting anyone’s feelings. If this happens, it is a sign that the ego is still in operation. Avoid causing anyone hurt and pain, in the name of spirituality. Beware of the subtle ego! Be calm and quiet! Reality will be absorbed within you, and then, you will know! You will no longer have any wants and needs because you will know yourself in a real sense. “What do You Want? Nothing! What do You Need? Nothing! Because Now You Know That Everything is Within You.”



*In initial stage you
have to undergo
deliberately,
intellectually,
but afterwards
intellect, mind, ego,
everything dissapears
and all is
spontaneous actions.*

Ramakant Maharaj

You will become your own teacher, as you learn, to first witness, and then accept, the useful thoughts, while rejecting those thoughts that are unhelpful. All your attachments will dissolve, when you know that they are illusory. Your desires will subside, and then, completely disappear. Previously, when we did not know any better, we were slaves of the mind, ego and intellect. The mind was controlling us, dictating to us: “do this, and then, do that”. But now we know that the mind is totally dependent upon our energy. Without our Presence, how can the mind work? If there is no Presence, the mind cannot function.

It's the western devotees who understand the tremendous importance of the Master's immense hardships and sacrifices! We Indians do not seem to realize its value. Only when something goes wrong in our life, we remember the Master and then run to him for resolution. Once the problem is resolved we forget Him. As they say, too much familiarity breeds contempt! That's what happens to us. Therefore, I keep shouting, telling everyone to be alert(attentive). But no one cares! So when will everyone truly wake up? When we are faced with (fear of) death! Then we will start repenting - 'Oh, I should have done something in my life!' This is the influence of Maya (illusory forces).

It is Unidentified Identity - Swatmabodh – 108

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 10, page 99

Devotion is the Mother of Knowledge. This I have realized by Sadguru's Grace. With His Grace all my ignorance has perished. Hence, worship Guru's Feet without any delay.

Guru is mother to the devotees. He is holding the cool shade of His Grace for the devotees. That has made all my worries of birth and death vanish.

This Samsara (worldly existence) is based on birth and death. It has run away in no time on Prostrating to Feet of Nisargadatta.

Guru is the origin of Devotion. Knowledge is dust of His Holy Feet. Know this whole gist. Gurucharan is praying.

Prior to beingness or consciousness, there was no mind, no ego, and no intellect. There were no body-based issues. The issue of thoughts never arose. The question of existence never arose. You are aware of your existence now because of the body-form. You feel it. But who is acting? Who is listening? Who is carrying out the activities? It is not you, but the Invisible Presence called Brahman, Atman, Paramatman, Ultimate Truth, That You Are. It is Final Truth.

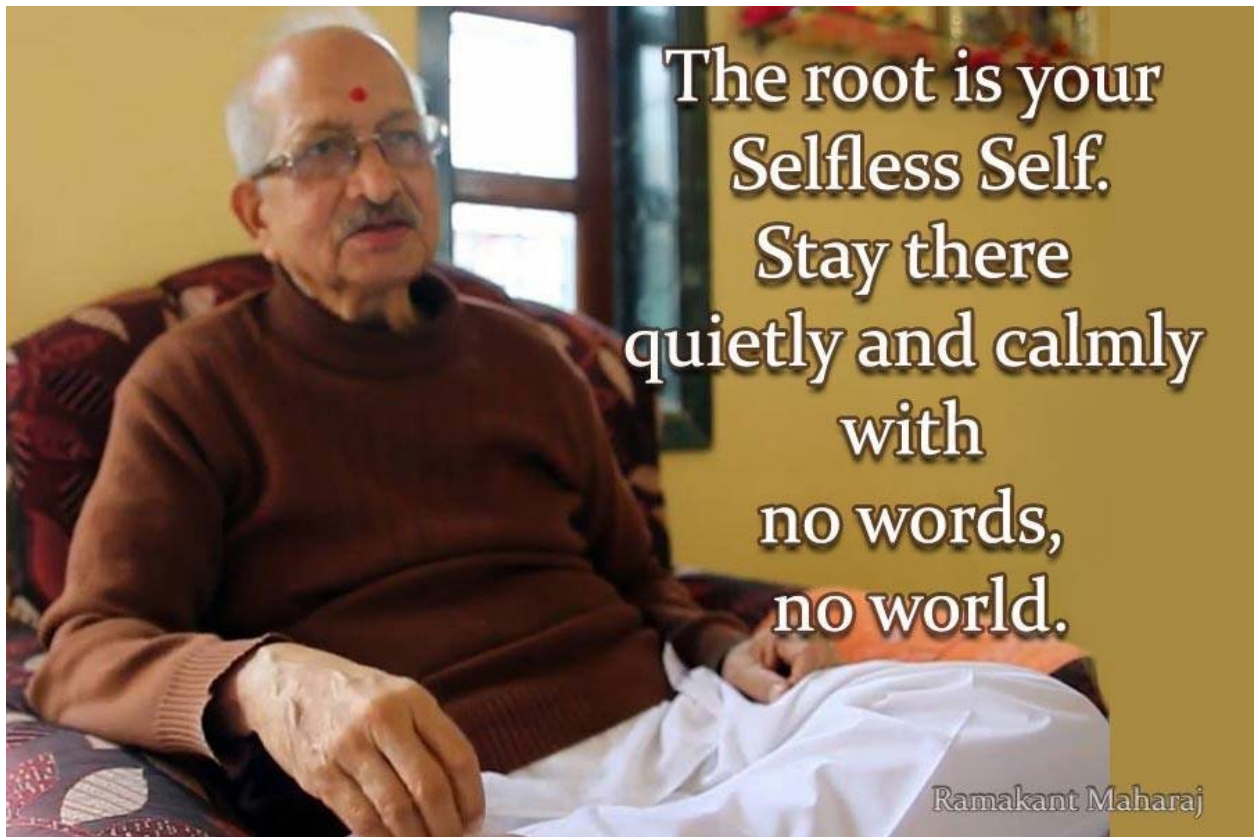
This is your time. Apply the knowledge, recite the Mantra, and abundant happiness will be yours. Abundant peace will be yours. Where will this happiness and peace come from? From you, of course! From your Source! You are the Source of Happiness. You are the Source of Peace. “Your Nature is Happiness, Peace and Bliss.” Though you are living with this body, when the Spontaneous Conviction arises, and the knowledge has been digested with meditation, happiness will begin to flow. You will be overflowing with happiness.

To find God, we have been given a very simple _sadhana_ by the Master. Meditate, for that a Mantra has been given. With continuous meditation on the Mantra, the Spirit which is already the Paramatman automatically merges with the Selfless Self. Then, you become totally fearless. You get the courage to face any calamity. It is so powerful. Also, Master asks you to regularly practice the Bhajans. But we say, we don't have the time. Before meeting the Master, we used to do so many rituals, used to travel to holy places! We need to understand the importance of Master's words. We don't give it that much importance that's why we don't progress. We practice devotion, but inside we are dry. Master has instructed us to do all four bhajans regularly. This (human body) is a great opportunity, an opportunity to realize ourselves, we need to understand its tremendous importance.

It is Unidentified Identity - Swatmabodh - 109

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 10, page 100



The root is your
Selfless Self.
Stay there
quietly and calmly
with
no words,
no world.

Ramakant Maharaj

You are in the world, but not of the world. You can live without desires or attachments. When the knowledge has been absorbed, you will no longer be a slave to the mind, ego and intellect. Before, when you lived in the darkness of ignorance, the mind was dictating the terms. Now that the light of knowledge, the Truth has been illuminated, you know that you are the only Source. You are the Source of Power, that enables the functioning of the body-mind.

When the knowledge of your Reality is digested and absorbed, there will be no more thoughts, and no more questions, about your bodily existence and experiences. You are that Invisible Presence. You are Final Truth. Through the medium of the body-form, that Conviction of your Reality, will explode spontaneously within you. You will not be able to contain your happiness, your ecstasy, which will be so explosive, that you may feel that you are going to burst! There will be so much fire within and around you, that you may feel that you are going to combust!

Meditation is the foundation of Spirituality. What is Knowledge? Knowledge is to know oneself in a real sense. How? You can't hold on to body-knowledge and yet know yourself in a real sense. It will be possible only by discarding the body-identity. And to actually be able to internalize this Knowledge, Meditation is very important. What is Meditation? The Spirit is very sensitive, and it reflects (absorbs) what we impress on it. Considering this quality of the Spirit, through continuous hammering of Naam Mantra, it merges with Selfless Self which is its true identity. This is how we truly know ourselves. This is how Knowledge given by the Master is internalized. This is how we come to know our true identity of God, Paramatman, Brahman, Master. The door to Self-Knowledge is opened. To be able to absorb this Knowledge, devotion (Bhakti) through the Bhajans is extremely important. Saint Tukaram, Saint Dnyaneshwar would go walking to Pandharpur to take Darshana of Lord Vitthala. They were not insane. Ranjit Maharaj went to Bagewadi even at the last moment of His life, was He not a Jnani? Nisargadatta Maharaj was doing Bhajans and imparting Knowledge till the last moment. How about us? We don't take this devotion to heart and therefore we are still struggling.

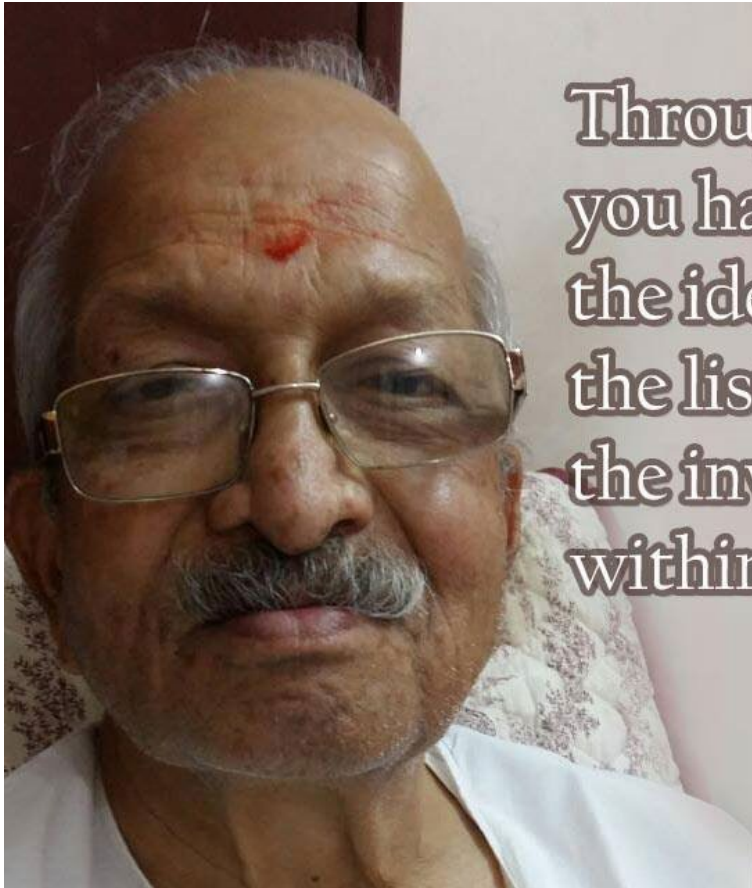
*It is Unidentified Identity - Swatmabodh - 110
Sadguru Shri Ramakant Maharaj
Aatmaanatmavivek, Chapter 10, Page 100*

O Lord Panduranga, from where have you come?
And where have you been all this time?

When I found my Sadguru and surrendered to him completely, you have now appeared before me. I ever searched you at holy places like Pandharpur but could not find you.

Now you have appeared before me just to entice me. But at any cost, I will not leave the holy feet of my Sadguru.

For me (Gurucharan - Ramakant Maharaj) there is no other god except my Master. My Master Nisargadatta is the only God for me, hence I adore him with all my devotion.



Through listening,
you have to establish
the identity of
the listener,
the invisible listener
within you.

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 our Selves 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.

The sense of individuality has to be erased. The Power, the Godliness is already there in everyone. To invoke that (godliness, power) the saints become strict and sometimes they even get angry. Ranjit Maharaj used to say, "If you do not come to Bagewadi (to attend the regular Spiritual functions) you are not my disciples!!". Why He needed to be angry? It was so that the devotees practice devotion and refresh their Spiritual memories (through the means of these functions or spiritual gatherings). It was like a loving mother scolding her kid (for his own good).

The purpose is - Through Knowledge, through practice, the disciple should awaken and merge with the Selfless Self!! Then the external attractions would not affect him. But I feel so sad that no one even attends the morning Meditation session which we have started. Not a single soul comes, I myself sit for reading. I am not criticizing anyone, but then how will you come out of this ignorance which has completely wrapped us up? We need to come out of this ignorance.

It is Unidentified Identity - Swatmabodh - 115

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, Chapter 10, Page 104

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

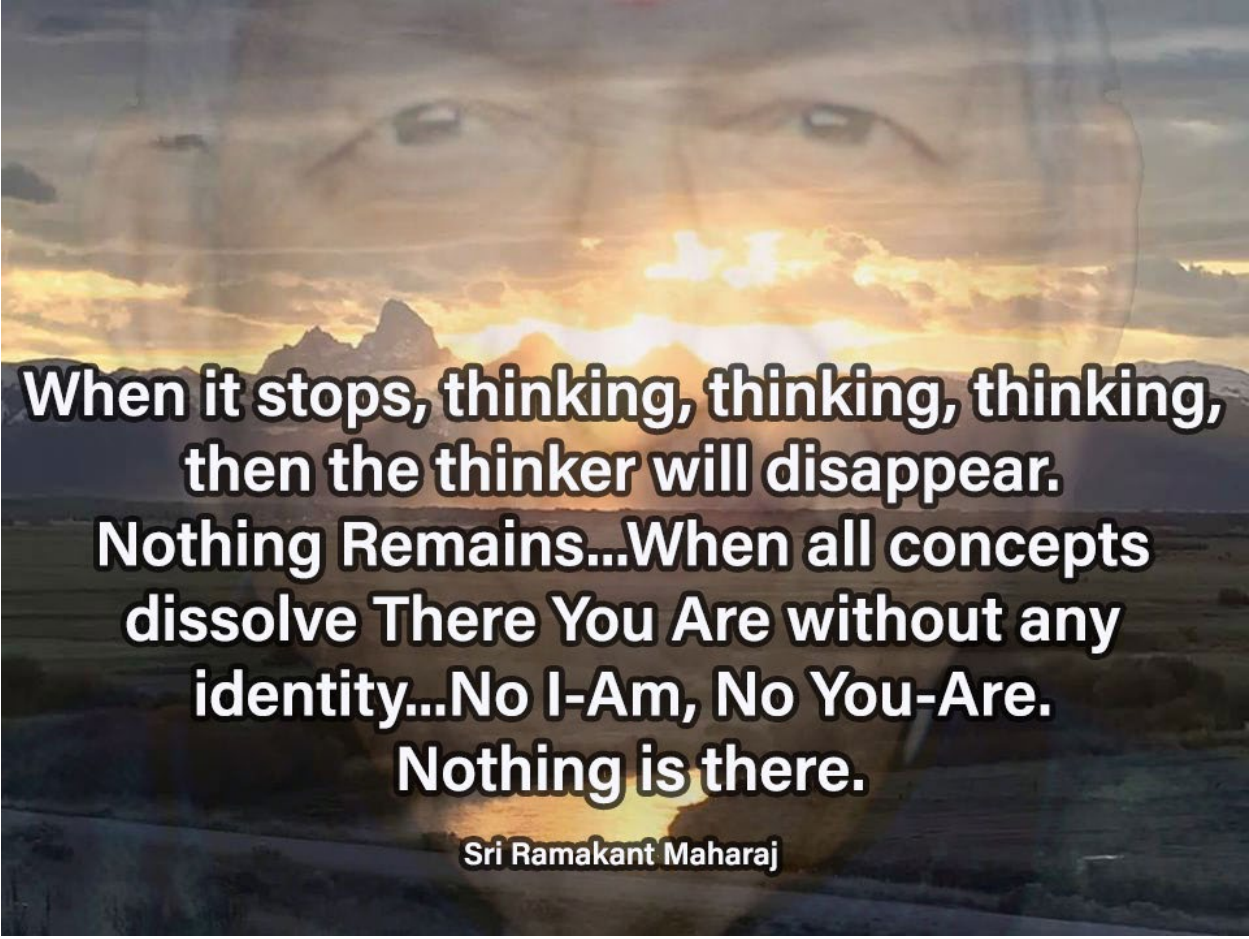
unconcerned with the body. So, this Reality is supposed to be absorbed. So literally you are knowing everything. You have got literal conviction. It should be spontaneous Conviction.

Oh, my mind! Why don't you remember the all benevolent Sadguru with whom Almighty God is ever present?

Oh mind! He (Sadguru) has shown you the inner joy of liberation. Still, why are you lost in worldly objects?

Oh mind! Still, you are attached to this perishable body and it's relationships such as my son, my wife etc.

Oh mind! Gurucharan urges you to leave the worldly bondages and be completely absorbed in the Selfless Self.



**When it stops, thinking, thinking, thinking,
then the thinker will disappear.
Nothing Remains...When all concepts
dissolve There You Are without any
identity...No I-Am, No You-Are.
Nothing is there.**

Sri Ramakant Maharaj

This Pure Knowledge which the Master gives, should awaken you and not hypnotize you! This is a never again opportunity. The body is temporary. We don't know what the next moment will bring. Therefore, utilize each moment to strengthen your devotion towards the Guru. For which, utmost intensity and earnestness is most necessary. Dry Spirituality is totally useless! It's just theoretical knowledge. You will collect many words, but it won't give you what you truly want. By collecting these words, you may become a Master of words(theory), but you will miss the point. Our Masters have given us very simple knowledge (and devotion), not to complicate. Look within and identify, who walks, who talks, who witnesses the mind and everything, inside us. Master has given the mirror of Knowledge, look inside.

It is Unidentified Identity - Swatmabodh - 116

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, Chapter 10, Page 102

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.

Material happiness is always for a (material) cause (such as money, fame, sex etc.). But True Happiness is causeless. It is Self-manifested. It is to be experienced by each on their own. For this one has to be totally loyal to the Master. One who has devoted his entire life to the Master, for him nothing is impossible. But our Spirituality is selfish! We remember Sadguru only when there is some (material) difficulty! Once the difficulty is solved we forget Him. This has been our tradition!! This is a flaw in the human being. We need to identify our own flaws (and remove them). It's very easy to find faults with others but we should identify our own imperfections.

It is Unidentified Identity - Swatmabodh - 117

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 10, page 106

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.

Oh, my beloved Master Nisargadatta! Now,
how can I let you leave me, as I have
surrendered myself completely at your holy
feet!

Oh Master! Haven't You been playing hide and
seek with me all this while. But now, I have got
you and won't let you go ever!

Oh Gopala! It's you only who has made me
love and enjoy this sweet devotional
attachment (Bhakti) towards You, so much that
no more can I separate myself from you!

Oh Nisargadatta! Your greatness is beyond
description. Let me (Gurucharan - Sadguru
Shri Ramakant Maharaj) simply be one with
you and rest at your holy feet!



**Any doubts
for you?
There should
not be any
doubts,
all doubts
all questions,
are related
to the body
knowledge.**

*We always sing our own song and hide our flaws.
We know flaws in others. I am far better than him.
Whatever is mine is good. Isn't it? This is the human
tendency. Everyone needs to think about oneself in
an alert and attentive manner. This (human birth) is
a great opportunity and we must benefit from it.
The one who has understood this will go beyond
time, the one who hasn't will have to dance to its
tunes. To avoid this, bhajans are needed all three
times. We don't know when Maya will possess us.
Many temptations are there.*

*It is Unidentified Identity - Swatmabodh - 118
Sadguru Shri Ramakant Maharaj
Aatmaanatmavivek, chapter 10, page 106*

So, don't encourage body-based questions. Mind is always asking "Why this, why that? Question yourself. What is true? The illusionary world and all experiences? False. In this illusionary 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 Master's 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.

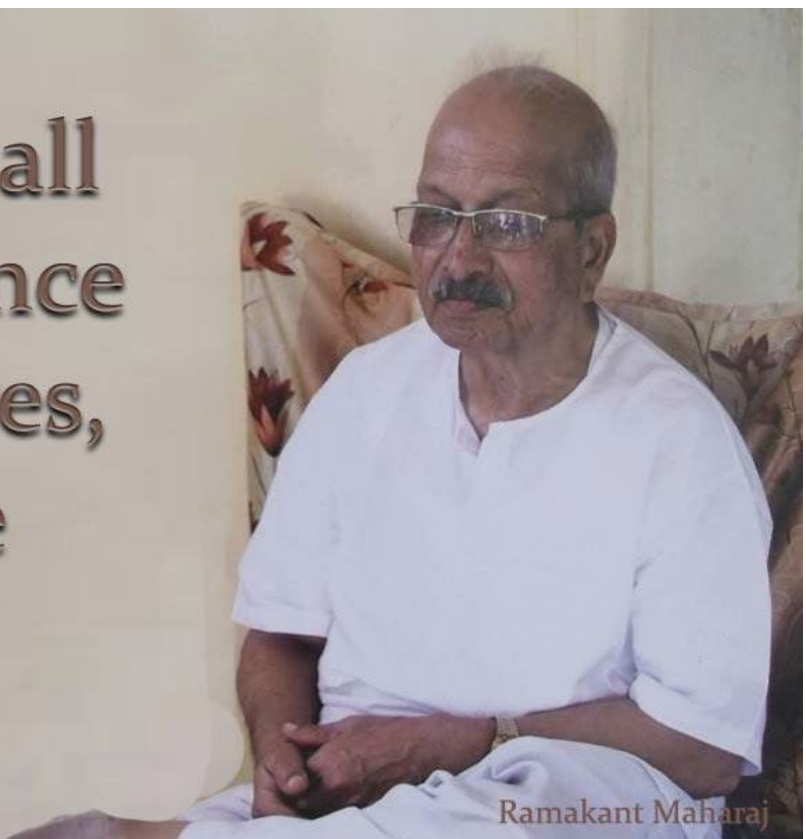
As the _sadhaka_ (aspirant) or devotee draws closer and closer to his Selfless Self, he is faced with many, many, attractions or temptations. And these attractions are so enamoring that the _sadhaka_ gets lost in their flow without him realizing it. Therefore a _sadhaka_ must always be alert. Why has Bhausahab Maharaj instructed to do all the four bhajans? So that you are continuously alert. You do your day to day duties, but alertness should be there because the _kal_ (daemon of time) is always waiting to attack! It happens in our Konkan region, when none is around the foxes very easily catch the cocks! Similarly, the daemon of _kal_ will attack you at an opportune moment when you are not alert! If you are alert, then it can't do anything to you. That's why the Bhajans are there.

It is Unidentified Identity - Swatmabodh - 119

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, Chapter 10, Page 106

Where all
experience
dissolves,
there
you
are.



Ramakant Maharaj

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.

Oh, my Master Nisargadatta!

Let me not ask for anything other than You
(devotion towards you)!

No more give me any desire for external gods.

Let me simply rest at your holy feet!

May I be blessed with total devotion towards You,
so much that no more do I separate myself from
You!

May You become everything for me, now that I
have offered myself to your holy feet.

My only earnest request to you, is to let me
(Gurucharan) be immersed in your holy name
(नाम् - Naam) always!

Meditate, do Bhajans, for Knowledge to reveal itself. Everyone, as per Guru's instructions, Guru's words, should become one with Selfless Self, by identifying the Unmanifest Knowledge which is already inside you. You are already one. But, how am I one with Selfless Self? This is to be identified. The one who does this for him there won't be any dearth of anything at all! This unlimited ocean of happiness is inside us, just that we don't know!

It is Unidentified Identity - Swatmabodh - 120

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 10, page 107

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. Sometimes 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.

*Be conscious
about your
consciousness
then you will
come to know
that you are
beyond consciousness.*

Sri Ramakant Maharaj



The lake of nectar is inside everybody, but we are unaware. We think nectar is somewhere outside. The musk-deer has the fragrance of musk coming from its own navel, but the deer is unaware, it runs helter-skelter searching for the source, similarly we are also running here and there searching for God. To find god, you are doing austerities, visiting holy places, doing all kinds of worships. Here you don't need to do anything, it's readymade, but we need to identify, need to know ourselves. Know yourself to realize yourself. This is the great message of this chapter of Dasbodh. Everyone should remember this message. This Nirupana (discourse) is not to criticize anyone. I repeat, this criticism is not personal. It's an attack on the body-knowledge. To realize your Selfless Self, it's absolutely necessary to dissolve all body-knowledge, this is an effort in that direction. It's everyone's own responsibility to truly know themselves.

It is Unidentified Identity - Swatmabodh - 121

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 10, page 107

In this composition Maharaj mentions about (body-based) saints who are lost in external spirituality (bodily decorations etc.). He says he has never seen anyone like His Master Nisargadatta.

Oh, my dear Master Nisargadatta!
I have seen many saints. But never, anyone like you.

They shave their heads, they apply tilak on the forehead! But alas, they miss the Gopala (God) residing inside them!

They roam from one holy place to another wearing saffron robes and behaving strangely!

I pity them!

They grow their beards and jata (long hair on the head). They talk about leaving Samsara (worldly existence). But inside them they carry worldly desires!

They don't understand that God is not the external appearance and form. But He is formless in spite of having form.

Oh Nisargadatta! Now I have stopped searching elsewhere and become your spiritual son (Guruputra). I (Gurucharan) have become holy simply by reciting your Naam (Guru Mantra).

Everything comes out of nothingness and everything dissolves within nothingness. Courage is most important, spiritual courage not egoistic courage. "I can do it," the master says, "I am Brahman; I am Brahman!" When somebody says you are a donkey, you're immediately slapping him, correct? Because you accepted the donkey. But the master says, "You are not a donkey or monkey... you are Brahman!" Why don't you accept it? As if you are accepting donkey and slapping somebody else, assaulting somebody else, like that, my Master says Yes, I Am Brahman, I have to take revenge, yes I am Brahman.

Nothing is impossible. Napoleon said "Impossible is a word in dictionary of a fool" you know? "Impossible" is a word in dictionary of a fool." You are not a fool. Nothing is impossible. Be brave! It's a very simple thing, not do anything that you are to do it. Because you are not doer there is no deed. You are unnecessary carrying the burden of your human life. But beyond human life is peaceful, tension-free, the only source, you have to identify

your Self “Who am I?” You are neither man nor woman you are Brahman, Ultimate Truth, and the Ultimate Truth is not separate from you. So be realized! Make others realized!

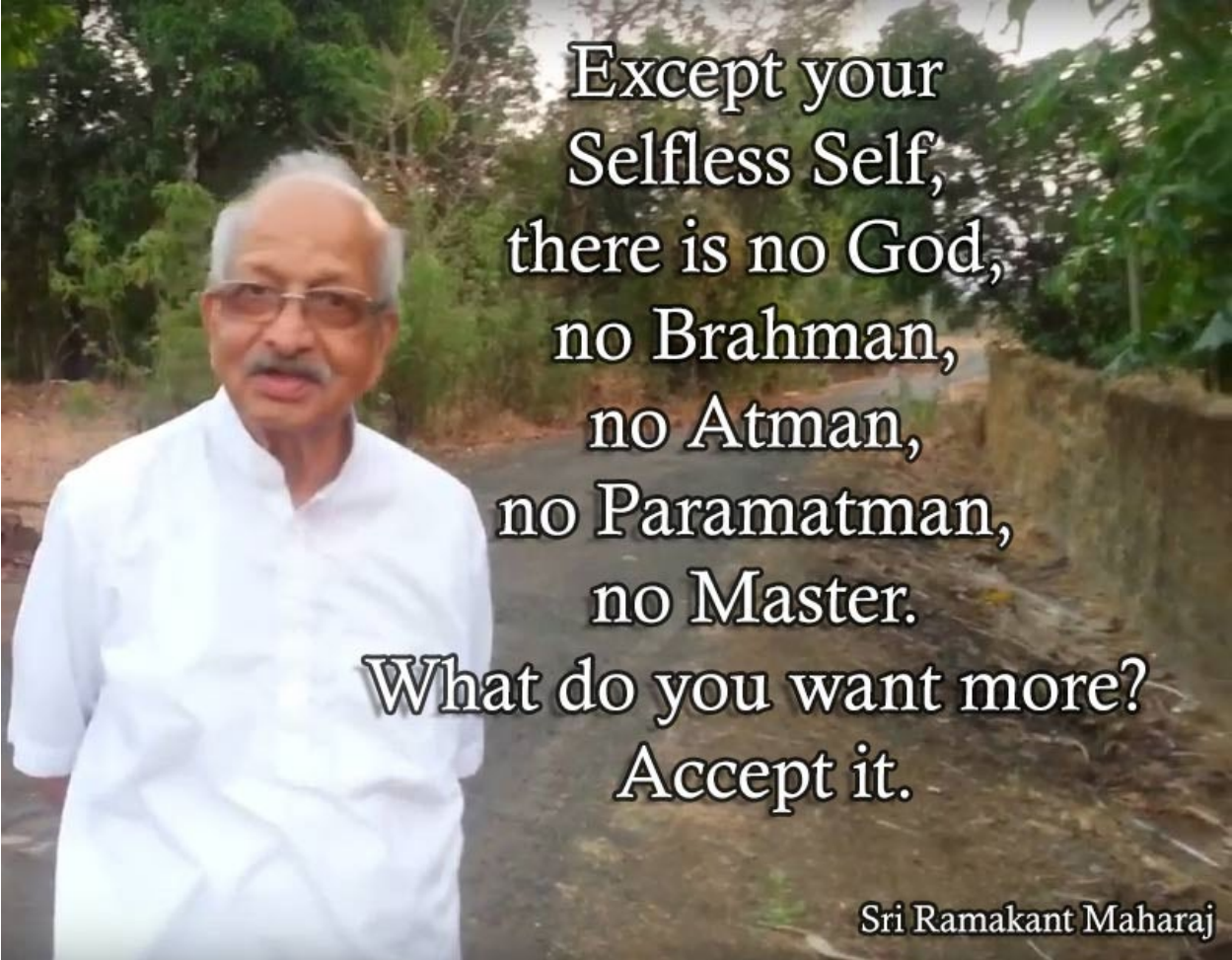
Nothing can happen if there is no Spirit within us. We may brag a lot, but nothing can happen without the Spirit. I do this, I do that, what can you do? Nothing! If there is no Spirit, you cannot do even the smallest little thing! We walk, we talk, we do so many things, it's because of the Spirit only. How do we worship this Spirit? How do we become one with it? We have separated ourselves from it! Because of the body, we think our Selfless Self, body and Spirit as one and the same! And therefore, whatever you may do, the attachment or attraction for the body does not seem to dissolve.

Change yourself as per Sadguru's teachings

Swatmabodh - 122

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 109

A photograph of Sri Ramakant Maharaj, an elderly man with glasses and a white shirt, standing outdoors in a natural setting. The text is overlaid on the right side of the image.

Except your
Selfless Self,
there is no God,
no Brahman,
no Atman,
no Paramatman,
no Master.

What do you want more?
Accept it.

Sri Ramakant Maharaj

The festive celebration of enlightenment, I have seen...
(That) no God separate from Nisargadatta ever has been!

Looking for God, I wandered all around...
But, at the holy feet of my Sadguru was where He
(Hrishiksha) was found!

Now, I will not leave my Sadguru's feet, even
if this body goes...
He is the God of Gods where Gurucharan bows!

How can one find the Sadguru Mauli (mother) merely by
theoretical knowledge?

Or by searching foolishly elsewhere?
Even the Vedas and Shrutis have no answer.

Gurucharan requests you to stop worrying....
Be one with Nisargadatta and keep bowing!

Forget about enquiry! No enquiry is there! It is for in the beginning “Who am I?” You’re not the body, you were not body, you’re not going to remain body. Self-enquiry: “Who am i? If I am not body who am I?” It’s called Brahman, Atman, Paramatman, God, Master that you are! It’s an open fact that the body is not your identity at all! The body was not your identity! The body is not going to remain your identity. After self-enquiry you will find out the reality!

Why is self-enquiry required? To find out the reality “Who am I?” The main question is: “If I am not body then who am I?” You say “Brahman, Atman, Paramatman.” So, what is that Brahman? How that Brahman is? It cannot be imagined. It is beyond imagination, beyond any inferences, because it is Spontaneous Existence, where there is no experience and no experiencer, no witness and no witnesser. In Spontaneous Existence there is no experience and no experiencer, no witness no witnesser! No identity is there. It is called

nothingness. So, everything came out of nothing and everything dissolves within nothing. What is enquiry? The child, which is not born, we are talking about the fate of that child.

Long association with the body, breeds a lot of love (and attachment) for the body, in all living beings. There is a lot of attachment. We are very sensitive to the slightest irritation! Knowingly or unknowingly, the bodily functions of mind, ego, intellect have deeply affected us. We have become one with the body, so much so that we are certain that we are this body! And this is where we have made a mistake. In reality, you were never the body, you are not the body now, and you will never be the body. It's a fact! Because of the combination of Spirit and body, we have the feeling of being something (being a creature). The reason this is being talked about at length is we need to know ourselves in a real sense. Why do we need to know ourselves? This is because innumerable concepts such as good deeds-bad deeds, hell-heaven, etc. have been imposed on us and we are accepting and flowing with them. We never have thought going beyond or out of this vicious cycle, what is my reality? Who am I really?



Be Happy,
Make others Happy,
Be Realized,
Help others to Realize.
Be Calm and Quiet,
Total Peace,
Total Silence,
Totally Unconcerned
with the World.

In our spirituality, we are focusing on 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 do you get? Nothing.

Who wants peacefulness? Who wants happiness? Who wants a fearless life? Who wants a tension free life? How will we get these? 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 foot. 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.

Haven't you been searching everywhere,
vainly, for Ram (God)...

Don't you realize, He is to be found only by
chanting the holy Guru Naam (Guru Mantra)!

Driven by the (extrovert) mind, haven't you been
searching for Him everywhere outside of you...

But, how could you ever find Him? As, His dwelling place
really is within you!

Without surrendering to the Guru, this mystery one
simply cannot realize...

That inside your heart is where Ram resides!

Yes! I (Gurucharan) have seen Ram...

If you really want, you too can see, simply by chanting
Nisarga (Datta) Naam!

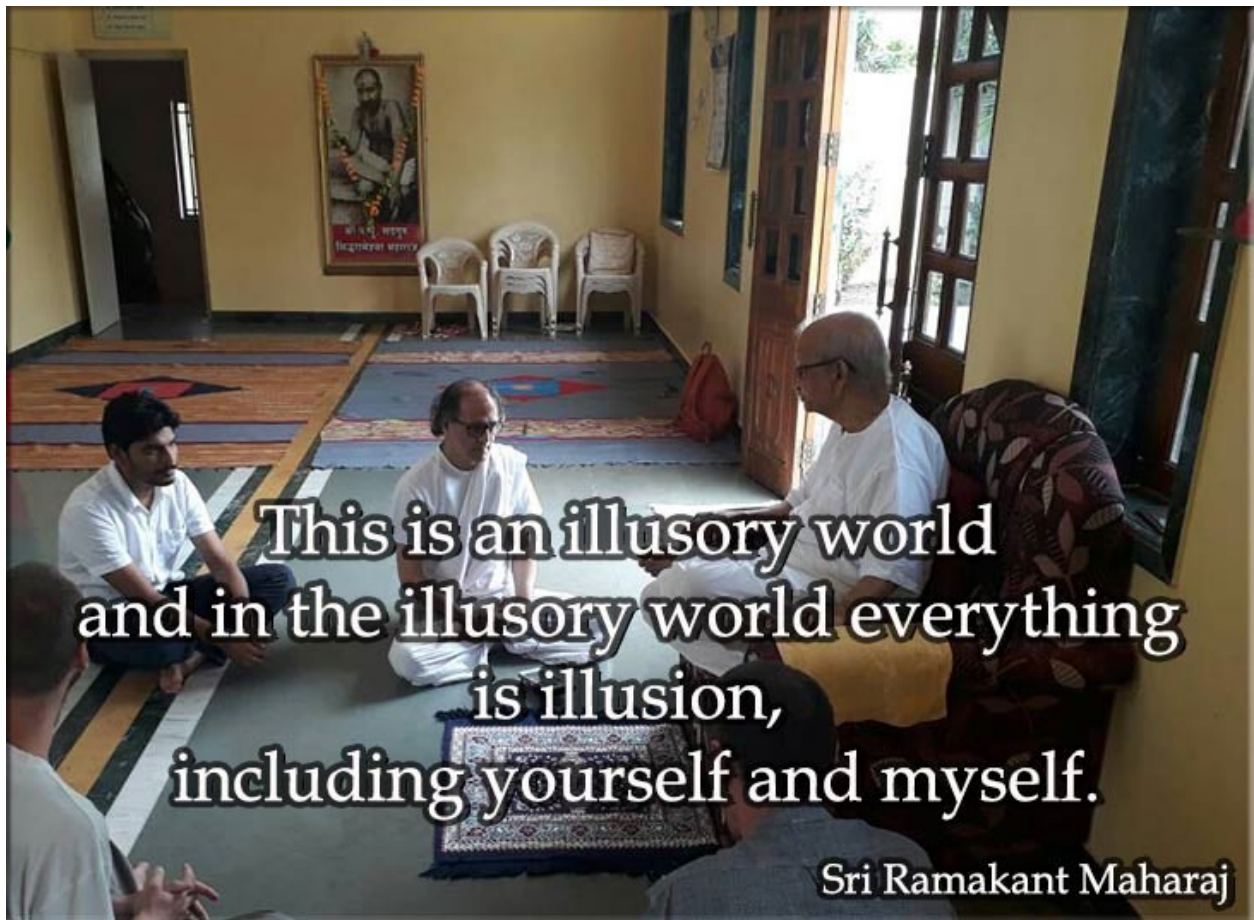
I see this world. I see myself as a man or woman. I am going through many experiences of desire, anger, jealousy, arrogance etc. as per _triguna_ (three attributes). There is struggle. There is mental imbalance. There is a kind of depression every moment. What exactly is all this? We don't search for it! We have heard the Master's words, but we need to look for them within ourselves by being introvert. Why we need to search? It is to attain the happiness and peace for which all of us are struggling. How will that happen? For that we need to know where we are going. Be introvert and look within, the body-sense (conceptual existence) will automatically dissolve, and then you will know I am not the body, the body is external clothing.

