



Saranagathi

Advent Day, 2009.

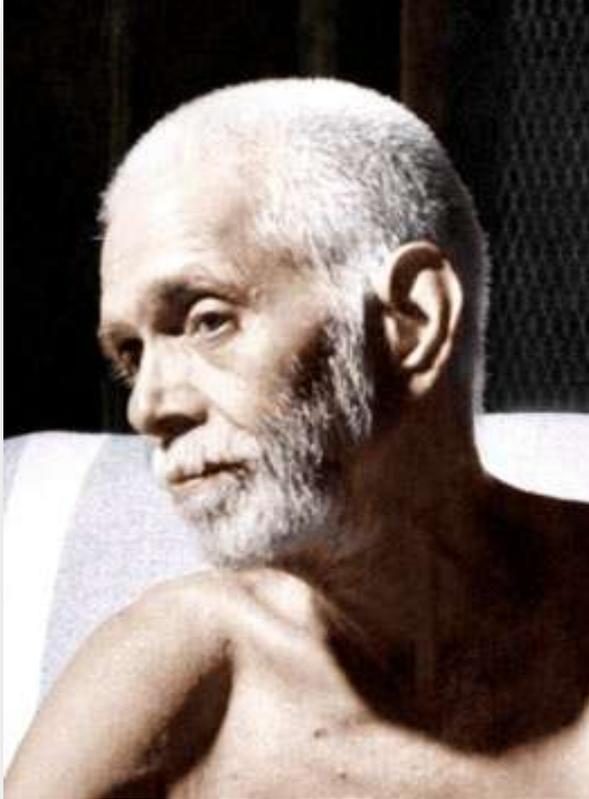
Introduction



- Practice Sri Bhagavan's Teachings, and Pray for His Grace & Compassion
- Learn from Experiences Old Devotees...
- Draw Inspiration From These Devotees & Surrender...

Saranagathi

The Maharshi's Teaching



Sri Bhagavan on the **Purpose of Creation**: “To Know the inquirer is the purpose”¹. Now Dr. Syed asked for some positive method to know the Self after eliminating the non-self. Sri Bhagavan replied, “When the non-self is eliminated that which remains is reality. It is not to be attained because it is not outside of you. It cannot be defined or described in words because it is for the ripe soul after complete self-surrender to the Guru, to realize for himself”¹.

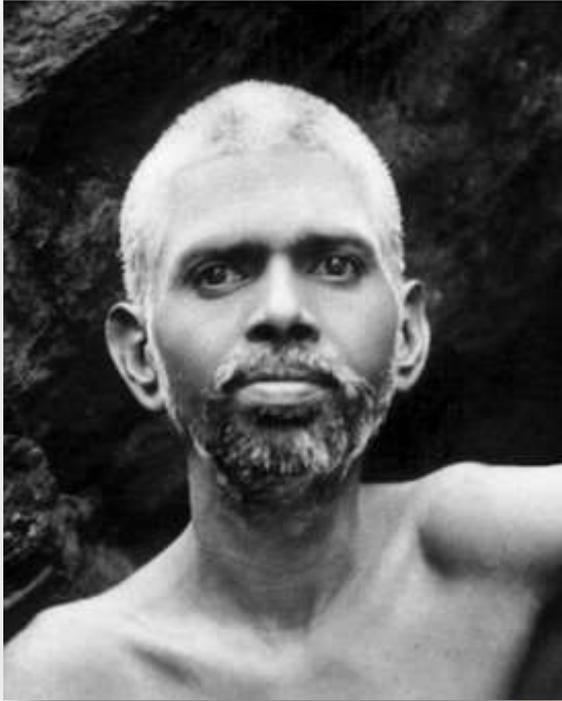
“If one surrenders oneself, there will be no one to ask questions, or to be thought of. Either the thoughts are eliminated by holding on the root thought ‘I’, or one surrenders oneself unconditionally to the higher power. These are the only two ways for realization”².

