

# SPIRITUALITY IN A NUTSHELL



**SADGURU SRI RAMAKANT  
MAHARAJ**

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## INTRODUCTION

This booklet was printed for devotees visiting Maharaj for the first time. When new people are coming, Maharaj usually delivers an introduction discourse, covering the main points of what he wants to convey. Because of his health, he is now unable to do that and therefore asks newcomers to kindly read this first. This is the transcript of an introductory discussion given on the 16th of December 2017 to a group of visitors in Ranjit Ashram, Nashik Road.

# SPIRITUALITY IN A NUTSHELL

Visitor: For the past three years I practiced meditation but sometimes I feel something like separate, something like missing, I need to go home.

Maharaj: What happens, see, a basic thing: we are holding a human form; the moment the Spirit or Presence touched with the body, we started knowing ourself “I am male or female”, correct?

As a matter of fact, male and female, or any form is not your identity at all, very basic thing. Can you follow me? This form is not our identity at all. Who is holding this body? It is called Atman, Paramatman, God, Master, these are names given. We are trying to identify. The Spirit which is holding this body has got a lot of experience, through body we have a lot of experience, good experience, bad experience. Secondly, when the Spirit clicked with the body, touched with the body, we started to want happiness, pleasure, we came across some pains also, pains which are not tolerable, body is not tolerable. Some wrong feelings are there, psychological problems are there, physical problems are there, mental problems are there, so many problems are there. The moment we came across with body form, problems started. And what do we want exactly? Why are we doing spirituality? Why we want Master? Why is meditation required? Because we are not happy, no peacefulness inside, everything is there but basic thing, our basic need is peacefulness and for which we are searching here and there. We are searching Masters, reading so many books and doing so many things, visiting temples, why? Because we are not having pleasure inside, we are having some pain, psychological pain, mental pain, so and so, and therefore you are wandering here and there.

But in our spirituality, we are focusing, the Invisible Listener Within You is the root cause of this world, the central point of this world. We are inviting attention of that invisible Presence who is holding this body. Correct? That is your Ultimate Truth, body is not your Ultimate Truth. A lot of theories are there, I am avoiding these theories: 5 elements, maya, Brahman, and so many things are there. Theory is ok but theory will not serve your purpose: after reading theoretical knowledge, what help do you get? Nothing.

We want peacefulness, we want happiness, we want fearless life, we want tension free life, how will we get? That is the problem. Only dry knowledge, dry spiritual knowledge, any rituals, any karmas will not give you happiness. A lot of people say “do this karma, do that karma”, some rigorous exercise is given, discipline is there, stand on one 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, we are forgetting that meditator “I am somebody else meditating”. So many questions are asked: “how to find out ‘I am’, what is ‘I am’?”. There is no specific definition of ‘I am’, the term ‘I am’ came into existence the moment Spirit clicked with the body. Prior to that, no ‘I am’ was there, no ‘you are’ was there, no language is there, no experience is there, there is no experiencer also.

In brief, prior to Beingness, nothing was there. After leaving body, what remains? Nothing is there. So all requirements, needs and expectations came along with the body only, because this food body is not tolerable. This is a food body, so far you are supplying food and water, it is growing. The moment you stop supplying food and water, it will go away.

So it is open fact, even if you think intellectually: body is not your identity at all, body was not your identity at all and body is not going to remain your identity at all. But through body and through Presence or Spirit, we can identify ourselves. Apparently it appears in duality, but sometimes we have to take the ego, duality is required. If I don’t exercise duality, I can’t talk a single word with you. As a matter of fact, there is no difference between you and me, different bodies are there, the speaker within this body and listener within this body are one and the same, it is formless, no form is there. That spontaneous Conviction is required.

The purpose of spirituality: we are not having Conviction therefore realisation is not near about to us. What do we mean by “realisation”? “Oh he is realised, he is a realised Master”: he identified oneself in real sense. What identification is there? Body is not my identity at all, this form is not my identity at all, I am formless, no birth, no death to Me. No deed, no doer to Me. After knowing this, you can live your life normally. Just like in dream, if you come to know this is a dream then you are free. In dream you see so many things: good things, bad things, you are enjoying your dream. But in that dream, if you come to know that this is a dream, then you will enjoy that dream because you know this is a dream, it is not real, correct? Same thing: at present we are holding this

body, this is a long dream, it is fact: this is not going to remain, this body is having time limit, age limit, stages. You're a small child, then you turn young man, young woman, then you go old man or old woman, and one or other day, willingly or unwillingly, you have to leave this body, that means this form is your not real form. We are holding this body, but who is acting through body? That identification is most important. Unless you identify yourSelf in real sense, again there are chances of another dream. Now we don't want any dream, so this is an opportunity, human body is an opportunity to find out yourSelf, to identify yourSelf.

