

ABSOLUTE FREEDOM

Essence of the Teachings of Ramesh S. Balsekar



Justine Jeyaraj Devaraj

**LORD GANESH
GOD OF KNOWLEDGE**



LORD MURUGAN GOD OF VICTORY



ABSOLUTE FREEDOM

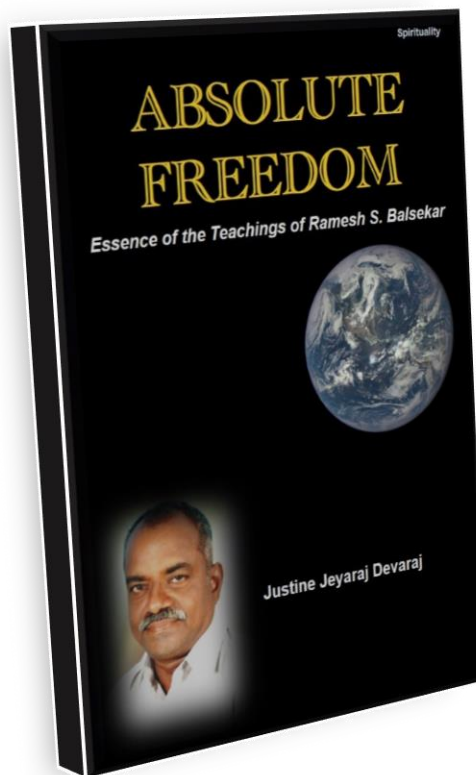
Essence of the Teachings of Ramesh S. Balsekar



Justine Jeyaraj Devaraj

ABSOLUTE FREEDOM

Essence of the Teachings of Ramesh S. Balsekar



Disclaimer:

The Author of this E-book Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar, shall not be responsible for the results of any actions arising out of the use of any information in this publication nor for any errors or omissions contained therein. The Author expressly disclaim all liability to any person in respect of anything and the consequences of anything done or omitted to be done by any such person in reliance, whether whole or partial upon the whole or any part of the contents.

Details:

1. Book: *Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar*
2. Author: Justine Jeyaraj Devaraj
3. E-mail: jkoperumcholan@gmail.com
4. Edition: Nov 2015
5. Category: Spirituality

Copy Right Information:

1. *This E-book Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar, contents are intended solely for personal, non-commercial use, by the users.*
2. *Users may download or copy of the contents displayed in E-book Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar for the sole purpose of using E-book Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar, as a personal resource.*
3. *No right, title, or interest in any downloaded material is transferred to a user as a result of such downloading or copying.*
4. *Users may not reproduce, display, mirror, modify, sell or participate in any sale of, or exploit in any way, in whole or in part, any of the contents of the E-book Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar.*
5. *Users may not copy or use the material for others, or mirror any portion of E-book Absolute Freedom – Essence of the Teachings of Ramesh S. Balsekar, on another website or any other server.*



Dedicated to

DR. SATHVIKA

my daughter, for her inspirations

Preface

Ramesh S. Balsekar is the number one Advaita (Non duality) Teacher of our modern time.

He was a direct disciple of Sri Nisargadatta Maharaj.

After retiring as the President of the Nationalised Bank of India, he started interpreting the Marathi talks of Sri Nisargadatta Maharaj into English for the western visitors regularly for few years. Then he was requested by Maharaj himself to speak on Advaita of Indian spirituality.

Ramesh's innumerable talks have been published in large numbers of books.

I am happy to present in this e-book the essential message of Ramesh S. Balsekar as the 'Essence of the Teachings of Ramesh S. Balsekar'.

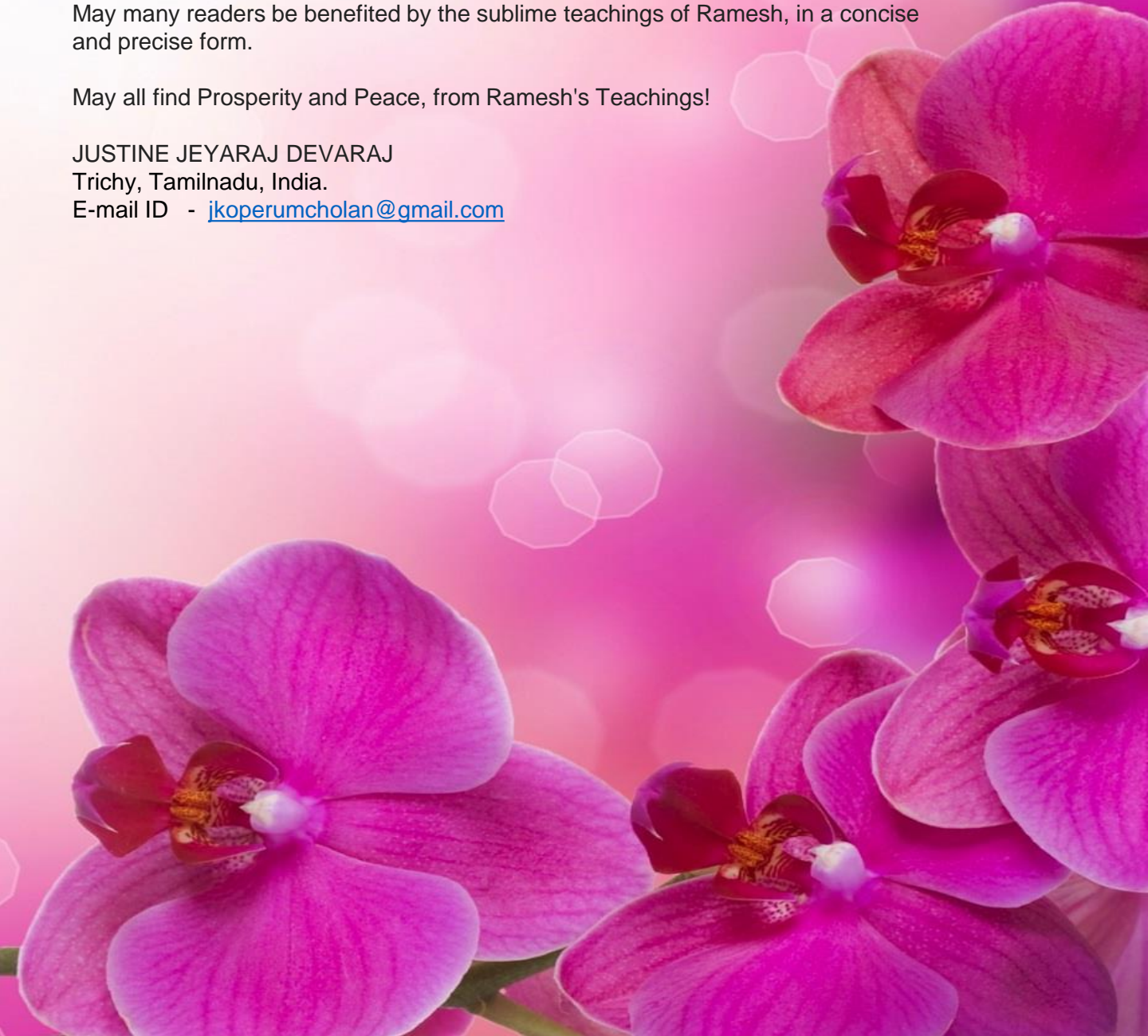
May many readers be benefited by the sublime teachings of Ramesh, in a concise and precise form.

May all find Prosperity and Peace, from Ramesh's Teachings!

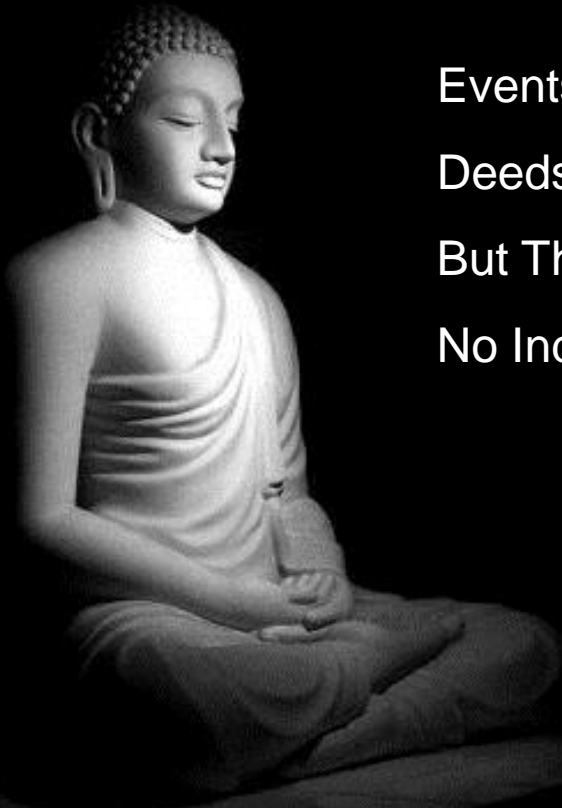
JUSTINE JEYARAJ DEVARAJ

Trichy, Tamilnadu, India.