Change Yourself As Per Master's Teachings

Swatmabodh - 124

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 110



**This is an illusory world
and in the illusory world everything
is illusion,
including yourself and myself.**

Sri Ramakant Maharaj

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 those 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 the mind, ego, intellect, unless there is confirmation "I am not body". Until that time, you feel so many things. You will feel insulted, depression maybe there, non-peacefulness maybe there, so many problems are 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, the foundation of spirituality. You need not, nor are required, to do anything. Meditation means concentration, concentration on 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? So, that Presence, Invisible

Presence, within this body, it is called Brahman, Atman, Paramatman, God, Master, that You Are. But you are not accepting it! Again, and again, mind is playing, creating some questions, not allowing to stabilize. We are unstable because mind is playing along. Mind is very crazy. Mind, what is mind? Manufacturer of thoughts, in your dream also. So, mind is one of the parts of this body, it is not you.

Word Ram is used to indicate Selfless Self.

Look! The treasure of Ram (Selfless Self) I have found...

Yes! the treasure of Ram I have found...

Oh Nisargadatta! Only at thy holy feet, this priceless
treasure was found!

Oh Ram! In temples, mosques, Vedas and
Shrutis(scriptures), searched for You, endlessly, all
around...

But, ended up completely disappointed, as nowhere,
were You to be found!

Oh Ram! I found You, when I completely rejected the
'ego', and surrendered totally to the Guru...

And, with all oneness started singing Jai Guru, Jai Guru!

Says Gurucharan, listen to me, search(outside) no more,
for Ram...

So near He is to you that you are already One with Ram!

Live your worldly life, it is necessary. The duties and responsibilities which come with the body cannot be avoided, even while attending to them it is absolutely necessary to understand what the Ultimate Truth is. In today's fast-paced life, everyone is running helter-skelter (aimlessly or purposelessly). In spite of being _sadhaka_ (aspirant) and having been initiated, this mind is in deep pain from moment to moment. It brings up old and not so old memories and we are perturbed! Why are we perturbed? This everyone has to understand. We see dreams, they are untrue. Past is a concept, future a dream, present is what we have. Attend to the present moment. Ignore what future may bring and what happened in the past.

Change Yourself As Per Master's Teachings

Swatmabodh - 125

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 111

**Prior to beingness,
nothing was there.
No word is there.
No language is there.
No experience is there.
No experiencer is there.
No witness is there.
No witnesser is there.
What more do you want?**

Sri Ramakant Maharaj



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 spirituality is to 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 – “Aham Brahmasmi”, “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 stabilize, creating some problems. There are so many questions asked “oh, my mind is doing 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 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.

The reason behind our depression or unhappiness is inside us. Thoughts are flowing in the mind, that's ok. Whatever has happened in the past, forget it! What causes remembrance (of the past) in the body? I am speaking, you are listening, the analysis (of my words) is happening within you, who is doing it? Such deep introspection and discrimination should happen. What is the importance of these talks (_Nirupana's_)? Don't just listen and forget! Who is living in this world? We are experiencing so many things. Who is seeing (experiencing) these? Who is the seer? We need to introspect, who is seeing the 'seeing'! It sounds a little difficult. But it is necessary. Then only can we know the reason behind our depression or (mental) imbalance.

*Change Yourself As Per Master's Teachings
Swatmabodh - 126
Sadguru Shri Ramakant Maharaj
Aatmaanatmavivek, chapter 11, page 111*

Come fast, Oh Master!

Bless me!

What worries me is this bodily existence, please protect
me!

To protect us (your devotees), you take infinite forms...

Whenever we are caught in worldly storms!

On reciting your Naam, Even the gods and deities, have
become completely calm...

With their true nature, They have merged, on becoming
one with the holy Naam!

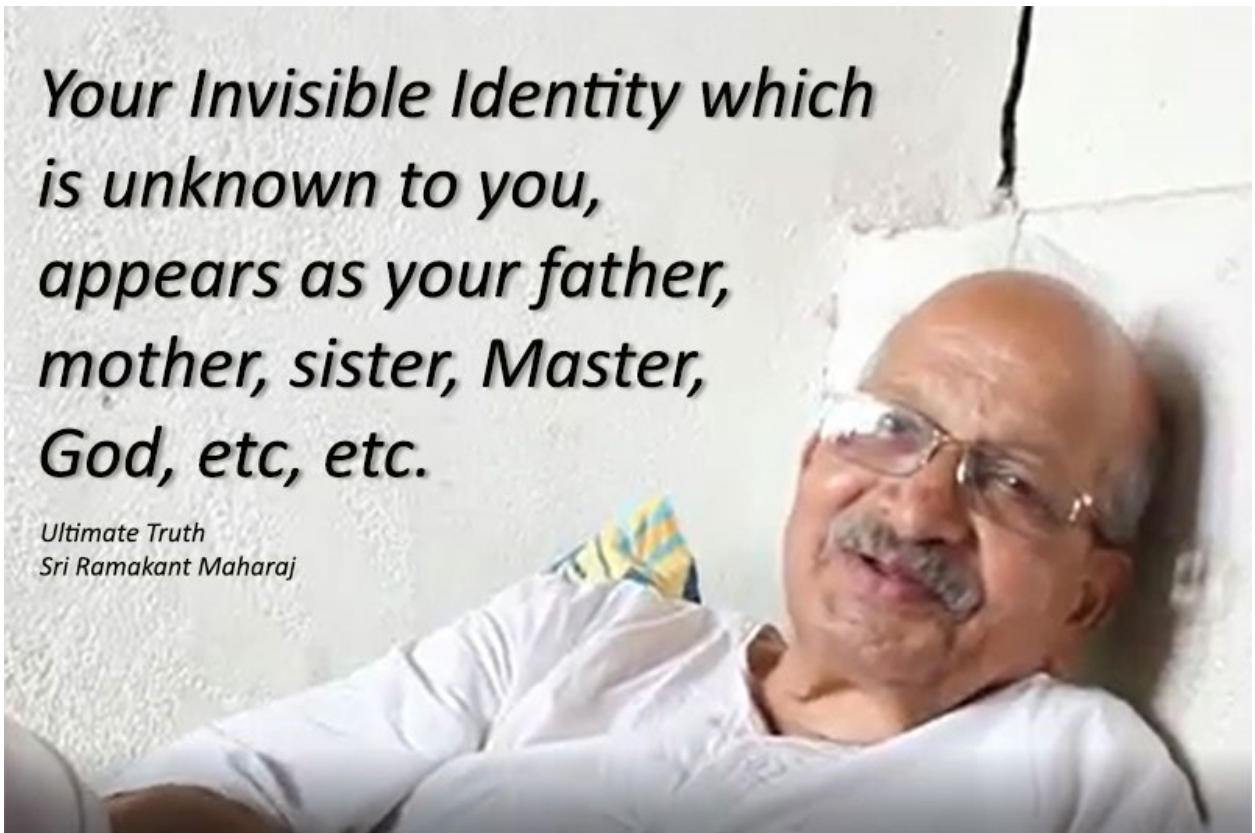
Oh Nisargadatta!

Nothing else Ramakant wants...

Other than complete rest at your holy feet!

*Your Invisible Identity which
is unknown to you,
appears as your father,
mother, sister, Master,
God, etc, etc.*

*Ultimate Truth
Sri Ramakant Maharaj*



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 can 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 take 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, until you get Conviction. Then, again the question: how to meditate? 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 are asking not to disclose that Mantra to anybody else. But try to stand on your own feet, nothing is impossible. All these great Saintly people, Ramana Maharshi, so many Saintly people, what did 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 book", 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 the 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 have got tremendous power. Not to be beggar “oh do something fair to me”, why?

Blinkers are put on horse's eyes, so that it can focus on looking ahead and moving ahead. If it is able to look in all directions, then it will run everywhere. Similarly, a true devotee focuses on his devotion to the Master (Guru bhakti) single-mindedly. Nisargadatta Maharaj gives another beautiful analogy. When a mother takes her child to (say) an exhibition, she instructs him to hold her finger firmly. She tells - you can look everywhere but don't leave my hand. Because if you leave you may be lost. Similarly, we are living in this world where there are so many temptations, concepts of happiness-unhappiness but Master has given this finger of his words that "Except your Selfless Self there is no other God, Atman, Paramatman!". After you ascertain this for yourself, hold the finger (of Master's words) tightly and then do all else. Then you can live in this world, just don't leave His (of Master's words) finger!!!

*Change Yourself As Per Master's Teachings
Swatmabodh - 127
Sadguru Shri Ramakant Maharaj
Aatmaanatmavivek, chapter 11, page 113*

Meditating intensely, the meditators achieve
Spiritual Powers (Siddhis)...

Turning them away from Reality, they (these
Powers) hypnotize the seekers...

Oh seekers (Sadhaka)!

Enamored by these Powers...

You are pulled back into worldly desires...

All the time you are lost in worldly desires...

So much that, you forget the Selfless Self, your very
Source...

Oh seekers!

Remember what Nisargadatta said, and don't

fall for these pitfalls...

Gurucharan too cautions you!



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.

Sri Ramakant Maharaj

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 people 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 are 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, until 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.

We are in the body as a man or woman, so behave accordingly and attend to your duties. But I have nothing to do with the body, I had nothing to do with the body and I will not have anything to do with the body, this should be ascertained! How was the world created? What is the power that moves the world? This everyone has to identify for themselves. The one who recognizes this is free from all bondages, and the one who does not must suffer the happiness-unhappiness in this world.

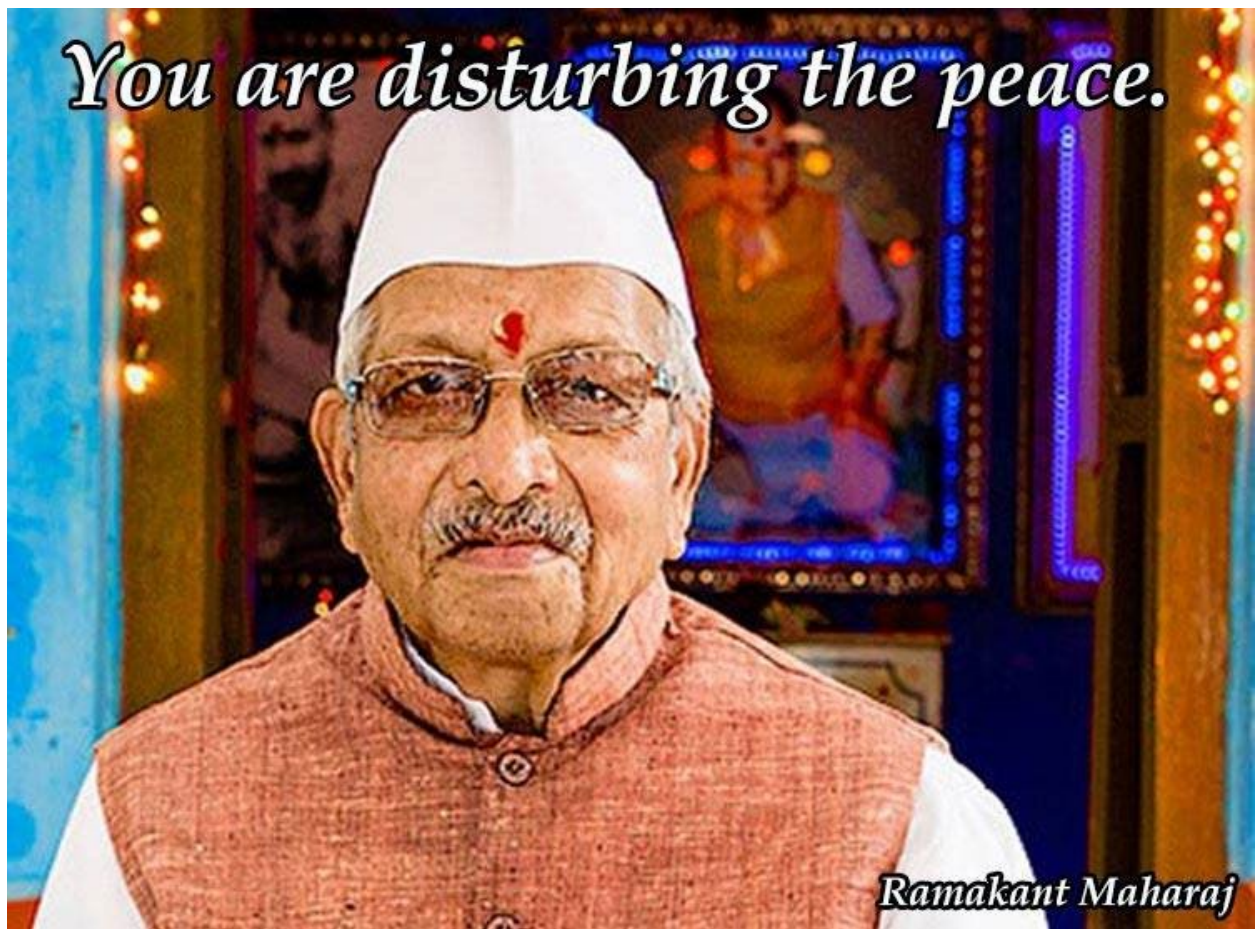
Change Yourself as per the Teachings of the Master

Swatmabodh - 128

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 113

You are disturbing the peace.



Ramakant Maharaj

In our lineage, we practice systematic devotion: singing bhajans, saying prayers to keep you alert, as well as meditation, and listening to knowledge. All these activities are designed, to prevent you from falling victim, to somebody else's thoughts and concepts, or your own concepts. If you are dedicated, no one will be able to play tricks on you again. You must be dedicated at all times, so that you remain alert. You don't have to go to an ashram or visit a temple. You can be anywhere, reciting the mantra, and sitting for meditation. "Wherever You Are There is Your Ashram." Remember that the uplifting atmosphere that is created through singing the bhajans, serves to keep the mind in check. The mind cannot get up to any mischief, while you are singing.

Knowledge given by Master is understood (intellectually), but to dissolve the unstable mind, our _Sampradaya_ (lineage) emphasis on Meditation. Meditation is extremely important, but we don't understand its importance. As a _sadhaka_ (aspirant) meditate as much as possible. Spend at least an hour or two on Meditation. We say, I am unable to focus (concentrate)! Everyone complains. They come to me saying we are unable to concentrate; many thoughts are flowing. (I say) Let the thoughts come, why worry? It's natural for thoughts to flow. I give an example, if you are digging a well, you are bound to come across mud and rocks, stones, pebbles etc. You won't get water immediately; you will have to try hard. Only after removing all mud and stones etc., then water will be found. Similarly, there are many impressions on our mind which we are carrying, they will slowly and silently dissolve, with Meditation.

Change Yourself as per the Teachings of the Master

Swatmabodh - 129

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 113



**Silence is the answer
to all questions.**

Ramakant Maharaj

Conviction means, Ultimate Truth, which is accepted spontaneously. When that lion is not knowing he is a lion. Since he was brought up with the goats. He considered himself, that lion considered himself, 'I'm a goat, I'm a goat.' And he started fearing dogs and fox and things. Lion from jungle or forest says, 'You are not a goat, You're a lion.' He took him and analyzed the all the parts of his body. See my parts of the body, see your parts of the body they are the same. Then he went to compare the body of the goats. Then the goat says "Oh, I am a lion." Likewise, Master is explaining all these things. You're not a man or woman, you are not Brahman, Atman, Paramatman, Master. Your identity is beyond that. Your identity is beyond that. These are high definitions. Brahman, Atman, Paramatman, OK, good, good. But what do they want to convey? Your power your energy, is extremely, beyond, beyond, that. Not even that. You are prior to everything. Without presence you cannot find see the world. So, Your Presence can not be defined in words. We are trying to use so

many words, to convince that. What more do you want?

Meditation never goes waste, but you should be ready to do it. It is similar to when we pour water on ground initially it will be absorbed by the ground and then it will flow. Make your mind quiet through meditation, actually mind does not have any existence of its own. Mind means flow of thoughts. To reduce the influence of these flowing thoughts, Meditation is absolutely necessary. I say the same thing to students also. Meditation is needed for students of all ages and now it has been proven scientifically as well. Meditation does not only quieten the mind but also cures many incurable diseases of the body. It is so powerful, but we must do it!

Change Yourself as per the Teachings of the Master

Swatmabodh - 130

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 114

**External Master is
inviting attention of the
Invisible Master
within you that except
your Self
nothing is there,
it is fact.**

Sadguru Shri Ramakant Maharaj



The body is not your identity at all. Unless you accept the Reality that “the body is not your identity”, the experience of a body-form will continue to appear upon your Presence.

These concepts create so much confusion, and then, the mind raises all sorts of questions. So many questions keep arising, and they are all body-based questions! I receive so many questions from seekers, and they are always body-based concepts. Melt, dissolve, demolish all your body-based concepts. This is the primary task at hand.

Your problems are all body-related, arising from this human life that is only a dream: depression, worry, sadness, loneliness, feeling unloved, fearfulness, stress, dispeace, unhappiness, misery, etc., etc. We have become fearful of everything. We behave like sheep, instead of lions! We have a lot of tension. There is no peacefulness, or blissfulness. And, we are always fearful of death.

All these illusory concepts are to be demolished.
Demolish all your concepts! This is the main goal of
spirituality.

Devotion is not just about doing Bhajans, putting garlands or pressing Master's legs! This is not Guru bhakti (devotion to the Guru). But, to live your day to day life exactly as per His teachings is what is needed. Who witnesses the body-mind? Who speaks through the body? Who moves? Surrender to That (Power), that's all! Then, that feeling cannot be described in words. It's an experience beyond all experiences!

Change Yourself as per the Teachings of the Master

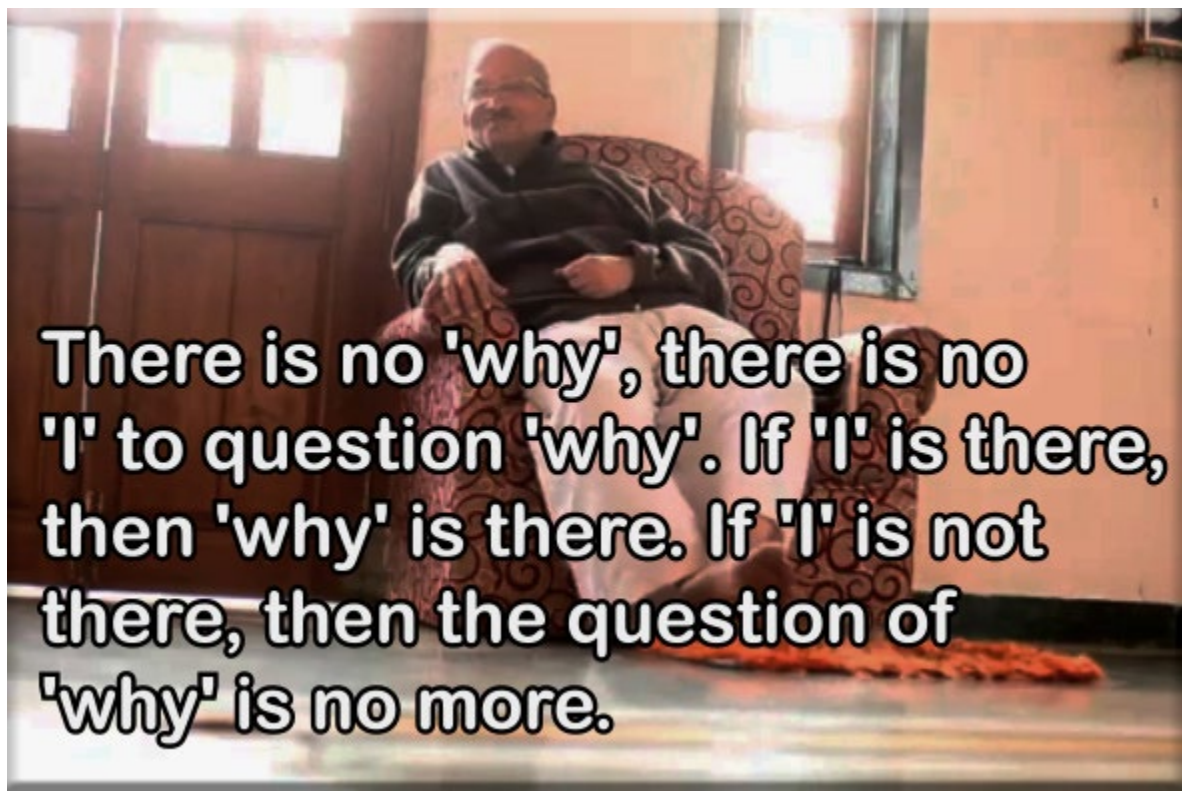
Swatmabodh - 132

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 114

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 is giving courage to

accept the Reality. Because you are the Reality,
Reality is not separate from You.



There is no 'why', there is no 'I' to question 'why'. If 'I' is there, then 'why' is there. If 'I' is not there, then the question of 'why' is no more.

Let's say the Spirit left the body and you didn't wake up in the morning. What is the value of this body? Nothing, not even zero! Then even the nearest person would say it's time to take away (the body), it's been four-five hours, let's go! So, what gives the value to this body? It's the Spirit and it's independent for each one! Once you know this, whatever your miseries, anxiety, etc. automatically vanish.

Change Yourself as per the Teachings of the Master

Swatmabodh - 133

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 115

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 is 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 starts from You; everything ends within You.

So you just have to know yourself in the real sense because your spontaneous, invisible presence is there, to whom you are giving the name, 'I am'.



Sri Ramakant Maharaj

Whatever happened, happened for the best, this should be your stand! The one who has this total conviction is a Jnani. Devotion should not be blind. There should be no expectations whatsoever. Maharaj will do something, he will perform some miracle, it's not like that. But he stands behind you in any calamity which may come your way. You must have experienced. He loves you and is compassionate to you in all circumstances. You need not worry; Master is always there for you! Whatever problems come; they automatically dissolve. But when this will happen? When you embrace the Sadguru's teachings, but unfortunately, we have embraced this body identity.

Change yourself as per the teachings of the Master

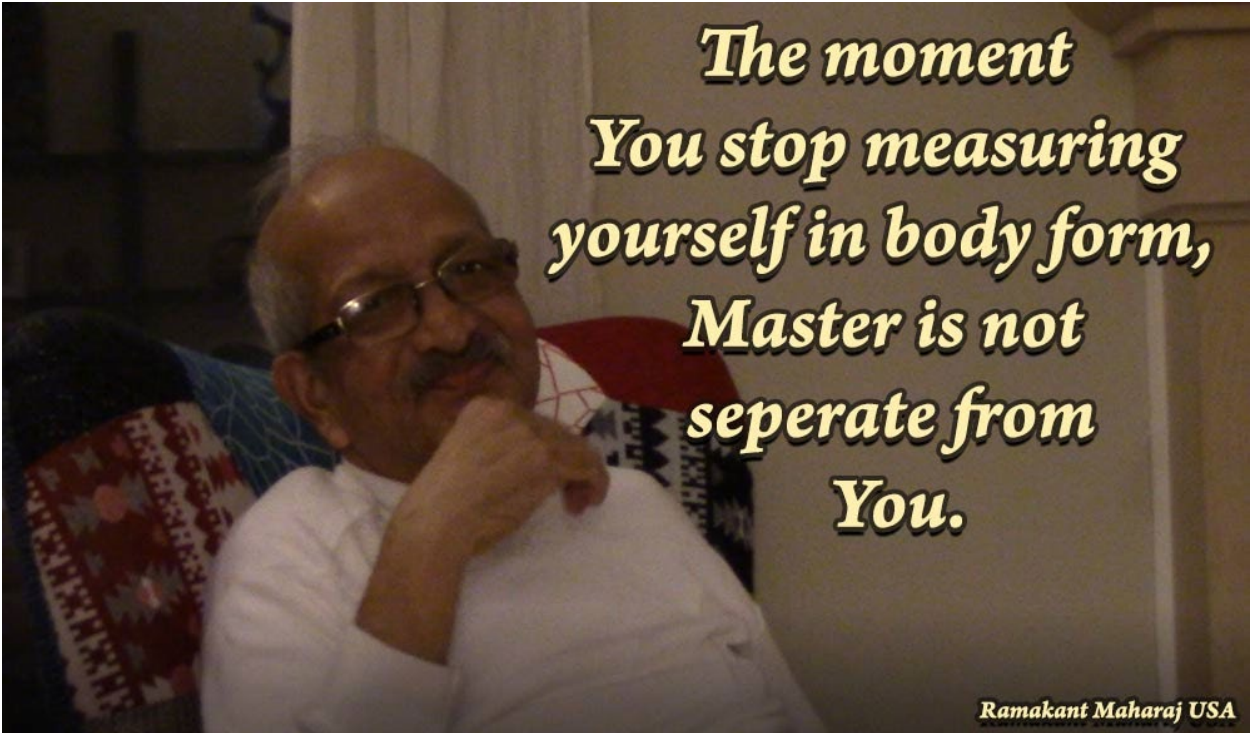
Swatmabodh - 134

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 115

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 appear within You spontaneously. 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 starts from You; everything ends 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.



***The moment
You stop measuring
yourself in body form,
Master is not
seperate from
You.***

Ramakant Maharaj USA

To experience the inner bliss, joy, one should wholeheartedly immerse oneself into Meditation. (Say to yourself) Even if I am unable to concentrate still, I will sit for half an hour at least. And, for whom do you do all this? Not for the Master, but for your own self. We have to take full advantage of this great opportunity. Not as some delusory concept but to make this life tolerable, to dissolve the mind, ego and intellect and the pain caused by them. Then one is natural (and spontaneous), he doesn't struggle with the others. OK! You are bigger than me! How to act in what situation, these instructions flow automatically from within for a devotee of Sadguru.

Change yourself as per the teachings of the Master

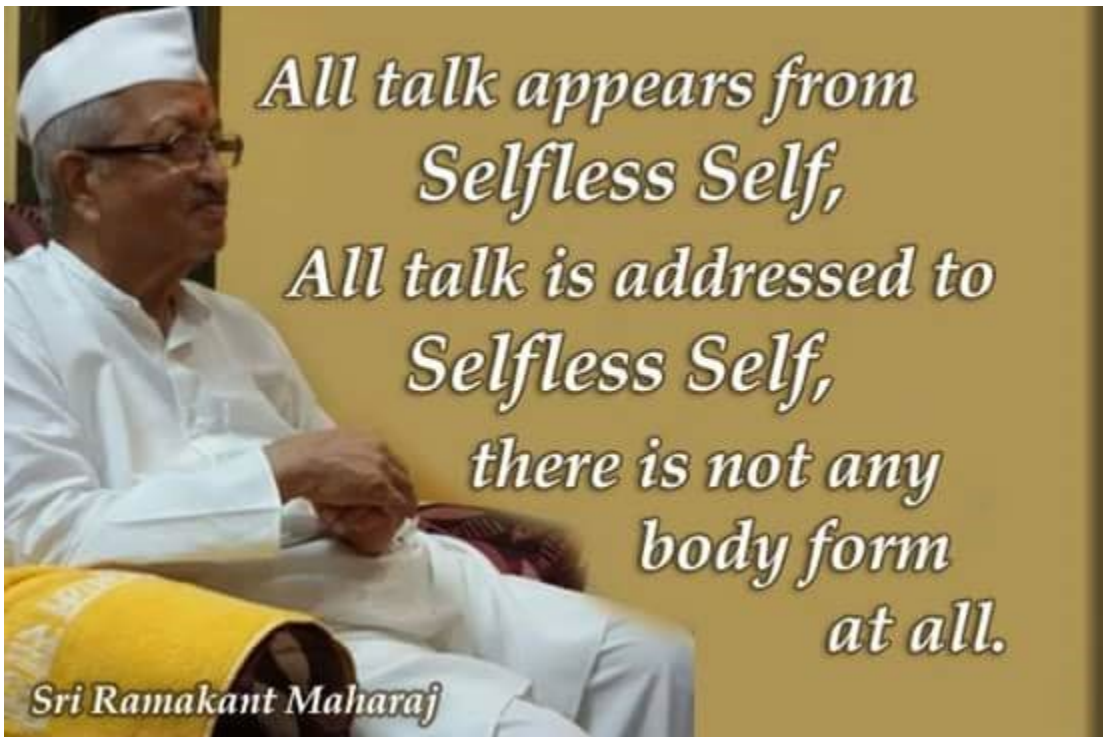
Swatmabodh - 135

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 116

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 your 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 questions “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’. If not given, depressed. So, all these expectations are supposed to be dissolved. Body-ego is supposed to

be dissolved. You are having expectation from childhood, you are some boy, father, parent, even Masters 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.



*All talk appears from
Selfless Self,
All talk is addressed to
Selfless Self,
there is not any
body form
at all.*

Sri Ramakant Maharaj

The Power without which nothing can move, such Power is in everybody. But we are lacking somewhere which we need to pay attention to. In spite of the Master cautioning us, we fall for the temptations! Our attention is towards the worldly, not to the power beyond it! That's why it's said, 'Attend to the one beyond attention and see the Reality'. 'Who can logically understand the One beyond all logic?' This is beyond all logic, but we are so caught up in the body-form that we don't come out of it. Here, we should be stubborn! Why I am not able to do it? What is lacking in me? What all these saints did? They transformed themselves as per the words of the Guru. We say 'Raja dhi raj Sadgurunath', this Power is in everyone, this can happen to you too, but we don't look at ourselves that seriously! We are casual, thinking it's enough to just listen to the discourse and leave it at that!

Change yourself as per the teachings of the Master

Swatmabodh - 136

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 116



Listen to me!

The entire world
including all the books,
all the Masters,
all the spiritual knowledge
is a projection of your
Spontaneous Presence.

Sri Ramakant Maharaj
RamakantMaharaj.net

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 God, one beggar. After awakening what happened to that God and beggar, beggar gone to hell, God is gone to heaven? So, all these concepts considering body is my identity. That body-identity is 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.

It is very important that, using discrimination we identify our true self (Selfless Self), and become one with it. That power is present in everyone. Devotion has great power in it, but it has to be done with oneness. Therefore, to build strong spiritual foundation, meditation is extremely important. Confluence of Meditation, bhajans and Knowledge is required. The one who has these basics sorted out, for him the road ahead is not difficult. First, the foundation has to be strong! We try to build a big building hurriedly. If the foundations are not strong the building is bound to collapse. So, foundations have to be strong. Bhausahab Maharaj meditated for fourteen hours daily. Siddharameshwar Maharaj also meditated. Nisargadatta Maharaj, Ranjit Maharaj also meditated. Then they gave the Knowledge. This is devotion after Knowledge.

Change yourself as per the teachings of the Master

Swatmabodh - 137

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 117



Keep surrendering
the illusory concepts,
keep surrendering
the 'self'
of
Selfless Self.

Selfless Self Talks with Shri Ramakant Maharaj
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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 Our self, that’s why this process is there. Why read books? Why obey Masters?

Because you forgot your Identity. To identify ourselves in a real sense we have to go through these 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 things. You create something wrong thing, bad dream, good dream. You are not planning 'today I will see this dream, tomorrow I will see that dream'. No. This is body, this is dream. We feel that dream is true dream and measuring our self '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 is this question 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!

Some say - Maharaj, we are Jnanis now, why do we need Devotion? This is pride, I am Jnani, I understand I am Atman, Paramatman. This is not a sign of realization; this is also subtlest of subtle pride! Siddharameshwar Maharaj once said in his _Nirupana_ (discourse), I need to step down a couple of steps for you! It means, I need to take ego that I am Master, and you are disciples for the purpose of the _Nirupana_! In reality, neither are you a disciple, nor am I a Master!! Just like sky, sky in America is not different from the sky in India. They are just the names given, the principle within the Guru, and the disciple is the same. It's not separate, but it is necessary to tell this.

Change yourself as per the teachings of the Master

Swatmabodh - 138

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 117



You see your spontaneous existence manifested, so without you there is not any focus.

When I say 'I am', 'I' stays there, the subtle ego.

Don't make any effort.

Don't take the literal meaning of these spiritual words, rather take what they are trying to convey. You cannot realize presence through the bodily 'I'.

Sri Ramakant Maharaj
RamakantMaharaj.Net

Now you are thinking intellectually, Absolute and then something else. You are Absolute. You are Ultimate Truth. Ultimate Truth is 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, there is not 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 is 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 Absolute is. 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 is 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 are given to your Spontaneous Existence, Presence.

That You Are. Absolute is Not Separate from You. Ultimate Truth is 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 not any discrimination. That Reality is 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. You are getting relief from that steam bath for some time. This is Permanent. Your Existence, Spontaneous Existence, is Permanent. There is not any limitation.

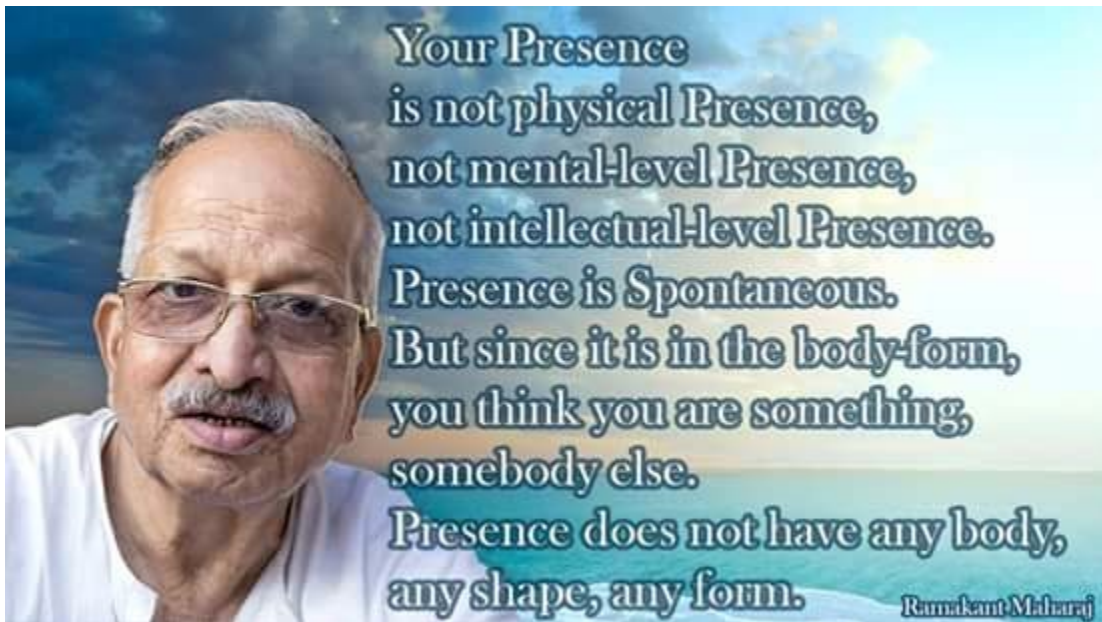
Master tells us that there is no difference between you and me, but we are not able to trust this doubtlessly. To be able to be certain about it, meditation is necessary. There should be confluence of meditation, devotion and knowledge, and it must be practiced doggedly. You can do everything else, don't leave anything lacking in your worldly life. If you are a student, do your studies but at the same time ascertain your true identity. When this kind of oneness is accomplished, then only it will be true Spirituality. Otherwise, I did bhajans, went to Maharaj and bowed down to him many times, it's useless! That doesn't help, bow down to yourself (your Selfless Self). This spiritual trick is given by Maharaj. It is called devotion without otherness. There is no otherness there, so it becomes spontaneous. No concepts of birth and death, no coming and going! How is the Paramatma? It doesn't come and go anywhere, there is no attribute, no need of the four liberations!