We are asking 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 hurts you by any words, bad words, you feel "I am insulted" because you are not expecting that words from others. That means there is some impact of the body.

Directly or indirectly, we are living with mind ego intellect. Mind ego intellect came along with the body, they are functioning authority, functioning organs. So unless you overcome the mind ego intellect, unless there is confirmation "I am not body", till that time, you will feel so many things. You will feel insulted, depression may be there, non peacefulness may be there, so many problems will be bound to be there.

So to overcome all these things, some method is there, some discipline is there. What discipline? You have to undergo strictly meditation. Meditation is the base, foundation of spirituality. You need not to go to do anything, meditation means concentration, concentration to the Concentrator.



In this body, invisible Concentrator is there, in this body, invisible Listener is there. Body is not listening, if there is no Presence within the body, who will listen it? So that Presence, Invisible Presence within this body, it is called Brahman, Atman, Paramatman, God, Master, THAT YOU ARE. But we are not accepting it! Again and again, mind playing, creating some questions, not allowing to stabilise, we are unstable because mind is playing along. Mind is very crazy. Mind, what is mind? A manufacture of thoughts, in your dream also. So mind is one of the parts of this body, it is not you.

Mind ego intellect appear upon your Presence, you are supplying energy to the mind ego intellect. So try to identify yourSelf, the basic principle of the spirituality is: try to identify yourSelf in real sense. Though we are knowing everything about spirituality, 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 is the only way to have realisation. I am telling you: meditation is also illusion, we are giving some words – “I am Brahmasi”, “Soham”, so many words are there. Through those words, you are hammering yourSelf – “You are Brahman” – because you forgot your identity.

In spite of knowing this, our mind is not allowing us to stabilise, creating some problems. So many questions are 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, the source of miracles starts from you. Brahman, Atman, Paramatman, God, Master, is not separate from you. I am again and again repeating the same thing. Only thing: what I am telling to you, you are to accept it. What is my advice for you? We are inviting attention: except your selfless Self there is no God, no Brahman, no Atman, no Paramatman, no Master – you are Master. My Master Nisargadatta Maharaj says: “I am not making you disciple, I am making you Master” because you are already Master but you forgot your identity, YOU ARE MISSING YOURSELF, you are misusing time to find out outside. Going to this Master, that Master, that Master, reading so many books... no happiness. So everything starts from YOU, everything end within YOU. YOU are the source of this world,

your Presence is subtler than sky, space. Nothing was there prior to Beingness, nothing will be after leaving this body. Everything came out of nothing, everything dissolves within nothing, it is FACT, but we are not accepting that fact. Still we are having some ideas, some concepts, still some temptations to go here and there. Why to go here and there to find out yourSelf? YOU ARE THERE AND THERE ONLY.

You are not to go find out Brahman, Atman, Paramatman, God, Master, it is a waste of time. Settle within your Selfless Self, you are central point of this world, entire world is projected out of your Presence. I am placing before you facts, your fact, listener's fact. Listener has tremendous capacity, tremendous energy, you are not using your energy, still you are living just like a beggar "oh do something, do something, give me your blessing, have some blessings, oh god, bless me, bless me". WHY?

Have your own blessing, God is not separate from you, Master is not separate from you, Brahman is not separate from you, Atman is not separate from you. But the impact or impression of the body knowledge, that is supposed to be dissolved, it is a very simple thing. And how will it be dissolved? You follow instructions given by the Master, don't raise any question, meditation is the base. When you ask about meditation to someone "oh, I am doing meditation but not stable, what to do?". Follow it. Ok, immediately you can't be Master of the language, you have to study it, when you are a student, 'abcd' like that, we don't become master of language, we study 'abcd' first standard, second standard, third standard, then you'll be Master or PHD of all this, post-graduation, etc. At that time, you need not, not required to say 'abcd'. Similarly, meditation is 'abcd', beginning lesson, basic lesson, you have to go through it strictly. I am telling you, in the beginning you will find some difficulties, your mind will not allow you to steady, it will create problems.