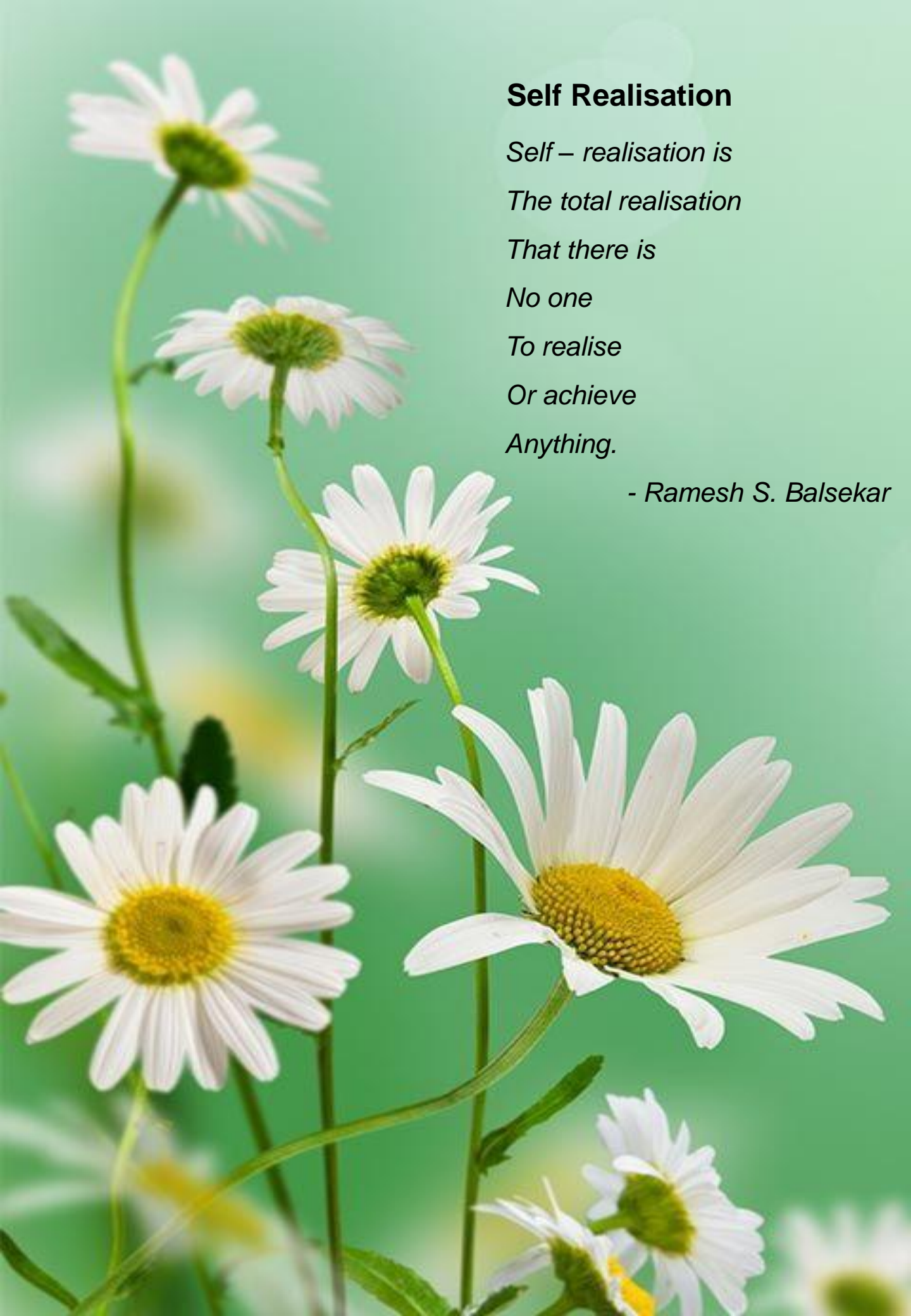
E-mail ID - jkoperumcholan@gmail.com



Gautam Buddha



Events Happen
Deeds Are Done,
But There Is
No Individual Doer Thereof.

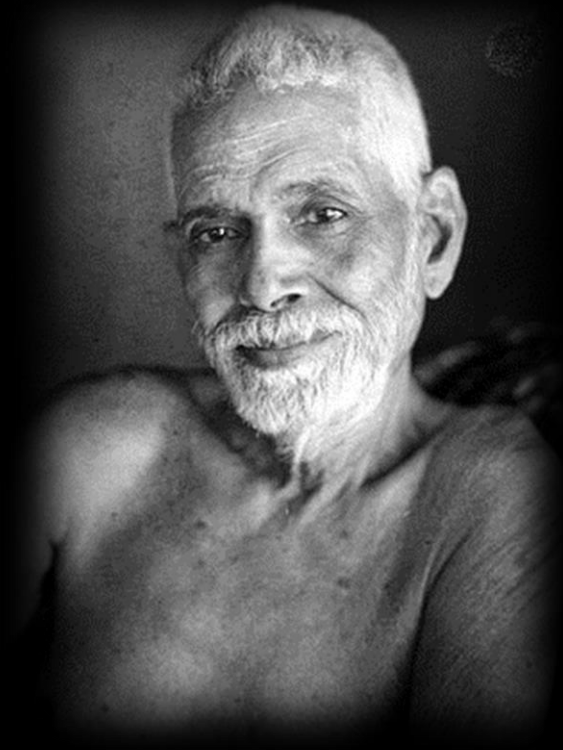


Self Realisation

*Self – realisation is
The total realisation
That there is
No one
To realise
Or achieve
Anything.*

- Ramesh S. Balsekar

Ramana Maharishi



Prior To Phenomenality, There's No
Creation, No Dissolution, No Path,
No Goal, No Free Will
And No Predestination.

Nisargadatta Maharaj



Our True Nature Does Not Know That 'It Is'.

When One Is In A State Of Everlasting Truth, One Is Beyond Experiences.

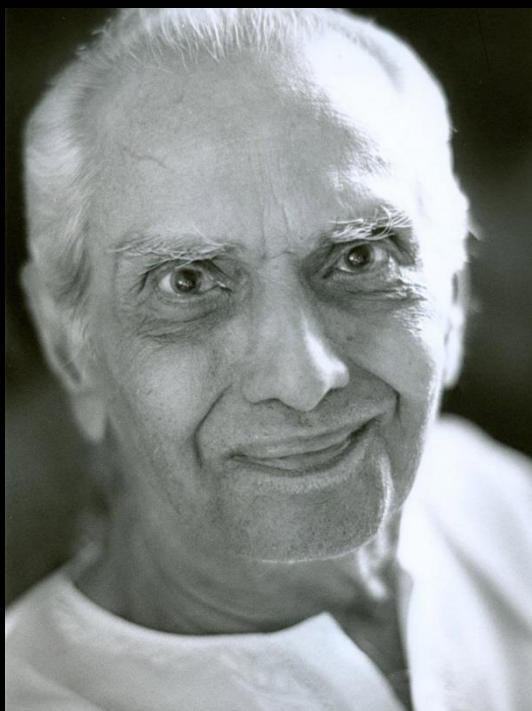
In This State, Nothing Is Known, We Do Not Know Ourselves.

Once Prana Leaves The Body

You Will Not Remember That 'You Were'.

Your Manifest Consciousness Has To Become Unmanifest Again.

Ramesh S. Balsekar



Absence Of
Thinker
Doer
And Experiencer
Is Freedom

Author's Spiritual Guru
Sri La Sri Pandrimalaiswamikal



ABSOLUTE FREEDOM

Essence of the Teachings of Ramesh S. Balsekar

**In Essence, The Following Three Questions Are The Answer
To All The Spiritual Questions!**

1) Why Should You Know?

2) Who Wants To Know?

*3) And Once Knowing
What Are You Going To Do With It?*

- Ramesh S. Balsekar

Contents

S.No	Chapter	Page	Hyperlink
1	GOD	1	①
2	CONCIOUSNESS	12	②
3	LIFE	21	③
4	IDENTIFICATION	31	④
5	THE ‘I’	37	⑤
6	PRACTICE	47	⑥
7	EXPERIENCE	69	⑦
8	ENLIGHTENMENT	85	⑧
9	SILENCE AND PEACE	94	⑨



Absolute Freedom
Chapter - 1



God



- 1 BIRTH AND DEATH, AND
EVENTS IN BETWEEN, ARE
BEYOND ONE'S CHOICE.
THEY ARE WILLED BY GOD.
- 2 NO POWER ON EARTH,
CAN CHECK THE WILL
OF GOD. GOD NEVER
SHARES HIS WILL WITH US.
- 3 GOD DOES NOT CARE,
YOUR SELF PITY ON YOURSELF.
A COW HAS FREEDOM, TO
ROAM ABOUT WITHIN POLE.
- 4 GOD DOES NOT GIVE,
EVEN A ROPE'S LENGTH
OF FREEDOM, TO MAN.
THAT IS HIS DESTINY.
- 5 BILLIONS OF SEPARATE ME'S
BELIEVE IN FREE WILL.
AND THAT IS GOD'S WILL
AND DESTINY FOR HUMANS.