Change yourself as per the teachings of the Master

Swatmabodh - 139

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 118



Your Presence
is not physical Presence,
not mental-level Presence,
not intellectual-level Presence.
Presence is Spontaneous.
But since it is in the body-form,
you think you are something,
somebody else.
Presence does not have any body,
any shape, any form.

Ramakant Maharaj

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 are 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 wants happiness? What is peacefulness? Prior to beingness have you any peacefulness? After leaving body what peacefulness will you get? Because body-knowledge is not tolerable.

All _shastras_ are meant for the body-identity. Prior to experience of the body (prior to birth) was there anything? Mind, intellect, ego, triguna's, five elements, Guru-disciple, God, sacred books did we know any of these? Hundred years back there was no trace of any of these. Hundred years later what will happen, we don't know. Since we started knowing ourselves in the body form i.e. in this period from the beginning of knowingness to the end of it, whatever we have heard, read, have been told, we are trying to live based on that. But, our Guru Mauli (mother) has given us Knowledge which is beyond all of this. What has the Guru told? (Guru says) "Why do you ask about that which never even happened". You are not even born, then why all this? This Ultimate Truth, we should know. You won't get to hear this Knowledge anywhere else, keep it in mind!

Change yourself as per the teachings of the Master

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Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 118



*THOUGH
I AM HOLDING THE BODY,
I AM UNCONCERNED WITH
THE BODY-KNOWLEDGE.
PRIOR TO THIS
BODY-KNOWLEDGE,
MY EXISTENCE WAS THERE,
BUT WITHOUT ANY FORM.*

Selfless Self Talks with Shri Ramakant Maharaj
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Directly or indirectly we are posing our self in body-form, my body-form is permanent, that concept is engraved upon us all the time. Therefore, the only source spiritual science says, you are to undergo the meditation. And what do you mean by mediation? Meditation means hammering yourself. Some ancient words are given to you. It came from lineage to lineage from Dattatreya. Sanskrit words are given. Through those words, you are to hammer yourself all the time. The 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, will Explode within you. Yes, So That I! And at that time, you forget the body-knowledge. Even though You are using body You remain separate from Individuality. You don't feel

individuality or anything. So, The Exceptional Experience cannot be counted in any words.

Knowledge is told “from the beginning of knowingness to the end of it”, that’s it! From the moment we started experiencing the body till this experience lasts, how I was a teenager, youth, how I became old, it’s all about _triguna’s_ (the three guna’s or attributes of Sattva, Raja and Tama). A lot of knowledge is there. But what is your place (in all this)? It’s beyond knowledge. There is neither knowledge nor ignorance, neither _guna’s_ nor _Nirguna_ (without the guna’s). Nothing is there and where there is nothing, you are! To engrave this subtle knowledge there should be oneness. Total faith in the Master’s words should be there - there is nothing beyond what my Master has told! There should be no dilemma there.

Change yourself as per the teachings of the Master

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Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 119



Knowledge is there.

**Reality is
in front of you,
inside you,
around you,
everywhere.**

Selfless Self Talks with Shri Ramakant Maharaj

There is no positive, no negative. Why to find out “who am I?” I-am also is illusion, 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 concepts, these are the words, just for discussion purposes, understanding purposes. Therefore, I am insisting not to play with the spiritual words, literal words. ‘I’ is 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. 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.

Worship of form is okay in the beginning. “Because it’s difficult to grasp the formless, form-based worship is needed.” But now Maharaj has given you Knowledge far beyond all this. It’s PhD level Knowledge, isn’t it? Now why go back to primary school! Don’t be a slave to sentiments. Spirituality is not to be followed because someone else asks you to. Whatever you are convinced about, you should do. Don’t flow away with something because someone else asks you to. Many superstitious concepts are still present in the society. Don’t fall for those. Here, you should have total conviction. Don’t have a stand that, this happened as a result of that, to happenings in your life. Nothing happens as a result of something, because, nothing has happened at all!

Change yourself as per the teachings of the Master

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Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 120

Everything is projected from you.



Ramakant Maharaj

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 have to 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 concepts, 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. Not 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 is also a concept. It's Fact. Because we are giving birth to God and Brahman. This is not an 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 illusory world. So, we don't expect there will be another illusory world hereafter. This is Last Ultimate Truth and Ultimate Truth is not

separate from You. So, only playing with the spiritual words and literal knowledge is meaningless. And dry discussion on spirituality, also meaningless.

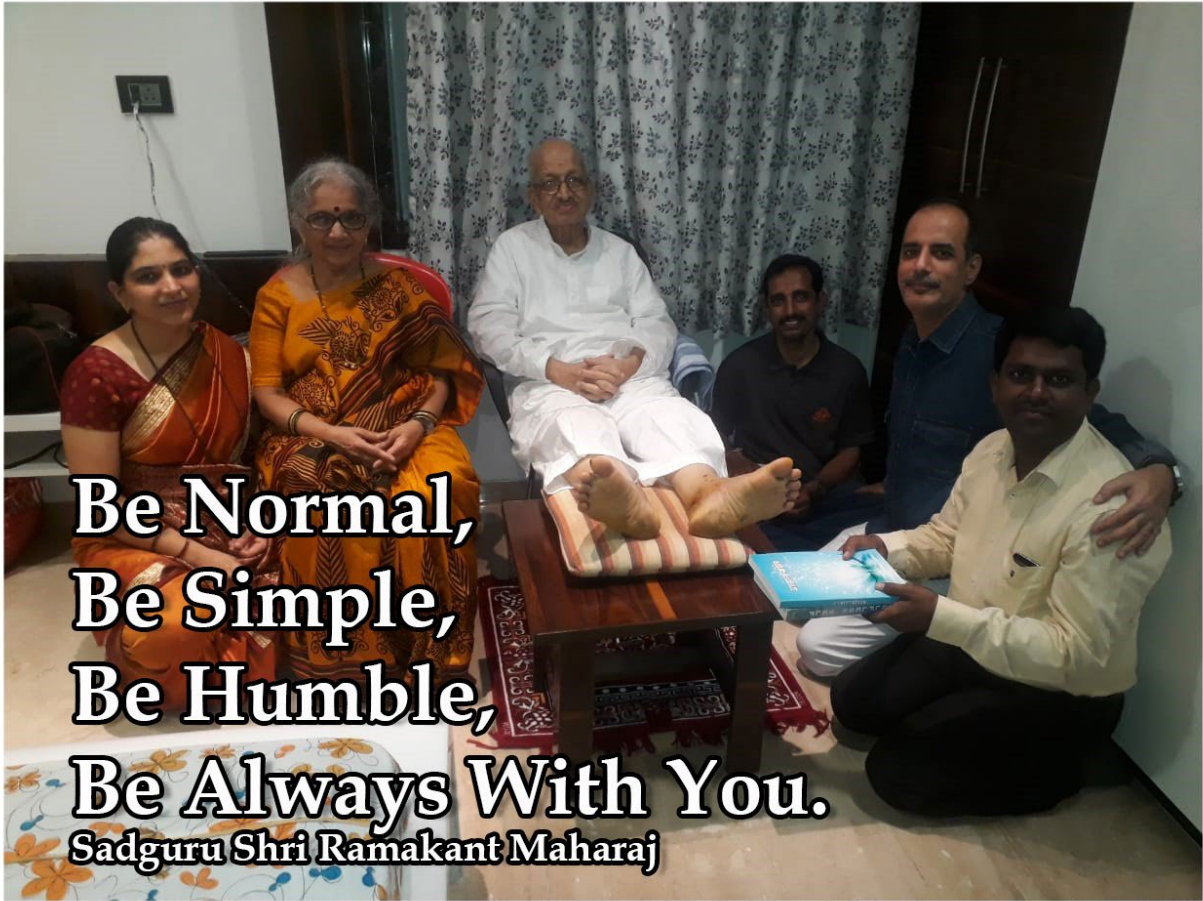
“No one talks about the God from whom all three worlds were created.” Such God resides within you, in spite of residing within you He is beyond the body. Therefore, without embracing the body we need to know the Reality beyond the body... Use discrimination, this is Knowledge beyond all imagination, the importance of which you may not understand now, but with time you will understand it. This Knowledge is beyond consciousness or mind! Devotion should be with oneness; no separation should be there! Devotion is for your own happiness, not to satisfy the Master! Why the Master has gone through so many hardships without caring about His own body? We need to prove ourselves, worthy of His Grace. In reality we cannot but, even if we accept the Knowledge He has given in a matured way and conduct ourselves accordingly, there will be no dearth of anything for us in this world. No calamity will be able to affect you. Such unwavering faith should be there. Therefore, initially the sacred confluence of Knowledge, Devotion and Meditation should be practiced.

Change yourself as per the teachings of the Master

Swatmabodh - 143

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 11, page 121



**Be Normal,
Be Simple,
Be Humble,
Be Always With You.**
Sadguru Shri Ramakant Maharaj

Experience is just like a mirage. You know mirage? It is like the water appears but is not there. You know deer? Deer becomes thirsty. Looks for water. It sees, there is this sandy area. That sand appears to be water. Similarly, experience is there, but behind that experience, bottom of experience, some spontaneous presence is there. Out of spontaneous presence, which is invisible, anonymous presence. Out of that anonymous presence, invisible presence, projection takes place. It is an instant projection. You can't say, but it is instant projection, and you feel 'I am'. We are thinking considering based on 'I am somebody else.' All questions come from, originated from, body-based knowledge. As you know body someday or other, is going to disappear. Body someday or other, is going to disappear. When did you come across with the body? Prior to body-knowledge where were you? You think from that point. Prior to 100 years, do you know about yourself, your shape, you are a man or woman, what did you know? Nothing. Now you say, 'I am a woman, or I am a boy.' See prior to

consciousness, how you were. I am inviting attention to that particular point. So, it is decided it is not your identity. This knowledge is not your direct knowledge, perfect knowledge. It is not ultimate. Therefore, you have to undergo meditation.

*Dasbodh - Dashak 16, Samaas 8, Aatmaram
Nirupan*

*We bow to Lord Ganesh, with whose inspiration
(and blessings), we praise the Atma (in Bhajans).*

*This very meaningful (Sanskrit shloka), we sing every
day, but we don't know the meaning which is -*

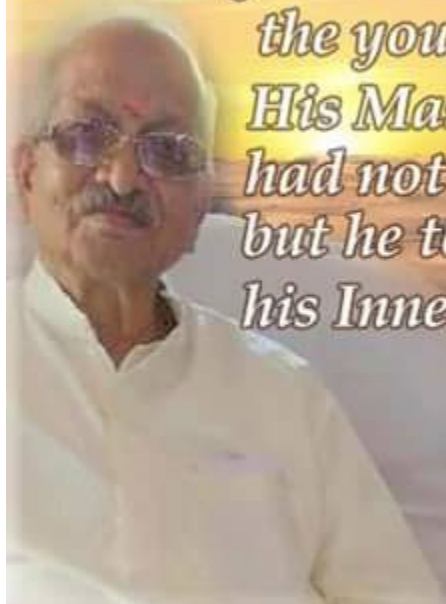
*“Beyond duality, like the sky, You are That! One,
eternal, Totally pure and unmoving, The witness of
all (You are That)” Who is the One who witnesses
all? It is the Anonymous, Spontaneous Spirit which is
called Atman-Paramatman, many names are there!
Words can point to That, but words are not That! It
is beyond words. This use of language, the use of
the body, use of the five elements, use of triguna's
should be as required! While living the day to day
life we should do the right things at the right time.
This timeliness is very important.*

You are the cause of your own Spiritual debacle!

Swatmabodh - 144

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12 page 125

A portrait of an elderly man with glasses and a white shirt, identified as Ramakant Maharaj, is positioned on the left side of the image. The background is a warm, golden-brown gradient with a subtle texture.

*I told you the story of Eklavya,
the young archer in the forest.
His Master had not guided him,
had not taught him anything,
but he took instruction from
his Inner Master.*

*He received all the
instructions from
his Inner Master.*

Ramakant Maharaj

At the time of leaving the body, there should not be any concept of 'I am dying'. Because the last moment before death, that particular point, that particular moment, there should not be the feeling that 'I am dying'. And this is a fact, even if you think intellectually: The body is not your permanent identity. Some or other day, willingly or unwillingly, you have to leave the body. So, who is listening from the body? Who is talking from the body? Who is watching the world? And therefore, the entire world is projected out of our Presence. If there is no Presence in the body, what is the value of the body? Nothing. If the Questioner is not there, what is the question? No questions are there. So, all replies you'll get from inside, within you, because your inner Master is very strong. And through this meditation, your inner Master will emerge. It is called 'Atman-Nivedanam Bhakti' — 'final devotion', 'ninth devotion' — when you dialogue within yourself with your Self. Because, you see, you are the base of this world.

So, read the books, but try to find out the Reader's identity. There are so many concepts around us. And we're a victim of all this vicious circle. Come out of that. And meditation is playing a very good part.

It's open fact, what you see is the Seer's reflection. If the Seer is not there, who will talk about the people? Seer means Ultimate Truth, Final Truth, that you are. But all the time we're measuring, counting our self, in body form, and therefore we are unaware of our identity. Who is talking from this body, and who is listening from that body, this is one and the same. Bodies are different, but the principle is one and the same, Spirit is one. No disciple, no Master. No God, no devotee. All these concepts are in the circle of body-knowledge. If there's no body, how can you identify yourself? This is a combination of body and Presence. Just like if you click a matchbox and stick, you see fire. Only the stick and matchbox alone cannot produce fire, it's a combination. Similarly, the body can't act independently, Spirit can't act independently, it's a

combination of body and Spirit. The moment the Spirit touched with the body you say 'I'. Prior to that your Presence is there. That means except your Selfless Self, there is no God, no Brahman, no Atman, no Paramatman, no Master.

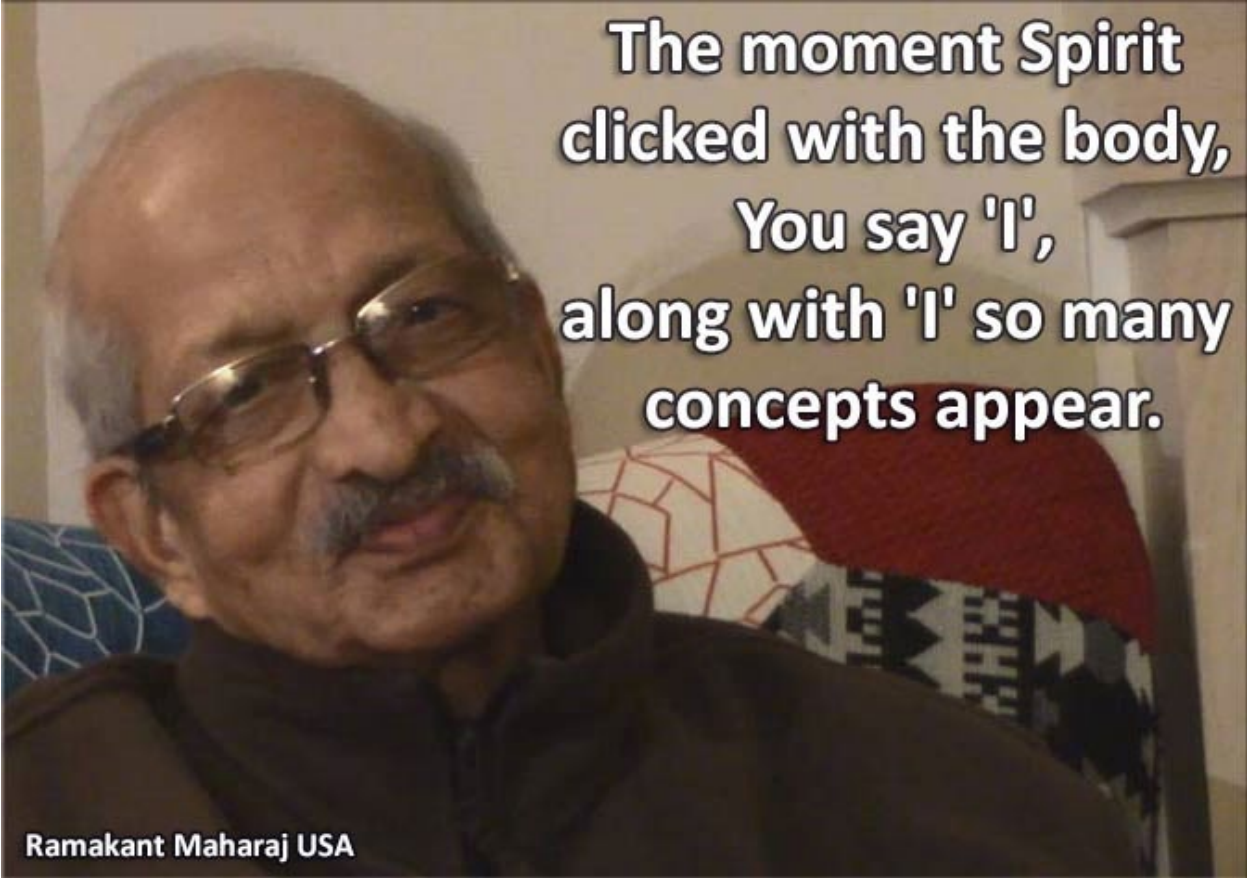
With the stance of 'I am so and so (somebody or something)' we are needlessly trying to help the world, or we are worried about the world! It's a complete waste! Here, one has to think about _oneself_ through _oneself_. We have to use our own discrimination. It is called 'Aatmanivedan Bhakti' (talking to one's selfless self - asking questions and receiving answers from within)! We have to talk to ourselves and identify ourselves. How? As per Master's teachings. Don't get carried away with the body-based language. We should use the language, as required. Through the language we have to identify ourselves because we have forgotten our identity.

You are the cause of your own Spiritual debacle!

Swatmabodh - 145

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12 page 126



**The moment Spirit
clicked with the body,
You say 'I',
along with 'I' so many
concepts appear.**

Ramakant Maharaj USA

It's very simple spirituality. But the impact of so many concepts, 'I'm somebody else', 'I'm a man or woman', 'I'm Master', 'I'm disciple', 'I'm devotee'— all these concepts are there. You're Final Truth, you're Ultimate Truth. Brahman, Atman, Paramatman, God, Master is not separate from you. But all the time you're counting yourself in body form, and therefore you're expecting, "Oh God, bless me, do something, do some favor for me, put your hand on my head." Why? You're not a beggar. Why do this? Master has given you full authority. Therefore, Nisargadatta Maharaj says, "I'm not making you a disciple I'm making you a Master." Because basically you are a Master. You are the architect of your own life.

Because you forgot your identity, therefore we are giving you some words for meditation. Through meditation you are hammering yourself, "I am Brahman, Brahman I am. I am Brahman, Brahman I am". And at the advanced stage, meditation is also illusion. But it is necessary. Just like you are removing one thorn using another thorn, hmm?

To remove one illusion, you have to take the help of another illusion. After having Conviction there is no necessity of anything.

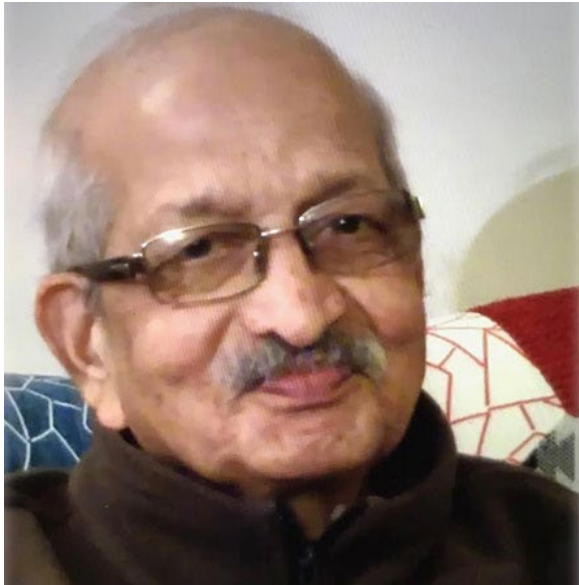
We have forgotten our true identity. We hear the _Nirupan_ (discourse), we follow _Shravan Bhakti_ (devotion through listening), we do everything (possible). But our conviction (of the Guru's teachings) is not total. To make the conviction rock solid in the Selfless Self, the path of Spirituality and scriptures is required. Once the conviction in the Selfless Self is established then you do not need anything. All the (lineage based) rules do not exist because there are no restrictions to the Selfless Self. Your true self is like the sky, as said in an Abhanga ("the true nature of the Paramatman is like the sky") then can there be any restrictions? We listen a lot but still conviction is lacking. For this conviction, Spirituality is needed.

You are the cause of your own Spiritual debacle!

Swatmabodh - 146

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12 page 126



Unknown Came Into
Existence In Known.
With the result
you say "I Am".

Sri Ramakant Maharaj

There's no more knowledge, there's no less knowledge. No Knowledge is knowledge. Knowledge means just to identify yourself in a real sense. Knowledge means just to identify yourself in a real sense. We're identifying ourselves in body-form and that is illusion. What you see is illusion, through which you see is Reality. This is the Seer's reflection. If there is no Seer, how can you talk about the world? Nothing is there.

In a dream you see so many things. You see temples, you see oceans are there, sky is there, so many things are there. So many people are there also. After awakening, what happens to all those people? You see good dreams and bad dreams. You're witnessing those dreams? The ultimate stage is where all experience and experiencer dissolves or disappears. The ultimate stage means where all experience and experiencer disappear. Witnessing and witnesser disappears. There you are. No experience and no experiencer. No witnessing, no witnesser. It's the ultimate stage, final stage. Last destination, last terminal. And therefore, don't

count yourself in body-form. It's fact, you're not the body at all. You're formless, you're omnipresent. Everywhere your Presence is there just like space or sky.

Not to give so much importance to your thoughts. Not to struggle with your mind. Okay, intellect is there, mind is there, for your routine life. Be strong. There's nothing wrong with you. Some body effect is there. And don't think about other people, forget it. The entire world is an illusory world.

Shankaracharya says, "To say 'I' is illusion, to say 'you' is illusion, to say 'Brahman' is illusion—the entire world is illusion."

Nothing has happened, and nothing is going to happen. All happening is within this illusory dream. If there's no root, where are the branches? What happens is that directly or indirectly we are considering that this world is true, and that 'what I see is reality'. "My father, my mother, my sister, my wife, my Master,"—all these relations are body-based relations. Prior to beingness where are all

these relations? Any father was there? Any mother was there? Any sister was there? Any God was there? Master is there? Devotee is there? Nothing was there. Everything came out of nothing and everything dissolves within nothing—because you're everything.

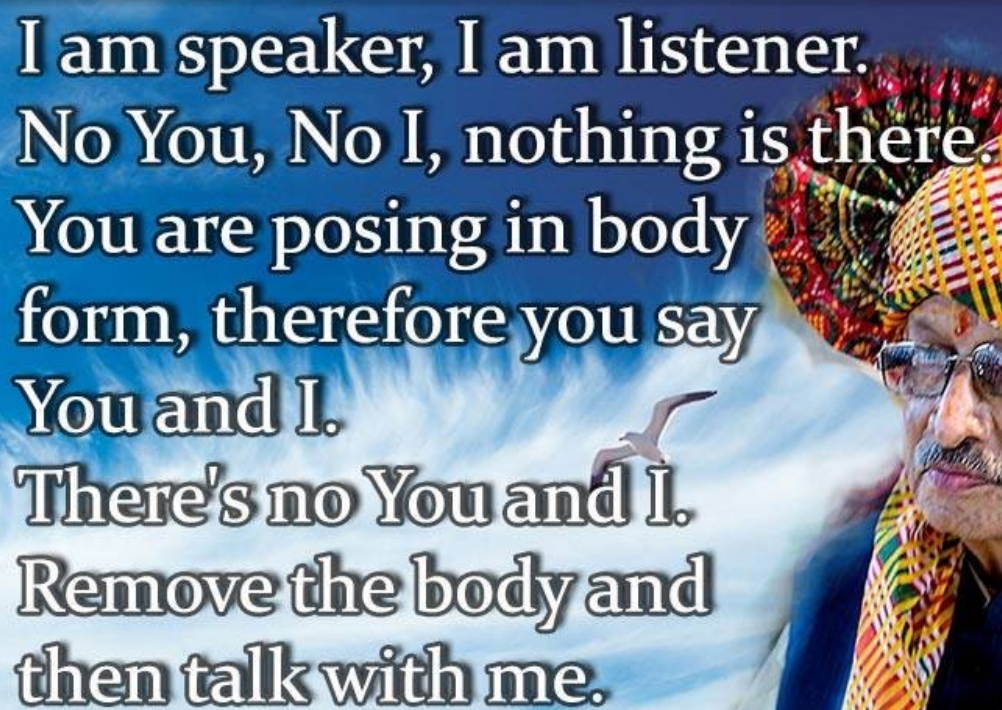
Prior to beingness, we didn't know (that we exist), now we know. With the body came livingness (life). When we hadn't come across the body, what was there? Nothing was there. When there was no _kaya_ (body), there was no _Maya_! There was no Brahma, no God, nothing was there. With the body came all these concepts. This needs to be identified as mentioned in this _Abhanga_ which we sing everyday - "Identify the Reality, (by) abandoning all concepts!". The focal point of anyone's Knowledge of Self or all the Knowledge is the knowledge 'I am', or 'As if I am'. The one who says, 'As if I am', the whole universe is based on Him. We need to know the Knower of this Knowingness, or 'I am'! The words are likeable. But sometimes, words may be a little difficult to digest, but to clarify the stand they are needed.

You are the cause of your own Spiritual debacle!

Swatmabodh - 147

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12 page 126



I am speaker, I am listener.
No You, No I, nothing is there.
You are posing in body
form, therefore you say
You and I.
There's no You and I.
Remove the body and
then talk with me.

Ramakant Maharaj

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? “OH, I am depressed”, there, nobody is there! The Presence merges with all the entire Presence, like a bucket of water you put in the sea, you can't remove the bucket of water from the sea, it becomes the 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. “OH Master, I am having so many problems”, some people ask whether or 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 have got ego, “I am somebody else, I am a spiritual man”, and that ego is supposed to be dissolved.

I am neither man nor woman, neither young nor old, I do not belong to any caste or religion, with such expansive attitude one should conduct oneself in day to day life! The one who says, “I see no other(ness) in anybody”, How does he see himself? My presence is in everyone! “Janabai says - I realize that Lord Krishna (Selfless Self) is present (everywhere) even in the smallest atom”. If I am within everyone, then how can I despise anyone? Why should I find faults with others? Always concerned with others, we are carrying burden of everyone! But as it is said - first put your own house in order, you are not able to take care of your own house, and why are you worried about others?

You are the cause of your own Spiritual debacle!

Swatmabodh – 148

Sadguru Shri Ramakant Maharaj

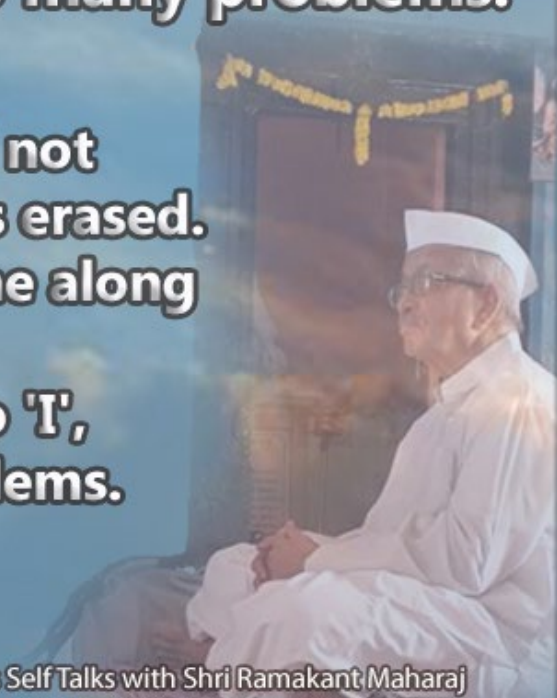
Aatmaanatmavivek, chapter 12 page 126

That 'I' is creating so many problems.

**Your problems will not
disappear until that 'I' is erased.
So many problems came along
with 'I'.**

**When there was no 'I',
there were no problems.**

Selfless Self Talks with Shri Ramakant Maharaj



“I am spiritual man, I am Brahman” is also ego, you are neither Brahman nor Atman, you are everything. 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 five elements. And there is imbalance in the five 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: these body attachments are supposed to be dissolved with spiritual knowledge. And take positive views, not negative “oh 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 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've got tremendous importance.

But again, you are depending upon somebody, "Oh 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.

We do not think about our own selves. Instead, for no reason we are concerned with others. We are all the time thinking what the other should do. Because of this we have lost our peace. We are the cause of our own lack of peace. Therefore, as Ranjit Maharaj repeated so often - use your discrimination. While searching for the Self, the searcher himself becomes the search. You see the seen, but why don't you see the seer in the seeing! We see the world, the people but without the presence of the seer, what value does it have? Identify the 'I' because of whose presence we see everything. That itself is called the God, Master, Ishwara. Here, the conviction should be total. After all what is Spirituality - it is to have conviction.

You are the cause of your own Spiritual debacle!

Swatmabodh – 149

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12, page 127

**You are steady.
Everything
is moving
around you.**

Sri Ramakant Maharaj



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

There is no difference between Master and disciple. Because we are holding human form, different human 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 our self 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', not egoistic 'I'. Try to identify, it is a very simple thing, this 'I' does not know its 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.

There should be total transformation based on Guru's words. But, why does it not happen? What is so difficult about it? It's the same Spirit in all of us, which is there in all the saints, no difference whatsoever. But, what did they do? They accepted the _sadguru-vachan_ (Master's words or teachings) totally, which we don't do, and therefore we are unhappy. All these saints have transformed themselves totally as per _sadguru-vachan_ (Master's words or teachings). But somewhere we are lacking here. Our 'sense of superiority' (over others) doesn't dissolve, as much as we may try! (Our) body-knowledge doesn't dissolve and our true identity of Selfless Self does not emerge!

It is said - "When we hear Master's discourse our intellect is purified, but once we leave the venue, we forget everything". Now at least think about it. This opportunity won't come again. Each moment of life is precious. In spite of repeating this again and again, we don't realize it's importance!

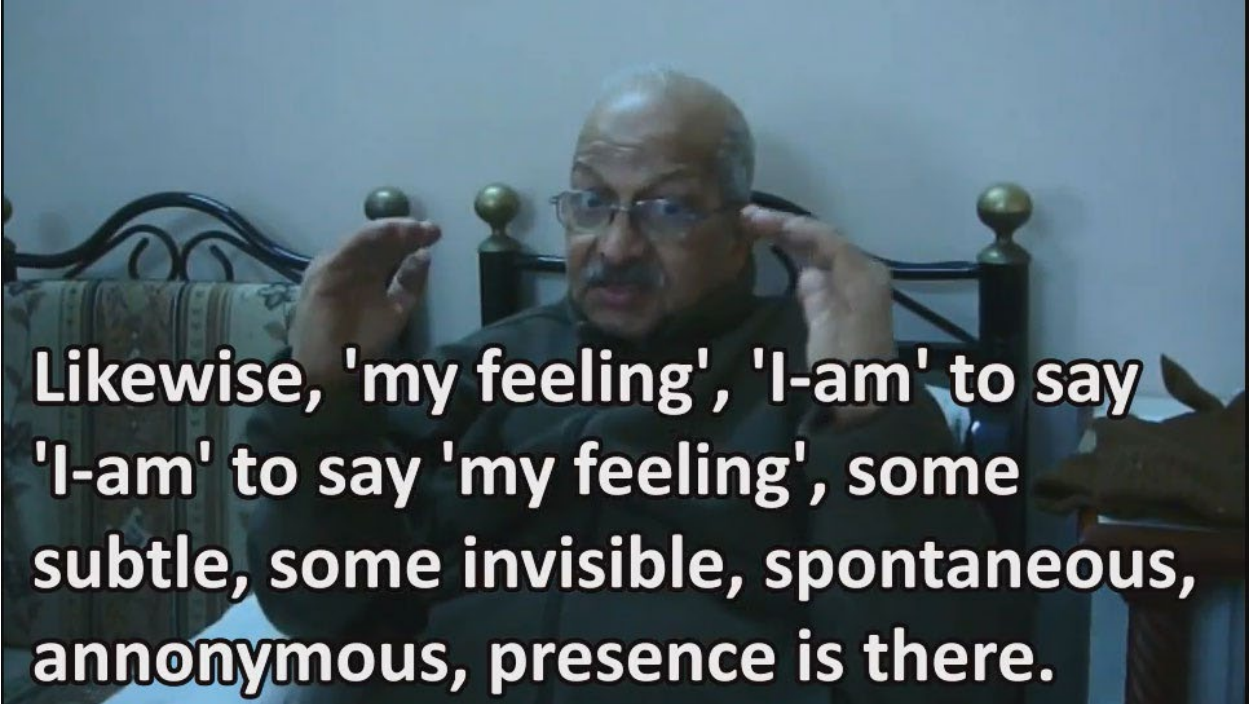
This Knowledge is very rare, with our great fortune it has come to us.

You are the cause of your own Spiritual debacle!

Swatmabodh – 150

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12, page 127



Likewise, 'my feeling', 'I-am' to say
'I-am' to say 'my feeling', some
subtle, some invisible, spontaneous,
anonymous, presence is there.

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, no 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. Approach 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. 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.

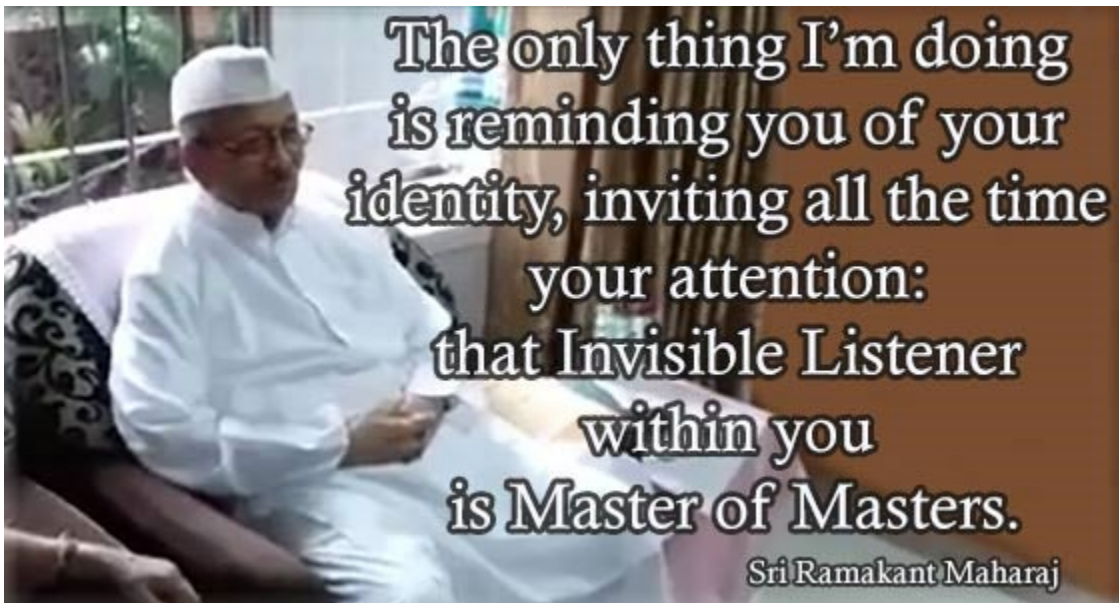
In the entire Dasbodh, Swami Ramdas has very carefully considered and put across every subtle thought (or point) relevant to human life. Why has Siddharameshwar Maharaj persuasively said that, each aspirant (seeker) should read at least one chapter from Dasbodh every day? Because there should be consistency in Spirituality. Ranjit Maharaj would say, if you were admitted to school but you never again went (to school), what's the use? Our spirituality is somewhat like this! Daily we hear (the Master) but there is no change in us. Years and years have gone, but there is no change in us! We need to think about it seriously.

