



Annihilate the Mind

Ramana's statement, "What is destined to happen will happen...." applies to worldly events and happenings. It does not apply to our efforts to get out of the snare of the world. The former is physical. The latter is direct linking with the Highest Spirit. Here you are free. There are two methods:

1. One with effort and
2. Without effort

Actually no effort is really required. It is the mind which is the main culprit. It has divided us all as different entities, seeded a phantom "I". It has filled itself with so many concepts and so much conditioning.

The main method is to annihilate the so called "MIND". There is nothing called "MIND". It is just an imaginary gland producing continuously a juice called successive thoughts. Remove all thoughts – MIND is gone – with all its conditioning responsible for fears, anxieties about progress, reaching the goal, etc.

How to Annihilate the Mind?

There are infinite methods. The more important are:-

1. Reduce your thoughts to only one thought and keep your attention focussed on it for hours initially and later at all times. For this "Who am I", "I am", "Lord Jesus, have mercy on us", "(Nama of the Lord or Guru Mantra)", any will do as per taste. Then continually thinking of it, it becomes automatic and at one stage even this one thought will leave and you reach 'NO MIND' state.
2. De-hypnotise yourself saying there is nothing called 'I', there is no conditioning, there is no meditation or object to meditate – I am ever pure. The entire world is my imagination as you imagined one entire world in your dreams. This is a second dream world. YOUR ORIGINAL NATURE AS THE DREAMER OF THESE DREAMS IS PURE CONSCIOUSNESS. What is

consciousness – To be directly (and not through senses) aware that I am i.e. it consists of Being and Awareness of Simple Being or Existence. Go on affirming mentally and in practical life practice to remain without reaction even if heaven falls on you, or when you are seduced by the most tempting thing offering itself or by death. So one is AFFIRMING that all fears, doubts, impurities, imperfections, lack of peace – these are all of dream world – I AM THE INFINITE CONSCIOUSNESS – THE EMPOROR AND CREATOR OF LAKHS OF UNIVERSES.

3. All these things can be expedited and very good help obtained day to day by:
 - a. Seeking company of highly evolved souls – bereft of ego, having barest possessions, not involved in sex or money (where enlightened these lose their significance) – the one in whose presence you feel comforted and one in whose presence you feel peaceful.
 - b. The best preceptor is with you – it is the higher Self in your heart. Invoke, pray, seek its help. It comes readily.

It is amazing - not in the beginning – after some continuous practice.

After you reach the NO MIND STAGE, ONLY CONSCIOUSNESS remains. In waking state, it was hiding behind the mind – now it alone shines – remain in that full consciousness of “Amness” – Otherwise your mind becomes calm and you are only merged in that Void where there will be no progress.

Always feel (not think): “Ah, I am” – remain in ‘Being’ i.e. remain in that full Consciousness – now you are under the gravitational field of the Self – it will draw you to Itself – the goal.

Mind is your servant – be its Master. Don’t allow it to cloud you with doubts, anxieties.

The day you started on the path, the Highest Supreme also walks side by side with you, supporting you where you falter. From the beginning, by imagination, you feel its presence. After sometime it will be a reality – you can see it or feel it perfectly well.

Any doubts, lack of confidence are the first obstacle.

Hold your head high and walk linking your hands with the presence. YOU CAN REACH THE GOAL IN A TRICE.