God

- 6 YOU ARE A NOBODY,
 AND YOU HAVE NO
 POWER, AND YOU HAVE
 NO PURPOSE AT ALL.
- 7 ENLIGHTENMENT CAN NOT HAPPEN,
 AS LONG AS YOU
 BELIEVE, IN YOUR OWN FREE WILL.
 THAT IS THE SITUATION.
- 8 CAN YOU MAKE GOD
 LAUGH? JUST TELL HIM
 YOUR PLANS, FOR YOUR
 FUTURE, WITH ALL DETAILS!
- 9 WHAT YOU WILL DO
 IN FUTURE, IS STILL
 GOD'S WILL. STILL HOW
 YOU ACT - GOD DECIDES.
- 10 OR IT'S CONSEQUENCES ARE
 NOT IN YOUR HANDS.
 WE CAN NOT ASK
 GOD ABOUT ANYTHING ELSE.

God

- 11 WE CAN NOT ASK
GOD, "WHY ARE YOU
DOING WHAT YOU ARE
DOING.?" IT'S HIS WILL.
- 12 GOD CREATES BILLIONS OF
BODY MIND ORGANISMS, LIKE
COMPUTERS ARE PROGRAMMED, AT
THE MOMENT OF CONCEPTION.
- 13 VIA DNA AND ENVIRONMENTAL
CONDITIONING, GOD SENDS AN
OUTSIDE IMPULSE, OR INPUT
AS FORMS OF THOUGHTS.
- 14 THE BRAIN OF THE
BODY MIND ORGANISM, BEHAVES
LIKE HARD DRIVE OF
AN ELECTRONIC PERSONAL COMPUTER.
- 15 BRAIN REACTS TO THIS
OUTSIDE IMPULSE, VERY OBEDIENTLY.
IT PROCESSES THE INPUT
ACCORDING TO IT'S PROGRAMMING.

God

- 16 THE DNA AND ENVIRONMENTAL
CONDITIONING, CREATE THE THINGS
WHAT YOU CALL 'YOUR'
ACTION AS AN OUTPUT.
- 17 THERE IS NO CAUSATION.
THE EFFECT NEEDS THE CAUSE,
AND THEY ARE ONE
EVENT AND ARE SIMULTANEOUS.
- 18 PRIOR TO THE MANIFESTATION,
THERE IS NO BONDAGE,
AND NO FREEDOM, AND
THESE ARE VERY STRANGE.
- 19 STRANGE BECAUSE, IT IS
THE HUMAN BEING'S MIND
AND INTELLECT, THAT CREATE
CONCEPT OF BONDAGE/FREEDOM.
- 20 WHO CREATED THE WORLD?
NOBODY CREATED THE WORLD.
ON WAKING UP AND
FALLING ASLEEP IT HAPPENS.

God

- 21 THE BEGINNING AND THE
END OF THIS WORLD
OCCURS EACH DAY, IN
AN INSTANT TO AN INDIVIDUAL.
- 22 TO THAT EXTENT, IT
IS YOU WHO CREATE,
THE MANIFESTATION AND ALL
THE MARVELS AND WONDERS.
- 23 YOU THINK YOU MAKE A
DECISION, BUT IN FACT,
IT IS GOD, WHO
IS MAKING ALL DECISIONS.
- 24 TRUST IN GOD, IMPLIES
THE HOPE THAT HE
WILL DO WHAT YOU WANT,
WHICH IS CALLED FAITH.
- 25 I HAVE FAITH IN
GOD MEANS, I WANT
TO HAVE, A GOOD
RELATIONSHIP WITH GOD HIMSELF.

God

- 26 IS THE PURPOSE OF
 LIFE TO FIND TRUTH?
 FOR WHOM AND WHO
 IS TO FIND TRUTH?
- 27 ARE YOU NOT ALREADY
 THE TRUTH? TRUTH IS
 WHAT IS AT THIS
 MOMENT AT THIS SPACE.
- 28 THE 'WHAT-IS' IS NOT
 CONCERNED WITH ANY PARTICULAR
 PERSON IN ANY PARTICULAR
 WAY OF ANY IMPORTANCE.
- 29 WHAT-IS AT THE
 PRESENT MOMENT IS GOD'S
 WILL, AND THERE IS
 NOTHING EXCEPT WHAT-IS.
- 30 'GOD IS LOVE' DESCRIBES
 ONLY HALF THE TRUTH.
 WHAT-IS, IS CONSCIOUSNESS, AND
 IT IS BOTH LOVE AND HATE.

God

- 31 YOU SAY EVERYTHING IS
 IN GREAT MESS. BUT
 IT IS PART OF
 WHAT-IS CREATED BY GOD.
- 32 PUNISHMENT HAPPENS TO A
 BODY MIND ORGANISM, BUT
 NOT TO AN INDIVIDUAL.
 IT IS ALL GOD.
- 33 THE REAL MUST BE
 ABLE TO EXIST BY
 ITSELF. IT HAS NO
 NEED OF ANY DEPENDENCY.
- 34 YOU CAN NOT KNOW
 THE REALITY, BECAUSE YOU
 ARE THE REALITY, AND
 YOU ARE ALWAYS IT.
- 35 WHAT EXISTS IN DEEP
 SLEEP IS THE REALITY.
 SAT-CHIT-ANANDA IS
 TRUTH-CONSCIOUSNESS AND BLISS.

God

- 36 IT IS NOT AN
OBJECT, TO BE HAD
BY AN INDIVIDUAL AND
IT IS ALWAYS INDEPENDENT.
- 37 THOUGH BODY MIND ORGANISM
DESIRES, GOD IS BEHIND
DESIRE AND NOT PERSON
THOUGH PROGRAMMED BY DNA.
- 38 HUMANS TO FULFIL THEIR
NEEDS CREATE, CONCEPT OF
GOD AND PRAY TO
HIM TO BLESS THEM.
- 39 A SEPARATE HUMAN ENTITY,
IS A CONCEPT BY HUMANS
ITSELF, WHICH NECESSITATES THE
CONCEPT OF GOD TOO.
- 40 THERE IS NOTHING ELSE
EXCEPT GOD. GOD IS
TOTAL SUBJECTIVITY. ALL OTHERS
INCLUDING HUMANS ARE OBJECTS.

God

- 41 GOD THE SUBJECT - AND
THE OBJECT THE HUMAN - CAN
NOT MEET. GOD IS
PURE SUBJECTIVITY, BY ITSELF.
- 42 GOD THE SUBJECTIVITY, HAS
NO OBJECTS TO ENJOY.
GOD THE SOURCE, HAS
NO NEED TO KNOW ITSELF.
- 43 GOD CANNOT KNOW GOD.
GOD CAN ONLY BE GOD.
GOD KNOWS HIMSELF ONLY
THROUGH HIS OWN CREATION.
- 44 GOD IS A MASTER HYPNOTIST,
WHO MAKES HUMANS BELIEVE
THAT EACH ONE IS
JUST A SEPARATE ENTITY.
- 45 DOES GOD HAVE A
PLAN? ASK YOURSELF - WHO
WANTS TO KNOW? YOU
CAN NEVER KNOW GOD.

God

46 IN ACCEPTING OF WHAT-IS
HERE/NOW, THERE IS
NO BONDAGE AND NO
FREEDOM, EXCEPT TOTAL PEACE.

47 ENLIGHTENMENT MAY HAPPEN, OR
MAY NOT HAPPEN. THIS
ACCEPTANCE OR NON-ACCEPTANCE
TOO, IS ALREADY DESTINED.

God

Absolute Freedom

Chapter - 2



C

onsciousness



- 1 ALL THERE IS - IS,
CONSCIOUSNESS, TOTALITY, THE SOURCE.
HOW CAN CONSCIOUSNESS KNOW
ITSELF, IF ALL IS CONSCIOUSNESS?
- 2 CONSCIOUSNESS CAN NOT KNOW
CONSCIOUSNESS. IT CAN ONLY
BE CONSCIOUSNESS, TOTALITY, THE
SOURCE, ALL IN ITSELF.
- 3 PURE SUBJECTIVITY, CAN NOT
BE UNDERSTOOD, SEEN, FELT,
OR EXPERIENCED. IT CAN
NOT BE MIND'S OBJECT.
- 4 CONSCIOUSNESS - IN - ACTION IS
GOD - IN - ACTION. WE
DON'T KNOW WHAT ELECTRICITY
IS, BUT KNOW IT'S ACTION.
- 5 CONSCIOUSNESS IS LIKE THAT.
WE DON'T KNOW IT.
BUT WE KNOW, HOW
IT FUNCTIONS, AS PHENOMINALITY.

C

onsciousness

- 6 WE KNOW CONSCIOUSNESS, AS
OUR SENSE OF BEING.
THE KNOWER, IMPERSONAL CONSCIOUSNESS
IS SAME IN EACH PERSON.
- 7 THERE IS NO COMPREHENDER. ALL
THERE IS - IS CONSCIOUSNESS.
CONSCIOUSNESS HAS ALL THINGS;
NOT WE HAVE CONSCIOUSNESS.
- 8 WHEN PURE CONSCIOUSNESS IDENTIFIES
WITH A 'ME', IT
BECOMES RESTRICTED AS PERSON,
AND AS ALL OBJECTS.
- 9 CONSCIOUSNESS CAN NEVER DIE,
BECAUSE, IT WAS NEVER
CREATED. ALL BODY MINDS
ARE PART OF CONSCIOUSNESS.
- 10 ALL ARE ONE OBJECT
IN TOTALITY OF OBJECTS.
ELECTRICITY PRODUCES THE LIGHT,
AND NOT THE LAMP.