You are the cause of your own Spiritual debacle!

Swatmabodh – 151

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12, page 128



The only thing I'm doing
is reminding you of your
identity, inviting all the time
your attention:
that Invisible Listener
within you
is Master of Masters.

Sri Ramakant Maharaj

See, you're holding the human body, and some invisible Presence is there. What is the necessity of identifying our self? Because there are so many concepts wrapped up upon us, so many concepts are there. We're under the pressure of so many concepts. And what do we want exactly, we're not able to know.

We're reading so many books, approaching so many Masters, but there's no conclusion. What is the Reality? We're in search of God, in search of so many Masters. But you're ignoring your own Master within you.

See, the Invisible Presence within you is Ultimate Truth, Final Truth. It is called Master, Brahman, Atman, Paramatman, God. You're not required to go anywhere. How are you prior to beingness? Not thinking 'realization', 'enlightenment' – these are the words. Prior to beingness are there any words like 'realization', 'enlightenment'? Nothing is there. After leaving the body, what is 'realization', what is 'enlightenment'? What is 'knowledge', what is

'philosophy', what is 'spirituality'? Nothing is there.
As I told you, everything came out of nothing and
everything dissolves within nothing.

The one who shows you Reality is called Sadguru! All eight _siddhis_ (spiritual powers) serve at his holy feet (with promptness)! Sadguru always reminds - you are not the body, you are God, you are Paramatman! Meditate, do Bhajans, study Knowledge, all the time be in touch with the Selfless Self! Even though, Spirit is known in this body-form, you are not the body! So, we have to alert ourselves, not to be stuck in the vicious cycle of concepts! The aspirant should not have pride, jealousy, hatred, arrogance! There should be humility! Surrender your pride at the Guru's holy feet!

You are the cause of your own Spiritual debacle!

Swatmabodh – 152

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek



**Pure Consciousness.
Where There Is
No Experience,
No Experienter.
Just Presence
Within The Body.**

Ramakant Maharaj

In the beginning self-inquiry is there. Self-inquiry is “Who am I? What is Brahman?” You are making inquiry because you have forgot your identity. Suppose you forgot your address “Where is Ranjit Ashram?” After knowing Ranjit Ashram, you need not go and have any inquiry. So far you are missing yourself, therefore you are inquiring. And meditation is giving some clues, landmarks. Through meditation, you are getting Identification. Through meditation, through that Word given to you, you are hammering “Yes! I am Brahman, Brahman I am”. You are to recite mantra with full confidence. You are to devote some time for you only. Human body is a golden opportunity for you. You can identify through human body only. Don’t confuse yourself. What you have read and listened to, forget it. The listener within you is Ultimate Truth. The invisible reader within you is Ultimate Truth. The invisible experiencer is Ultimate Truth. The invisible witnesser within you is Ultimate Truth. Entire world is projected out of your invisible presence. No God has created this world. World is Seer’s reflection.

The moment that spirit clicked with the body; you see the world. If there is no awakening in the morning, who can talk about the world? Last night you were in deep sleep. In the morning, if there is no awakening, who will talk about the world? Who will talk about the person, the master, the Gods? God, master, all these are concepts. It is very interesting, if you go deeper and deeper within your Selfless Self, you will find exceptional happiness, exceptional peacefulness, because peacefulness and happiness are within you! You are trying to find peacefulness and happiness outside, through sex, through publicity, through money. Nothing! How are you prior to Beingness? How are you after leaving the body? There is no mind, no ego, no intellect, they came along with the body only. All concepts came along with the body and all concepts dissolve with the body. Ultimately, I am Brahman is also a concept. Brahman has been given name to the Ultimate Truth, final truth, supernatural power within you, for identification. Who am I? You are Brahman, Atman, Paramatman, God, Master.

Questioner itself is Ultimate Truth. Since you are measuring yourself in body form, therefore you forgot your identity. To regain identity, meditation is given, Naam is given, we are asking to do some Bhajans also to create atmosphere.

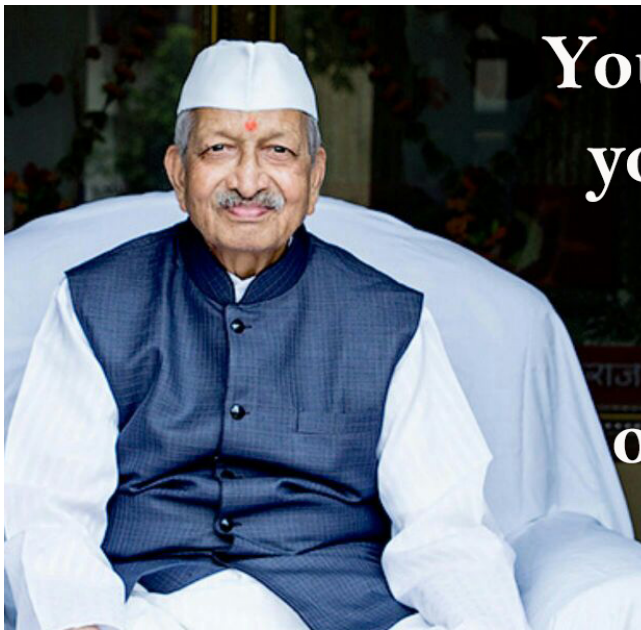
We never think about the meaning of the bhajans. We sing them as a lineage tradition. But the bhajans have great meaning in them. Gurudev Ranade has compiled these at the house of Bhausahab Maharaj (under his guidance). These daily bhajans, each of them has great hidden meaning. The main purpose of elaborating on this is that whatever mentioned in Dasbodh or the indisputably true words of our Masters (Siddharameshwar Maharaj, Nisargadatta Maharaj, and Ranjit Maharaj), should be accepted as it is! Tell yourself- you are not the body; you are neither born nor will die! The thirty-three crore gods are the light emanating from within your Selfless Self!

You are the cause of your own Spiritual debacle!

Swatmabodh – 153

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12, page 130



**You are changeless,
you are formless,
what you see
as changes,
or in body form
is all illusion.**

Sri Ramakant Maharaj

It is said, the questioner itself is Ultimate Truth, Brahman, Atman, Paramatman, God, and Master. But to have this spontaneous conviction you are to undergo, in the beginning, meditation. Through meditation you will get or regain your original memory. These are words, just remember that you are prior to beingness. How you are, your Ultimate Truth, is just like space or sky. Where there is no experience, no experiencer. This experience came out of nothing only. So that reality will be open with you. So always we say concentrate on the invisible concentrator within you. This means, invisible concentrator cannot be seen, it can be felt – I am, but you can't see how that I am is. It is a feeling. It is called glimpses of I, which is subtler, subtler than space and sky. There is no comparison to sky and space because sky is visible. But the experiencer, invisible experiencer within this body is not visible. You feel it. But we are mixed up with the body knowledge, therefore we are not having conviction. We are knowing I am Brahman; I am Paramatman, I am God, everything we know better. But that

conviction is not there. To have the conviction appear spontaneously, you are to concentrate on the concentrator within you. It is a deliberate act. Then while concentrating on the concentrator, the concentrator and concentration will disappear. When you are trying to concentrate on the concentrator deliberately, after certain level, that concentration and concentrator disappear, nothing remains. That is to say Samadhi or trance. You know trance? So, there is no witness, no witnesser. So, like that, reality will be open with you and then there will be spontaneous peacefulness, spontaneous happiness: "Oh! That I, Oh I am That!". So even though you are living in this world, even though you are holding this body, you remain unconcerned with the body. If there any calamity, any problem, any nervousness, any depressions, these are coming and going, these are mental bases, egoistic bases, intellectual bases. So, thoughts are coming and going. What is mind? Mind is the production of the thoughts. Mind is producing so many thoughts. Intellect is taking

decision to implement those thoughts, and ego is implementing thoughts. It is a very simple thing. Prior to that, your presence is there.

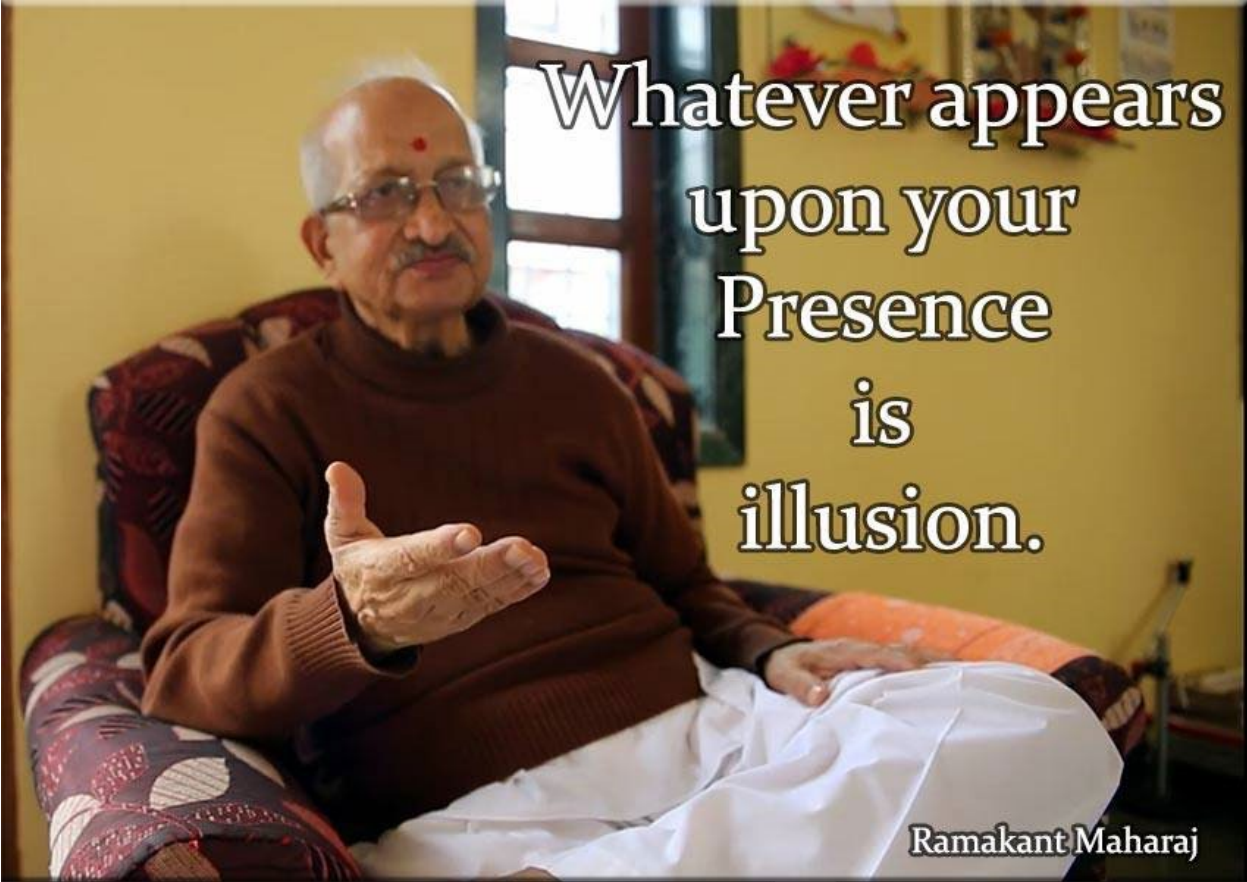
We are not ready to renounce this body-identity. Master reminds all the time that you are God, Paramatman, you are not the body. Yet we carry this attachment with the body! Therefore, use your discrimination, there should be conviction. The fact is that this body is perishable and will go away eventually. You need to accept this fact. As much as we may want the body to survive yet it will vanish one fine day! Willingly or unwillingly everyone has to leave the body. When will you accept this fact? If you transform yourself as per Master's teachings, then you can face this reality fearlessly. Because then you are certain that I will not die with the body. To have this firm conviction, practice is extremely needed.

You are the cause of your own Spiritual debacle!

Swatmabodh – 154

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12, page 131



Whatever appears
upon your
Presence
is
illusion.

Ramakant Maharaj

It is very direct simple knowledge. It has become complicated by various sides. It is a direct approach. I am not doing any miracles; miracles happen within You. But you are to be very serious regarding meditation. “Oh, I go this master, then that master then that master”: there should not be confusion, there should not be wavering mind. If you have thousands of masters, meaningless. Why to leave? Because Master is formless, just like sky or space. If you go to India, you go to China, to Japan, space is one. What you will do? If you are not getting happiness in India, you will not get happiness in Japan or China or England or anywhere else. Find out. Try to identify yourself. Thinking part is given to you. In the light of all these statements, you try to identify yourself, where do I stand? I have been told that I am Brahman, how can I be Brahman? Question yourself. You will get instant answer. Have dialogue with your Selfless Self. Be with you all the time. Not to neglect your body, not to neglect your duties. Live your routine life. Enjoy it. Be with the society. If you are businessman, do your business

very nicely. You can be with family responsibilities. “Oh, I am Brahman, I am spiritual man! How can I concentrate my family”- not like that. To quit the society, to quit family life is not spirituality. Remain in family. Remain in society and try to identify yourself. Not to run out from this battlefield. Faith: “Yes ok! I can do it!” Have some courage, spiritual courage, not egoistic courage. All these saintly people faced a lot of problems. I have said that Nisargadatta Maharaj, Ranjit Maharaj, Siddharameshwar Maharaj faced a lot of problems in their life, physical problems, mental problems. But they are having strong faith in their Master: “Yes! My Master says that I am Ultimate Truth, then I am Master, Ultimate Truth.” With the result, there will not be any importance given to any concept.

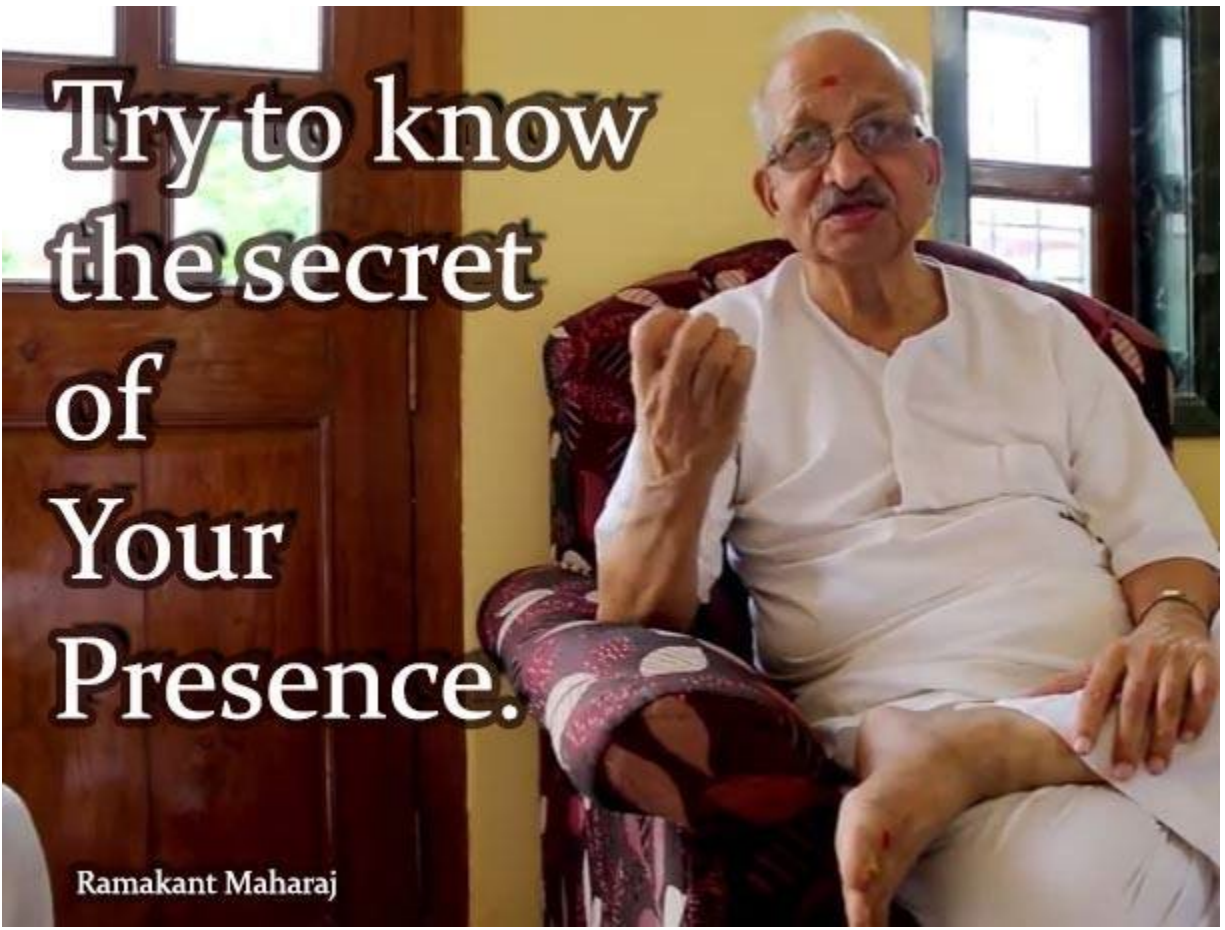
'Drop your pride at the feet of the Master', the pride in us has to go away. Nisargadatta Maharaj would always say - 'do not hurt anyone, don't think that anyone is inferior (to you)'. We cannot say what is the worth of a person. Even a person who is considered by all to be rather an amateur may have great faith and understanding. Always speak humbly, humility should be there. The _sadhaka_ should not have any pride, jealousy, hatred. These are our enemies; these are great enemies in spirituality. My presence is in everybody! The bodily coverings are separate, but the spirit which animates (the body), speaks, listens is unborn. The Ashram, house, bungalow, hut, toilet these names are different, but the sky contained in all of them is (one) sky only! We need to identify this (way), then the imaginary walls will vanish. And you will be all the time immersed in joy. For this Spirituality is needed, there should be alertness and mainly don't carry any hatred-jealousy for anyone. If we observe this precept, then Spirituality is not difficult.

You are the cause of your own Spiritual debacle!

Swatmabodh – 157

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 12, page 132



**Try to know
the secret
of
Your
Presence.**

Ramakant Maharaj

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 Eklavya. 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 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 as some body-form, therefore that body-form is 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.

We consider ourselves to be a human being who is a sinner or virtuous person. What has Master told you 'Know that you yourself are the Paramatman!' but (unfortunately) our experience is different! Why? Because we are not ready to forsake our body identity. Guru is God of Gods; His worth is truly great. But we have framed Him within the circle of our body-based concepts and therefore we are unable to understand His greatness. We think He is a body just like us! This is where we go wrong.

Satsanga means to be in the company of the one who is always in your company!

Swatmabodh – 158

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 133

Ramakant Maharaj USA

There is no awakening, there is no sleeping.
There is no consciousness,
there is no unconsciousness.
All of these concepts are related
to the body only.

This is not just an exchange of words, spiritual words to you. This is not bookish knowledge. Words are only just to explain your identity. Just to remove your body attachment. We are having strong body attachment. Even though we are talking about the spirituality, philosophy, Atman, Brahman, attachment with the body is very strong. We are thinking from that point of view only. The moment your body attachment dissolves, you are totally fearless. Any kind of difficulty, unpleasant atmosphere appears before you, you totally remain untouched with that atmosphere. My effort is, to make you strong. Therefore, Nisargadatta Maharaj rightly says 'I want to make you Master, not disciple.' Sense of Master, sense of God, sense of Brahman, is already within you. But because of strong attachment to the body you forgot your identity. We in effect are repeatedly hammering that. Same thing through your Mantra, hammering that you are not a body, you are Brahman, Atman, Paramatman, Master. As I told earlier that spirit is so sensitive the impression which you impress it

reflects accordingly. The moment that body attachment dissolves you can see yourself in a real sense. So, don't worry. Don't expect any experience. No experience means also experience. When one Saint told his disciple, disciple asked 'How is God?' So, he told 'Close your eyes. What do you see?' He responds 'Nothing' 'That is God'

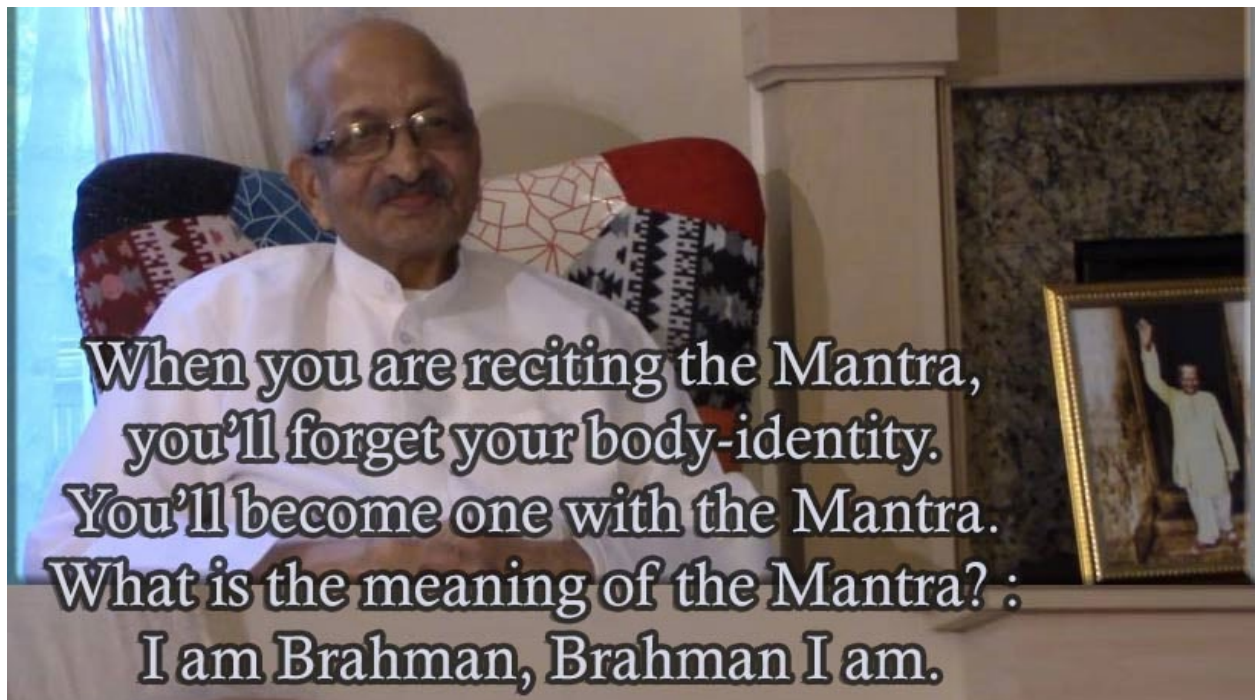
We are one (with the Master), yet we behave as if we are separate! The saints have told us what our reality is. What is our reality? There is only the Knowledge of 'am' ness (I am) - simple and absolute Knowledge! That Knowledge has been covered with countless concepts, which has to be uncovered. What is it that we want to achieve in life? What really is Spirituality? What is to be achieved? This has to be understood with discrimination. I am born as a human being in this world and with great fortune have met the Sadguru. He has given us the address of the Paramatman! What has he told? You are searching elsewhere, don't search, be where you are. Here there is no journey, you are already at the destination! Just do not imagine (entertain any concepts).

Satsanga means to be in the company of the one who is always in your company!

Swatmabodh – 160

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 134



When you are reciting the Mantra,
you'll forget your body-identity.
You'll become one with the Mantra.
What is the meaning of the Mantra? :
I am Brahman, Brahman I am.

Remember the words of Nisargadatta Maharaj he said: "Except your Selfless Self there is no God, no Master, no Paramatman, no Atman, no Brahman." Experiences are a kind of veils or layers. Experiences are a kind of veils or layers appearing upon your spontaneous presence. If presence is not there, who's experience. Therefore, all experiences are illusions. Even experience I am Brahman, Atman, Paramatman, God it is illusion. To say 'God' your spontaneous presence is required. Entire world is spontaneous projection of your spontaneous presence. Behind everything your spontaneous presence is there. Unless body knowledge dissolves, you are not able to know yourself. Body is just like media. What does he say?

I am telling Ultimate Truth, you may like, you may not like. There is no hide and seek. I am placing before you your truth, not the truth of Brahman, Atman, Paramatman, or any god. Because you are basically formless. Ego, mind and intellect is creating problems for us. But we are providing energy to ego, mind and intellect. To say 'my ego' to

say 'my intellect' something is required, your spontaneous presence.

Silence is already within you. Happiness is already within you, not knowing happiness. We are running after mirage. You know mirage? We are running after imaginary God. Nobody's seeing God. Because Godly essence is within the seer. After knowing the reality, you can do all your job, no problem. You can live like a common man, or woman. Because spirituality is not rocking your routine life.

Ramdas Swami says “we may try to conceptualize the Reality, but still by nature it is beyond concepts. There is no concept there, instead there is only formlessness.” Our true form is without any concepts, it is natural, it is spontaneous. Here only one thing is needed - transform yourself totally as per the Master’s teachings. There should be no trace of body-based knowledge within. We act normally in the worldly life, but I am not that person who acts! One should face the reality. We have doubts such as, now Maharaj has left the body, He is no more among us, but that’s not true. Maharaj is there, that’s why He protects us. He is within everybody!

*Satsanga means to be in the company of the one who is always in your company!
Swatmabodh – 161*

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 134

No specific identity.
No form.
Just Glimpses Of 'I'.
Just feeling,
there is not any identity,
no man, no woman,
nothing, just 'I'.



You are mature enough; you have a lot of knowledge. Knowledge in respect of reality, final truth. Not to come again and again at body level. You use body just like a middleman, instrument. As long as you are having body, everybody is having problems. Physical problems, spiritual problems, mental problems. Everybody feels that his problem is a greater problem. Everybody feels that his own problem is a big problem. If you see the world, there are people suffering a lot of problems, more than us. This is the test of your spiritual life. You are to implement that knowledge. You have to bring that knowledge in practice.

“Guru’s idol or image is the origin of Meditation, Guru’s holy feet is the origin of worship, Guru’s word is the origin of Mantra, and the origin of liberation is Guru’s Grace”. See, how much is the power of the Guru! And (unfortunately) we think of Him as a person (_vyakti_)! The disciple should have such a feeling about the Master, that all the thirty-three crore gods are nothing in front of my Master. The greatness of the Master is immeasurable! One who has such (immense) faith only, realizes his true identity of Paramatman.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 164

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 135

OneCircle USA Talks with Ramakant Maharaj Part I September 16, 2016



You have to involve yourself. After knowing the Reality, you have to involve yourself, you have to concentrate. Concentrate on the Concentrator, the Invisible Concentrator within you, the Invisible Listener within you.

At the last stage, the Ultimate Stage there is no experience no experiencer, no witness no witnesser. Experience appeared upon your Presence, it's a good thing, not a bad thing. When you come closer and closer to your Selfless Self some good experiences appear exceptional peacefulness is there, exceptional happiness is there, there is spiritual intoxication without any cause, without any material cause.

You're self-sufficient. But we are always underestimating our self, thinking something is there, some supernatural power is there regulating all this world. As I said, do not underestimate yourself. Your Selfless Self is very strong. There's no birth, no death, these are concepts. Nobody knows 'I am born', nobody knows 'I am dying'. Death and birth are connected with the body-knowledge only. You're never the body, you're not the body at all, it's a fact. You're unborn. The sky is having birth and death? The sky knows hell or heaven? Good deed, bad deed, bad energy, good energy? We've made a circle and

within that circle we are trying to live. Break the circle. For which again I am repeating meditation is the base at the beginning stage. Only discussion, dry discussion on spirituality, playing with the various spiritual words is meaningless. You can do it! You've got tremendous power! You're not separate from God, Brahman, Atman, Paramatman. The Invisible Listener is having tremendous power, it is called Brahman, Atman, Paramatman. Be with you all the time. You do your job, you do your duties, not to neglect your health also, not to neglect your family life. Be practical. But at the same time try to identify yourself in a real sense.

Half-hearted Spirituality is not of any use. Only singing bhajans is not useful. Only theoretical knowledge is also not beneficial. Words are a medium, one must experience the meaning (spirit) behind words. Spirituality - means in Spirit! Experience that. For that one must have total faith that 'I am not the body', and it's a fact. If there is no renunciation within, only theoretical knowledge is useless. Renunciation doesn't mean leaving your job, worldly life, wife and kids, it's not that. In our lineage it's never been taught (by the Masters) to leave worldly life.

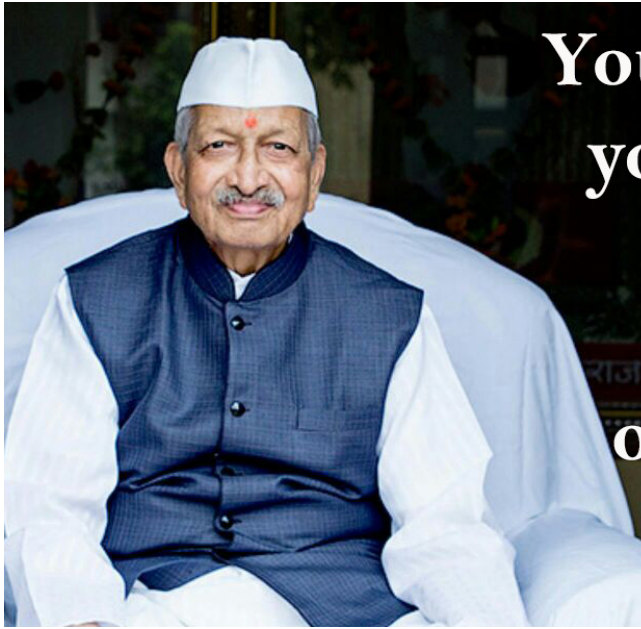
Bhausahab Maharaj, Siddharameshwar Maharaj, Nisargadatta Maharaj have lived their worldly life too (along with the spiritual life). Some saints did not marry but having a body itself is having a worldly life! Not getting married doesn't mean no worldly responsibilities! We need to know the reality.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 165

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 135



**You are changeless,
you are formless,
what you see
as changes,
or in body form
is all illusion.**

Sri Ramakant Maharaj

The body is not your identity at all. Unless you accept the Reality that “the body is not your identity”, the experience of a body-form will continue to appear upon your Presence. These concepts create so much confusion, and then, the mind raises all sorts of questions. So many questions keep arising, and they are all body-based questions! I receive so many questions from seekers, and they are always body-based concepts. Melt, dissolve, demolish all your body-based concepts. This is the primary task at hand. Your problems are all body-related, arising from this human life that is only a dream: depression, worry, sadness, loneliness, feeling unloved, fearfulness, stress, dispeace, unhappiness, misery, etc., etc. We have become fearful of everything. We behave like sheep, instead of lions! We have a lot of tension. There is no peacefulness, or blissfulness. And, we are always fearful of death. All these illusory concepts are to be demolished. Demolish all your concepts! This is the main goal of spirituality.

We are born as human beings, so it's necessary to perform our duties (that came with the body). With great fortune and _punyai_ (good deeds) we have met such Masters, but we do not fully utilize the knowledge given by them. Still we think I am something - 'I am a mortal _jiva_ (living being)!' I am going to die, I am going to be born, we are lost in these concepts. It's the need of the hour to discriminate. Whatever Master has told one needs to look at it with open eyes.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 166

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 136

See, so far we're measuring ourself
in body-form, whatever experience
appears is illusion.

If you feel 'I am Brahman',
it is also illusion.

Because whatever feeling, all feeling
appears upon your Presence.

Presence does not know...Name is given,
'Brahman', 'Atman', 'Paramatman', 'God',
'Master', a name is given to identify that
Invisible Presence.

Sri Ramakant Maharaj

You are living, depending upon mind, ego and intellect. Mind does not allow to keep faith. Always creating duality, this is correct, that is correct. Unless you are firm with your decision it is not possible to know yourself. Because we are conditioned to think or imagine through body-based knowledge. We mature to think or imagine with body-based knowledge. Unless your body identity dissolves, you are not able to know yourself in a real sense. Dry discussion on spirituality is meaningless. Just like kite flying. Because in human nature, hundreds of concepts, hundreds of imaginations are there. What to believe, what not to believe, people are under pressure of confusion. We are planning for future, planning what to do. So, after death our plan we are to go. Number of concepts are there. There was one great Saint named Tukaram. What he said was: "All gods and goddesses are imaginary." This was 400 or 500 years ago. He said human beings are blind. They don't know the real God. They follow imaginary gods. And are trying to extract some happiness or

peace. Just like a deer running for a mirage. You know mirage? Deer is running for water. People are like that, we are running after the mirage, just like the deer. Getting tired. Spending all valuable life in mirage. For which conviction is most important. Foundation is most important. You have to establish reality, this is reality, beyond that nothing is there. Because, we are victim of our own emotions. Out of emotions so many doubts are occurring. For that Self inquiry is required. You've got knowledge externally. Not internally. This is the proper time. Life is very short. Every moment in our life is very important. There is a lot of fear. Human beings are under the pressure of fear. Main fear is death. Everybody is worried what will happen after death. Nobody likes death. Even a small insect will not want death. Small ant, you put some water, pour some water, and he is running here and there. Everybody runs, wants survival. Because through body we are knowing our self. And like it. Once you know the secret of life, that is Self-Realization. The simplest, no death at all, this is Ultimate. Beyond

that, nothing. People are traveling, go here and there, and there, they think Maharaj will give some solace. Running here and there. They are torturing themselves. Torturing themselves...troubling. Some people have one leg, lifted just standing. Some use ash putting like this. Some grow long beard and hair. Some put on colorful clothes. Sometimes some are fasting. Some are performing some sacrifice with fire. So many (concepts). You have to come out of all those illusions. This is possible, only when you realize yourself in a real sense.

Somewhere we need to break through the superstitious thinking (coming out of traditions). Do not accept anything blindly. You must examine the knowledge the way you double check the currency notes received. I tell people - do not nod your heads just because I am saying something! Look at it closely, think it out, understand. Initially when we would go to Nisargadatta Maharaj, we did not understand much. With persistent listening the Reality was impressed, it's not difficult. The spirit in these saints and the spirit in you is the same. Forms are different, clothing's (bodies) are different.