Self-Enquiry or Total Surrender

¹Sri Ramana Reminiscences by GV Subramayya, 1994, page 45.

²Talks with Sri Ramana Maharshi, 1978. #321, page 285.

The Maharshi's Teaching



Devotee: “Of the means for mind-control, which is the most important?”

The Master Replied: “Breath control is the means for mind control” ¹.

Sri Bhagavan speaks clearly of breath-control in Chapter Six of the *Sri Ramana Gita*:

“One should control the fickle mind by controlling the breath and then it, like a tethered animal, ceases to stray.

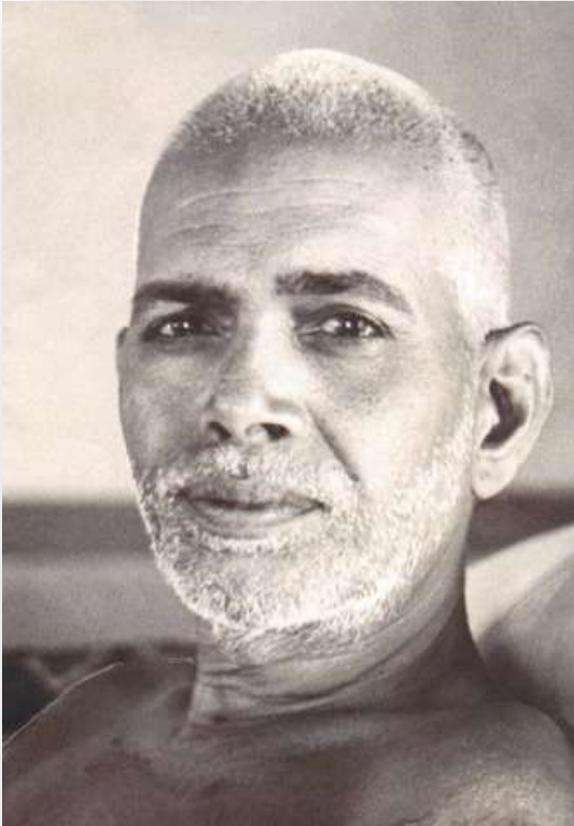
With the control of breath, control of thoughts also is achieved.

When thoughts are controlled one stands established at their source.

Control of breath means merely watching with the mind the flow of breath. Through such constant watching *kumbhaka* does come about.”

...Leading to the Realization that “I am that, I am”

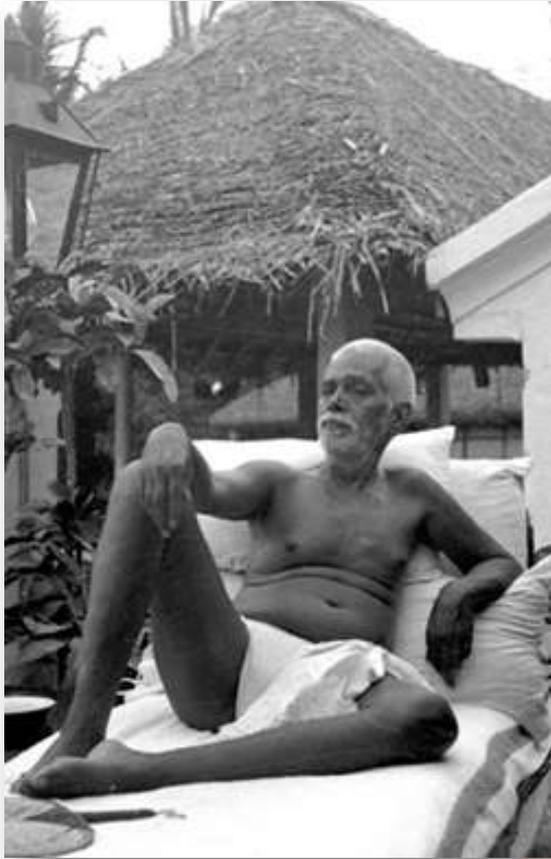
The Maharshi's Teaching



The next morning Sri Bhagavan spoke about the Guru's aid to Self-Realization.