C^onciousness

- 11 BUT ELECTRICITY CAN FUNCTION
ONLY IF LAMP EXISTS.
CONSCIOUSNESS CAN FUNCTION ONLY
IF BEINGS APPEAR HERE.
- 12 CAN I LEARN FROM THE
BODY? WHO CAN LEARN
AND WHAT TO LEARN?
BODY IS INERT WITHOUT CONSCIOUSNESS.
- 13 THERE IS NO LEARNER.
BODY IS DNA CONDITIONING.
CONDITIONED BY GENETIC CODES
OF CONDUCT AND BEHAVIOUR.
- 14 PSYCHOPATH HITLER, AND A
MOTHER TERESA, ARE BOTH -
INSTRUMENTS CREATED BY GOD.
PERSON IS A CONCEPT.
- 15 ALL BODY MIND ORGANISMS,
ARE ROBOTS CREATED BY
GOD, AND ARE LABELLED
BY US AS PERSON.

C

onsciousness

- 16 AN ASTROLOGER MAY INTERPRET
WRONGLY, BUT DESTINY HAPPENS
UNFAILINGLY, TO EACH PERSON,
AS PER CONCEPTION TIME.
- 17 DESTINY IS SIMPLY A
SERIES OF MOVEMENTS, REVERSING
INTO A READY-MADE FUTURE,
THAT IS ALREADY DESTINED.
- 18 ALL THAT HAPPENS - IS
"ALREADY PAST" BEFORE IT
HAPPENS IN A "PRESENT
MOMENT" - THAT UNFOLDS HERE.
- 19 ENLIGHTENMENT HAPPENS, IF IT
IS DESTINED. AND IT
CAN NOT HAPPEN, IF
IT IS NOT DESTINED.
- 20 PERSONAL DREAMS ARISE LIKE
THOUGHTS. EVEN FOR A
SAGE, HIS WAKING STATE
APPEARS AS A DREAM.

C

onsciousness

- 21 HIS WAKING STATE ACTIVITIES
APPEAR AS PERSONAL DREAM
IN HIS SLEEP STATE,
TILL HE LIVES IN BODY.
- 22 ALL PERSONAL DREAMS, BOTH
FOR THE SAGE AND
THE ORDINARY PERSONS, ARE
IN DUALITY, SO UNREAL.
- 23 SPIRITUAL AWAKENING MEANS, THAT
THE NIGHTMARES AND PLEASURES
OF LIVING DREAM CALLED LIFE
DOESN'T REALLY MATTER, ANY MORE.
- 24 ANIMAL HAS SENSE OF PRESENCE,
AS IN HUMAN. HUMAN HAS
SENSE OF PRESENCE PLUS
THE MIND THE INTELLECT.
- 25 ANIMAL LIVES LIFE, AS IT
COMES, WANTS NEITHER HAPPINESS
NOR UNHAPPINESS, AND JUST
LIVES WITHOUT THEM ALWAYS.

C

onsciousness

- 26 ARE THE ANIMALS ENLIGHTENED?
THE ANIMAL HAS NO
CONCEPT OF BONDAGE, SO
NO CONCEPT OF ENLIGHTENMENT.
- 27 BLOOMING IS FLOWER'S DHARMA,
WHERE, WHEN, AND HOW,
IS ACCORDING TO THE
DESTINY, WILLED BY GOD.
- 28 CONSCIOUSNESS IS PURE CONSCIOUSNESS,
ONLY AT PHYSICAL DEATH.
CONSCIOUSNESS CAN NOT BE
AWARE, AFTER PHYSICAL DEATH.
- 29 BECAUSE, AFTER DEATH, NO
SUBJECT/OBJECT DIVISION EXISTS.
IN DEATH, CONSCIOUSNESS IS
ONE WITHOUT THE DUALITY.
- 30 WHAT HAPPENS AT DEATH?
LIMITED BODY, MIND ORGANISM,
RETURNS TO THE UNLIMITED
UNMANIFEST, THAT EXISTS ALWAYS.

C^onciousness

- 31 YOU ARE BORN WITH
 NOTHING - AND DIE WITH
 NOTHING. AFTER DEATH, DREAMS
 OF WAKING AND SLEEP END.
- 32 PERFECTION FOR HUMAN BEING
 IS 'NOT TO EXIST'.
 AS MANIFEST BODY MIND
 ORGANISM, WE ARE IMPERFECT.
- 33 YOU WAKE UP FROM
 IMPERSONAL INTO PERSONAL LIVING
 DREAM OF DAY AND NIGHT,
 BY BECOMING MANIFEST FROM UNMANIFEST.
- 34 REAL WAKING UP HAPPENS
 IN PHYSICAL DEATH, INTO
 THE UNMANIFEST, THAT EXISTS
 FOR ETERNITY AND INFINITY.
- 35 IN PHYSICAL DEATH, THE
 ENLIGHTENED ONE, AND THE
 ORDINARY PERSON, ARE THE
 SAME - AND NOTHING SPECIAL.

C

onsciousness

36

NOBODY IS AFRAID OF
DEEP SLEEP, BUT EVERYBODY
IS AFRAID OF DEATH,
THOUGH THEY ARE EXACTLY SAME.

37

IS LIFE AFTER DEATH
BLISS? FIND OUT WHO
WANTS TO KNOW? THAT
WILL BE BETTER ANSWER.

C

onsciousness



Life



- 1 LIFE MEANS, CONSCIOUSNESS OR ENERGY, FUNCTIONING IMPERSONALLY, THRO' PROGRAMMED BODY MIND ORGANISM, AS GENES AND CONDITIONINGS.
- 2 REACTIONS OF BRAIN, TO OUTSIDE IMPULSES, GENERATED BY CONSCIOUSNESS, PRODUCE ACTIONS OF EACH AND EVERY PERSON.
- 3 A PARTICULAR EVENT CONCERNS THE INDIVIDUAL BODY MIND ORGANISM AND ITS REACTIONS, TO THAT PARTICULAR EVENT.
- 4 GOD STARTS THE NOVEL OF CREATION, WITH CERTAIN ACTIONS, THAT PRESENT THE CONSEQUENCES OF THESE ACTIONS.
- 5 GOD LETS THE CHARACTERS, MERELY RESPOND TO THEIR CAUSES AND EFFECTS THAT MAKES PEOPLES LIVES HERE.

Life

- 6 LIFE MEANS EXPERIENCING. LIFE
MEANS ONE'S PERSONAL EXPERIENCE.
YOUR LIFE IS GOD'S
LIFE AS YOUR LIFE.
- 7 GOD-IN-ACTION IS
FLOW OF LIFE. LIFE
IS A MOVIE, BUT
IT IS HAPPENING 'LIVE'.
- 8 IN LIFE, YOU GET
FIRED AT POINT BLANK.
YOU CAN NOT TELL
LIFE, 'WAIT A MINUTE!'
- 9 LIFE IS GOD'S PLAY,
A LEELA. IT HAS
NO PURPOSE OR MEANING,
THOUGH IT LOOKS CRUEL.
- 10 THE MEANING OF LIFE
IS THAT, IT HAS
NO MEANING. LIFE IS
MIXTURE OF GOOD AND EVIL.



- 11 LIFE IS A CONTINUOUS PLAY
 OF OPPOSITES, THE GOOD
 AND THE BAD. LIFE
 IS BOTH FAIR AND UNFAIR.
- 12 HOW DOES ONE LIVE?
 ONE DOES NOT LIVE.
 LIVING HAPPENS. THERE IS
 NO 'ONE' THAT LIVES.
- 13 IS LIFE A LEARNING PROCESS?
 WHO IS TO LEARN?
 IS LIFE TO ACQUIRE SOMETHING?
 BUT SOMETHING FOR WHOM?
- 14 THERE IS NO PURPOSE,
 OR ACQUIRING SOMETHING OR
 ANY MEANING FOR LIFE.
 IT IS UNBELIEVABLE INDEED.
- 15 YOU CAN NOT LEARN
 TO LIVE LIFE, BECAUSE
 YOU ARE BEING LIVED.
 GOD LIVES YOUR LIFE.



- 16 THERAPIST SAYS THAT YOU
CAN CHANGE YOUR LIFE.
GURU SAYS YOU CAN
CHANGE, IF IT IS DESTINED.
- 17 YOU ARE NOT BODY
MIND ORGANISM. YOU ARE
THE IMPERSONAL CONSCIOUSNESS, AND
ALL THERE IS- IS CONSCIOUSNESS.
- 18 YOU CAN ONLY 'BE' IT.
NEED NOT BE TOLD
'BE YOURSELF'. YOU
CAN NOT BE IT.
- 19 'JUST BE' MEANS, THERE
IS NO 'ONE', TO
BE TOLD TO 'BE'.
AS THERE IS NO 'ONE'.
- 20 BE IN THE BEINGNESS.
BUT HOW WHILE WORKING?
YOU ARE IN BEINGNESS,
WHILE 'UNINVOLVED' IN THINKING.