“Identify the Reality, drop imagination, do not take the wrong path, in a hurry”

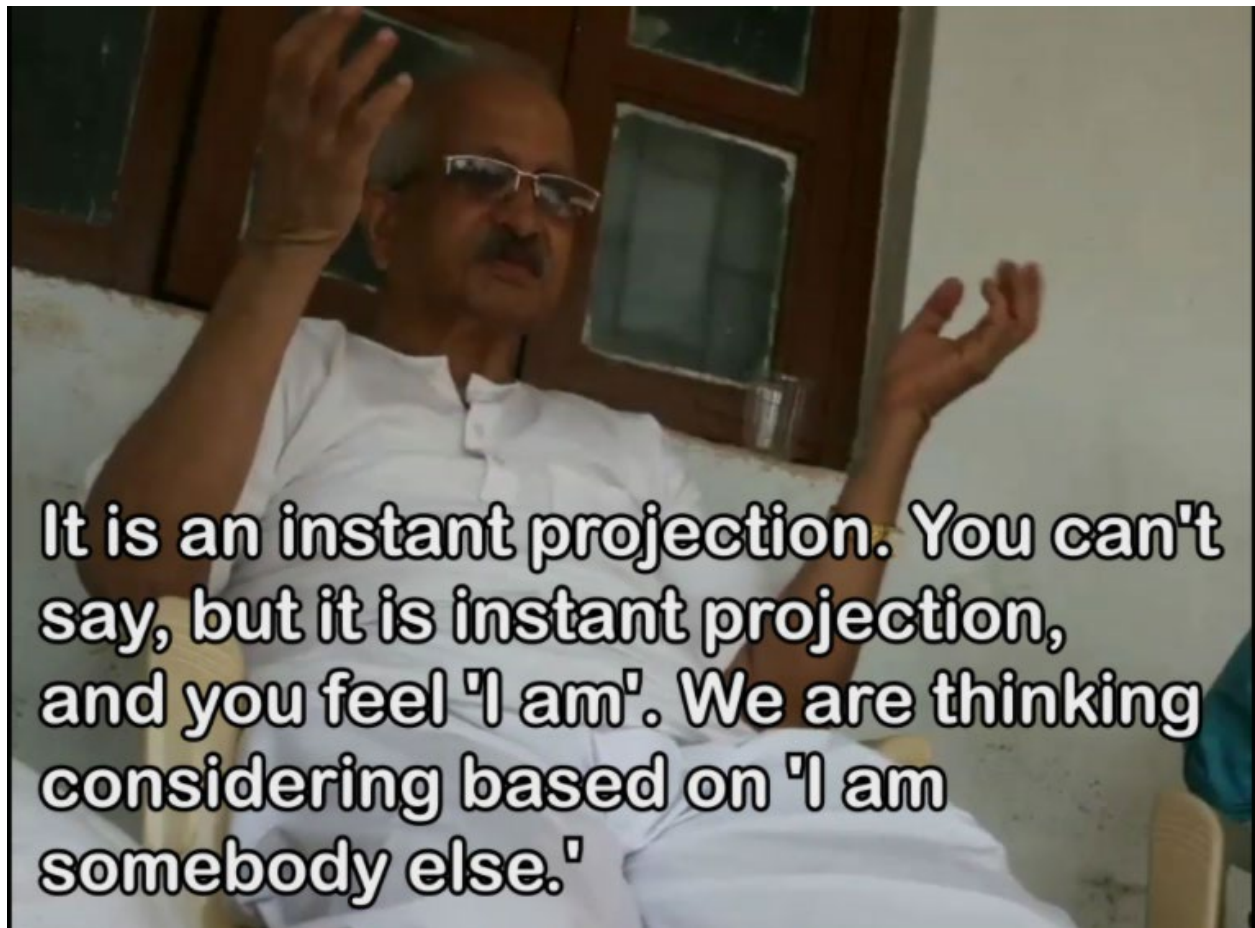
Self-conviction should be strong!

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 167

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 137



It is an instant projection. You can't say, but it is instant projection, and you feel 'I am'. We are thinking considering based on 'I am somebody else.'

After knowing the reality. It is just like snake and rope. You know the example of snake and rope? You are considering rope as a snake. How are you completing removal of this concept? You are taking the light. This is a rope, this is not a snake, it just appeared as a snake. It is not a snake at all.

Likewise, you know yourself, then all illusion will disappear. This is just like snake and rope. You have created fear. It's snake, it's snake. But if you take a light, this is not a snake this is a rope. I was under the impression, pressure of fear. As a matter of fact, this was nothing. Similarly, you know yourself. You know so many things, but you are not knowing yourself. It is very simple, but one must be daring. I want to know the reality! Don't believe the ideas of anybody else. Don't nod your head blindly. Don't nod your head blindly. Don't yes, yes, ok, ok, ok. Unless you are convinced don't say ok, ok. Yes, I am not convinced I wanted to know the reality. That is a real seeker. After knowing the reality there will not be any temptation to go anywhere.

Say there is a darkness for 500 years. I am putting you in the place where there has been darkness for 500 years. If you will take a light, how many years will it take to get rid of the dark of 500 years? The moment you light it, darkness goes away. Dark will not say 'I am here for 500 years; how can I go?' It is up to you. This is a kind of Self Realization. There is not any span or period. Concentrate on the concentrator. Because all Godly essence is already within you. Any steps you have to undergo the discipline of meditation. It is complete concentration. Because the spirit through which you are talking, through which you are doing activities, is very, very sensitive. What you are impressing upon it, it is coming out with that impression. Therefore, Naam Mantra is given which is the meaning 'I am Brahman, Brahman I am'. After continuous reciting with complete faith that Brahman essentially will automatically appear. Because, already it is within you.

The aspirant who has firm determination for him Spiritual Knowledge is not difficult. Follow simple and innocent devotion without any doubt. 'There is none greater than my Master', there is nothing beyond this. I know the secret now; I am the one (god) I am looking for! You have been searching for an address, now you found, right? Now why do you need the address? Tear it off, now you have reached the destination. But somehow, we are unable to digest this Spiritual Knowledge. What happens? We are unable to accept it, because of bondages of Maya! You feel bored, you become lazy, Maya doesn't allow you to listen because then her (Maya) importance will be reduced.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 168

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 137



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Entire world is projected
out of your Presence.

It's a simple knowledge. Knowledge of your Selfless Self. Without this body. Just glance what is here with this body bones, flesh and blood. Who is talking from this body? Who is listening from this body? This does not have any body form. That spirit which is listening or talking does not have any body form. The spirit, which is talking and listening silently, these are the media for the speaker. Glance within yourself. The moment you have Enlightenment or Realization, Self-Realization. At that time, you don't need anything or any worldly happiness. Those days Nisargadatta Maharaj refused a visit to this Prime Minister of India, because he was not after any publicity. Some people offered money also, he rejected, no. After Realization worldly happiness will have no meaning. Internal happiness is such that all external happiness becomes, nothing. After this, we are teaching to invite your attention that, when you are searching for happiness in publicity, money, sex, and other objective things, search within yourself. Who is enjoying this happiness? In brief, body is not

Ultimate, but the spirit which is holding this body is Ultimate. That Ultimate state is a totally thoughtless state. Though language is flowing, thoughts are flowing, you remain totally unconcerned with those thoughts. Though you are holding this body, but you are remaining totally unconcerned with the body. Just like you are wearing these clothes. It is not difficult, one thing you should have strong faith within yourself. Don't do any deliberate effort. But with this strong faith within yourself and with your Master, that internal atmosphere will be totally changed. At that moment entire self will totally disappear. You can see all these changes within yourself. This is not an intellectual knowledge it is an exceptional story of your Selfless Self. How many devotees are serious enough to know this Reality? How many devotees are there to know this Reality? People want happiness externally. Running after money, publicity, sex, and so many objectives. Then there is, as the process of life old age came. Old age. At that old age there is fear of the clouds of death, oh. That moment is a very, very, painful

moment. Because; you don't want to leave this body, at the same time you want to leave the body, very, very serious thing. Therefore, you should know what the secret of death and birth is. Nobody's having experience of death and birth. Death and birth belong to the body only, not to me. This conviction is supposed to be there. You may live your life, your routine life as you like. But; the conviction should be there 'I am not body, I was not body, I am not going to remain as a body.' 'My spontaneous existence is the source of this world. If my Presence is not there, who will see the world?' All this philosophy, all this spirituality is within yourself only. All these spiritual books, all this listening, are indicating that you are the Supreme of this world. Don't measure yourself in body form.

The _shravan bhakti_ (listening-devotion or devotion through listening) is very important. Detachment (from material objects) should be there, 'the one who has suffered the three different types of sufferings is ready for spirituality'. Maharaj gave the _Nirupan_, I listened and went home and forgot about it. It should not be like that. This is a great opportunity; the human birth is rare! Shastras say, we have got human birth after eighty-four lac _yonis_ (births). We don't want to queue up again for the same! We have met these saints and we should live with that identity. Which identity? The identity of Paramatma. There is no bondage of birth and death for you. Therefore, there is no question of liberation. 'In spite of being a _Guruputra_ (Guru's disciple referred here as son) why are you still deluded, why are you worried still'. Do something, each moment of life is important. If you let go of this opportunity we may not get it again. Live the worldly life, but you should remember the Master and His words.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

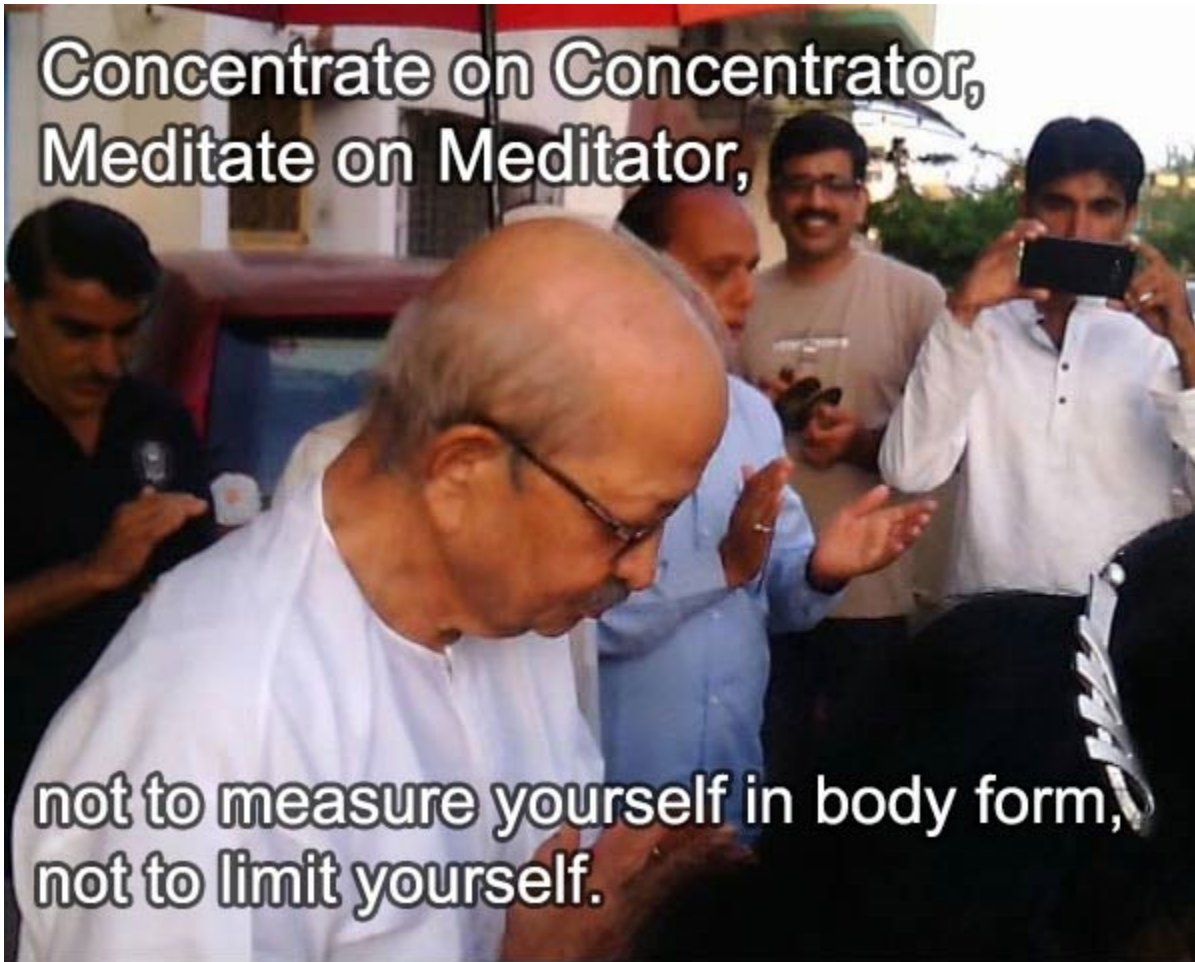
Swatmabodh – 169

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 138

Concentrate on Concentrator,
Meditate on Meditator,

not to measure yourself in body form,
not to limit yourself.



I am trying to invite attention of that experiencer, or witness, of all this atmosphere. Try to concentrate within yourself. While concentrating, that concentration and concentrator disappears. That is Ultimate stage. At that stage there is no Master, there is no disciple, there are no gods or goddesses. All worldly experience dissolves within yourself. This world came into existence when you, experienced spontaneously within you. The moment the spirit clicked with the body, you started seeing the world. Trying to search 'Who am I?' After sitting with the Master, he says 'You are Ultimate.' Because of long association with the body, we are not having faith of the words of the Master. Therefore, some sadhana, some discipline is given to have some concentration through these spiritual words, this Guru Mantra. After having concentration continuously, continuously, continuously, the spirit will be totally changed. Enlightened stage. At that time, you will say 'Oh, So That I.' These are the first steps. We know the knowledge intellectually, but we are not knowing

practically, that is a drawback. That is a drawback. We know knowledge, intellectually, mentally, egoistically. But not Reality, really. That is the drawback of our spiritual life. Drawback. Drawback means, what you say? That is the hindrance, kind of hindrance. Through this body you can know yourself in a real sense only. You can easily overcome all types of ignorance. What is the principle ignorance? You are Ultimate, but you started considering you are somebody, a man or woman. Don't measure yourself, though you are holding the body of a man or woman, don't measure yourself in body form. This is an external thing. External clothes. Concentrate on the spirit which is spontaneous Presence within you. Ultimate when you are concentrating the entire thing will disappear. When you came here you are supposed to be very serious to know yourself. I am repeatedly saying that you must have strong faith within yourself. Any doubts you are having get it cleared from the Master. When you are going from here, you completely remain doubtless. When you are going anywhere

you are supposed to be doubtless. You are going to come across with some illusory elements. I told the story about the blind and the elephant. When you have seen the entire elephant why to come across with the blind that say how that elephant is.

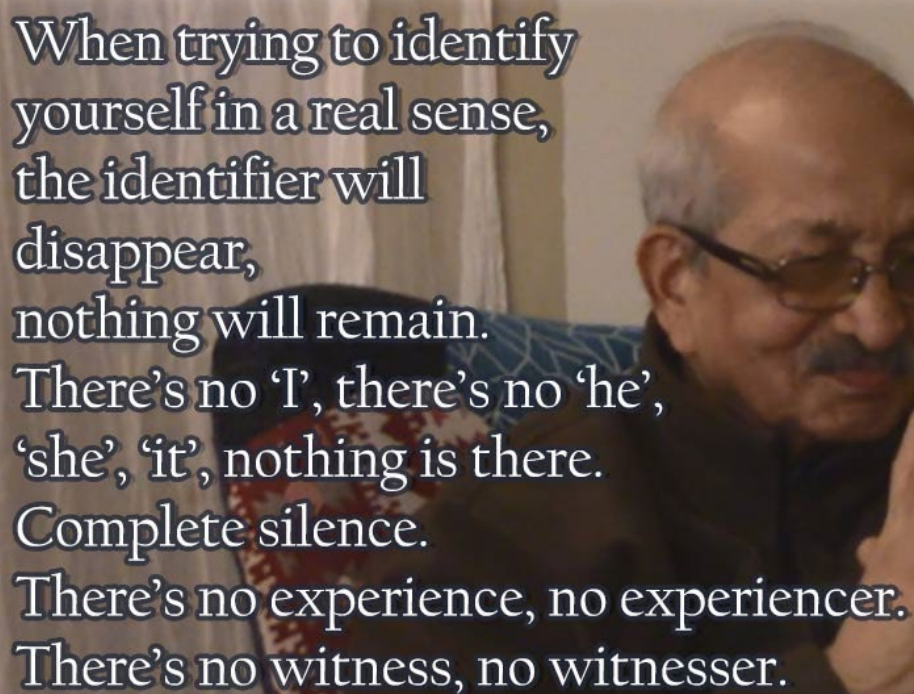
Who am I? This body which I can see is me or what I can feel (mind-knowingness-consciousness-soul) is me? The knower (pure consciousness-Paramatma) of knowingness in this body is me. Body does not last forever, it is worthless! One may be earning billions of rupees, but can he take that money with him at the last moment? It's been said that body is extremely dirty (impure) but the one who is within the body is extremely pure. But we don't accept this as there is no conviction. We try, but our body-consciousness is not ready to leave us. We lack in faith somewhere. Make full use of this great opportunity. We have got the human birth, also we have met the Master. There is nothing beyond what Master has told. These saints have showered their grace on us (of which we should be very grateful), by showing us our true and permanent identity.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 170

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 138



When trying to identify
yourself in a real sense,
the identifier will
disappear,
nothing will remain.
There's no 'I', there's no 'he',
'she', 'it', nothing is there.
Complete silence.
There's no experience, no experiencer.
There's no witness, no witnesser.

Ramakant Maharaj USA

If you are trying to pray to gods or master's with ego, that purpose is not served. Because ego is there 'I am somebody else, why should I bow down?' That ego is there, that is a hinderance in life, spiritual life. So, purpose behind it, to give respect to you and to give respect to your Master. Unique example Eklavya. Very, very, unique example. Though Master rejected him "I will not give this knowledge because of certain circumstances.' But he had full faith in Master. Out of that faith, he got such a knowledge that even Master is surprised. 'How did he do this?' Just to encourage, internal Master, external Master is a must.

To be stable in spiritual life your ego is supposed to be dissolved totally. Ego is the cause of your loss of mental happiness. After knowing this spiritual life, this ego, intellect, mind. The moment it dissolves totally you will have such a feeling that cannot be explained in any words. Prior to having this spiritual knowledge, you lived life with the help of ego, intellect, mind. The moment you realize that behind

all this ego, mind, intellect my presence is there. At that time the forces or the impressions of the ego, intellect, mind, totally dissolve. One thing to keep in mind for everybody, what we need is happiness, not with the help of any material object or causes but that internal happiness. Instead of searching here and there, if at all you want to search, you search within yourself. So many people, so many masters, so many temples you will get some temporary happiness. One thing is that we need a fearless life. Everybody is having the fear of death. And that moment is very, very, painful. If you are to overcome this fear of death, you have to undergo this spirituality. Find out who is dying and who is taking birth. Death and birth are related to the body only. Spiritual science says that you are not body. Don't count yourself in body form. It is easy to understand at an intellectual level. But not an internal level. Therefore, in our lineage, sadhana is given. That means you have to recite that Mantra repeatedly. After reciting continuously that Mantra, some dramatic, some miraculous changes are taking

place within you internally, internal part of the body.

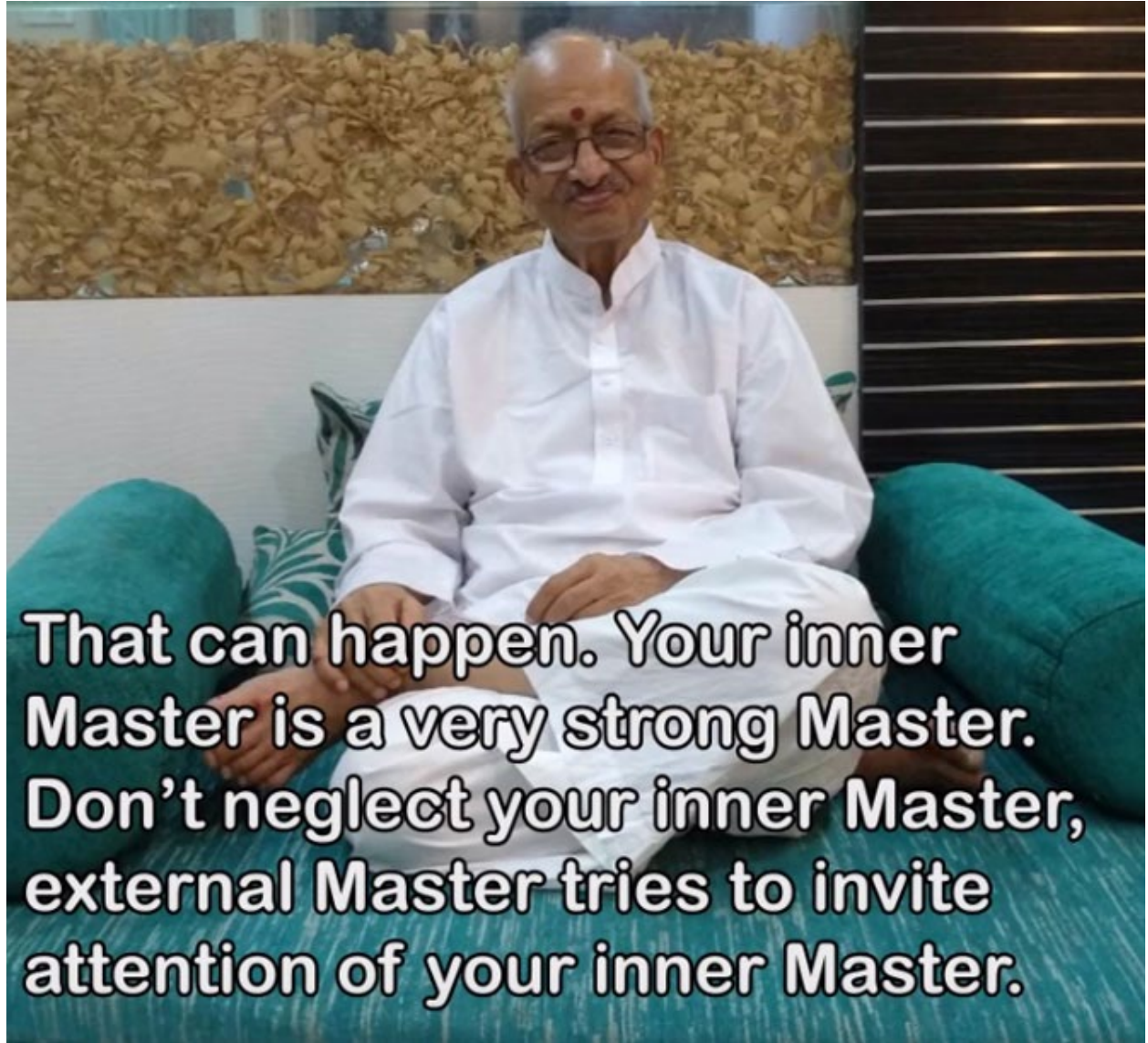
There is nothing like, you will go to heaven after you die - you can experience the celebration of liberation while being alive! Remain with this worthiness. Only faith in the Master is required. Practice devotion to the Master, practice meditation and bhajans as instructed by the Masters. Meditation will purify the heart and bhajans will give you joy and bliss. There should be so much love for the Master that tears should flow. Just like when mother meets the child, what happens? So much oneness has to be there! Without the Master this intense longing will not go away. Master is the god of gods. He is the one who liberates even the gods. But we don't have conviction, is there anyone who has that kind of conviction? Is there anyone who lives with such faith? Is there fearlessness? Don't fear the world.

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 171

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 139



That can happen. Your inner Master is a very strong Master. Don't neglect your inner Master, external Master tries to invite attention of your inner Master.

This is very simple, prior to this consciousness or this awareness of 'I am' nothing was there. The moment that spirit clicked with the body we are seeing the gods, goddesses and all this world. So, all these gods, goddesses, everything entire world is your spontaneous reflection, spontaneous projection. Concentrate on your Selfless Self. There is no concentration without meditation.

This is commando training. So, wherever you go, you will be able to answer any questions, which are basically for you. For which the knowledge is to be perfection. Perfect foundation. So, if any question, anybody puts any question before you, you will not shake with that question. You can easily reply to that question. When one foreigner woman asked questions of Nisargadatta Maharaj very heavy questions intellectually, but he is giving that reply very easily without thinking. He has not taken any of the credit, he says "Because of my Master Siddharameshwar Maharaj I am giving the answers."

As you are going closer and closer inside your Selfless Self all these experiences will be dissolved. Because all experiences, experience, witness of mind, ego, intellect, temptations, feelings, all these are body-based feelings. The moment body knowledge disappears or dissolves, all your experience, temptations or feelings dissolve. Then you become very calm, and calm, and calm inside. Questions, answers, reply's, temptations, feelings all are body-based knowledge. It is Reality, you are not body, you are not going to remain body. Some or other day we have to willingly or unwillingly leave this body. Establish this Reality that you are not body. Whatever is happening inside feelings, temptations, ego, intellect pressure of all these elements will be dissolved totally. Conviction of Reality is most important. All books, all information, spiritual information, are indicating, that except yourself nothing is there. Don't take any literal meaning of this information or this spirituality, what they wanted to convey, that is most important. Because we are having this habit, 'What is the

meaning of this word, what is the meaning of this word, what is the meaning of that word? Why this master says like this? Why that master says like that? All this inquiry is totally illusory inquiry.

*Master has told that - you are the Paramatma!
There are no restrictions on you. So much
fearlessness has to arise. This Spirituality is not
about telling others (what to do). This spirituality is
free of doubts. I know the reality now; all doubts
have been solved. So much fearless frankness should
be there in the aspirant. Then he will not fall for rites
and rituals. For this, firm devotion with conviction
has to be there. The purpose of saying this is that
there should be so much devotion and love for the
Master. Whatever He has told from time to time
should be remembered within and stored within
you. And you have to transform yourself
accordingly. Only listening to whatever Master tells
is not enough. 'It was a nice _Nirupan_ (talk)' this is
what we say! But after going home, if we meet
some astrologer, immediately you will ask to tell me
my future, how it will be!!!*

*Satsanga means to be in the company of the one (Selfless Self) who is always in
your company!*

Swatmabodh – 172

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 140



**Knowledge is meaningless.
There's no knowledge prior to
beingness, there's no use of
knowledge after leaving the body.
Knowledge means just to identify
oneself in a real sense.
We're identifying ourself in
body-form and that is illusion.**

Don't make any effort. It is spontaneous. When you are making some efforts than you are taking some ego. 'I am somebody else, spirit is somebody else, experience is somebody else, experiencer is somebody else, you are creating confusion. So, entire, this world is your spontaneous projections.

So, you are not separate from all this. This is just like electricity. Different say, fan is there, light is there, these are projections. Behind that, your invisible Presence is there. Not to struggle.

Be as it is. Don't try to make some deliberate effort. It will happen automatically. Effort means some deliberate act. Taking this tea, I am lifting this, it is effort. To enjoy this tea, you have to make some effort. Without effort you can't enjoy this tea. Similarly, meditation is effort. Reciting of the Mantra is effort. After that you enjoy the effect of the effort. I want to take this tea, enjoy tea. So, I have to pick up this tea, using this, after that I am leaving it. So, that work is over. I am not, whatever is happening or not happening, I am not concerned,

just a casual thing. I want to enjoy tea, I have taken tea, I lift it, drink it, then forget it. It is a natural act.

Maintain silence, be peaceful. Whatever you are doing ok. Take some tea, then I forgot I have taken tea and then doing something breakfast. Then put in effort for breakfast, then taking lunch. So, this is all part of the body. So, what happened yesterday, what lunch I have taken yesterday, what activity, I am not memorizing all this activity, it is spontaneous activity. So, behind all these activities your spontaneous Presence is there.

Are you counting how many times you have taken a breath, how many times you have to breathe out. Regular activity, how many times you have taken food, how many times you are smoking? These are activities, these are normal activities of the body. Since you are holding body that mind, ego, intellect is acting regularly. Because these are body-based elements. Sometimes you feel happy, sometimes you feel nervous, sometimes you may feel

desperate. These are all the actions, reactions, of the body form.

For all these situations you observe it. This time is very sad, some depression time is there. You feel some liberation, so I am very happy. So, all these symptoms you witness. These are body-based symptoms.

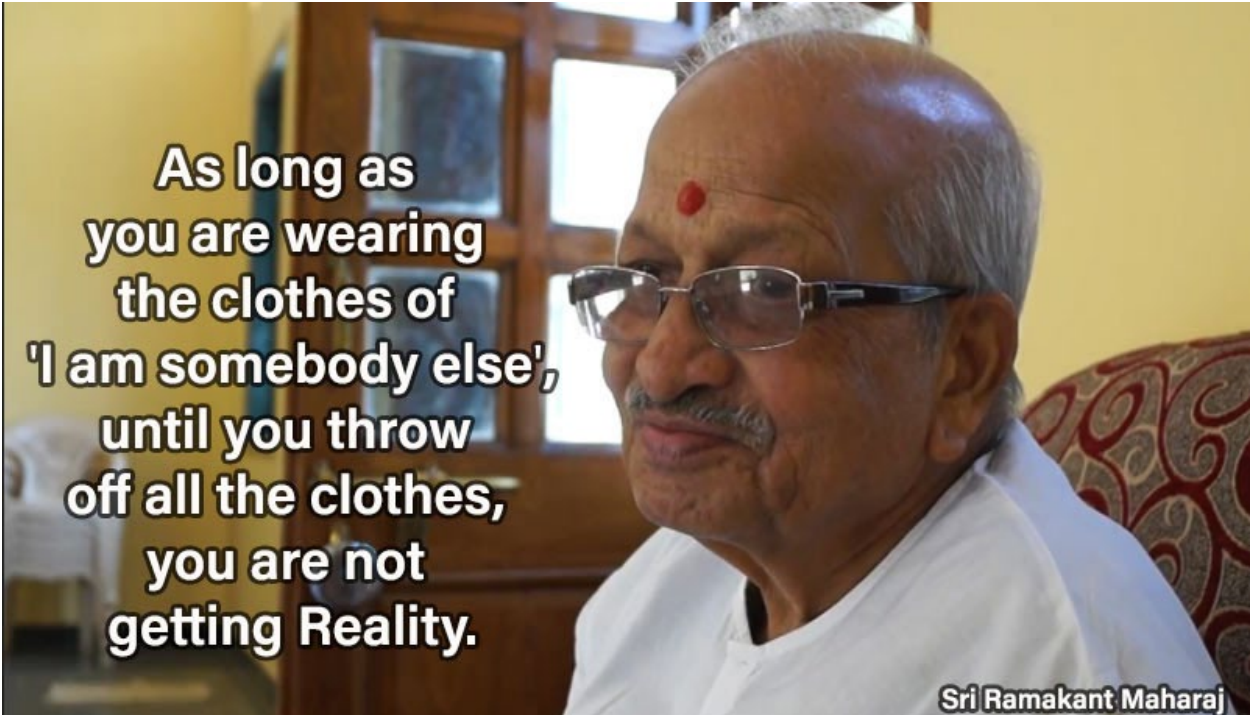
“This _Raghava_ (Selfless Self) is like the sky” - your Selfless Self pervades even the sky. Why are you caught up in the bondages of the body? This (measurable) body is not your (true) form! You are caught up in bondage because of your identification with the body. Identify the unidentified (beyond identification) one! Know the Reality. It is called the Selfless Self. This reality we must know. “Know yourself to be yourself” - Know yourself and be still within yourself. The instability (restlessness) is because of the bondage of the body. It is because of concept of - I am something. The Bhagavad Geeta says, “Renounce all religions and surrender to me” - surrender to the Knowledge ‘I am’! Everyone knows this fact but in spite of knowing this we are running behind the unreal!

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 173

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 140

A photograph of Sri Ramakant Maharaj, an elderly man with white hair, a mustache, and glasses, wearing a white shirt and a red tilak on his forehead. He is seated in a patterned chair, looking slightly to the left. The background shows a wooden door and a window.

**As long as
you are wearing
the clothes of
'I am somebody else',
until you throw
off all the clothes,
you are not
getting Reality.**

Sri Ramakant 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 not 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 is 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 wanting any expectation from you. Expecting You should learn something, you should learn 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 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. It's firewood. But you are having strong faith with 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, is 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 go anywhere to find out the Reality. The Reality starts from you, the Reality ends within you.

Tell yourself with force - You are the architect of your own life! We should mold ourselves as per what is told by the Master from time to time. We have to make such impressions on ourselves. Otherwise it's all meaningless. Therefore, only one firm resolve should be to concentrate on - "Sadguru's words, Sadguru's bhajans and Sadguru's meditation". And accordingly, you should transform yourself. In reality you are free, but your own imagination makes you feel you are bound! Endear that purity beyond all imagination, it's within you. All the time be with the reality. What is with you all the time? It is that Selfless Self!

Satsanga means to be in the company of the one (Selfless Self) who is always in your company!

Swatmabodh – 174

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 140



**This is an auditorium,
a big auditorium.
Thoughts are flowing,
pictures are flowing,
this is a dream.
Watch the dream
and forget it.**

Sri Ramakant Maharaj

Many times, many devotees are asking, “How to concentrate on ‘I am’? I’m concentrating on ‘I am’” What do you mean by, “I’m concentrating on ‘I am’”? — “What is the nature of concentrating on ‘I am’?” —that is a normal question from all devotees. You need not concentrate on ‘I am’. Because, you’re considering, “I’m somebody else, and I’m concentrating on somebody else”. That’s duality, follow? People say, “How to concentrate on ‘I Am’?” Some people say, “I’m concentrating on ‘I Am’ all the time.” Here they’re discriminating, “I am somebody else, and the Concentrator is somebody else.”

That spontaneous feeling of ‘I am’ is itself Reality. There’s no shape, no mind, no ego, no intellects. But the impact of the body is not erasing, and therefore we feel uncomfortable. To be comfortable, we give the Naam Mantra. Why is the Naam Mantra there? So, at the time of reciting the Naam Mantra, that mind is diverted to concentrating on the Naam Mantra. Listen carefully. Why is the Naam Mantra there? Why ‘Aham

Brahmasmi' or Soham Sadhana? Because when you're concentrating on the Soham Sadhana, at that time, the mind becomes thoughtless. Ego becomes egoless, intellect become intellect-less. So, there is no disturbance of the mind, ego, intellect at the time of reciting the Mantra. And for which we are asking you to concentrate on the top of the nose, recite the Mantra, so that it will create a thoughtless atmosphere. Thoughtless atmosphere. There should not be any entry of the intellect. No entry of the mind. No entry of ego. To create this atmosphere, then only can you concentrate on the Concentrator. Therefore, we are asking you to concentrate on the top of the nose, recite the Mantra, so you're keeping the mind busy. I'll give you a small example. There's a mother who has two or three children. She wants to cook, but she has to take care of the children. She wants to cook something for them, but she can't do all this together. So, what is she doing? She gives some toys to the children. Separate toys, "You do this thing, you do this thing, you do this thing". She

wants to make those children busy with the toys, and then she can concentrate on the food. So, she's happy and the children are happy. Similarly, three children are there: mind, ego, intellect. In the presence of the mind, ego, intellect, you can't concentrate. You can't devote the time. So, in that case, through the Mantra, we're giving some toys to them. They're doing their own work. Likewise, you have to concentrate fully. Then there won't be any disturbance, just like the children will be busy playing with the toys so they will not disturb you. Similarly, when you're concentrating on Soham Sadhana or Aham Brahmasmi, at that time your mind remains busy. There won't be any disturbance of the mind, ego, intellect.

Siddharameshwar Maharaj used to say - Read at least one chapter from Dasbodh every day, do all my bhajans, you will always have enough with you (to feed yourself)! Ranjit Maharaj told us this memory. Read Siddharameshwar Maharaj's biography and his _Nirupana's_. Read 'Adhyatmadnyanacha Yogeshwar'. It has been narrated in a very simple and easy language. On reading this we know what to do and what not to do. We have to make ourselves. You have to drop what is not 'you' and accept that which is the ever-existent truth. 'It' is within you only! Don't be inattentive, it's a dark night (which belongs to the enemy), be cautious and alert. "Time ran away after the grace of the Sadguru manifested". If you want to live a fearless life, then only one thing (you should follow) - Master's words and Master's Bhajan! Make a resolve - "there is no God other than the Master", then your life will become meaningful.

Satsanga means to be with the one (Selfless Self) who is always with you!

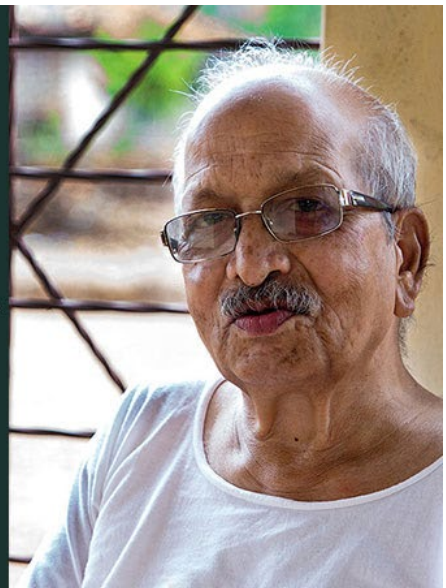
Swatmabodh – 175

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 140

No planning,
no deliberate action,
no deliberate thinking,
no definition, no analyzation.
Accept As It Is,
and don't think about it.

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 is 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 our self 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 is 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 is supposed to be absorbed. It's concept.