He said , “As one enquires for whom is this Self-Realization, one's individuality goes, and the delusion that the Self has yet to be realized leave him. This alone is the Grace of the Guru. The Guru can only dispel the delusion that the Self has not yet been realized, but to grant Self-Realization is impossible not only for the Guru but even for Iswara (God). To pray for the grant of Self-Realization is like asking 'give myself to me'. Because of identification with the body, there arises the delusion that I am an individual. That creates the further delusion that the Guru is an individual other than myself. Really the Guru is not other than Self”¹.

The Maharshi's Teaching



Closely allied to this question of Grace is another topic on which I had talks with Bhagavan. I once came across a Tamil song in which the author laments he is no like the tenacious young monkey that can hold its mother tightly but rather like a puling kitten that must be carried by the neck in it's jaws and prays God therefore to take care of him: "my case is exactly the same. You must take pity on me, Bhagavan, hold my by the neck and see that I don't fall and get injured."

His answer was characteristic. However sincere I was and however piteous my appeal , our Bhagavan being what he is, could not give any other answer than what he gave me. He said , **"that is impossible. It is necessary both for you to strive and for the Guru to help¹."**

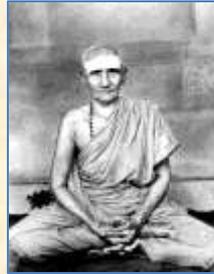
...Jnani helps devotees...through his sannidhi...save souls, give peace of mind, even give liberation to ripe souls...

Mastan Swami



Sri Mastan Swami

- Came from a family of Weavers
- Introduced by Akhilandathammal (Desur Ammal)
- Served food to Sri Bhagavan for over 40 years



- Founded in 1914, Sri Ramananananda Matalayam, at Desur to serve Bhagavan Devotees

