

## REDEEM YOUR LIFE BY NAMASMARANA

*If money is lost, one need not be worried about it for one can earn it again. If a friend is lost, one can have another. If wife is lost, one can marry again. If one loses one's piece of land, one can purchase another. All these can be regained; but if body is lost, one cannot get it back.*

(Sanskrit Verse)

*Embodiments of Love!*

**T**IME is infinite. You undergo varied experiences in the infinity of time. These experiences are momentary. At times, you may lose money, but you don't need to be worried about it for you can earn it again. You come across many friends but none of them is permanent. You lose some and gain some others. At some stage in life,

people get married and enter *grihastha ashrama* (stage of a householder). But neither the husband nor the wife is permanent. If the wife passes away, man can remarry to carry on with his life. Similarly, if you lose your piece of land, you can buy another. But once the body is lost, it is lost forever.

### **Man's Desires Are Responsible For His Suffering**

It is through the medium of this body that you experience happiness at worldly and spiritual levels. Man acquires wealth and property, experiences pleasure and pain through this body. What is the cause of all the suffering of man? His desires are responsible for this. These are: *Dhaneshana*, *Dareshana* and *putreshana* (desire for money, wife and progeny). This *ishanatraya* (triad of desires) is responsible for man's misery.

Kings in the past acquired wealth and property. Could they retain them forever? Wealth is not permanent. It can never redeem man. Wealth can never provide permanent happiness. Spiritual wealth is the true wealth. Man is not able to enjoy true happiness due to his greed for money. Yet he craves for money. No doubt, money is necessary but it should be under certain limits. The second is *dareshana*. One may have wife and children, wealth and property and enjoy family life for some time. But such happiness is not true and eternal. It is foolish to think that one can remain happy for ever in family life. The third is *putreshana*. Man wants to have a son thinking that he would

bring happiness to him. There is nothing wrong in aspiring to have a son but the happiness that results is only temporary. King Dhritarashtra had 100 sons, but did he enjoy happiness through his sons? No. He, in fact, had to undergo a lot of suffering and was put to disrepute because of his sons. They brought his vast kingdom to ruin. “*King Dhritarashtra had a number of sons but ultimately what was his fate? Sage Suka was not married and had no son, but did he suffer on account of this?*” (Telugu Poem)

It is a mistake to think that a person having many sons will enjoy happiness and one without a son will suffer. It is but an illusion to think that money, wife and children will give happiness. In fact, *dhaneshana*, *dareshana* and *putreshana* act as a binding for man and subject him to suffering. What is the use of having many sons who are wicked? It is enough if you have one son who is noble and ideal.

### **Sumitra Was The Embodiment Of Selflessness And Sacrifice**

Take *Ramayana*, for instance. According to the Telugu calendar, this is the month of *Chaitra*. This is the month that witnessed the advent of Lord Rama. He was born on the *Chaitra Suddha Navami* day. Among the three wives of Dasaratha, not much has been said about the second wife Sumitra anywhere in history. Kausalya attained a good name because of her son, Rama. Her name figures first in the *Suprabhatam* which begins with the words – “*Kausalya Supraja Rama ...*” (Oh! The noble son of mother

Kausalya ...) Kaikeyi desired that her son Bharata should be made the crown prince. But Sumitra had absolutely no desire whatsoever. She was the epitome of all virtues. She was *mitha bhashini* and *hitha bhashini* (one who talks less in a pleasing manner). Her conduct was appropriate to her name *Su-mitra* (good friend).

She had two sons, Lakshmana and Satrughna. There was no way that either of them could become the crown prince. Yet Sumitra was not worried. She demonstrated the ideal of service to the rest of the world. “When Lord Rama becomes the king, my first son Lakshmana should dedicate himself to his service.” This was her desire. Likewise, she wanted her second son Satrughna to be in the service of Bharata. The servant is always by the side of the master. That is why Lakshmana followed Lord Rama, and Satrughna was always in the company of Bharata. She understood the sacredness of service and exhorted her sons to follow this divine path. When you carefully go through the sacred story of Lord Rama, you will be able to understand and appreciate the noble and ideal character of mother Sumitra.

When Lord Rama was leaving for the forest, mother Kausalya wept inconsolably. It was only Sumitra who did not shed tears. She tried to pacify Kausalya and instil courage in her, saying, “Dear sister, my son Lakshmana would accompany Rama to the forest to look after his needs. He will make sure that Rama is put to no difficulty under any circumstances. Just as eyelids protect the eyes, Lakshmana

will take full care of Rama with devotion. You don't need to be worried about Rama's safety and security." She willingly sent her son to the forest along with Rama. Will any mother act in such a courageous and selfless manner?