Life

21 'JUST BEING' HAPPENS - WHEN
'THINKING MIND' IS NOT THERE.
THE SENSE OF BEING,
IS NOT BORN OF MIND.

22 LIFE CANNOT BE LEARNED -
BUT IT CAN BE
ACCEPTED - AS IT UNFOLDS.
LIFE LIVES AS 'YOU'.

23 WHEN YOU ARE ONE
WITH FLOW OF LIFE,
AND ACCEPT YOUR DESTINY,
NO QUESTIONS ARISE THERE.

24 ACCEPTANCE OF LIFE - AS
IT UNFOLDS - RESULTS IN
A SPIRITUAL ALCHEMY OF
TOLERANCE AND GENEROSITY.

25 BECAUSE LIFE IS PREDESTINED,
IT IS ACTUALLY A
PAST LIFE THAT IS
PLAYED AS THE PRESENT.



- 26 LIFE'S NOVEL CAN BE
 KNOWN - ONLY PAGE BY
 PAGE, AND YOU CAN
 NOT SKIP, ANY PAGE.
- 27 LIFE IS LIKE A BOWL
 OF SPAGHETTI, IT IS
 ONE MASS, YOU CAN NOT
 SEPARATE EVENTS AS STRANDS.
- 28 IF LIFE IS A
 DREAM, BIRTH AND DEATH
 CAN NOT BE REAL,
 IN OCEAN OF CONSCIOUSNESS.
- 29 BEING IS NOT TIME SPACE.
 KNOWING GOD IS BEING
 GOD. IN BEING GOD, THERE'S
 NO SUBJECT OBJECT RELATIONSHIP.
- 30 'GOD STATE ' CORRESPONDS TO
 STATE OF 'DEEP SLEEP'.
 BEING ONE WITH GOD,
 IS AN EMPTY FORMULA.



- 31 WHY DOES GOD CREATE
MISERY? - WHY NOT?
LIFE IS A COMBINATION
OF OPPOSITES AS GOOD/BAD.
- 32 THE SAGE DOES NOT
ENJOY BLISS, OR SUFFER
MISERY, BECAUSE 'HE'
IS NOT INVOLVED.
- 33 AFTER ENLIGHTENMENT, PHYSICAL AND
MENTAL SUFFERING, MAY CONTINUE.
HOWEVER, THERE IS NO
'ONE' TO SUFFER THEM.
- 34 CONSCIOUSNESS 'IS' THE BLISS
OR MISERY. CONSCIOUSNESS CAN
NOT ENJOY BLISS OR
SUFFER MISERY AS 'ME'.
- 35 THE 'ME' IS SUFFERING
MISERY AND BLISS.
YOU ARE DEEMED TO
MISERY BY DESTINY.



36 THE PHENOMENAL MANIFESTATION IS,
DREAM LIKE - AND NOT
REAL. THIS REALISATION STOPS
SUFFERING AND BRINGS PEACE.

37 THE DEGREE OF SUFFERING,
DEPENDS ON THE DEGREE
OF INVOLVEMENT, OF THE
'ME' BY THINKING MIND.

38 IS THERE A WAY
OUT OF SUFFERING?
A WAY OUT OF WHAT?
ALL THERE IS IS CONSCIOUSNESS.

39 YOU CAN NOT DO
A DAM THING - TO
GET OUT OF SUFFERING.
THERE IS NO 'YOU'.

40 THERE IS NO 'IN' -
AND THERE IS NO
'OUT' - IN CONSCIOUSNESS,
BESIDES THERE'S NO 'YOU'.



- 41 THERE IS A WAY OUT
 OF SUFFERING, ONLY IF
 IT IS DESTINED, AND
 DEPENDS ON ONE'S DESTINY.
- 42 IF YOU SAY - YOU
 ARE SEARCHING FOR THE
 END OF SUFFERING - YOUR
 SEARCH IS IN VAIN.
- 43 THE MISERY AND THE
 BLISS OF THE SEEKER,
 HAVE NO MEANING.
 THEY JUST SIMPLY HAPPEN.
- 44 BECAUSE YOU ARE SUFFERING
 TO THE POINT OF
 DEATH, DON'T EXPECT, THAT YOU
 ARE ELIGIBLE FOR ENLIGHTENMENT.

Life



I dentification

- 1 'I AM THAT', 'ALL
THERE IS - IS CONSCIOUSNESS',
'ALL IS GOD'S WILL', THESE
ALL ARE MERE CONCEPTS.
- 2 SENSE OF PRESENCE BECOMES
A CONCEPT, DUE TO
UNMANIFEST 'I', WHICH IS
FOR US A CONCEPT.
- 3 HUMANS CREATE A CONCEPT,
OF A SEPARATE 'ME',
ENTITY THINKING 'I' CAN
GET ALL MY WANTS.
- 4 A PERSONAL DOER IS
CREATED BY BODY MIND,
ILLUSORILY, BY IDENTIFICATION WITH
IMPERSONAL CONSCIOUSNESS, AS PERSON.
- 5 IDENTIFICATION AS 'ME', OF
IMPERSONAL CONSCIOUSNESS, IS PART
OF THE MECHANICS OF
PHENOMINALITY AS TIME SPACE.

I dentification

- 6 IN A SEEKER, UNDERSTANDING
OF TRUTH AND IDENTIFICATION
WITH A 'ME', ALTERNATE
EVERY NOW AND THEN.
- 7 IN THE ENLIGHTENED PERSON,
THERE IS IDENTIFICATION WITH
THE BODY MIND ORGANISM,
BUT NOT AS - INDIVIDUAL DOER.
- 8 IN NORMAL PEOPLE, LIFE IS,
SIMULTANEOUSLY ONGOING PROCESSES
OF IDENTIFICATION AND DISIDENTIFICATION,
PROCEEDING THROUGH MANY LIVES.
- 9 ONE'S DESTINY AND PROGRAMMING
ARE BOTH WILLED BY GOD,
AND ARE STAMPED AT
CONCEPTION AS GENETIC CONDITIONING.
- 10 AS LONG AS CONCEPT
OF 'ME' HAS NOT
ARISEN, THERE IS NO
QUESTION OF ENLIGHTENMENT.

I dentification

- 11 THE 'ME', THE INDIVIDUAL
IS UNREAL AND NON-EXISTENT.
WHEN THERE IS NO 'ME',
THERE IS NO EXPERIENCE.
- 12 REPLY TO ANY QUESTION
IS: "WHO WANTS TO KNOW"?
WHO UNDERSTANDS THE TEACHING?
IT IS THE 'ME'.
- 13 FIRST HUMAN MIND CREATES
THE CONCEPTS OF 'ME'
AND GOD - AND THEN ASKS
QUESTIONS ABOUT THEM.
- 14 CONSCIOUSNESS CAN NOT UNDERSTAND
AN OBJECT. CONSCIOUSNESS IS
ALL THERE IS. 'ME' SEEKS SUBJECTIVITY.
OBJECT CAN NOT BECOME SUBJECT.
- 15 'WHO IS THE ME'?
AT SOME POINT - THIS
QUESTION DROPS WITHOUT
FINDING AN ANSWER.

I dentification

- 16 GOD, CONSCIOUSNESS, TOTALITY MEANS,
SIMPLY THE ABSENCE OF 'ME'.
'ME' THE OBJECT, WILL
NEVER FIND GOD - THE SUBJECT.
- 17 FOR THE SAGE, WAKING
AND SLEEP, ARE SAME BECAUSE,
THERE IS NO 'ME' IN
BOTH OF THESE STATES.
- 18 CAN THE 'ME' UNDERSTAND
GOD'S WILL? IT IS
IMPOSSIBLE. PART CAN NOT
COMPREHEND WILL OF TOTALITY.
- 19 YOU ARE A TINY
SCREW, AMONG BILLIONS OF
NUTS AND BOLTS, IN
THE MACHINE OF TOTALITY.
- 20 ONCE THE SENSE OF
PERSONAL DOER-SHIP HAS BEEN
ANNIHILATED, LIVE YOUR LIFE,
WHATEVER WAY YOU LIKE.

I dentification

- 21 IN WAKING STATE - 'ME'
EXISTS FOR THE ORDINARY
PERSON - BUT THE SAGE
HAS NO 'ME' IN WAKING.
- 22 IN DEEP SLEEP, THERE
IS NO 'ME' - FOR
BOTH THE ORDINARY PERSON,
AND THE SAGE TOO.
- 23 DISIDENTIFICATION PROCESS CONTINUES THRO'
MANY LIVES - BUT THESE
ARE NOT THE 'LIVES',
OF THE SAME ENTITY.
- 24 NOTHING CAN BE 'GAINED'
OR 'LOST' - IN THE WHOLE
PROCESS OF MANIFESTATION - AND
BECOMING FINALLY THE UNMANIFEST.
- 25 THE ADVANCED SEEKER'S ATTITUDE,
TOWARDS EVENTS IN LIFE
IS: 'THIS TOO WILL PASS'.
HE KNOWS ABOUT PEACE.