Two Great Devotees of the Master

Mastan Swami & Akhilandathammal

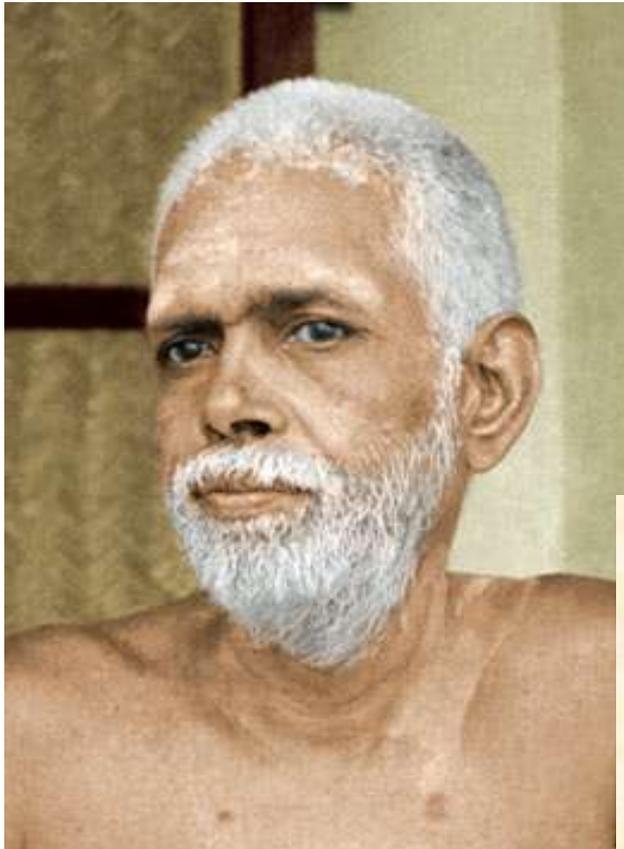


Sri Mastan Swami's Samadhi



Ramanananda Matalayam

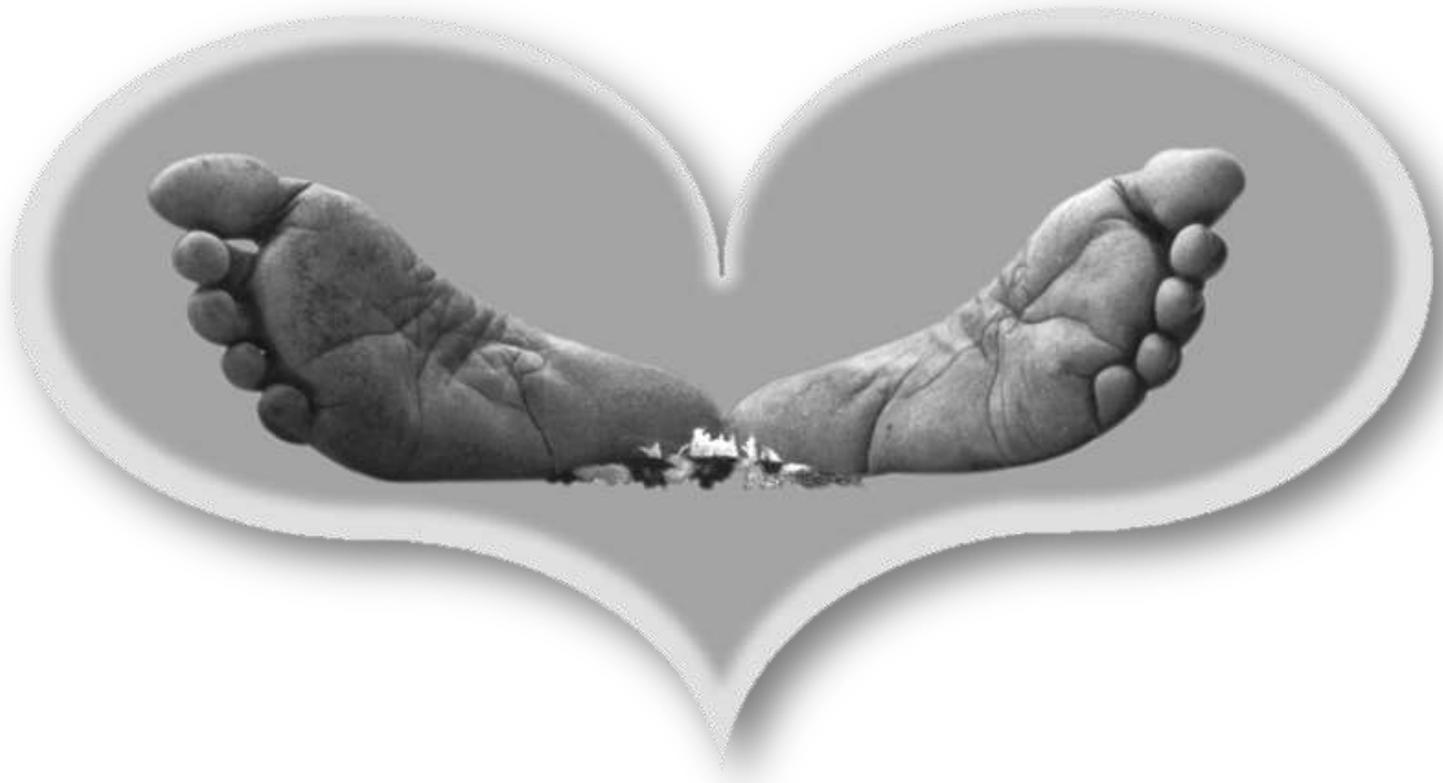
Captain Narayanan



Remembrance

- Came from a family of Bhagavan Devotees
- 17 years of Service to the Ashram
- 'True' Bhagavan Devotee...man of few words and intense activity (8 Volumes of "The Boundless Ocean of Grace" & many other books (4)
- Participated in all ashram daily events...and in the midnight went to for 'giri pradikshana'...>6000

Closing



Self-Enquiry or Total Surrender