Mind means flow of thoughts, it is very crazy, because mind is in commanding nature. Now, Master says "you be of commanding nature, don't follow instructions of your mind, don't be slave of your mind, have command, try to go against your mind". If mind says "do so", you say "no I am not doing". There are some children, parents ask "do something", they say "no! I am not doing this". Try to go against your mind, that is the basic thing. Directly or indirectly, we are slave of mind, we are following, "oh my mind is not doing this, what to do Maharaj?" What to do?... Instrument is given, power is given to you, you can use your full power, not to depend upon your Master, I am not doing any miracles.

“Bless me, put your hand on my head”, why? You can put your hand on your own head, because there is no difference at all, I am placing before you Final Truth. I am not claiming I am a great man, great Master or great philosopher. This philosopher, spiritual man is already within you, but you are neglecting it, you are underestimating yourSelf, that is the tragedy, don't do this. Because human body is a Golden Opportunity for you, if you neglect, if you take casually, again there is possibility to have another dream.

Now this is last terminal, no search, not to search anywhere, Searcher Itself Is Ultimate Truth! Why to go search here and there, no Master do anything, knowledge is also ignorance. What knowledge? Knowledge means just to identify yourSelf in real sense. We are not going to become a great master, spiritual master.

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 can do it, but you are lacking courage. To have that courage, you have to undergo strictly meditation, meditation in the beginning, till you get Conviction. Then, again the question: how to meditate? In our lineage, we are giving some words, it is language, those words are creating some vibrations, those words are very powerful, those words are having so much power, energy, people are not knowing the importance of the words. It is having tremendous importance, therefore we asking not to disclose that Mantra to anybody else. But try to stand on your own feet, nothing is impossible, all these great Sainly people, Ramana Maharshi, so many Sainly people, what did they do? They followed the instruction of their Master. They digested what they read and listened. You're reading so many books, “oh, I have read *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 body. I am inviting attention of the invisible Listener within you, not to body, you are FORMLESS, just to ACCEPT THIS REALITY. And to accept this Reality, you must have courage, not to follow the instructions of the mind ego intellect,



these are only the functioning organs of the body, it is not Ultimate Truth, because their existence came along with the body. If there is no existence of the Spirit within the body, who will talk about the mind ego intellect?

Therefore I am always advising all of you: try to identify yourSelf, convince yourSelf. Power is given to you, use your power, you got tremendous power, not to be beggar “oh do something fair to me”, why?

No doubt, you be humble, be normal, but not to have any expectation “do something for me”. Why? You can do it, you can so many things, because your power is not limited to the body, you got tremendous power.

So don't consider yourself as a coward or something “oh what to do?” hmm? You can do it, so many things. So therefore, first thing: you have to follow the instructions of the Master and the discipline of meditation STRICTLY, then there won't be any question, all questions will be solved within you. All questions are related to the body only, psychological questions, mental questions, “my mind is not...”, what do you mean ‘mind’? Because we are giving more importance to mind ego intellect. You can stop it, you can listen to the mind, not to follow instructions. So many persons are advising you, you just listen to it and forget it, the things which are useful for you, you can accept it, otherwise you 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 extent: till you get realisation. Not to depend upon theory. You need not go to do anything because you are not doer, there is no deed at all.

So just, what I told, you follow it, listen again and again because in a nutshell, in brief, I have given the entire philosophy. You need not go anywhere, you can approach your own Master within you, not to go any Master. Master is not separate from you. I am again and again repeating the same thing, same principle is there, only reading so many books, it is meaningless, only collecting information is not necessary, not to go to any other Masters. Master is not separate from you. Respect the Masters, I am not asking to neglect Masters, respect all the Sainly people, but at the same time, that Master is within you.

So to know the Master, to identify God, your Presence is required, if there is no Presence in the body, who can identify God or Masters? So just to follow it, that's enough.

Some problems are there with my body, but I am trying level best to convince those who are coming to me. Beyond that no spirituality is there. Ok?

- Discussion given on the 16<sup>th</sup> of December 2017

*You can find an electronic copy of booklet, the original audio recording of the discussion and more recordings and transcripts, by following the links section on the <http://mixlr.com/ranjitashram/> page. (Mixlr is an application that allows us to broadcast Maharaj's discussions live, as well as the Bhajans)*

*Jai Sadguru*