I dentification

Absolute Freedom

Chapter - 5



The 'I'

- 1 BEFORE THE BIG BANG,
THERE IS POTENTIAL ENERGY -
CONSCIOUSNESS - THAT IS 'NOT'
AWARE - OF - ITSELF.
- 2 RAMANA MAHARISHI'S, 'NO CREATION,
NO DISSOLUTION, NO PATH,
NO GOAL, NO FREE WILL,
NO PREDESTINATION - DESCRIBES THAT.
- 3 IN AN INSTANT, MOUNTAINS,
RIVERS, BILLIONS OF YEARS OLD
ARISE - BABIES ARE BORN
AND OLD PEOPLE DIE.
- 4 SPACE AND TIME IS,
THE MECHANISM THROUGH WHICH
MANIFESTATION HAPPENS AND
WITHOUT OBSERVER THERE'S NO MANIFESTATION.
- 5 OUR HUMAN INTELLECT, JOINS
ALL THE MANY PRESENT
MOMENTS TOGETHER AND
IT MAKES THE TIME.

The

'I'

- 6 THE BIG BANG OCCURS,
AT THE BEGINNING OF
BOTH THE PERSONAL DREAM,
AND THE LIVING DREAM.
- 7 CONSCIOUSNESS IS AWARE OF
MANIFESTATION - ONLY WHEN THE
BODY MIND ORGANISM IS
ALIVE AND AWAKE.
- 8 THE READY MADE PICTURE,
OF MANIFESTATION IS A CONCEPT,
A SPECULATION. MANIFESTATION IS
COMPLETE AND READY MADE BY GOD.
- 9 EXISTENCE IS LIKE A
TEN MILE LONG PAINTING,
OF WHICH YOU CAN SEE,
ONLY A TINY PART.
- 10 THE DEEP SLEEP STATE -
IS THE CORRESPONDING STATE
OF MANIFESTATION - IN
PHENOMENALITY OF CREATION.

The

‘I’

- 11 THERE ARE THREE 'I's.
 THEY ARE 'I-I', THE 'I-AM',
 AND THE 'I-AM-SO AND SO' -
 THAT HAS A NAME.
- 12 'I-I' IS THE POTENTIAL
 IMPERSONAL ENERGY, WHICH
 IS 'NOT - AWARE - OF - ITSELF'.
 IT IS TOTALITY, GOD.
- 13 'I-AM' IS THE
 MANIFESTED IMPERSONAL ENERGY.
 'I-AM' CONSCIOUSNESS IS
 AWARE - OF - ITSELF.
- 14 'I-AM SO AND SO' -
 SAY MR. JAMES, IS IDENTIFIED
 CONSCIOUSNESS, WITH A
 BODY MIND ORGANISM.
- 15 'I-I' IS PURE SUBJECTIVITY,
 WITHOUT THE SLIGHTEST
 TRACE OF OBJECTIVITY,
 NOT- AWARE - OF - ITSELF.

The

‘I’

- 16 IN MANIFESTATION, THE 'I-I',
BECOMES 'I-AM'.
THEY ARE NOT TWO,
BUT THE SAME POTENTIAL.
- 17 PRIOR TO DEEP SLEEP,
THERE IS THE 'I-I'.
IN DEEP SLEEP THERE'S 'I-AM',
FOR BOTH ENLIGHTENED AND ORDINARY.
- 18 IN PERSONAL DREAM OF
WAKING OR IN SLEEP STATE,
THERE IS 'I-AM' ONLY FOR
THE ENLIGHTENED PERSON.
- 19 IN PERSONAL DREAM OF
WAKING OR IN SLEEP STATE,
THERE IS 'I AM SO AND SO',
FOR THE ORDINARY PERSON.
- 20 THE ENLIGHTENED PERSON OR
THE ORDINARY PERSON CAN NOT
BE IN THE 'I-I', AS LONG AS
THEY LIVE IN A PHYSICAL BODY.

The

‘I’

- 21 THE I-AM' CONSCIOUSNESS IS
NOT BORN OUT OF
MIND OR INTELLECT. THE
FEELING 'I EXIST' IS GOD.
- 22 THERE IS NO PERSON,
IN JUST 'I AM' - WHICH
IS THE IMPERSONAL
CONSCIOUSNESS.
- 23 IN THE ABSENCE OF
'ME', 'I AM' IS.
'I AM' IS THE
THOUGHTLESS STATE.
- 24 'I AM' IS NOT
A CONCEPT BUT FACT. EVEN
WHEN THE PERSON DISAPPEARS,
'I AM' REMAINS.
- 25 IS THE 'I AM' EXPERIENCE PERMANENT?
ASK, 'WHOSE EXPERIENCE'?
FOR THE ENLIGHTENED, THERE'S
NO 'ME' TO HAVE ANY EXPERIENCE.

The 'I'

26 'I AM' IS PEACE;
BUT 'I AM SO AND SO'
IS MISERY - PRODUCT OF GENES
AND ENVIRONMENTAL CONDITIONINGS.

27 BEFORE THE IDEA 'I AM SO AND SO'
ARISES, THERE'S NO PATH, NO GOAL,
NO FREE WILL, NO PREDESTINATION,
NO CREATION AND NO DISSOLUTION.

28 'I AM SO AND SO' IS MAYA.
'I AM' IS NOT MAYA.
WHAT DOES NOT EXIST
ALL TIME IS NOT REAL.

29 IS THIS TALK ALSO MAYA?
YES INDEED! MAYA MAKES YOU
BELIEVE THAT YOU EXIST
AS A SEPARATE ENTITY.

30 MAYA IS IDENTIFICATION OF
IMPERSONAL CONSCIOUSNESS, WITH
A BODY MIND ORGANISM, BY WHICH
A PERSONAL DOER IS CREATED.

The

'I'

- 31 MAYA, THE DIVINE HYPNOSIS,
MAKES THE INDIVIDUAL THINK,
THAT HE HAS FREE WILL, AND
HE IS AN INDIVIDUAL DOER!
- 32 IF 2000 PEOPLE CAN BE
HYPNOTISED, BY A THIRD RATE
HYPNOTIST, JUST IMAGINE WHAT
THE SUPREME POWER CAN DO?
- 33 THE IDEA OF SEPARATE
INDIVIDUAL NECESSITATES - THE
CONCEPT OF GOD,
AND THE DUALITY.
- 34 WITHOUT CONCEPT OF
INDIVIDUAL,
THERE CAN BE
NO CONCEPT OF GOD.
- 35 INDIVIDUAL IS MISERY,
A PROGRAMMED BODY MIND
ORGANISM, WITH SOME
NATURAL CHARACTERISTICS.

The

‘I’

36 IT IS DELIVERED WITH
A SET OF GENES AT MOTHER'S
CONCEPTION, WITH A
SET OF ENVIRONMENTAL CONDITIONINGS.

37 INDIVIDUALITY, IS RESTRICTION
OF CONSCIOUSNESS.
THE INDIVIDUAL ALSO THINKS,
'OTHERS' ARE ALSO INDIVIDUALS.

38 THE INDIVIDUAL IS
UNREAL AND NON-EXISTENT.
LOVE DISSOLVES
SEPARATE INDIVIDUALITY.

39 MIND - INTELLECT IS EGO.
THE 'YOU' DOES NOT EXIST.
'YOU' IS
'A PROGRAMMED BODY MIND'.

40 MAN CAN KILL HIMSELF;
BUT NOT THE EGO.
DON'T OPPOSE EGO,
IF YOU CAN.

The

'I'

41

GETTING RID OF EGO
IS THE JOB OF TOTALITY,
THE SOURCE, THAT
HAPPENS IN ENLIGHTENMENT.

The ‘I’

Absolute Freedom
Chapter - 6



P ractice

- 1 AT SOME POINT,
THE MIND TURNS
INWARD, AND ASKS
"WHO OR WHAT AM I"?
- 2 WHO ARE YOU?
WHO IS THE QUESTIONER?
WHO WANTS TO KNOW?
FIND OUT.
- 3 YOU CAN NOT USE
THE TEACHING TO
SOLVE YOUR
PROBLEMS.
- 4 IT IS NOT
A TOOL -
FOR
BECOMING HAPPY.
- 5 WITH TEACHING,
LIFE BECOMES -
NOT EASIER,
BUT SIMPLER.

P
ractice

6 IN ANY GAME LIKE TENNIS,
OR IN MEDITATION, A COACH
OR A GURU, TEACHES A
BEGINNER HOW TO LEARN.

7 SO YOU CAN DO
SADHANA, THE PRACTICE.
BUT UNDERSTAND THAT
THERE IS NO 'YOU'.

8 PRAYING MEANS,
BEGGING,
AND BARGAINING,
WITH GOD.

9 THE ONLY
TRUE
PRAYER IS -
'THY WILL BE DONE'.

10 HOW, AND WHEN
SEEKING BEGINS,
CONTINUES, AND ENDS,
IS DESTINED.

P ractice

11 A SEEKER'S EGO SAYS,
 SEARCH FOR ENLIGHTENMENT IS
 FAR SUPERIOR, TO
 SEARCH FOR MONEY.

12 PHYSICAL AND MENTAL HEALTH
 IS A MUST
 FOR A
 SUCCESSFUL SEEKER.

13 THERE IS
 NO SEEKER.
 SEEKING
 HAPPENS.

14 GOD IS SEEKING
 HIMSELF,
 AS THE
 SEEKER.

15 SEEKER IS
 ALREADY-
 WHAT
 HE SEEKS.

P
ractice

16

I WAS
LUCKY
NOT TO BE
A SEEKER.