This cycle of birth and death, again and again taking birth and dying, not anymore! Enough! The end will end, not difficult. Here we need to be (spiritually) stubborn, like the kids! What should we ask from the Master? Ask for Him only! Adamantly stick to the Master's holy feet. Make the devotion to the Master, one of conviction and free of doubts. Then, you will experience inner peace. It is up to everybody to take the experience of Selfless Self. Master has served you the delicious dishes, but you are not eating, you go on describing them! These endless concepts may attack you any moment. That's why there has to be faith and conviction. The devotion to the Master is extremely important. (You must) Meditate. Meditation will bring freedom, clarity. Then, You will be completely submerged in the ocean of bliss.

Satsanga means to be with the one (Selfless Self) who is always with you!

Swatmabodh – 176

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 13, page 141



**All talk appears from Selfless Self,
All talk is addressed to Selfless Self,
there is not any body form at all.**

Ramakant Maharaj

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 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 not make any special efforts. Your purpose of spirituality is just to identify yourself in a Real Sense. We identify our self as this body-form, but it is not true. It is illusion. It's the only thing.

We may try to conceptualize the Reality, but by nature it is beyond concepts. In the name of concepts, there is only nothingness!

(Dasbodh, Dashak 7, Samaas 7)

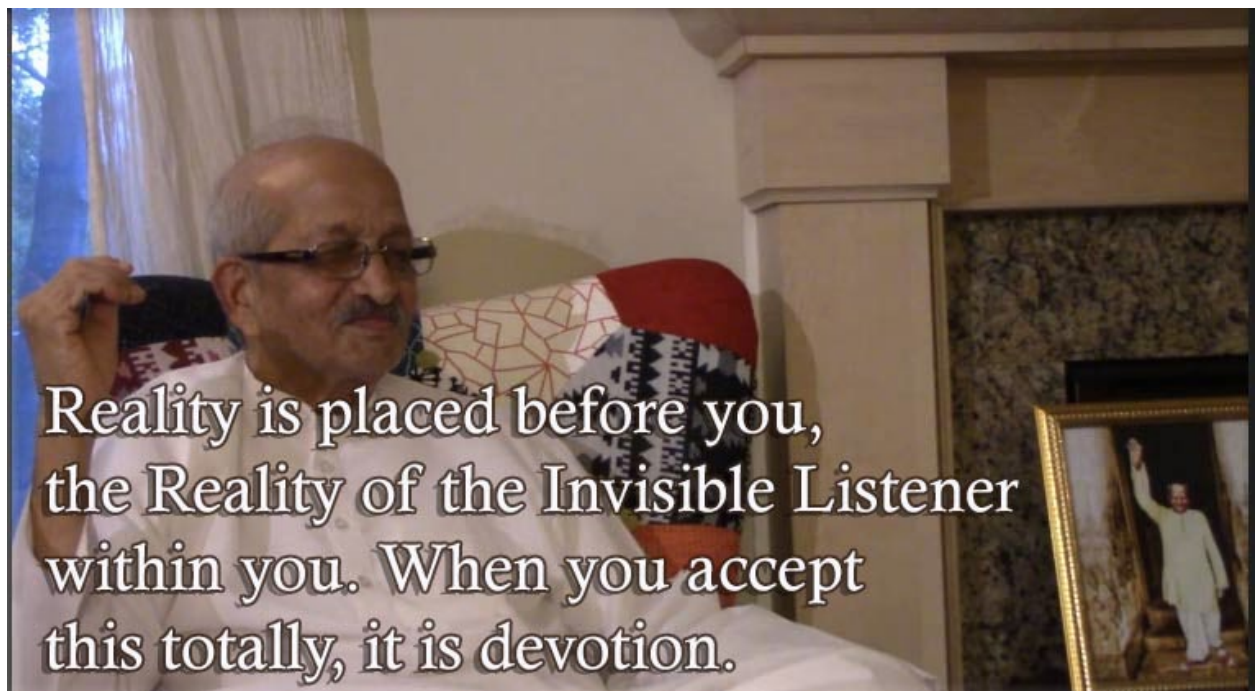
The bitter memories, bitter incidents and unpleasant things should be burnt away in this fire of Holi (a festival). Ramdas Swami has thought about human life in a very, very, subtle way and told us ways to make it tolerable (happy). Everyone is running after happiness and peace. But what this happiness-peace is, we don't know! And for that happiness and peace, we have created the concepts of God, Ishwar, Parameshwar! We need some support in this human life, may be some idol or god, some concept has to be there. To get happiness-peace we worship and pray to god. But (if I ask) who needs it (happiness and peace), you say "I". How is this "I"? Here, the knower of 'I am', is being pointed at!

Just Be, Just Be with the Be!

Swatmabodh – 177

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 142



Reality is placed before you,
the Reality of the Invisible Listener
within you. When you accept
this totally, it is devotion.

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 not 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 not any form. There is
not 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 not 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 not any awareness, nothing is
there, Just I. It Is Glimpses of I. Just for
understanding. Because at that particular stage
there is not 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.

Before we came to know the knowingness (prior to conception) was there anything? Was there any trouble? Nisargadatta Maharaj would always say - Be as you were before you came to know yourself! The misery is because of knowingness! Suppose there was a theft at your home, weren't we happy till we came to know about it? But once we knew, there was misery! Body-consciousness - I am the body, this we knew and because of this knowing the knowingness became intolerable! The restlessness, disturbance increased. "We may try to conceptualize the Reality, but by nature it is beyond concepts. In the name of concepts, there is only nothingness!" This is a very subtle thought. But as one makes spiritual progress, he will know it!

Just Be, Just Be with the Be!

Swatmabodh – 178

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 143



**It is very simple,
nothing is required.**

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The moment you Identify Yourself, or you have Conviction, Be Calm and Quiet. Be humble, Be Normal. Be Simple. If anybody appreciates you, there is not 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 to 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.

All the time be in touch with yourself (Selfless Self)! Spirituality is not a path, we are not here to get anything, rather we are here to lose everything we have got! This 'amness', 'body-sense', we must lose, anonymously. There is no need to do anything deliberately. Still we try to get everything deliberately! This is the cause of our misery. Because reality is not knowable. Without imagining, I have the experience of 'amness' or 'knowingness'. While coming in this world did you pass a resolution that I should be born to such and such parents? Or to take human birth. Everything is beyond reason! Who can reason the one beyond reason? It is up to everyone to know the one beyond reason. Spirituality is not a path; you are already at the destination!

Just Be, Just Be with the Be!

Swatmabodh – 179

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 143



**There abide a "Listener" in you
(not body)
which is to be dis"covered" ...**

Power is everywhere. Though you are in the form of disciple, there is essence of Sadguru there.

Everybody has that Masterly essence, but you forgot your identity. Therefore, the Sadguru and disciple, these two concepts, are there. As a matter of fact, there's no difference between Sadguru and disciple, number one. The power is there, already the inbuilt power within the devotee and Master is there. So, when you're having strong devotion with the Sadguru and strong devotion with this Naam Mantra, and the vibration is going on inside, you'll get that power, it will emerge inside. For example, if there's a fire covered with ash, if you remove the ash the fire is coming out. Similarly, the power is there but it is covered with so many illusory concepts. The moment those concepts dissolve, at that time that power will emerge, or will be focused. So, in the beginning you are to undergo strictly meditation—that is most important. Without meditation, dry knowledge will not help you.

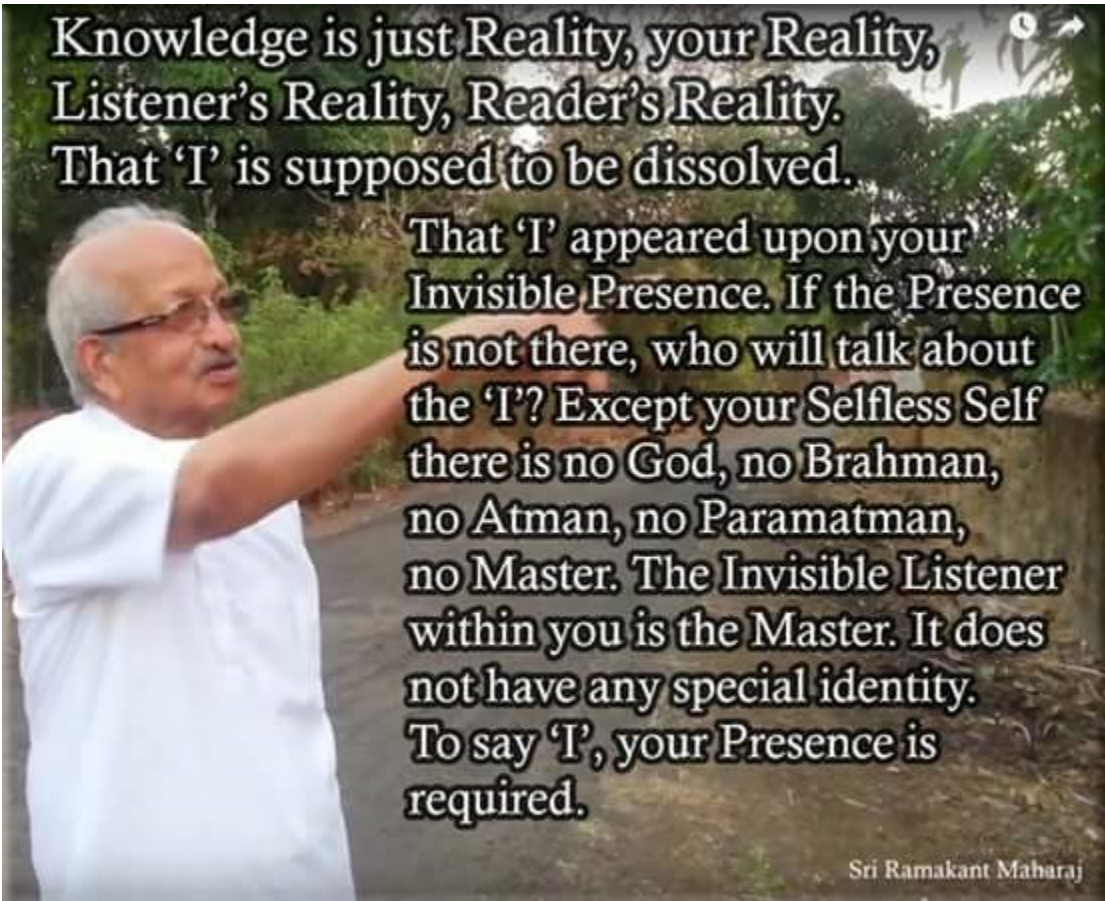
It is already there (where it is), you don't need to search for it. But how to identify that which is already there, that trick (or tact) has been conveyed through these Spiritual texts or through words of the Master. What is our true and permanent identity? For that these bodily clothing's (or coverings) have to be thrown away! The clothing of "I am the body" has to be forgotten and thrown off! Initially it may be a bit difficult to understand. What is the reality? What is Brahma? What is Ishwara? Names such as Brahma etc. are indications. Your true identity has been indicated, through the word Brahma. "I am Brahma" is also pride! "I have become Ishwara" is also pride! Because these are coverings on top of Reality, these are also crutches! Identify what is Reality. Because of this covering over your Selfless Self, your restlessness has increased. There is disruption. Doubts are increasing, there is a lack of conviction, for that Sadguru is a great medium!

Just Be, Just Be with the Be!

Swatmabodh – 180

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 143



**Knowledge is just Reality, your Reality,
Listener's Reality, Reader's Reality.
That 'I' is supposed to be dissolved.**

**That 'I' appeared upon your
Invisible Presence. If the Presence
is not there, who will talk about
the 'I'? Except your Selfless Self
there is no God, no Brahman,
no Atman, no Paramatman,
no Master. The Invisible Listener
within you is the Master. It does
not have any special identity.
To say 'I', your Presence is
required.**

Sri Ramakant Maharaj

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 the 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 before you 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.

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. “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. Until 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. 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. 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.

“There is no other way than the Master, therefore first catch hold of His holy feet”. By reading books and (spiritual) texts, we may become pundits, we may collect a lot of words, but we will not know the Reality! All these saints, what was their educational qualification? Not much. Saints like Tukaram (and others) have been there, did they do some PhD? Still, the texts which they created; on them people do PhD! Why is this? Because they identified ‘it’.

“Even if we imagine the Reality, still by nature it is beyond imagination” this principle they identified in totality (from start to end). Reality is in our true form (beyond the body). Our ego should be dissolved. Why we are not happy and contented? Why still there are difficult circumstances? Because we have tied ourselves up in innumerable concepts, we are stuck in our own web!

Just Be, Just Be with the Be!

Swatmabodh – 181

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 144



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 you 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.

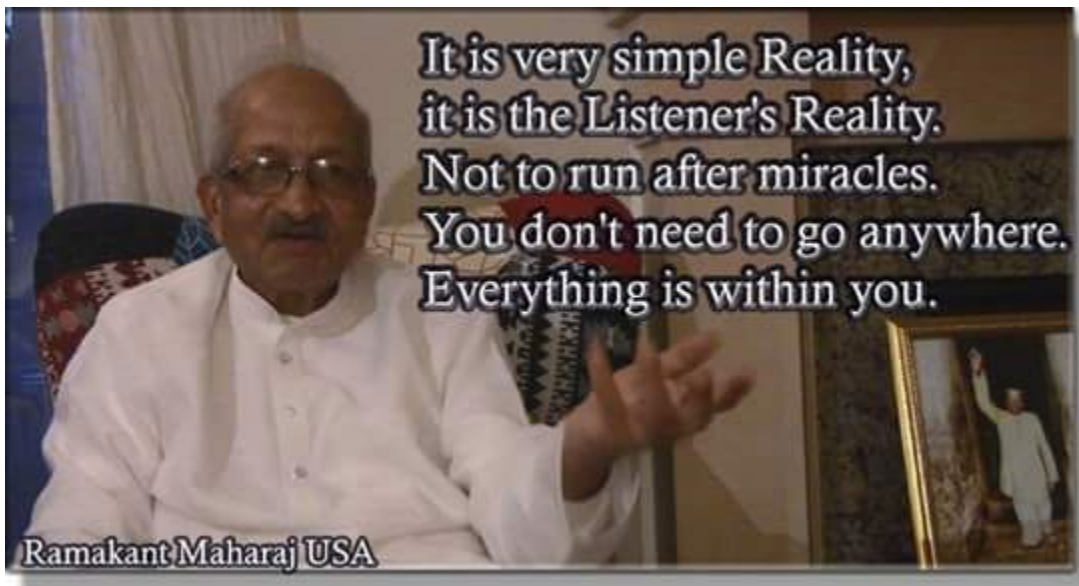
We love the concepts; it gives temporary happiness but this this is not a lasting happiness. Because it is a happiness stuck in the vicious cycle of the concepts. We have to know ourselves through the medium of (many) words. What is Spirituality? Here you don't have to do anything - 'don't do anything, just be with the saints.' Have simple and innocent devotion. Master has told - Listen O disciple! Know that you are the Paramatma! I mention it again and again. Nisargadatta Maharaj has also told the same thing - Except your Selfless Self there is no God, Atma, Paramatma, Brahman, Master! We hear this repeatedly and yet there is no transformation (within us). It is like the dog's tail! Why do I tell again and again, because human birth is rare.

Just Be, Just Be with the Be!

Swatmabodh – 182

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 144



It is very simple Reality,
it is the Listener's Reality.
Not to run after miracles.
You don't need to go anywhere.
Everything is within you.

Ramakant Maharaj USA

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. 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 not 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.

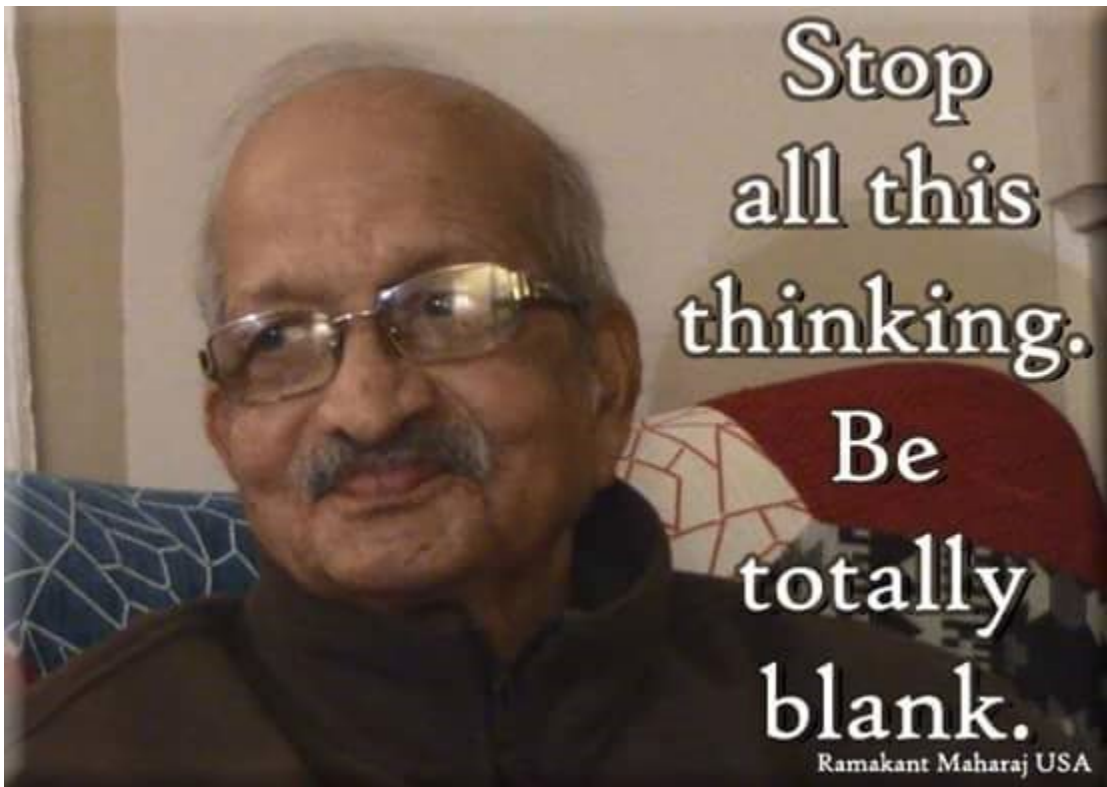
In this rare human birth, it is a great fortune to get to hear Spiritual knowledge. While living in this world, we are lost in the cacophony of the worldly existence. We don't know what to do and what not to do! We never think for ourselves. We do not understand its importance. Here one should have a strong desire to know. Strong will power should be there. What really is (all) this? World is there, but what is the root of Spirituality? What is reality? Do not just trust what you hear. See it for reality! We confirm that one is the thief only after proper verification, it's same here. We have to catch this 'thief of Pandhari'! How can this happen? Total faith in the Master is needed. Don't take the Master to be a person. Master is a great discovery of your Self-Power (_Aatma Shakti_), it's a great Power! But we use this power in a wrong way and become unhappy.

Just Be, Just Be with the Be!

Swatmabodh – 183

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 144



Stop
all this
thinking.

Be
totally
blank.

Ramakant Maharaj USA

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 as 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 am’.

Therefore, use your discretion (discrimination). But one in a lac does (self) enquire in such a way, and one in a crore becomes one with that principle! Knowledge is understood but there is no intensity. There should be intensity in this enquiry. Why does it not happen? What's lacking (in me)? There should be such purity and clarity. But that intensity is missing, why? (Because) We haven't realized it's value. When shall we realize? When there is some trouble in life - oh God relieve me, oh God help me! Then you are ready to do anything! But when Master has told, when the circumstances are favorable, we don't follow the Master's words! We don't get time to visit the Master, but when there is some trouble, we easily find time! This is human nature. Siddharameshwar Maharaj says in his _Nirupana_ - man is very mean!

Just Be, Just Be with the Be!

Swatmabodh – 184

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 146

**You are neglecting
the somebody that
already exists within
you - the formless,
invisible somebody.**

Sri Ramakant Maharaj

Digest. That knowledge in respect of your Selfless Self. You have to digest it. What is mentioned in the Kakad Arati, bhajans and poems, it indicates your identity. Identity without any attachment with the body. All questions are related with the body, unless attachment with the body dissolves, you are not able to identify yourself. Why this identification is required? Because we are not having any peacefulness, happiness, always there is fear of death or problems. So, try to identify, try to understand that you are holding the body, you are not the body. Whatever is mentioned in all these poems or by various masters indicates that you are completely independent. Which is called Brahman, God, Atman, Paramatman, Master, for which there is no death, no birth, no past or future life. So, to have this Conviction, this confidence, you have to accept all this reality. Because unless you accept this reality, whatever we are discussing is meaningless. In this human body or human life, what we have to identify – though we are holding the body, it is not our identity. The moment the

attachment with body dissolves everything will become clear and therefore we insist on meditation and bhajan. Because Selfless Self always engages with spirituality, it is always alert. Through body attachment, this mind, ego, intellect may create some unpleasant atmosphere within you. You are totally separate, even if you think intellectually. Prior to Beingness nothing was there. After leaving the body nothing remains.

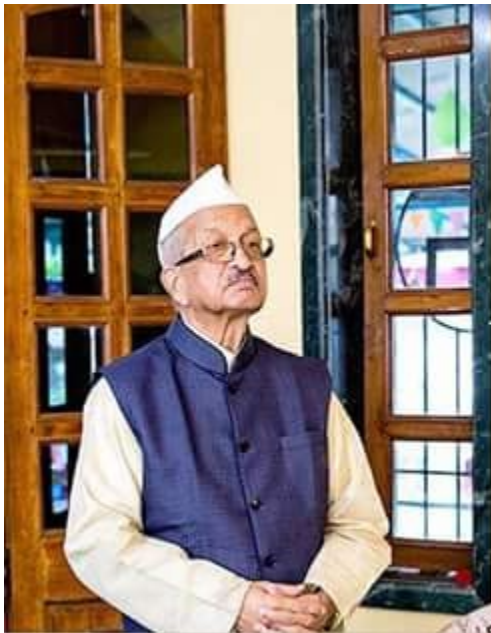
“The unfortunate ones have wasted themselves” why has this been said (by Saint Tukaram)? Out of dejection! Because in spite of having all this knowledge, we don’t leave our wickedness! We don’t leave our ego; we always feel compelled by misdeeds! Master has told this time and again, what do I want to know here? What do I want? To make this life tolerable what is it that I should do? What is my true nature? You are a human being, you are a man, you are a woman, you are God, you are Brahma etc. These are external names, but the Spirit which assumes this name, we have to identify that. And, it is not possible without the medium of the Master therefore “do not forget your true friend, the Master!” In any circumstances (know that) “there is no God other than the Master”. It has been said - The disciple who considers God bigger than the Master, is a waste. “The one who has such faith that Master is the God of Gods! God is with such a one and He resides in his home”.

Just Be, Just Be with the Be!

Swatmabodh – 185

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 146



**The Body And
That Which We
See Within The
Span Of This Life,
The Something
Within The Nothing,
Is Dissolved
Back Into Nothing.**

Selfless Self Talks with Shri Ramakant Maharaj

That continuity is most important. It is required, and you have to remember all these things to be alert at all times. Today you are in ashram, tomorrow you may be anywhere in the world, because some or other day attachment with the body may distract you from reality. Whatever you have been told so far, it has to be followed strictly, this is very serious. If it is ignored, then again, the wavering mind will create many problems for you. Not to follow the mind. Mind should follow you. Mind, ego, intellect are functioning organs, their existence came along with the body. Prior to body knowledge, prior to beingness or prior to consciousness there was no mind, ego, intellect, no gender, no being. Nothing was there. After leaving the body what remains? World disappears along with the body, nothing remains. What you see as the world and its relations – all these concepts of birth, death, past, future, gods, goddesses are in the circle of human body. You have given birth to God; he does not have a separate identity. Entire world is itself illusion where there is no birth or death, as you are

formless. Prior to Beingness or prior to consciousness there is no form. After leaving body, there is no form – you will be formless, nor will you go to any hell or heaven. Hell, and heaven are concepts. There is nothing bad, nothing good. Because you are not doer, there is no deed. Conviction, strong faith, will power and courage to accept reality is most important. Therefore, we are insisting to go through reality. Meditation is the only source to have spontaneous Conviction. There is no other source, no other way – by simply reading books and doing bhajan, no. Unless you identify yourself it is not possible. Mind will always try to distract you; it is always creating problems. Don't give so much importance to your mind, it is just a subtle part of your body. After leaving body, no mind, ego or intellect will be there. There was no body mind prior to Beingness or prior to consciousness. Thoughts will be flowing always, what are useful to you keep, the rest – throw out.

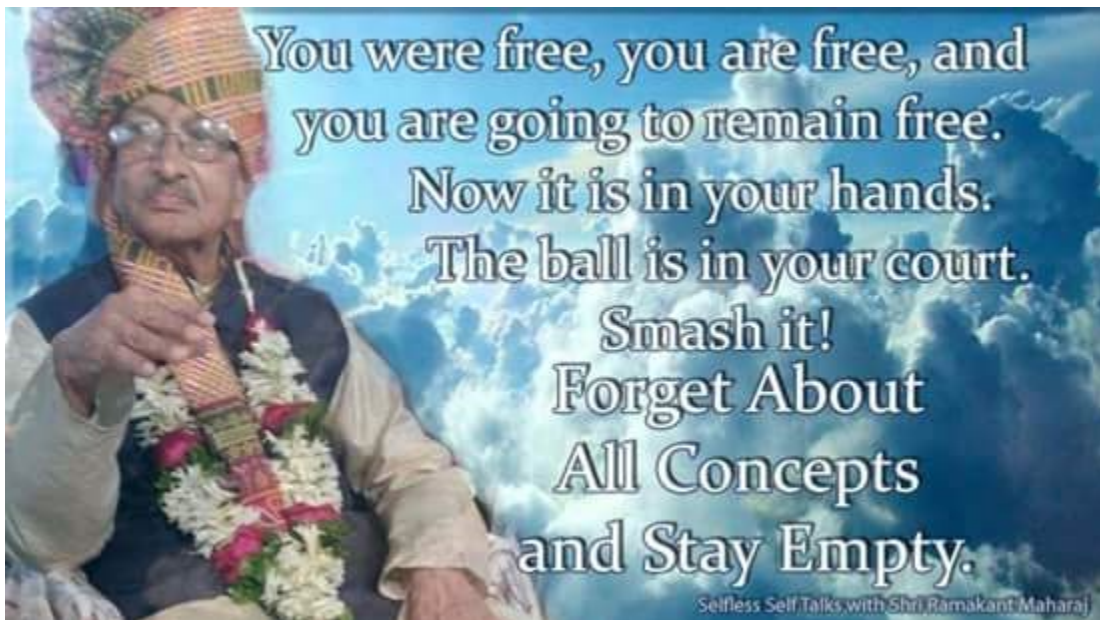
There is no God other than you. Unnecessarily you are searching here and there! 'What is yours is ever with you, but you are looking at a wrong place'. But the attachment and love for the body-mind is so much that it's impossible to renounce it. Master has told already, but where is the faith in the Master? Just doing bhajans four times... just playing cymbals loudly (is not spirituality). what's the reason? We got it cheaply! "Why the discourse of a Realized one is not understood by the aspirant? Because his heart is not ripe." Why does he not understand the Knowledge? Because heart is not ripe. Why heart is not ripe? (Because) there is no conviction, mind is restless, it's filled with selfishness. It's not selfless, there is no innocence. Always greed is there to get something! We go with the intention to get something but is there anyone (any disciple) who says - I want nothing?!

Just Be, Just Be with the Be!

Swatmabodh – 186

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 147



You were free, you are free, and
you are going to remain free.

Now it is in your hands.

The ball is in your court.

Smash it!

Forget About

All Concepts

and Stay Empty.

Selfless Self Talks with Shri Ramakant Maharaj

When the spirit clicked with the body, you feel 'I'. That consciousness appears. Pure consciousness. Instantly that Consciousness came across with the mind, ego, intellect. And then body started functioning. See the process: prior to beingness there is no experience no experiencer. 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 and started functioning and you say 'I'. Instantly that 'I' is taking pose as a human being, any being. And that form is 'my identity' it is accepted by that consciousness. Because prior to consciousness, no form is there, you are basically formless. The moment consciousness takes shape and takes form, it accepts that 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' accepts the body as 'my identity'. 'I' contains all body concepts. 'I am somebody else', 'I' concept, all illusionary concepts. That is 'I am somebody else', 'last birth', 'future birth', 'god',

'goddesses' so many concepts. Thousands of concepts imposed or impressed upon us by various sources.

Here in human body it's an open fact, that the human body is not your identity at all. It is open fact. Human body is having age limit, time limit, which you are not. In 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 'I' instantly the ego, intellect, and mind came across. Mind is 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 and intellect takes 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.

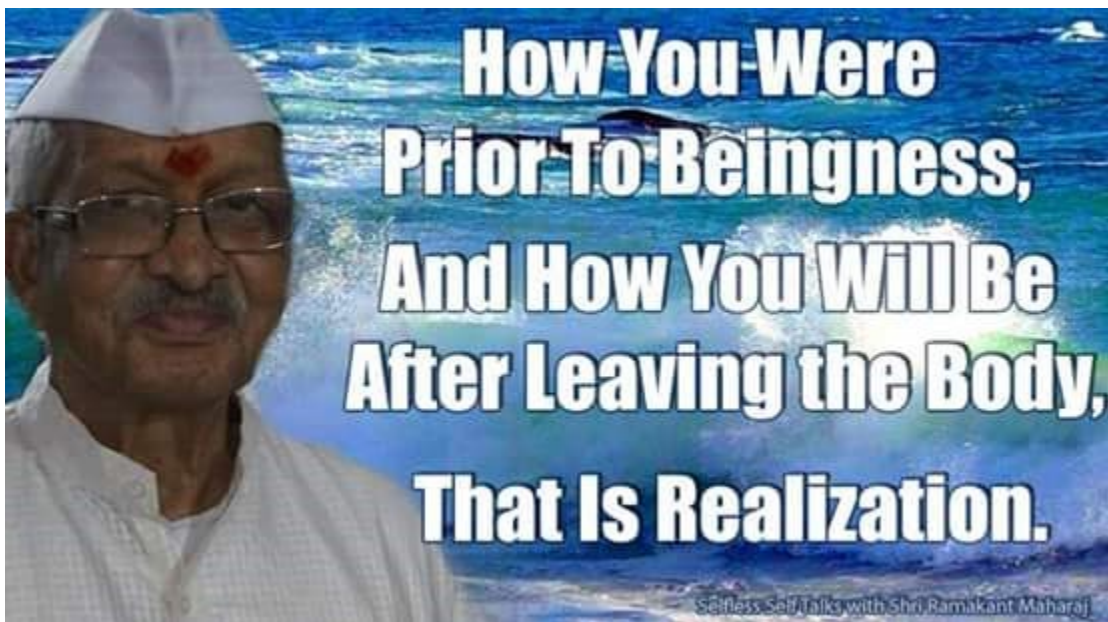
“The body is subject to destiny” - these are body-based words. I was never the body, I am not the body, and I will never be the body. Because this body is a burning wood! You may have lot of love (for it) and your people may be loving (you), still it is momentary. This is a fact. Till the body is taken to crematorium, we offer our prayers - let the departed soul rest in peace. We will stand in silence for two minutes! Then it’s all over! Whom to love? How much to love? We love the impermanent more. Love the permanent. It’s is said - “We should have conviction of the permanent”. Do we ever think about the permanent? We love the impermanent more, identify this.

Just Be, Just Be with the Be!

Swatmabodh – 188

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 148



**How You Were
Prior To Beingness,
And How You Will Be
After Leaving the Body,
That Is Realization.**

Selfless Self talk with Shri Ramakant Maharaj

It is a play of Consciousness. If there is no Consciousness, no knowledge is there, no Presence is there, no experience is there, no experiencer is there, no witness is there, no witnesser is there. 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 for a 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. And 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

requesting 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 what. Ramana Maharshi and Nisargadatta Maharaj and so many masters are there. They convey: 'You are not a disciple – you are not devotee – you are master – you are the 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, beingness, 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 illusionary world.

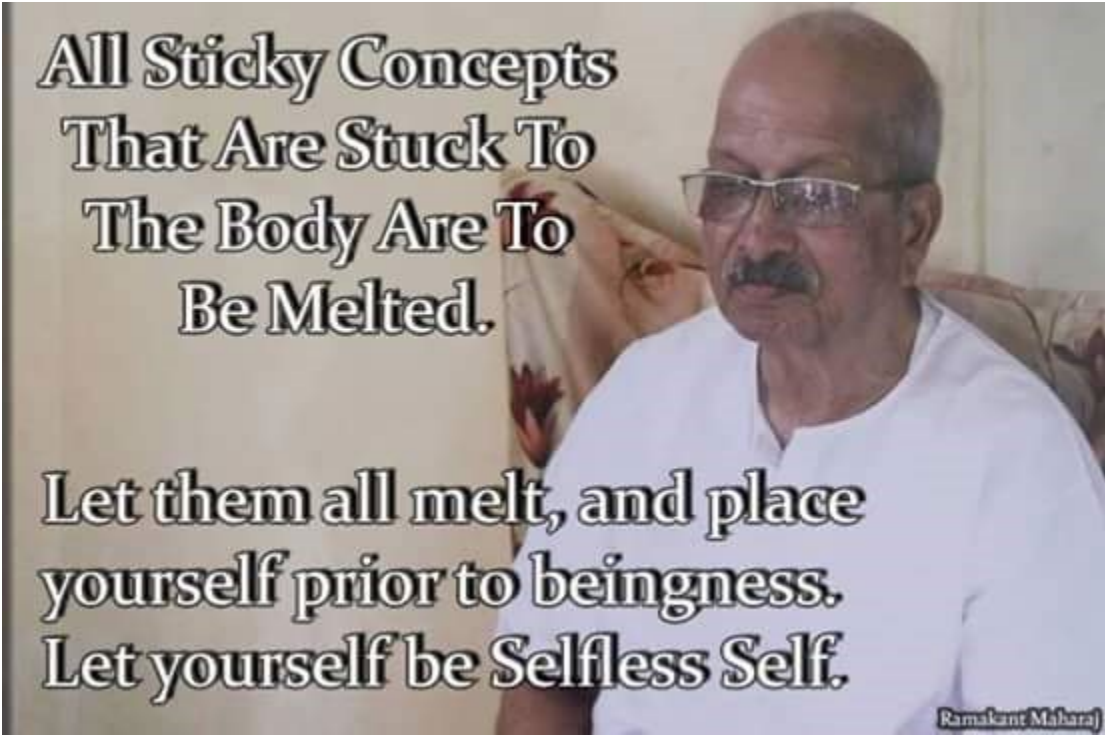
“Drop all concepts and know the reality”, we know all this but for that (to be absorbed) we need to jump into this deep lake (of Spirituality). There is no point swimming in shallow waters. You will need to go into deeper waters. Water will enter the nose and mouth, it’s ok even if you don’t understand then. But - “Do not forget your Sadguru _Sakha_ (friend)”. Whatever my Master has told is the ultimate truth, there is nothing beyond it, at least remember this much. Whatever my Master has told me is the ultimate truth, I don’t know anything beyond that. Then let even the Parabrahma - Paramatma (God) come in front of me, (say that) my Master is ultimate, my Master is ultimate, that’s it!

Just Be, Just Be with the Be!

Swatmabodh – 189

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 148



**All Sticky Concepts
That Are Stuck To
The Body Are To
Be Melted.**

**Let them all melt, and place
yourself prior to beingness.
Let yourself be Selfless Self.**

Ramakant Maharaj

'I am' is doing this thing. 'I am' is doing that thing. 'I am' is seeing this thing. Where is that 'I'? 'I' disappears along with the body. Try to identify that 'I'. If there is no Consciousness who says 'I'? If there is no Presence who says 'I'? The moment the 'I' was projected, the body was projected along with the world. It may be a dream or it may be 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 is there? Nothing is there. So, basic concept you have to forget that 'I am somebody else'. You're not somebody else. You're everybody. All forms are projected out of you.