As per the two promises extracted by Kaikeyi from Dasaratha, only Rama was obliged to go to forest. It was not obligatory for Lakshmana to accompany him. Sumitra could have argued in this manner and prevented Lakshmana from going to the forest. But Sumitra did not raise any objection whatsoever. "Lakshmana is born only to serve Lord Rama. He is an instrument in Rama's hands. So, Rama is taking his instrument with him. Who am I to send Lakshmana with him and who is Lakshmana to decide about his going with Rama? Rama has every right to take Lakshmana with him." These were her feelings. She blessed her son Lakshmana and said, "My dear, take proper care of Sita and Rama." When Bharata was proceeding to his uncle's kingdom of Kekaya, Satrughna had no information whether to stay back or follow. Yet, Satrughna got ready to accompany Bharata as he knew it was his duty to serve him. In the history of Bharat, there are many noble mothers like Sumitra who encouraged their sons to take to the path of service.

### **Urmila's Nobility And Piety**

While Sita felt extremely sad at the thought of separation from Rama and accompanied him to the forest,

Urmila showed exemplary spirit of sacrifice and felt happy that her husband Lakshmana got the rare opportunity of serving Sita and Rama in the forest for 14 years. But Urmila does not find a place of prominence in the *Ramayana*. Both Sumitra and Urmila were highly pious and virtuous. They led a life of sacrifice.

Lakshmana conveyed his decision to Urmila to accompany Rama to the forest. Will any wife keep quiet when she comes to know that her husband is going to the forest for 14 years? Urmila could have asked many questions: “Why should you follow Rama? You are under no obligation to go to the forest. Only Rama is ordered to go. So, you need not go with him.” Any ordinary woman would have argued in this manner. But Urmila did not raise any objection. In fact, she was very happy that her husband got an opportunity to serve Sita and Rama. She said, “You are very lucky to have got this great opportunity. Please follow them without wasting a minute.” She asked him to go with Sita and Rama, saying, “I don’t want to come in the way of your going with Sita and Rama. Please do not waste even a minute. Go with them at once and be in their service.”

She wanted Lakshmana to give her a promise before going to the forest. She said, “You are going to live in the forest without me for 14 years. It is possible that you may think of me and mention my name at some time or the other. So, I want you to promise that you would not think of me or mention my name at any point of time. Contemplate

constantly on the divine names of Sita and Rama and serve them with all sincerity and devotion. If I accompany you to the forest, you may not be able to devote your entire time to their service. I will stay back so as not to become an impediment in your way.” Hearing the words of Urmila, Lakshmana was surprised and elated. “Can one find such a noble and devoted wife anywhere in the world?” he thought to himself. He took leave of her and left the place immediately.

### **Bharat Is The Land Of Unity And Divinity**

In this land of Bharat, there are many noble mothers like Sumitra and virtuous wives like Urmila. Since ancient times, Bharat has attained great reputation because of such noble women. In the northern side of Bharat, the Himalayan mountains are the boundary. This land is sanctified by the perennial rivers of Ganga, Ya-muna and Saraswati. These three symbolise the triad of *bhakti*, *jnana* and *vairagya* (devotion, wisdom and renunciation). Not merely this, the great epics of this land, the *Ramayana*, the *Bhagavata* and the *Mahabharata* shine as beacons illuminating the path of man. They teach how man should mould his life into an ideal one.

This land is the birthplace of sacred scriptures like the *Bhagavadgita* which gave the message of unity to mankind. This land has given birth to noble souls like Buddha who propagated the message of non-violence. He taught *ahimsa paramo dharma* (nonviolence is highest dharma).

The syllable ‘*Bha*’ stands for light, radiance and effulgence. So, *Bharatiyas* are those who aspire for light and divine effulgence. Hence, you should live up to your reputation as *Bharatiyas* by making your lives sacred and attain divinity. When you make an enquiry into the sacred history of Bharat, you will know that since ancient times this country has been propagating the sacred message of divinity and has been radiating peace and security to the other nations of the world.