17

ASK YOURSELF:
WHO IS
TO FIND
TRUTH?

18

IF YOU SEEK SOMETHING
THAT IS NOT AN OBJECT
YOU STILL SEEK
AN ILLUSION.

19

ACT OF SEEKING,
IS PART OF THAT
ILLUSION. SUBJECT
NEED NOT SEEK ITSELF.

20

SEEKING IS PART OF
IMPERSONAL FUNCTIONING OF
TOTALITY, BUT THERE IS
NO SEEKER.

P
ractice

- 21 IN SEARCHING,
THE SUBJECT IS
SEEKING
THE SUBJECT.
- 22 THE SAME POWER
THAT SEEKS TRUTH,
ALSO SEEKS
MONEY.
- 23 GOD SEEKS
MONEY, THROUGH
A BODY MIND
ORGANISM.
- 24 SEEKING MEANS,
SUFFERING.
SEEKING HAPPINESS,
IS UNHAPPINESS.
- 25 SEEKING TAKES DIFFERENT FORMS
IN EVERY SEEKER; IT'S INTENSITY
AND STRENGTH DIFFERS
FROM SEEKER TO SEEKER.

P ractice

- 26 SEEKING IS:
NON-ACCEPTANCE
OF
WHAT-IS.
- 27 ENLIGHTENMENT IS
TRULY BORING.
NOW STOP SEEKING,
IF YOU CAN.
- 28 WHEN SEEKING STOPS,
'WHAT-IS' REMAINS.
IN OTHER WORDS: ALL THERE IS
IS CONSCIOUSNESS.
- 29 IS THERE A PATH?--
A PATH
FOR
WHOM?
- 30 EVERY PATH IS
THE BEST OR THE WORST PATH.
THE 'WHAT IS'
IS THE PATH.

31 BEING ON A PATH OR NOT,
ENLIGHTENMENT CAN HAPPEN,
TO ANYBODY,
AT ANY TIME, ANYWHERE.

32 MEDITATION IS SPIRITUAL
PRACTICE FOR
THE BEGINNER LIKE
TENNIS LESSONS.

33 IT IS PREPARING
THE BODY MIND ORGANISM,
FOR ITS - PROGRAMMING
TO OPERATE.

34 NO MATTER WHAT
RESULTS ARE,
YOU MUST MEDITATE, IF
IT IS SO DESTINED.

35 MEDITATION IN DAILY LIFE
MEANS, WITNESSING
WHATEVER HAPPENS
AS THE WILL OF GOD.

P
ractice

36 IN TRUE MEDITATION,
THE 'ME' HAS DISAPPEARED.
NO INDIVIDUAL MEDITATOR,
NO ENLIGHTENMENT.

37 IN TRUE MEDITATION -
EVEN THE SENSE
OF PRESENCE
DISAPPEARS.

38 IT IS LIKE
DEEP SLEEP.
THERE MANIFESTATION
IS NOT PRESENT.

39 TOTAL CONCENTRATION
ON YOUR
WORK
IS MEDITATION.

40 IF YOU HAVE
NO GOAL,
MEDITATION IS
WONDERFUL.

P
ractice

- 41 THOUGHTS OCCUR
 TO THE
 INDIVIDUAL
 MEDITATOR.
- 42 IN TRUE MEDITATION,
 THERE IS
 NO
 THINKING MIND.
- 43 EVEN IF YOU MEDITATE
 FOR MILLION YEARS,
 STILL, ARISING OF THOUGHTS
 CAN NOT BE PREVENTED.
- 44 IT IS ALRIGHT TO MEDITATE;
 BUT EXPECTING RESULTS
 FROM MEDITATION, IS AN
 OBSTRUCTION TO ENLIGHTENMENT.
- 45 YOU SAY, 'I MUST
 CONTROL ANGER' -
 WHO IS TO CONTROL,
 WHAT ANGER?

46 THERE IS NO PRACTICE,
TEACHING, LISTENING,
UNDERSTANDING, AND ENLIGHTENMENT.
THEY ALL JUST HAPPEN.

47 LISTENING IS A SADHANA,
BUT REALLY, THERE IS
NO 'ONE'
WHO LISTENS.

48 NO INDIVIDUAL
SEEKER
CAN
ACHIEVE ENLIGHTENMENT.

49 GURU IS ALSO
A CONCEPT.
A PART
OF PHENOMENALITY.

50 A GURU'S BEHAVIOUR AND CONDUCT
TOO ARE CONCEPTS
HELD BY HIS DISCIPLES OR
BY THE GURU HIMSELF.

P
ractice

- 51 A FAKE SAGE MAY HAVE
 A HOLY PERSONALITY,
 WHEREAS A TRUE SAGE
 MAY NOT SEEM HOLY.
- 52 A TRUE SAGE MAY BE
 SEEN DRINKING, SMOKING,
 AND SWEARING, BUT HE HAS
 'LOST' HIS PERSONALITY.
- 53 THE SAGE AND THE
 ORDINARY PERSON -
 BOTH ARE SLAVES, OF
 THE FUNCTIONING OF TOTALITY.
- 54 DREAM, VISION, THOUGHT, FEELING -
 ALL OCCURRENCES ARE BEYOND
 CONTROL FOR THE SAGE
 AND 'NON-SAGE' ALIKE.
- 55 SEEKER SAYS: 'I AM ANGRY'
 SAGE SAYS: 'THERE IS ANGER'.
 SEEKER SAYS: 'I SUFFER'
 SAGE SAYS: 'THERE IS SUFFERING'.

- 56 THE SAGE'S ANGER OR WORRY
IS NATURAL, PRAKRITI, NATURE'S
IMPERSONAL ENERGY. THE SAGE
IS NOT A VEGETABLE.
- 57 ANGER MAY ARISE IN A SAGE.
BUT IN HIS CASE,
THERE IS NO REACTION
TO THE ARISING OF THE ANGER.
- 58 THE SAGE HAS NO CONTROL
OVER ARISING OF THOUGHT.
BUT HE HAS NO 'INVOLVEMENT',
IN FURTHER THINKING.
- 59 THE SAGE ACCEPTS LOVE AND HATE,
AS BASIS OF LIFE. BUT THERE'S
NO 'HIM', AND THEREFORE
NO LOVE OR HATE.
- 60 THE SAGE MAY TAKE
MONEY, BECAUSE HE
DOES NOT EXPECT
OR REFUSE ANYTHING.

- 61 IF YOU ASK A SAGE
'ARE YOU THE WHOLE ?',
HE WILL SAY: 'ALL THERE IS
IS CONSCIOUSNESS'.
- 62 AT DEATH, THE IMPERSONAL
CONSCIOUSNESS OF THE SAGE
BECOMES CONSCIOUSNESS-
AT-REST.
- 63 REALISED ONE
KNOWS THAT
HE WAS NEVER BORN.
HOW THEN CAN HE DIE?
- 64 A SAGE'S LIFE ALSO
HAS UPS AND DOWNS
BUT WITHOUT THE SENSE
OF PERSONAL DOERSHIP.
- 65 CAN A SAGE WITH ABSOLUTE
AWARENESS, TRIP AND BREAK HIS LEG?
EVEN A MINDFUL SAGE
CAN BREAK HIS LEG.

66 ONLY DIFFERENCE BETWEEN A
GURU AND DISCIPLE IS:
ONE PLAYS THE GURU, AND
THE OTHER PLAYS THE DISCIPLE.

67 A GURU AND DISCIPLE ARE,
LIKE OCEAN AND RIVER.
RIVER IS SEPARATE UNTIL
IT REACHES THE OCEAN.

68 A GURU AND DISCIPLE
ARE LIKE CAMPHOR AND FIRE.
WITH MUTUAL ASSOCIATION,
BOTH EVENTUALLY DISAPPEAR.

69 GURU AND DISCIPLE
RELATIONSHIP IS
PART OF THE
PHENOMENAL ILLUSION.

70 THE ASPIRING MIND IS
OF TWO KINDS.
ONE IS 'THINKING MIND';
THE OTHER IS 'WORKING MIND'.

- 71 'THINKING MIND' IS MISERY;
'WORKING MIND' IS PEACE.
'THINKING MIND' IS RESTLESS;
'WORKING MIND' IS JOY.
- 72 WORDS ARE - THOUGHTS 'INVOLVED'
BY THINKING MIND.
THINKING IS - CONCEPTUALISING
HAPPENING TO THE 'ME'.
- 73 NOT TO BE INVOLVED
IN THOUGHTS
IS NOT
EASY.
- 74 CUTTING OF INVOLVEMENT
IN THOUGHT IS AN
IMPERSONAL EVENT. IT COMES
ALL OF A SUDDEN.
- 75 'THINKING MIND' IS, DOUBTS,
FEARS, WORRIES,
AND ANXIETY
ABOUT THE FUTURE.