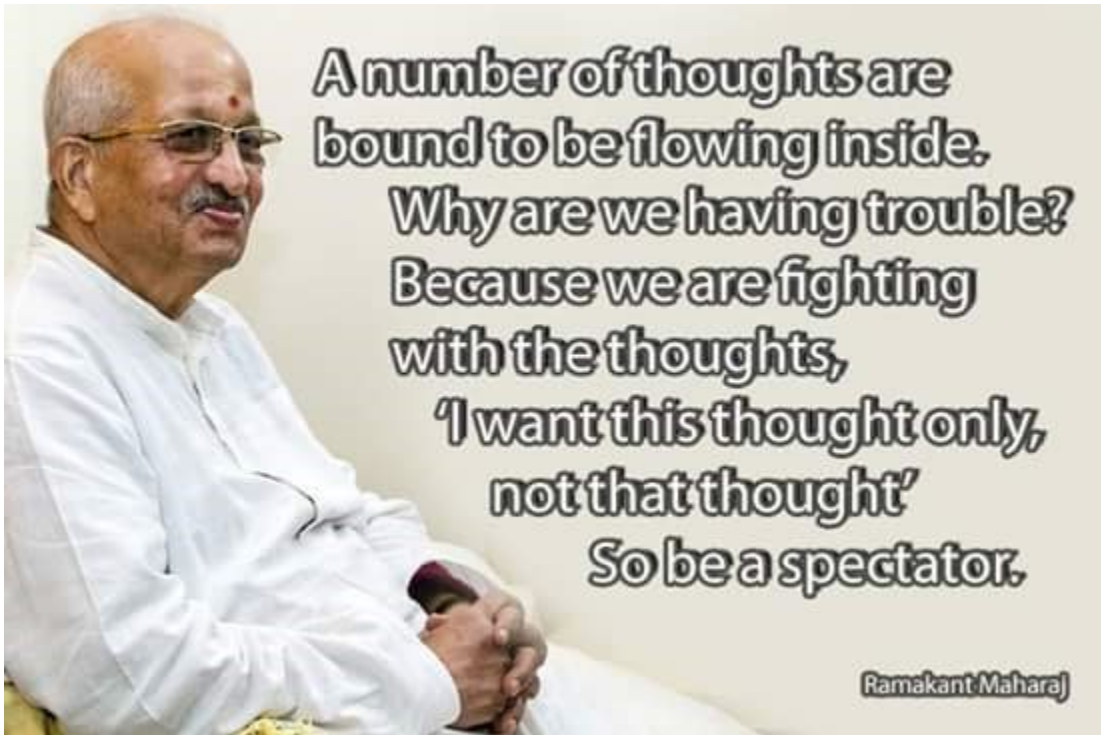
Man is attached to the worldly. Everybody has lost faith in themselves! We are guilty, we are miserable. We are responsible for our own unhappiness. We are running behind false happiness, the happiness which does not exist. Look at it, use your discretion. But who is using discretion? Who is bothered? Take everything seriously. This is a great opportunity; human birth is rare. In this rare human life, make some spiritual impressions on your own self. Don't struggle with anyone. There will be allegations and attacks, have a forgiving attitude. Because you know the pure principle beyond all concepts! The one who attacks is filled with body-based-knowledge. Therefore, transform yourself as per Master's words. Then no more there will be any concepts of happiness and unhappiness. You will be at peace all the time. You have to observe yourself. Why do I make mistakes? Am I going on a wrong path, what will be its repercussions? This is discrimination.

Just Be, Just Be with the Be!

Swatmabodh – 190

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 148



**A number of thoughts are
bound to be flowing inside.
Why are we having trouble?
Because we are fighting
with the thoughts,
'I want this thought only,
not that thought'
So be a spectator.**

Ramakant Maharaj

If at all some ego is there, surrender it. Don't be a foreigner to that ego, intellect, mind. We have become victim of our own mind, ego, intellect. How to take other people, it's up to you. Avoid struggle, there are different types of people there. You are mature enough, you are not ordinary, you know better where you stand. And therefore, strong faith is most important! Strong faith within you and strong faith within the Masters. It's open secret, nothing is wrong with you. Only your confidence, trust is most important. Complete faith is most important. You need not, are not required to read any books. Not go anywhere, there should not be temptation to go anywhere. Not to search any masters. Master is within you; you are ignoring your own Master within you. You are the cause and the consequence of this... concept. Entire world is an illusory world. I told you sometimes Shankaracharya says, "To say 'I' it is illusion, to say 'You' is also illusion, to say 'Brahman' also illusion, entire world is illusion." What is true? Whose progress is required? Who wants progress? Who is the

beneficiary of progress? Slow progress, no progress, ant's way, bird's way. What is way? No way is there. All this concept.

And for which I am trying to convince you. It's okay, what people say. Ants way means devotion, bhakti, etc., etc. Birds way means direct knowledge. It's okay. I say there are no ways at all. You are there and there only. Whose way? What is the way? You are at terminal. What is required? Therefore, be strong, spiritually; physically okay, but spiritually. This is high time. If some such type of concepts, irritated concepts appears that means something is wrong with you. Don't be insulted. Nobody can insult you. Don't underestimate you. Do your job, do your duties. Forget it, forget the entire world. Different type of people are there. They may say, "He's a good person, he's a bad person, he's a worse person." This quality is supposed to be appear within you.

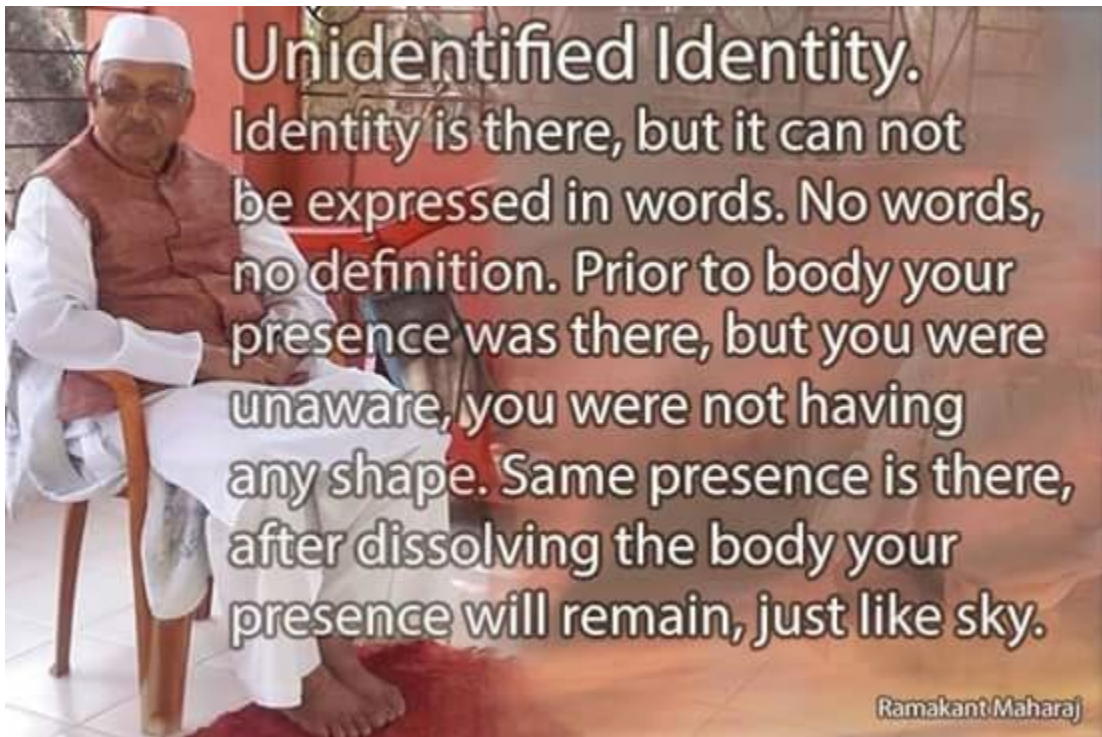
“We may try to imagine the Reality, but it is beyond all imagination” - Here, Ramdas Swami has revealed our true-permanent Self, our open-bodiless form, through words (pointers). It is up to everyone to know this, here there is no path, he has shown the mirror of Knowledge! Look at your (true) Self, how you are? For that set aside your mind, intellect, ego and then see (your Self). Spontaneous-state is the best, knowledge-conviction is next, image-worship is lowly and visiting-holy-places is the lowest! So, this _Samaas_ is about spontaneous-state. It is spontaneous! As if I am nothing but Knowledge, no trace of imagination is there. “The body may or may not live, have strong faith in Panduranga” - When we have such strong devotion with conviction, then there will be an experience of happiness beyond all experiences.

Just Be, Just Be with the Be!

Swatmabodh – 191

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 14, page 149



Unidentified Identity.

Identity is there, but it can not be expressed in words. No words, no definition. Prior to body your presence was there, but you were unaware, you were not having any shape. Same presence is there, after dissolving the body your presence will remain, just like sky.

Ramakant Maharaj

Many persons are coming to me, “Last 50 years I’m doing some spirituality”, what are you doing spiritual? That means reading so many books and saying, “Ram, Ram, Ram, Ram” and doing some karma, some chakra is there, [another] chakra, this chakra, dharma, yoga... what is the use of all this, what is the use of this? Not to sit and torture your body. For identifying yourself not to sit and torture your body, because body is not your identity at all. Body is having death and birth, not you. The Holder of the body is totally free from all concepts. But our knowledge is within the circle of the concepts. You are to break that circle; and for which, after mediation you will get spontaneous courage to accept the Reality. We are having lack of confidence, no faith; no faith in yourself and no faith in Master. Whosoever your Master, have strong faith. My Master is Ultimate Truth and what my Master says is Ultimate Truth. Master says you are Ultimate Truth, I am Ultimate Truth. Master says you are Brahman, I am Brahman, no other

thoughts. When this reality absorbs, this strong faith, nothing will remain.

Therefore, try to identify yourself. I know that identifier and identifier, these are concepts, but we are talking something about spirituality we have to make use of language. We have created language. We have given meaning to some words: this is “donkey”, this is “Brahman”, this is “Atman”. We have created words, given meaning, but through language we are trying to impress the Invisible Listener within you, that you are Ultimate Truth. So therefore, till you get Spontaneous Conviction, you have to undergo strictly meditation. Then meditation is not sitting like this (Maharaj gestures “Jnana mudra”), meditation’s total involvement. When you are leaving this human body, when the Holder of the human body is leaving body, human body, Ultimate Truth for which is no specific identity. That reality. ... are there, all relations, all desires, all concepts came along with the body and dissolve along with the body. Prior to beingness, no desire

is there, no karma is there; karma, dharma, all these concepts came afterwards; even mind, ego, intellect. My mind, my ego, my intellects, where are those prior to beingness? After leaving body mind is there, ego is there, intellect is there? Nothing is there. It's not bad, but we are using excessively. Not to use excessive mind, ego, intellects. So far, we are slave of our own mind, "Oh I don't want to go against my own mind". What is mind? Flow of thoughts. We are victim of our own thoughts. Try to go against, go against your mind. Intellect is not bad, ego is also not bad, but we are using excessively; therefore, be alert.

Basically, Brahma is formless, in which the ego-energy arises. This thought about five elements is narrated in this Dnyan-Dashaka.

(Shri Dasbodh, Dashak 4, Samaas - 10, Mukkichatushtya)

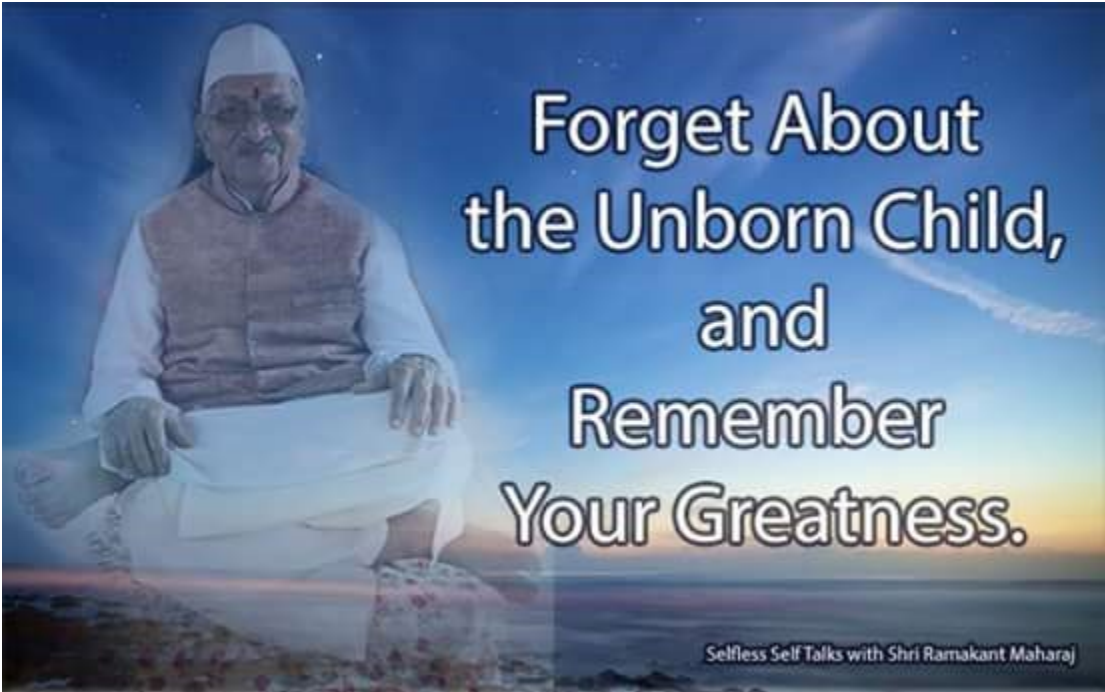
We used to go to Nisargadatta Maharaj in Khetwadi. I used to read (Dasbodh, Ekanathi Bhagwat). Initially, the volume of speech would be low. Once Maharaj scolded - Read loudly as if ten thousand people are listening! Listening should happen, isn't it?! Listening affects you profoundly... Ego got created in the formless Brahma, how is it (ego)? It is of the form of air or wind. In the layer on this ego, all the thirty-three crore gods are existing! All this (external) mention of gods etc. is a manifestation of your inner reality! Thirty-three crore gods, Kailash, Brahma, Vishnu, Mahesh this is all an expansion of your inner space! This expansion is only after the arising of the ego 'I am'!

Search the searcher, it will lead to Knowledge!

Swatmabodh – 192

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 150



Forget About
the Unborn Child,
and
Remember
Your Greatness.

Selfless Self Talks with Shri Ramakant Maharaj

What is a real Master? The Master who knows his identity perfectly, that is called real Master. There are thousands of masters which are having commercial based, and body-based knowledge. Therefore, I told you that real Master means the Master who knows himself, the secret of his worth, the secret of his unidentified identity. He only can explain the secret of spirituality.

When such people, or such person, or such devotee, approach to the Master. Master says, "You are not a body, you were not a body, you are not going to remain as a body." Because; body is having various stages. You were a child, then you are grown up young man, then you become old man. These are the various stages of the body.

He invites the attention of the Invisible Listener already within the devotee, that the spirit holding your body does not have any type of death or birth. At the same time there is no past karma, there is no future karma, there is no prarabdha, there is no religion, nothing is there.

So, all this karma, dharma, that prarabdha, last birth, future birth, this is all body related knowledge. Basically, you were not body, you are not going to remain body. At present you are also not a body. Therefore, no bondage, no, any kind of concept will trouble you. So, in that case, you are not required to search here and there for happiness. That happiness, peace, tension free life, fearless life within you only. Because, you forgot your identity. With the association of the body, you started living with the body knowledge and along with ego, intellect, mind, so you are facing all these problems.

Prior to body knowledge, prior to consciousness, you do not know how you were, how you are. You do not know about happiness. What is mind, what is fear, nothing you are knowing. Therefore, the Master is inviting attention of the Invisible Listener, or you say unidentified, anonymous identity, already existing within you. This unidentified, anonymous, invisible, identity is called: God, Masters, or say some greatness is there.

And the Master convinces that unidentified spirit that except yourself nothing is there.

Use discretion. Brahma is formless and beyond the gunas. Brahma does not know itself! Where there is identification, there is duality. So, what is the root principle of all this theoretical knowledge, thirty-three crore gods, eighty-four lac _yonis_ etc.? This one has to identify by using one's discretion. Where is the original principle of this apparent world? I am Brahma-I am that, find the central point of these (statements). We have become one with the outer world. With introspection we should become one with Brahma, our true Identity. The one who has become one with his true nature spontaneously (using discretion), will only be able to understand the narration in this book (Dasbodh). In short, what is being conveyed in different ways is that the base of this world, existence is your 'I am' ness. This will be clear only by listening!

Search the searcher, it will lead to Knowledge!

Swatmabodh – 193

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 150

Ultimate Truth means
that there is neither
'true' nor 'false'.
This is called
Ultimate Truth.



Sri Ramakant Maharaj

You have a Secret Asset. Invisible Asset.

Confidential Asset. That You Are. What is that? Just to find out what is that, just sit quiet. 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 are we 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 a 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 to such, because it will divert you. It will distract you from Reality.

Because you are Reality. To Identify what books are 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 is not restraining you from all your routine life.

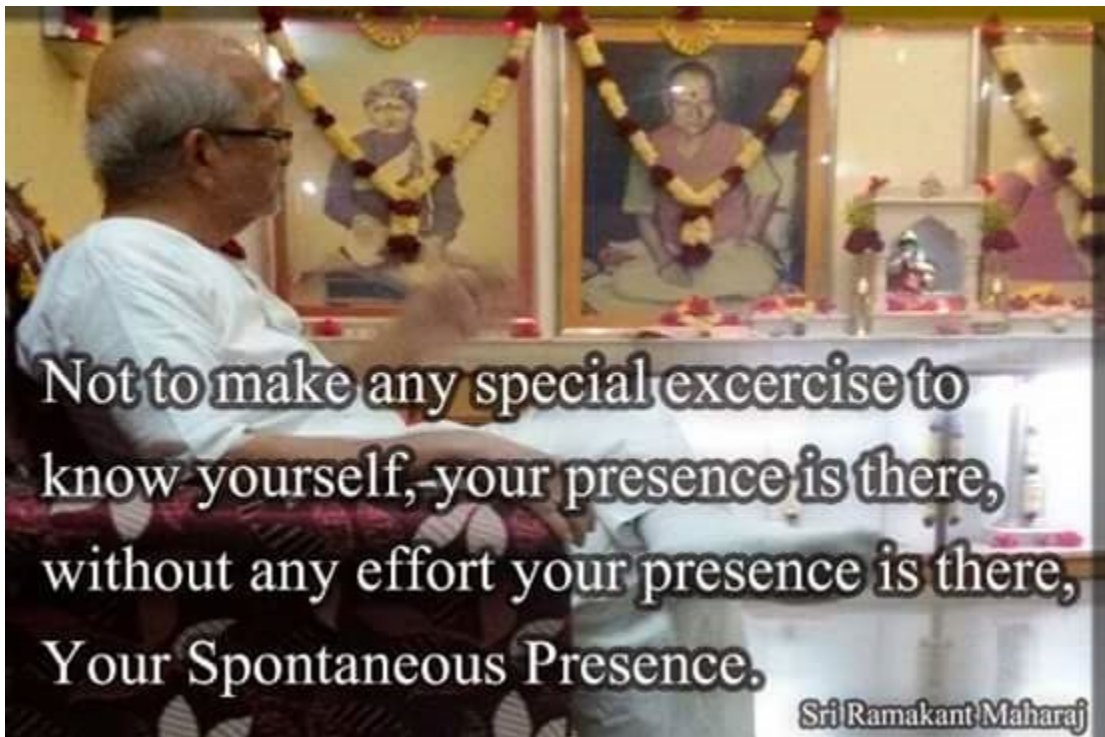
How should one listen? It should be with oneness. The same thing is explained in different ways. We listen as a discourse or sermon, which you should not. Is Maharaj delivering a sermon? No. Maharaj is narrating your (Self) story, your Reality. In fact, Maharaj is narrating my own story beyond the body! You must listen with such oneness, totally forgetting the body identity (of man or woman). Then the four-liberations(_ Chatvar-Mukti_) will become your servants. Then you don't need liberation also, you are not bound at all, where is the question of liberation? You are unborn, so where is the question of death? So many binding concepts have arisen after the 'I amness' manifested. We have imposed these on ourselves and we stay in these bondages. Because we have accepted these concepts we are suffering, it's important to know this reality.

Search the searcher, it will lead to Knowledge!

Swatmabodh – 194

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 151



Not to make any special exercise to
know yourself, - your presence is there,
without any effort your presence is there,
Your Spontaneous Presence.

Sri Ramakant Maharaj

With the help of the Master try to identify. After identifying that Invisible Master within you, nothing, do anything. Do your job, do your duties, if you like, smoothly. Because at that time you will have Exceptional Peacefulness, Exceptional Happiness within you. Happiness, Peacefulness are not separate from you. Why is there 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 a small ant. You pour water, he's running here and there. Why? The smallest subtlest presence wants to continue that body. It's the nature of the Spirit, Presence. Because through body it knows I am somebody else. Either man or woman, whatsoever, any being. That external cover should not go away, should not die, should not disappear. That efforts is there, therefore you fear for this body not to go. 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? It's not
going to remain. So, that Conviction, then there
won't be any fear.

The universe is based on the self-existent knowledge of “I am”. Through the nine types of devotions, this true story unfolds. This is a true story, what is truth and untruth, this one has to realize on his own. With our great fortune we have met the Master. For a moment let’s think about that, it is because of great _punya_ (good deeds) of our forefathers, that we have met our Maharaj! Otherwise we would have flown away, got caught up in the vicious cycle. We would have been running behind thirty-three crore gods!

Search the searcher, it will lead to Knowledge!

Swatmabodh – 195

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 151

*Live as you
were prior to
beingness -
no knowledge,
no knower -
no problem!*

Sri Ramakant Maharaj



Not to struggle with anybody else. No hatred. I told you the symptoms of the Realized person. Forgive and forget. Symptoms of the Realized person. Internally totally changed. After that knowledge is absorbed within you totally at that time, you will be completely changed from in and out. Feeling will be there. Forgive and forget, I have given a number of examples of Jesus Christ, example, when the soldiers are nailing him, what he says, 'Oh God, forgive them, they do not know what they are doing.' In that condition. That happens within you also. The moment knowledge, Reality, is absorbed. And tolerance, if anybody made any allegation. Nisargadatta Maharaj says 'If anybody says you are a foolish Saint, no depression. If he says you are a very good Saint, no appreciation. Nothing for me, because whom they are addressing their abuses, I am not that.' So likewise, tolerance is required. Ignore everything. Then, anxious to know the Reality. Third thing, no attachment to the world. No attraction of the world. It happens. Because whatever requirement is for body only, not to you.

If there is no body, no requirement. Who wants peacefulness, happiness? Nothing is required. Though you are living in this world, you remain untouched with the world. Then total devotion and trust. These are the qualities, symptoms of Realization. It is very easy; it is very difficult. Try to absorb what I have told you until today. That's enough. Only playing with the words, spiritual words, meaningless. You can read books, what they want to convey that is most important. Suppose this master says like this, this master says like this, O.K. They talk about yourself. They are giving story of their own, the story of the listener or reader.

There should be unshakable, immovable (like _Meru_ mountain) faith in the Master! What is faith in the Master? That, “my Self-Knowledge, Selfless Self is the father of the world!”. I am the father, God of this whole universe, this experience you should take for yourself. I am neither man nor woman, but these are the many layers over my true Self. The thirty-three crore gods, the eighty four lac _yonis_, such innumerable concepts are wrapped upon us! We have to contemplate over these and know exactly what I am. We are drowning in many concepts, I am so and so, I have birth and death, I have bondage and liberation. We are caught up in this vicious cycle of illusory concepts. The one who has liberated himself from all these layers of concepts has truly known himself.

Search the searcher, it will lead to Knowledge!

Swatmabodh – 196

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 152

*Through this body what You consider Yourself,
that identity is not You at all.....*

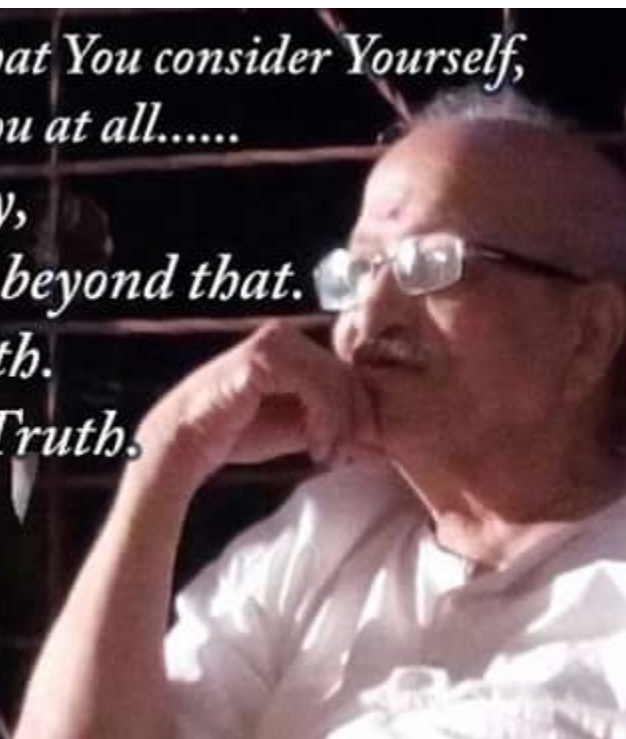
*You are last destiny,
there is no Reality beyond that.*

You are Final Truth.

You are Ultimate Truth.

*There's no body,
nothing is there.*

Sri Ramakant Maharaj



It is not your fault. I am not blaming you. I am trying to convince the invisible listener within you except your Selfless Self nothing is there. The moment that invisible Presence disappears from the body you forget the world. There is no world at all. You are coming across with the world the moment that Presence touched with the body. The moment that Presence disappears from the body everything disappears. That means the invisible Presence projected this entire world. This world is illusionary world. Nothing is true, including yourself, myself. Was this world prior to beingness? No. After leaving body any world is there? No. Any God is there? No. But we are not accepting this Reality. To accept this Reality totally, to have spontaneous conviction appear, you have to undergo in the beginning, meditation. Because going here and there this place, Rishikesh, Himalaya, O.K., enjoy tour, entertainment of a spiritual tour. Be stable. Try to find out what is the Reality. After reading so many books, after visiting so many places, what is my achievement? What have I achieved? I am there

and there only. That means something is missing. Try to find out that missing thing. When you are trying to find out that missing thing, the finder will disappear. Because your invisible Presence is Ultimate Truth, through which you are viewing and watching this world. That means you are the central point of the world. Correct.

So therefore, see what is there. What is there, just glimpses of 'I'. Just glimpses of 'I'. The moment that glimpses of 'I' disappears, world disappears, God disappears, Master disappears, everything disappears. So, you are central point of the world. Unconcerned with the world. Everybody is trying to have happiness, peacefulness, tension free life, fearless life. To whom is this required? So far as we are counting ourselves in body form, all these are required. The moment there is conviction 'I am not body, I was not body', nothing is required. But it is very easy and very difficult. Therefore, for which, you have to have strong faith within yourself and your Master, whosever it may be. If you have accepted some Master, you follow that Master.

Follow yourself. Master is only giving guidelines. Inviting attention of the listener. Beyond that, nothing is there. So, you have to find out. And in finding out Selfless Self, the finder disappears, nothing remains. This is the principle of all spirituality. You have to come out from the vicious circle of 'I am somebody else'.

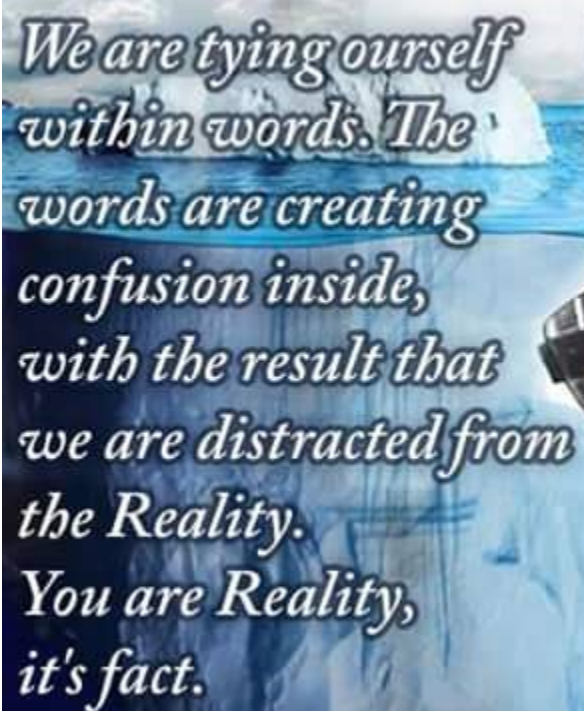
Be attentive, be attentive! Be alert, be alert! But who is (alert and attentive)? Who listens with that attention? Therefore, I tell you not to listen as a discourse or sermon, but as if it's a narration of my true identity of Selfless Self or my own story. It's like my birthmark, a sign of my true identity. "The one through which I know myself, is 'my Self'!" It's a very simple knowledge! Not difficult, it's easy! Do we need a science to know ourselves?

Search the searcher, it will lead to Knowledge!

Swatmabodh – 197

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 152



*We are tying ourself
within words. The
words are creating
confusion inside,
with the result that
we are distracted from
the Reality.
You are Reality,
it's fact.*

Sri Ramakant Maharaj

What you are expecting, the knowledge, will be open for you. Knowledge is nothing. Just to identify yourself. Just to know yourself. Entire world is illusionary world. So far as the Presence is there, you say O.K., 'this world is there.' The moment that Presence disappears from the body; everything disappears. No God, no Master, nothing is there. Why is spirituality required? Because, our body, mind, ego, intellect, everything is wrapped with so many illusionary concepts. Now to come out, you have to come out of this vicious circle. To come out from the vicious circle you have to concentrate spontaneously with your Selfless Self. Master is there to help you at any moment. But you must have strong faith in your Master. All these saintly people are having strong faith in their Master. There is no duality mind. 'What my Master says is my Ultimate Truth'. They are not referring, after accepting Siddharameshwar Maharaj, Nisargadatta Maharaj they are not referring to a single book. Nor referring to any masters.

He is respecting all the masters. But, 'Oh, this master says like that, that master says like that, that master says like that.' No concept is there. All masters are good. But what he says, 'approach your own master within you.' You're neglecting your master, referring to this master, that master, that master. This is spiritual entertainment. So, be cautious, it's up to you. Now ball is in your court. The ball is in your court. How to handle that is up to you. Don't neglect it. Do everything, but don't take lightly.

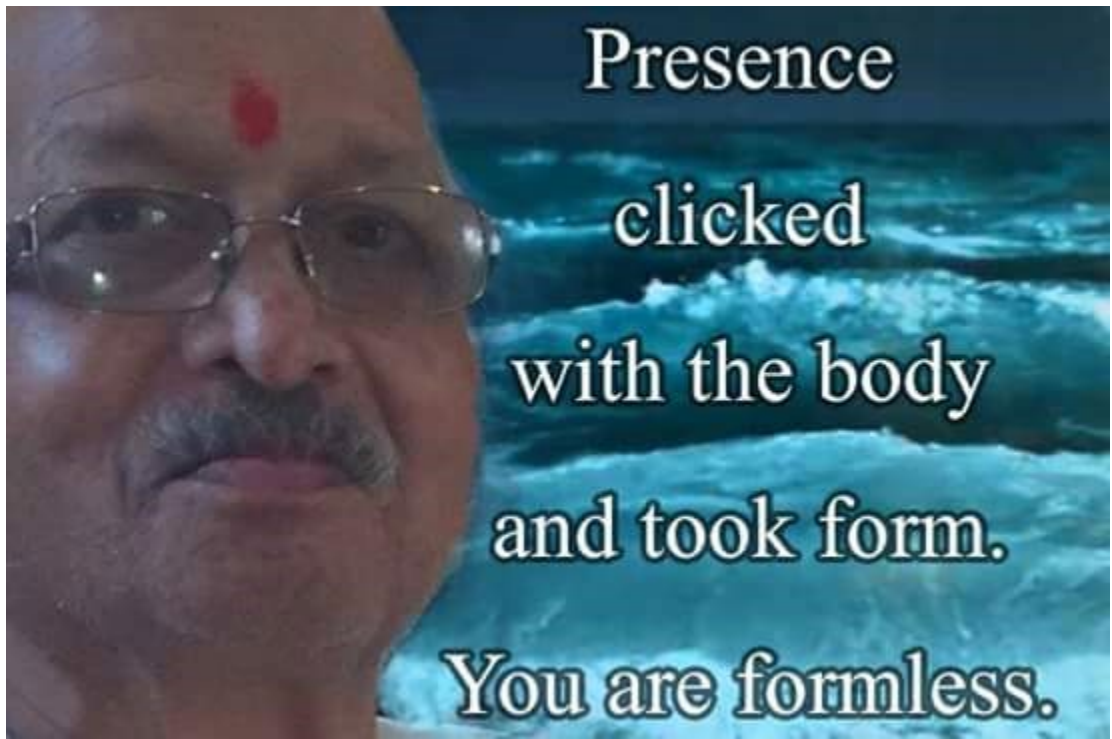
A sage was asked - Maharaj, how is Brahman? The sage said - it is like an onion! So, what does the onion have to do with Brahman? Onion has many layers over it, as you remove these one by one, what remains in the end? Nothing - that you are! Remove these layers of concepts. For that no rites and rituals are required. What you need is Master, devotion to the Master, and complete faith in the Master's words! Surrender your ego at the holy feet of the Master. Surrender to the Master totally! The moment the ego dissolves, that moment you will see the eternal! Till then you will not get peace. This is a certainty. Therefore, be attentive, be attentive!

Search the searcher, it will lead to Knowledge!

Swatmabodh – 198

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 152



Presence

clicked

with the body

and took form.

You are formless.

This is not a process at all. When you forgot your identity, just to indicate your identity, Ultimate Truth, this process of words, process of knowledge, is required. When there is conviction, so all these processes disappear. You have address to reach Nashik Ashram. You are searching here and there, Nashik Ashram, where is it? During this time, you are blindly following, yes this is correct. When you arrive at Nashik Ashram, the process is already over. You are not knowing the location of the Ashram; therefore, you are searching here and there. You are asking questions of so many persons 'where is the Ashram, where is the Ashram?' like that. After reaching the destination, you are throwing away that address. Similarly, all this process, thinking, knowledge and discussion is inviting attention of the invisible listener that behind everything your spontaneous Presence is there. All process is over.

'I' does not have any individual identity. Remove all the concepts. Just like sky does not have any individuality, similarly you do not have any individual identity. But, since you are covered with

the body, therefore we feel 'I am somebody else.'
Our thinking process is on the basis of mind,
intellect and ego. So, when all this mind, ego,
intellect dissolves then nothing remains. Even 'I'
does not remain at that last step. For discussion
purposes we are using 'I', 'we', 'you', all these
terminologies we are using. But, in that perfect,
after ultimate stage, nothing remains.

“Identify the Reality, drop all concepts” There are innumerable concepts around us. Through these layers identify who you truly are. But, how should this conviction be? It should be like the unshakable, immovable _Meru_ mountain! It should not be wavering. This is a _Saptah_ (celebration) of listening. We should very seriously think about it (with discretion). Devotion should be rock solid. In our day to day life we do something with perfection, (Maharaj gives an example of cooking that if the quantity of salt in some preparation is a little more, the item will be overly salted and lose the taste), we should be that perfect even in spirituality.

Search the searcher, it will lead to Knowledge!