### *Embodiments of Love!*

Neither any individual nor wealth can give you eternal bliss. Bliss originates from your heart. So, turn your vision inward. *Antarbahischa tatsarvam vyapya Narayana sthita* (That all-pervasive God is present within and without). When you develop inner vision, you will automatically experience eternal bliss. Man is *ananda pipasi* (one who thirsts for bliss). He need not go in search of bliss. It is in him and with him. Happiness is not related to the body. “*This body is a storehouse of dirt, and prone to diseases; it cannot cross the ocean of Samsara. O mind, do not be under the delusion that body is permanent. Instead take refuge at the Divine Lotus Feet.*” (Telugu poem) How can such a body give you eternal happiness? Only the Lotus Feet of the Lord can grant you true happiness. There is no devotion and sense of surrender among the *Bharatiyas* today. People are deluded by the worldly, physical and ephemeral things. Are they able to derive any happiness out of these? Nothing whatsoever. The darkness of ignorance is

the root cause of man's delusion. How can you understand the *sathwic* (pious) principle when you are immersed in *thamo guna* (ignorance)?

*Embodiments of Love!*

To be born in Bharat is in itself your good fortune. To live here is a greater fortune. You should take pride in the fact that you are the children of Bharat. If someone were to ask you your qualification, you should proudly say, you are a *Bharatiya*. This is in itself the greatest qualification. There is a sacred inner meaning in this word *Bharatiya*. But you are not making efforts to understand this. Oh the children of Bharat! Lead your lives in an exemplary manner and radiate peace and happiness to the rest of the world.

*Embodiments of Love!*

You should never forget the sacred history of Bharat. Don't brush it aside saying it is rather old. It is not easy to understand the subtle principles contained in our history. You might have gone through the *Ramayana* many times, but have you understood the nobility of Sumitra and sacredness of Urmila? Today people remember the names of Kaikeyi and Manthara but not that of Urmila. Urmila demonstrated sacred ideals and set an example of ideal life before the world. She remained in the same room for 14 long years where Lakshmana had left her while going to the forest. She did not stir out till the return of Lakshmana. She never had any worldly desires. Being the daughter of King

Janaka, she had no body attachment. King Janaka was known as *videha*, one without body attachment. When you enquire deeply, you will know that there are many hidden secrets in the *Ramayana*. But *Bharatiyas* themselves are not making any effort to understand them. Once a person, after listening to many discourses on *Ramayana*, was asked to tell the name of Rama's consort. He replied, "Mrs. Rama", as he did not remember her name. Such is the sorry state of affairs. *Bharatiyas* are leading a life of ignorance. They ignore their ancient culture and are being carried away by modernism.

We have only one friend, and He is God. There is only one sacred text and that is the ancient history of India. You should study this sacred text. Do not spoil your mind by reading meaningless novels. He who has purified his heart alone can inculcate sacred feelings.

### **Imbibe Noble And Divine Feelings In The New Year**

Today you are celebrating the commencement of the New Year. But, in fact, you should treat every moment as the beginning of a New Year. Many people are worried as to what changes would the New Year bring in the social, political and economic fields. Any change, if it were to take place, will not wait for the arrival of the New Year. In fact, many changes are taking place from moment to moment. You may wonder as to what are the big changes that would take place in this New Year. Whatever happened in the previous year would take place this year also. One need not

be worried about these things. You should be worried that there is no transformation in your heart though years have rolled by. You have to get rid of your evil thoughts, words and deeds. You should celebrate the arrival of New Year by inculcating noble and divine feelings. You should experience bliss by visualising the unmanifest atmic principle in this manifest world.

From this New Year day onwards, contemplate on the sacred ideals demonstrated by the great men and women of the *Ramayana*. Follow in their footsteps. Attain happiness and share it with others. Uphold the glory of Bharat. Develop the feeling of nationality. Never forget your motherland. If someone were to ask you who you are, you need not say, I am Ramayya, Krishnayya, etc. You should proudly proclaim that you are a *Bharatiya*. Ramayya, Krishnayya are *pettinna perlu* (names given to the body), whereas *Bharatiya* is your *puttina peru* (name acquired by birth). Who is a *Bharatiya*? 'Bha' means effulgence, light and divinity. Hence, *Bharatiya* is one who basks in the light of divinity. Bharat is the centre of peace and security. That which is not present in Bharat is not present anywhere else in the world. Bharat has attained the highest reputation in the world. The glory of this country has to be upheld. Follow the teachings of the *Ramayana* and make your lives sacred. This sacred epic has a great message to convey. Many histories could not stand the test of time but the *Ramayana*, though thousands of years have passed, continues to remain ever fresh in the minds of people. The

name Rama given by Sage Vasishtha has immense inner significance. When you utter the word 'Ram', you first open the mouth with the sound 'Ra'. All your wicked qualities go out when your mouth is open. When you utter 'M' by closing the mouth, the entry is barred against wicked qualities that have gone out. This is the inner meaning of chanting the name of Rama. On this new year day, you have learnt many new things. Sanctify your lives by putting into practice whatever you have learnt.

(Here Bhagawan sang the Bhajan, *Hari Bhajan Bina Sukha Santhi Nahin ...* After this, Bhagawan added):

### **Drive Out Your Wicked Qualities By Namasmarana** *Embodiments of Love!*

Yesterday happened to be the Telugu New Year, *Ugadi*. Today we are celebrating Tamil New Year and also the Malayalam New Year, *Vishu*. Names are different but the inner significance is one and the same. When we understand the inner meaning of these celebrations, everything will appear to be new to you. Celebration of a festival does not merely mean getting up early in the morning, having a sacred bath, wearing new clothes, partaking of sweet dishes, etc. Only when you understand their inner significance can you say that you have celebrated the festivals in their true sense.

*“That is the place encircled by the sacred river Chitravathi which meanders its way in its pristine beauty. That is the place around which there are*

*beautiful mango groves symbolising auspiciousness. Standing on guard on four sides are the deities Parvati and Parameswara protecting the place. Nearby is the town of Bukkapatnam which speaks of the glory of Bukkaraya. There stands Puttapuram (Puttaparthi) in its divine majesty, spreading its grandeur and glory all over the world.*

(Telugu Poem)

What is the meaning of the name Puttaparthi? *Parthi* means effulgence. So, Puttaparthi is the place of effulgence. It is the beacon of light. Earlier it was called *Puttavardhini*. *Putta* means anthill. There used to be anthills and snakes everywhere. The *Ramayana* has a close relationship with anthills in the sense that anthills grew over its composer, Sage Valmiki. He was completely covered by anthills, and snakes were moving in and out of them. There are many snakes of wicked qualities in the anthill of your heart. When you do *namasmarana* (remembering the divine name), all the ‘snakes’ of bad qualities will come out. *Namasmarana* is like *nadaswaram* which attracts snakes and brings them out of anthills. This *nadaswaram* is your *jeevanaswaram* and *pranaswaram* (breath of life). One has to repeat God’s name in order to get rid of evil qualities.

Today there are many who do not attach any importance to *namasmarana*. *It is a great mistake.* “In this Age of Kali only chanting of the divine name can redeem your lives. There is no other refuge.” (Sanskrit sloka) Singing the glory of the Lord is highly sacred. Today the country is

facing a lot of problems because people are not doing *namasmarana*. Let each and every street reverberate with the singing of divine glory. Let each and every cell of your body be filled with divine name. Nothing else can give you the bliss, courage and strength that you derive from *namasmarana*. Even if some people make fun of you, do not bother about it. People may say, "He is an I.A.S. officer. How is it that he is also doing *namasmarana*?" Whoever has a heart has the right to do *namasmarana*. Heart is the same in everyone. What is wrong if an I.A.S. officer does *nama-smarana*? Be he young or old, rich or poor, everybody has to do *namasmarana*. Only fools make fun of people doing *namasmarana*. Do *namasmarana* with full mind and total dedication.

Do not be afraid of anyone. Sing the glory of God wholeheartedly without any inhibition. Only then can you experience divine bliss. Begin this sacred *nama-smarana* right from this moment on this New Year day. You may not have any musical instruments for this. It is enough if it emerges from the core of your heart. Play on the veena of your heart and sing the glory of God. Take care that you do not have evil thoughts as they will produce discordant notes. Only then will you become the recipient of divine grace and energy.

Today the people of Kerala are celebrating their New Year, *Vishu*. On this auspicious occasion, I bless you all to enjoy peace, happiness and prosperity. This also happens to be the New Year day for the people of Tamil Nadu. May

you all sanctify your lives by leading an ideal life and giving happiness to all! May you lead a blissful life! You don't need to search for bliss outside. It is within you. From this day onward, develop your devotion and sense of surrender. Be fearless and sing the glory of the Lord wherever you are. Only then can you lead the life of a true human being. Having been born in this sacred land, lead your lives in a befitting manner. Very soon all countries of the world will follow Bharat. Bharat should become the leader of world in the field of spirituality. This is what I desire.

*Vishu and Tamil New Year, 14th April, 2002,  
Brindavan, Bangalore.*