Swatmabodh – 199

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 153

*This body is only media,
but were saying that
I am this.*



Ramakant Maharaj

It is not, it's a question of foundation, finding out or attaining that Ultimate State. Because a certain discipline you have to observe. Because on the background that body-based knowledge is there, hidden, body-based knowledge is hidden inside. Unless this dissolves, whatever you are building on that, the building will collapse. That is the basic. So therefore, without Naam Mantra, 'I attain spirituality, or I have got knowledge.' It's OK. But it is giving only temporary relief. One should undergo this process, then only. I will tell you one instance of Mr. Pagay a great philosopher and a great politician. He was at that time say 65 or 70 years in age. He used to discuss with Maharaj philosophy, every day, for about six months. He read so many philosophy books including Veda's, Jnaneshwar, Tukaram, etc. One day he told Maharaj 'I know your knowledge very well, but it is not impressed inside.' Then Maharaj gave an example that you know this tree is there. Tree is there, it hangs on the side of the building, this tree is hanging on some walls, creeper, seed plants the tree. How is it coming

through some close, crevice. It is rooted through that closed crevice. Like that spiritual knowledge should be rooted through Master's only. If you put the seeds of the tree, it is not planted anywhere. Like that Guru Mantra process is a must for initial stage. It makes a perfect foundation of your spiritual knowledge. Everybody is having different opinion. Nisargadatta Maharaj never insisted anyone, he may be foreigner or anything, taking Naam Mantra and be my disciple, never, never. Then that man told Maharaj 'I want to have Guru Mantra.' Therefore, the importance of Guru Mantra is most, see, is very, very essential. It's not all the time. If you have got devotion just like Eklavya, it is not impossible also. So, casual reading, casual enlightenment it is not so easy. But, if you have total involvement, 'Yes, I want to know!' If you totally surrender to the Master, whosoever is Master. It is not to say, his presence may not be there, he may not be in existence. But, if your involvement is strong, it is also possible. That type of devotion rarely happens. There should not be

any type of wavering mind. Therefore, I am not insisting anybody, so many persons are coming to me, I am not insisting 'Take my Guru Mantra, be my disciple.' Nothing. I am discussing with them all spiritual secrets, I am not keeping aside any secret, I am putting out all secrets. How it is impressed to him, that is up to him.

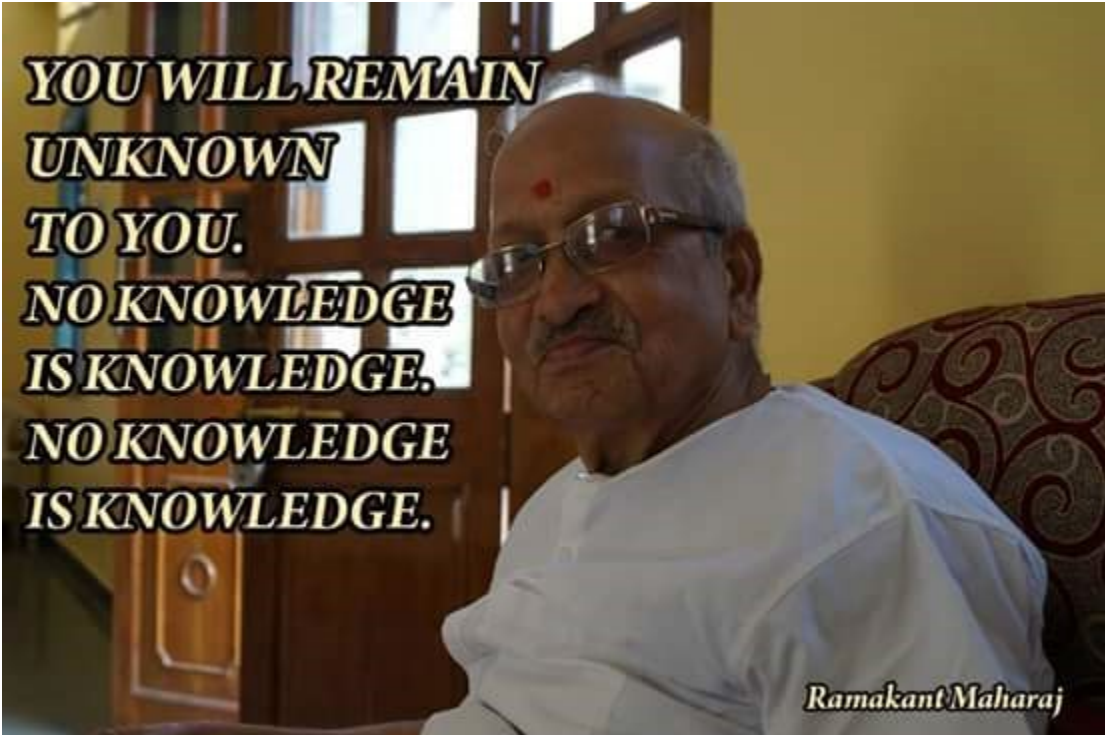
Do not get influenced by mere theoretical knowledge. Know the meaning, knowledge should be experienced. You should speak spirituality, only from experience. There are many who speak theoretical knowledge, but there should be that compassion. Saint Tukaram, Eknath Maharaj also composed _Abhanga's_ but in that they gave knowledge which came out of experience. Today's poets compose good poems, but those have hardly anything to do with reality! Whatever words come up (in mind) and they write, there is no meaning also in those! Knowledge should be spontaneous; it should manifest within. The poem should arise (spontaneously) within. The literature created by the saints, came from their experience. It came from their inner faith. Hence, there should be continued (self) enquiry or investigation.

Search the searcher, it will lead to Knowledge!

Swatmabodh – 200

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 153



**YOU WILL REMAIN
UNKNOWN
TO YOU.
NO KNOWLEDGE
IS KNOWLEDGE.
NO KNOWLEDGE
IS KNOWLEDGE.**

Ramakant Maharaj

As long as we are having association with the body, different types of feelings, questions, temptations are bound to be there. At the same time, you are witnessing different climate, different feelings inside. When we are getting in trouble is when we accept that feeling or thoughts as my thought, then it reflects something good thing or bad thing. If you remain yourself aloof from the thoughts, letting thoughts come and go, then these thoughts or feelings will not trouble you. Which thoughts or feelings are useful or to accept it and which thought not to be accepted, that you have to decide. Because we are holding body different types of thoughts, feelings, so many things are going to be happening, flowing all the time. Because these feelings, thoughts, temptations, various types of feelings we are not aware prior to body consciousness. The moment spirit touched or clicked with the body, all these feelings and mind, ego, intellect, impressions, so many things, happiness, unhappiness started. And because we are not knowing our self perfectly, we are thrown

into that feeling and suffering this bad thing, good thing, happiness, unhappiness, like that. Self-knowledge, inviting attention of your invisible spirit that you are totally different from all this body-based knowledge. I'll repeat it. See, spiritual knowledge, spiritual knowledge is inviting attention of invisible identity that you are totally different from all this thoughts, feelings, temptations, mind, ego, intellect. Because they came across with you when there was a touch of that spirit with the body only. When there is no body experience you are not knowing what mind is, what is ego, what is intellect, what is a good thing, what is a bad thing, what is happiness, what is unhappiness, what is peace, nothing you're knowing. Principle behind the Self-knowledge is you are totally separate, totally independent from all these feelings. To establish this reality, you are given to undergo a certain process, like meditation. After practicing meditation, after reciting that Mantra, Guru Mantra, some dramatic, miraculous changes will take place inside. Then you will go closer and closer

to your Selfless Self, unidentified identity. Though you are feeling your existence, but at the same time that existence is not related to body-knowledge. Similarly, your unidentified identity is not connected with body-based knowledge. With this available spiritual knowledge, you try to convince yourself that 'I am totally separate from all this body knowledge.' The moment that there is conviction then, there will be no attachment with the body-based knowledge, no happiness, no unhappiness, no temptations, no experience. Though there's mind, ego, intellect, you are totally untouched by them. You are only using this (body) for a temporary purpose, just as I am consuming this tea. I am forgetting after having tea. Similarly, whatever thoughts are flowing inside good thoughts or bad thoughts, any type of feelings, are having temporary aspects, they are coming and going. But you are there just like standing on the bank of a river and so many things are flowing from the river, you are not concerned what is happening, what is flowing from the river. Whatever water you want

you are taking the water and then going away.
Similarly, with the mind, ego, intellect, whatever thoughts are flowing inside accepting that thought, after using that thought, throw it, forget it. With the result that you will not become a victim of your mind, ego, intellect.

In spirituality, every aspirant should have thorough and perfect self-investigation. The aspirant should have total faith in the Master, otherwise his conviction is shaky. The one who has strong and total conviction, does not move away from his stand ever. Then, this Knowledge reveals itself automatically. Knowledge is to know ourselves, what else? He has become a _Jnani_, what does it mean? It means he has become one with his Selfless Self, he saw him-Self truly. How am I - how am I? With this continuous enquiry, his 'I' ness dissolved! "Is, is not, vanished and 'that' remained in spite of nothing being there" - this became his conviction. Quietly discriminate (and find out). "I saw my own death" - means what they did? They did not commit suicide but saw that this body is already dead! They saw what is mortal, so immortality showered itself on them! This is simple and easy knowledge. Accept that this is my own Self-knowledge and follow devotion with oneness.

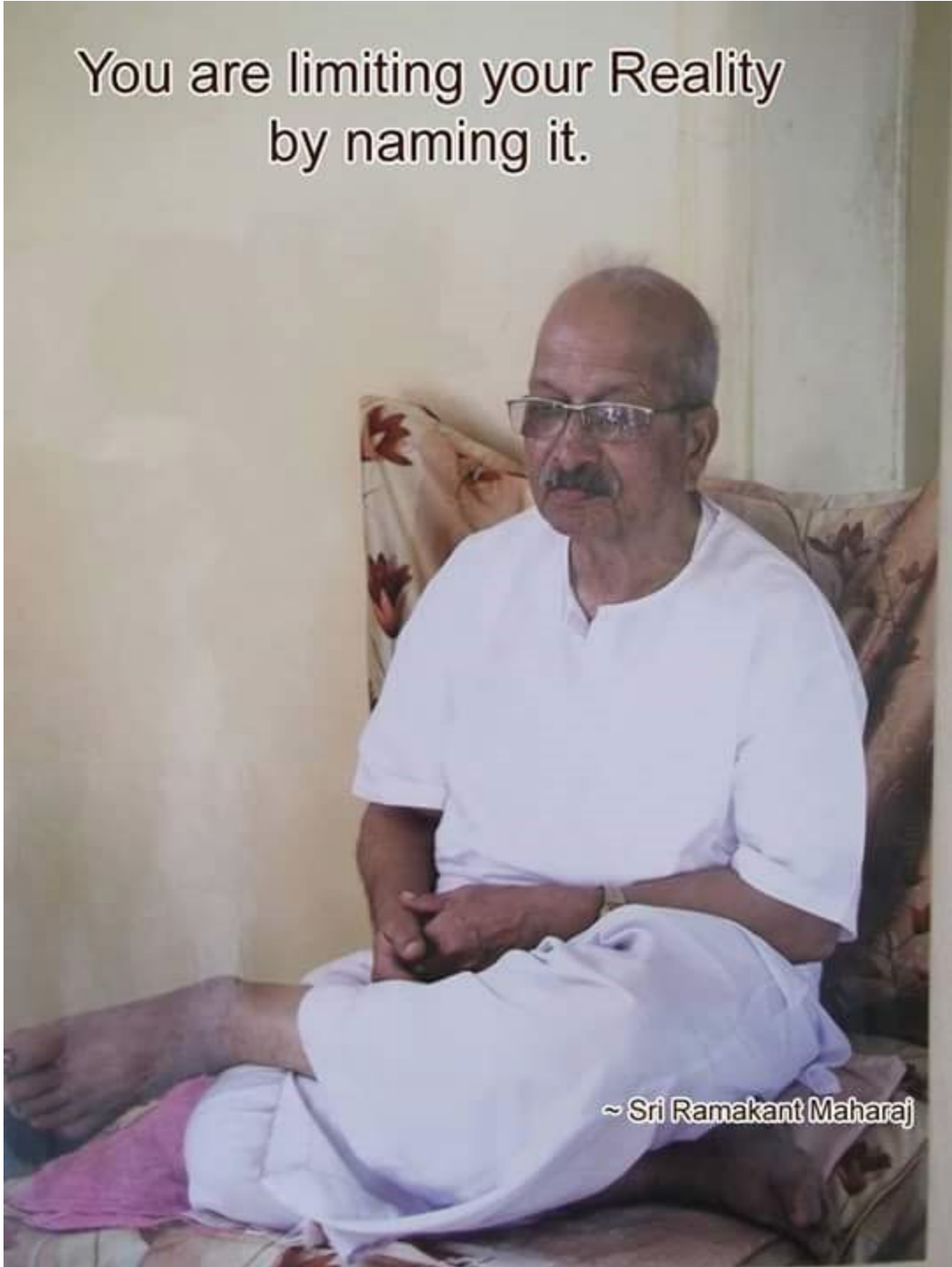
Search the searcher, it will lead to Knowledge!

Swatmabodh – 201

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 153

You are limiting your Reality
by naming it.



~ Sri Ramakant Maharaj

You can't guess. 'How I am'. 'After death of body, what happens to me?' Are you giving any thought when coming in this world? When Presence came into existence in body form, prior to that are you thinking what will happen? Just like a dream world. Seer's reflection. Without your Presence you can't see the world. This is 'he', 'she', 'it'. Entire world is projected out of your spontaneous Presence. No death is there, no birth is there. To have this spontaneous conviction, again I am repeating, meditation is most important. Literally you are knowing, intellectually you're knowing. Intellectual knowledge, literal knowledge. Knowledge is supposed to be spontaneous conviction. You are Reality, You are Reality. There is no knowledge, no knower. Unless body knowledge dissolves, we are not able to know our self in a real sense. To dissolve the body knowledge, you have to undergo strict meditation. Not sitting like this. Know the Reality. Simple example, somebody abuses you, 'I take revenge.'

You can recite the Mantra all the time. No restriction is there. Then it will be spontaneous. Example, you are Max. You are Max, no. Are you saying, 'I am Max, I am Max, I am Max.' A thousand people call Max, 'Oh, I am Max.' That means that particular word, becomes close and close, there is no difference between Max and yourself. This body is called 'Max'. You have got spontaneous conviction. Master says, 'You are Brahman.' But you are not accepting that. You accept body knowledge, body name. This is called 'hand', this is called 'fingers.' Someone said this is fingers, same, they are something here. In your childhood, you are taught fingers. If taught different 'Oh, no these are eyes, look at my eyes.' What you impress to the spirit, it accepted it. We have created the words; we have given the name to all of the words. Go deep and deep in your Selfless Self.

What is there in the flow of this world, this bodily existence? Among innumerable concepts what exactly is 'I'? After one identifies this (on one's own), the stand will become clearer which is called 'understanding'. In Spirituality understanding is extremely important. Ranjit Maharaj visited many foreign countries, he met many foreigners. They were intelligent, many had done PhDs on philosophy, on Hindu religion, but they were unstable and lost because of lack of understanding! A lady who had done PhD on philosophy came; she was saying she had no peace! She had written three theses on Tukaram Maharaj's disciple Niloba Maharaj, she had some miraculous experiences, but she complained of lack of peace! Maharaj told her in one sentence - you will not get peace till your search is over. Today you are coming to me, tomorrow you will go elsewhere, how can it help? She is not at peace because she hasn't known her-Self! She literally cried but she never came again! Because there is no conviction, conviction should be (immovable) like Meru mountain.

Search the searcher, it will lead to Knowledge!

Swatmabodh – 202

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 154

*Your presence
has no limitations,
it does not
have a time limit,
nor any circle around it.*

Selfless Self Talks with Shri Ramakant Maharaj



Concentrate meditation, what we discussed last time. All these troubles appear because you are having body. Body is related to relations. Bound to affect you. So, in the process of body life; good things and bad things are bound to happen. Good thing means what we tolerate, we say is a 'good thing'. What you're not tolerating is a 'bad thing'. So, how to take this matter it is up to us only. How to take this external happening or not happening, it is up to us only. If you take very seriously, it will definitely trouble you. Take it lightly. So, same situation may not remain constantly. Handle everything very tactfully. Handle these things very tactfully. Handle the things tactfully. Handle the situation tactfully. So far you are involving with them, therefore they are troubling you. Because all of these are body-based relations. When there was no touch with the body all these relations were not there. The moment the spirit disappears from the body, there is no relation at all. So, your spontaneous existence is beyond all these worldly effects. Behind everything your spontaneous

Presence is there. All these unpleasant or pleasant veils appear on your spontaneous Presence. Not to give so much importance to whatever you are experiencing. Concentrate on your inner experiencer, inner master. These are temporary storms. Sometimes they raise, sometimes they dissolve. But you stick up with your spontaneous Presence. When did we come across with this world? The moment we touch or click with the body. After knowing this secret, everything will disappear. So, in brief, body-based knowledge, is troubling you. But your existence is beyond body. See your spontaneous Presence. It is not touched by, there is not any touch of body-based knowledge. It means you are totally separate from all this world and worldly things. Always remember you are Supreme. You are providing power, energy to all these external, all these internal elements. Just remain the observer. You have got Self Realization. Because you have got a very good spiritual background. Put it in action. Not to give so much importance, what is happening or not

happening. Because you are there, family members are there, business is there, so many people are there, entire world is there. But it is your reflection. So, don't struggle with the words, don't struggle with the ego, mind or intellect. Just only spectator. So, then entire unpleasant atmosphere will be subsided. You have internal peace. You will have internal silence. So be strong.

Whatever Master has told verify it for yourself. Ask-how this? I tell those who come to me not to just nod your heads! I say something and you nod your head (without understanding). It should not be so, do not nod your heads without experience (understanding)! I tell clearly - ask any question. I know what you will ask - what you have heard, read or told! What else can you ask? You have collected some spiritual words (from outside sources), there would be 200-250 such words, you will bombard me with those! You have read books, spiritual texts, heard somewhere - but I know very well the multiplication (of concepts) you have done! Just as someone says - I know your father! Theoretical knowledge does not give contentment, for that know your 'Self'! For that no intellect or scriptures are needed. What is needed? You need to have strong self-conviction. As per the teachings of the Master, the aspirant whose conviction becomes unshakable, like the _Meru_ mountain, easily relieves himself from the cycle of birth and death!

Search the searcher, it will lead to Knowledge!

Swatmabodh – 203

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 154



**The Seer is important,
the seeing is not.
You are emphasizing
illusion more
than Reality.**

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In our lineage, exceptional knowledge you will find. So, therefore I told you, all these books are indicating, that except your Self nothing is there. Because you are the source of this entire world. All god, goddesses, Brahman, Atman, Paramatman, everything, they are your projection. You forget the projector and are trying to enjoy projections only. That is the mistake. Just saying when you saw the entire problem, but because of some little mistake you are in the problem. This is a silly mistake, childish mistake. Simple knowledge, simple knowledge. Have You ever come across such knowledge before? Why approach so many masters? In our lineage, master is not taking any credit. Because there is no difference between masters and disciples. For conversation, for talking, we have to take ego 'I am Master, and you are disciple or devotee.' Bodies are different, spirit is the same. So, we are not doing any special thing. We are showing your identity. Your property, You are Master of Masters. Therefore, I show you that silly mistake.

Birth and death are concepts. None has experience of birth, nor anyone has experience of death! Whatever we see is all imagination. Conviction should be strong and to strengthen it be certain about your understanding. Once the aspirant ascertains his 'true identity' he does not wander here and there. If someone tells him Brahma is like this, like that, he says - "I know very well, my Master has told me how Brahma is! I am experiencing it; I am enjoying it. You need not tell me!". In such a way, the one who does not fall prey to outside influences, is a firm aspirant!

Search the searcher, it will lead to Knowledge!

Swatmabodh – 204

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 15, page 155



You are Master of Masters.
At the moment of conviction,
you forget about your identity.
But
this conviction is spontaneous,
not forced.
It appears spontaneously.

Sri Ramakant Maharaj
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One thing is there, after spiritual knowledge, you are getting courage to face problems. Problems will be reduced. You'll get tolerance, patience. How you will be with that particular problem, prior to realization, prior to spiritual knowledge, and how you will be after spiritual knowledge it changes. Today there may be unhappiness, tomorrow you may have exceptional happiness. But what happens is you concentrated, 'why this, why this?' You are trying, some or other way, to relate that problem to spiritual knowledge. 'Why is this happening', 'why is that' 'why this irritation is there, why this depression is there'. It is a type of cleaning process. Body base, it creates some vibrations inside. Veils are there, layers are there, it's cleaning. Purification stage. It happens to everybody, myself also. In my early stage, having taken Naam Mantra, prior to realization, always had bad, very bad dreams. Dead bodies are there, burning dead bodies, all this no sleep. I went to Nisargadatta Maharaj to tell about all these things, he said 'Let happen, what happens'. Then one

week, two weeks, I am in depression, because I am not yet having conviction. I am always asking 'why this, why this.' Then it goes away. Clean all this, all this mess is going out. All garbage is gone away. Inside, you know, like I told, there is a lot of garbage inside. A lot of garbage inside. This is renewed. Years together a lot of garbage is inside, so many concepts. As I told about the tenants. Now you have conviction, knowing the Reality. You know that body was not identity, is not my identity, body is not going to remain my identity. Through body all this action, being done by whom? It is called Brahman, invisible, anonymous, unidentified.

Speaking bitter 'truth', many feel bored. Having nausea, while having food is no good.

(Dasbodh Dashak 12/ Samaas 7 - Vishaytyag)

In this chapter Ramdas Swami mentions about the state of mind of the aspirants. Worldly people like us, we did not know how to blend spiritual knowledge and worldly life. Before meeting the Master, there were many doubts. It was a state of confusion. The mind was running helter-skelter. We were running behind external gods, as guided by (ignorant) others. Where lies our happiness, our contentment, our peace, we did not know. Our mind was running helter-skelter, the mind was restless and unstable. After meeting the Master, it got the right direction.

The body is not permanent, it is 'breath like'!

Swatmabodh – 205

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 156



Slowly,
Slowly,
Silently,
Silently,
Permanently.
Permanently.

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Nisargadatta Maharaj says “If you take a drop of poison, it happens automatically, you are not required to say, ‘What the consequence is?’ If you take a drop of poison, it acts automatically. Like that, Master implanted exceptional plant, it will grow up. Without your knowledge, then like this ‘Oh’. Fear is there because so far we are posing our self in body form. Not to do anything, not to expect, not to think it. Be as it is, be normal. Be normal, be simple, be humble. Slowly, silently, permanently, it will go away. Knowledge is not wasted. Suppose that plant is there, there is some channel, formed channel is there, when putting water here, it is not flowing immediately, absorb, absorb, absorb than it starts to flow. Like this, knowledge, Reality is absorbing, absorbing, then you see the flow. You have to be involved. After knowing the Reality, you have full involvement. Because, we are living in some different environment. Karma, Dharma, so many concepts are there. Last birth, future birth, destiny. Good deeds, bad deeds. To come out of all these illusory influences, you have to be alert. Even

though you are knowing that is a wrong thing. I'll give example. A child's parents do not want him to climb a particular tree. Parents tell the child "There is a ghost in the tree." Small child says, 'There is a ghost in that particular tree.' After that child grows into a man, the impression is there 'Oh, there is a ghost in that tree.' Fear will be there. Because that ghostly concept is implanted by his parents in his heart. When he is grown up, he will be going the other way, to avoid the ghost. It's not true, but that particular concept is implanted by his parents 'In that tree, a ghost is there.' Reality, nothing is there. Therefore, to come out from all these illusory concepts, meditation is there, bhajan is there, knowledge is there. Ultimate stage it is not necessary. Bhajan is illusion, meditation is also illusion. Nothing is required. Only in the beginning you have to do it. Yesterday, I told like alphabets. Not to think so much. Intellect or mind is very crazy, no. Mind all the time, mind is biting all the time.

“Speaking bitter truth” whatever we (saints) say, is boring. I see many times people are sleepy, they take naps! Maharaj speaks for such a long time, what is the time, we have to go home! This is because, the mind is not ready to accept the Reality, it’s not your fault. The mind is not ready to accept this fact. It is looking for something illusive! It loves what is not - everyone knows the body is not my identity, but we still love the body so much! We are looking for happiness through the bodily sense organs. Master has told - the body is not your identity, still we don’t feel like accepting it. Master has told the bitter truth - you are Brahma, you are God of Gods, you are Master! We hear everything but mind is not stable, there is doubt. These bitter truth talks we do not like; we listen but the mind is not ready (to absorb it).

The body is not permanent, it is ‘breath like’!

Swatmabodh – 206

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 156

**JUST TAKE A LOOK
AT
YOURSELF,
MINUS
THE BODY FORM,
AND SEE
HOW YOU ARE.**

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You have to use some words, without which you can't talk with each other. You are giving the meaning of Presence, like 'I', 'you', 'he', 'she', 'it' created all these words. Just to have a conversation. To say 'it', put two lines together like this, you say 'A', 'B'. All this language is created by us, just to convey, for this purpose. So, not to pay so much attention, not to be slave of literal knowledge. Literal knowledge, bookish knowledge, it has some importance up to a certain level. Who's knowledge? Who is devotee? What identity? See, all this world is just to indicate you are Ultimate Truth. As Nisargadatta Maharaj says, remember these words, very important 'Except your Selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master.' Entire gist of Spirituality is in this 'Except your Selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master'. Know yourself and be calm and quiet.

Detachment is needed. We are attached to life - I want to do something, I want to be something. It is for getting physical and mental happiness. What exactly is happiness? We do not know! We call sensory pleasure, object pleasure as happiness. But, where there are no senses, no objects such objectless happiness is within everyone. But since it is not visible, we do not understand its importance. Where is happiness in me, we say! The 'one' through which you know 'You are' is the ocean of happiness! Saints have called it the ocean of happiness and love. This Sadguru resides within you all the time (twenty-four hours).

The body is not permanent, it is 'breath like'!

Swatmabodh – 207

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 157



*STOP THE SEARCH,
AND CONCENTRATE
ON
THE SEARCHER
WHO IS
ULTIMATE TRUTH.*

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There is no 'I', there is no, nothing is there.
Everything is within your spontaneous Presence.
The Presence is unidentified identity. Presence is, unidentified identity, it's invisible identity, it's anonymous identity. You can't guess intellectually. You can't infer. It's the listener's identity. Body is only a cover, just like these clothes. It's questioner's identity. To say 'I', to say 'you' Presence is required. Who will talk about knowledge, knowledge and knower is also illusion. Knowledge is illusion, knower is illusion. Listen to me. Meditator is illusion, meditation is also illusion. Come to know this. But in beginning it is required, to establish, to have some foundation. You're asking, after knowing the Reality why you are insisting meditation? 'After knowing the Reality, why are you insisting on meditation?' Because, through meditation, you are inviting attention of the invisible meditator, that you are Ultimate Truth. Through meditation, you are inviting attention of the invisible meditator within you, that you are Ultimate Truth. You forgot your identity. 'I am somebody else, I am man or

woman, I am Brahman, Atman, Paramatman.' You have accepted all these concepts. 'I am God', also a concept. You're something, no? You say, 'I am God, I am Brahma, I am Lord Shiva', these are also concepts. To say, 'Lord Shiva' to say 'Brahma' some Presence is required. That Presence doesn't know 'I am Brahma, Krishna or Lord Shiva'. We have given the names.

Bodies are different. Essence is one 'I am'. Prior to 'I am' Presence is there. Through words we are indicating the listener's Ultimate Truth. So, all experience, all experiencer, also is illusion. No experience. Because to have experience, experiencer is required. But, just for conversation, just for convincing purposes, we are using so many words. Without words you can't talk. We have given names say devotee, devotion, deity. Devotee, devotion and deity. Devotee, devotion and deity. That's it, all inside, you go deep and deeper you find the Selfless Self-knowledge. Reality the same, devotee the same, devotion the same, deity same.

Our pretense of the body, the influence, the importance, the love of the body has become stronger over the years. Whatever we may do, it does not dissolve. For that we need renunciation and detachment. Why should we love that which is not? We should use the body, not that we should not. Body is there to be used. But it becomes very difficult for us to blend worldly life and spirituality. People say - it's easy for you to give dry knowledge! We have to live the worldly life, we have to take care of our family, there are family problems, how can we manage? Such are the people who are always raising doubts!

The body is not permanent, it is 'breath like'!

Swatmabodh – 208

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 157

*The Seer's existence
in the world
is Spontaneous,
Shapeless.*

*The Seer
is Ultimate Truth.*



Sri Ramakant Mahara
RamakantMahara

At the beginning, meditation means you are concentrating... I told you what meditation is. Someone talks and abuses you, so for 24 hours you are remembering that. That is meditation. The same thing when you are told 'I am Brahman', you forget all body expressions / experiences, so like when a person abuses you, you won't let go. I want to know Brahman, so you are taking the revenge, you're all ... every cell in the body, is having one goal, which is I am to take revenge on that, (mistaken body identity). And if someone tries to convince you or to forget, no, no, no... the entire body is wanting to do the meditation. Entire body is consumed by anger, this is meditation. When you are told that you are Brahman, you are Ultimate Truth, you are accepting life in this way. Then totally and spontaneously you forget about the body. Though you are living in the body, body is the external cover. That is why I told, to say I, to say you is illusion. I means through which you feel, through which you spontaneously feel. But it is presence without any shape, without any form. And then you say 'I' – the Ultimate Truth through

which you know yourself in the real sense.

Sometimes called I. I does not have any figure, no shape, formless.

You can't realize presence through bodily I. Prior to beingness did you have any I? The total body dissolves and the presence also dies. Where has that I gone? The beingness disappears. And if the beingness disappears, where is that I? There's no I, there's no you, nothing is there.

“The one who shows Reality is Sadguru” this is the definition. There are many Gurus in this world but meeting a Sadguru is extremely important. We are truly fortunate to have met the Sadguru and He has shown the Reality to us. What is that (Reality)? It is - Remember only one thing, what you love so much (body-mind-near and dear ones-world) were never yours in the first place, now also they are not yours and will never be yours. Because this is all momentary. With this conviction we should live the worldly life. Even while living the worldly life, we should remain detached.

The body is not permanent, it is ‘breath like’!

Swatmabodh – 209

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 157



DEVOTION
IS
STRIVING
TO
KNOW THE
REALITY
UNCEASINGLY!

Sri Ramakant Maharaj
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That unknown spirit is covered with the illusory thoughts. Mind, ego, intellect, so many thoughts. To come out of this illusory field, mantra is given. What is the meaning of mantra? I am Brahman, Brahman I am. Like I am That, I am That. After concentrating this, you forget your identity, you forget I also. At a particular moment, you are totally invisible to everything. No experience, no nothing. At a particular moment, I disappears, I also disappears. To say I some subtle ego is there.

Through meditation you... become blind to everything like a trance. But trance also has witness – so beyond trance. Trance also has witness, so ...I had a good sleep, so who said, and who sleeps? The seer is there, I had a very good sleep, peaceful sleep. Who had the peaceful sleep? The seer is there in invisible form. We are using I. So likewise, we are to convince you. It's open secret – name I is given to that Ultimate Truth. Name I is given to that invisible Ultimate Truth. And therefore, to know yourself in the real sense, all this meditation, concentration, self-inquiry, bhajan, knowledge –

these are the various steps. After having conviction,
nothing to do. Your reaction is spontaneous action.

I had told you the story (analogy) about detachment which Nisargadatta Maharaj had narrated. A neighbor's child who is having a very high fever is in your lap. You feel love for the child, you feel compassion, but you know for sure that the child is not yours. Similarly, this body is the neighbor's child! The body constitutes of the five elements and triguna's. In this (body), the one who speaks, the one who listens to Nirupana's, is different! The one who identified this separateness, he won't fall in love with the body! He will feed the body, he will take care of the body and its hygiene, but he has conviction that the body is not his true form. But for this Spirituality is needed. Then you won't feel the suffering and bondage of this life.

The body is not permanent, it is 'breath like'!

Swatmabodh – 210

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 157



When the time comes to leave the body,
the body form is exhausted,
but your presence is not,
Presence continues.

Your invisible presence has exceptional
importance, Your invisible presence
has exceptional importance which you
are ignoring, your underestimating this,
your giving importance to external things.

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“How can I discard all these concepts?”: that is the question. To know yourself 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. This Reality is supposed to be absorbed. Literally you are knowing everything. You have got literal conviction. It should be spontaneous Conviction.

It's a simple trick - no need to leave your house, no need to leave the worldly life, no need to go to some forest. Maharaj has given us this Naam Mantra. Whenever you get time, sit for meditation for 10-15mts, 1-2hrs (as per time availability). If you can't manage even that much continue reciting Naam-Mantra (in mind). This is quite easy, not difficult. We can continue Naam-Smaran while performing other activities. This doesn't require much hardship, no need to spend any money! Do Naam-Smaran and meditate as and when you get time. What will you achieve with that? The attachment to the body will get reduced. There will be certain detachment. And, The happiness which we expect, the happiness beyond senses-objects-expectations, that you will get. Then he doesn't need any material happiness (which comes through senses), he doesn't need anything. He is immersed in his inner joy. This is not just to tell; this is the experience!

The body is not permanent, it is 'breath like'!

Swatmabodh – 211

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 158

Again, be clear,
there is no
'I am',
there is no
'you are'
- these are words.

Sri Ramakant Maharaj
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Don't encourage body-based questions. Mind is always asking "Why this, why that? Question yourself. What is true? The illusionary world and all experiences? False. In this illusionary 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 know 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.

There should be total loyalty-faith in the Master. There should be faith, no doubt should be there. The conviction should be total, but our conviction is not total. There is doubt in the mind, we have faith in external gods. For smallest problem, we go to astrologer! These concepts must dissolve if we want some benefit from our spirituality. Otherwise we listen here and then visit some temple or church to worship some external god! This dichotomy is harmful to our spirituality. With great fortune we have met the Master, have total faith in Him. Nothing can affect you then, the calamities which come dissolve automatically. Some of us must have experienced this. The one who has total faith in the Master, all his difficulties are dissolved automatically.

The body is not permanent, it is 'breath like'!

Swatmabodh – 212

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 158

When it comes to the crunch,
generally, people are not so keen
to turn within and be quiet.

They are more comfortable with
the old ways of body-knowledge.
They find it easier to discuss
and debate the meaning of Reality

This is pointless!

Sri Ramakant Maharaj



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. 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. 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.

A great principle is within all of us. Master has given us its Knowledge, but we do not awaken it. “When bitter truth is spoken most people find it boring” - mind becomes lazy because it’s not interested in the truth. Mind finds great pleasure in the unreal, the imaginary and the objects. To avoid this, it’s very important to witness the mind. I said the other day, spirituality should be Selfless Self-focused, not person focused. Spirituality should not be person-oriented meaning the base should not be I am so and so. Because there is the spirit there is person. If there is no spirit, what is the meaning of the person? If there is no Spirit within, what is the value of the body? It is zero! This is a fact.

The body is not permanent, it is ‘breath like’!

Swatmabodh – 213

Sadguru Shri Ramakant Maharaj

Aatmaanatmavivek, chapter 16, page 158



*Burst that balloon of concepts!
It will happen automatically
and
explode spontaneously.*

Selfless Self Talks with Shri Ramakant Maharaj

Jaiguru, After strong involvement in spirituality through meditation, some flow of illusory concepts appear upon your spontaneous invisible presence and instantly disappear. You continue with your normal spiritual practice which will result in all concepts vanishing, including Brahman.

How you were prior to beingness where there is no experience and experiencer, No witness No Witnesser. Though you are living with human body you remain unconcerned with the illusionary world, where there will be complete peacefulness, Happiness and Fearlessness, No feelings of existence, hence no confusion. All identities disappear, including mind, ego and intellect, which is miraculous and cannot be expressed in words. In brief you are very close with the top of the spiritual mountain, so don't see back and not to share whatever is happening in your spiritual life.

Because your spontaneous presence is everywhere just like sky or space, where there is no individuality. Where experience and experiencer

dissolves or disappears. No body essence remains. I think now you need not require excessive practice or Sadhana because Ultimate Truth or Reality absorbed within you. Don't pay attention to whatever is happening or not happening in this illusionary world. Whatever I have conveyed to you for your spirituality is enough.

When you are having strong devotion; your crazy mind rebels against you, to distract you from your reality. Do not struggle with mind. Thoughts either good or bad flowing through the mind is the nature of mind. Don't pay so much attention towards your mind ego and intellect. As you know so many unpleasant incidences happen in your life and with your strong spiritual will power you overcome all these problems. Further at the blessings of Sadguru your 'so many unpleasant problems' are solved miraculously. What more do you want? Sadguru krupa is always with you.

Why to worry? Be normal, Be simple, Be humble, Be always with you.

Concentrate in meditation. Continue reciting Nam Mantra. Be peaceful, Be tension free, Be happy, Be fearless all the time. In human life pain is more and pleasure is less. Almost all spiritual saints face a lot of problems, but with their strong devotional power, they overcome all unpleasant situations. Don't be slave of your mind.

With your strong devotion and faith in Sadguru you can easily control your mind, ego and intellect.

Sadguru Bhakti is having Strong Shakti Power.

With blessings to all Jai Sadguru

Sadguru Shri Ramakant Maharaj

Raja Dhi Raj
Sadgurunath
Shri Ramakant Maharaj
Ki Jay!