76 'WORKING MIND' IS TOTAL
CONCENTRATION ONLY AT THE JOB
AT HAND, WITHOUT CONCERN FOR
OUTCOME OR FUTURE CONSEQUENCES.

77 WHEN 'WORKING MIND'
WORKS, 'THINKING MIND' -
IS ON
HOLIDAY.

78 WHEN THERE IS NO
'THINKING MIND' -
WORK IS
WORSHIP.

79 YOU ARE A LUCKY PERSON,
IF YOU HAVE A JOB
THAT YOU LIKE.
WHY?

80 BECAUSE, WHILE WORKING,
YOU ARE
IN THE
'WORKING MIND'.

P
ractice

- 81 IS WATCHING TV
 WITH 'WORKING MIND'?
 NO, IT IS OF 'THINKING MIND'
 SOON YOU GET BORED.
- 82 THE 'WORKING MIND'
 IS SOMETHING LIKE
 GOING TO
 THE TOILET.
- 83 BE STILL AND
 FREE FROM THOUGHTS
 MEANS, BE FREE
 FROM 'THINKING MIND'.
- 84 THE SAME EVENT CAN BE
 BOTH GOOD AND BAD.
 CHRISTMAS IS BEAUTIFUL FOR HUMANS;
 BUT WHAT ABOUT THE TURKEY?
- 85 WHEN SMALLPOX GERMS
 ARE ELIMINATED,
 IT'S GOOD FOR HUMANS;
 AND BAD FOR THE GERMS.

- 86 WHILE BEING IN THE
'WORKING MIND' - THERE IS NO
GOOD AND NO BAD.
THEREFORE WORK IS WORSHIP.
- 87 GOOD INTENTIONS MAY LEAD YOU
TO HELL, AND BAD INTENTIONS
MAY BE ROAD TO HEAVEN. WHY?
IT IS SO DESTINED.
- 88 UNDERSTANDING IS GOD.
UNDERSTANDING-IN-ACTION,
IS IMPERSONAL
WITNESSING.
- 89 FINAL UNDERSTANDING IS ACCEPTANCE
OF WHAT-IS. HOWEVER, THAT
ACCEPTANCE IS NOT
IN YOUR HANDS.
- 90 IN THE FINAL UNDERSTANDING,
THERE IS NO SURRENDER,
NO ACCEPTOR,
NO SEEKER AND THE FINDER.

P ractice

91 UNDERSTANDING
BRINGS -
FREEDOM
FROM RESPONSIBILITY.

92 STILL, UNDERSTANDING
'THY WILL BE DONE'
WILL NOT LET
YOU SIT IDLE.

93 UNDERSTANDING
CANNOT BE USED,
TO BETTER
ONE'S LIFE.

94 IT CANNOT BE
USED,
TO CHANGE YOUR
CONDUCT AND BEHAVIOUR.

95 UNDERSTANDING DEEPENS
WHEN THE ATTITUDE
'I DON'T CARE
WHAT HAPPENS'.

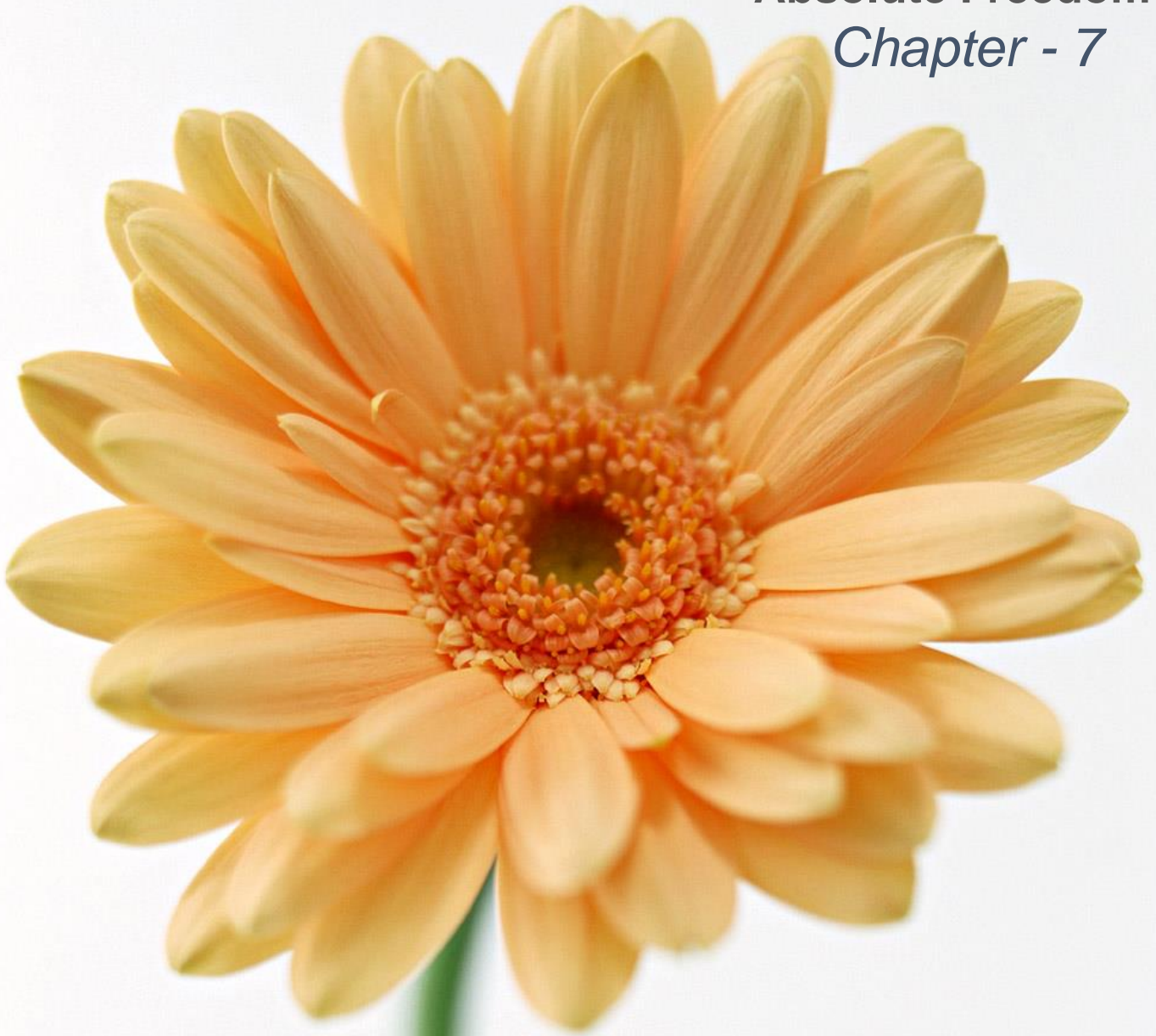
P
ractice

- 96 YOU HAVE UNDERSTOOD -
 WHEN QUESTIONS
 ANSWER
 THEMSELVES.
- 97 UNDERSTANDING MEANS:
 THERE IS
 NO NEED
 FOR UNDERSTANDING.
- 98 FOR A SEEKER,
 UNDERSTANDING COMES AND GOES.
 FOR A SAGE,
 IT IS PERMANENT.
- 99 SEEKING IS DONE BY
 'THINKING MIND'. AN AVERAGE
 PERSON IS CONTINUOUSLY 'INVOLVED'
 IN THE 'THINKING MIND'.
- 100 ABSENT-MINDEDNESS IS AN
 ASPECT OF THE 'THINKING MIND'.
 MINDFULNESS IS AN ASPECT
 OF THE 'WORKING MIND'.

- 101 TEACHING IS -
 A SELF-DESTRUCTIVE
 PROCESS. THE 'ME'
 GETS ANNIHILATED.
- 102 IT IS
 THE END
 OF ALL
 EXPERIENCES.
- 103 IT IS GOOD TO FORGET
 THE TEACHING, BECAUSE
 IT CANNOT GO ANYWHERE
 EXCEPT DEEPER.
- 104 THE FINAL
 TEACHING
 IS:
 "WHO WANTS TO KNOW?"
- 105 IF YOU ARE PROGRAMMED
 TO KILL, YOU WON'T
 FEEL THE NEED
 FOR ANY TEACHING.

P
ractice

Absolute Freedom
Chapter - 7



Experience

- 1 PRIOR TO PHENOMENALITY, THERE'S NO
 CREATION, NO DISSOLUTION, NO PATH,
 NO GOAL, NO FREE WILL
 AND NO PREDESTINATION.
- 2 PHENOMINALITY EXISTS
 IN THE SAME WAY,
 THAT A SHADOW
 EXISTS.
- 3 PHENOMENALITY IS NOT
 REAL, BECAUSE,
 IT'S EXISTENCE DEPENDS
 ON THE ESSENCE.
- 4 THE ESSENCE IS CALLED CONSCIOUSNESS.
 PNENOMINALITY HAPPENS BY CONSCIOUSNESS,
 WHICH IS REAL, AND TO THAT EXTENT ONLY,
 THE SHADOW IS REAL, BUT ULTIMATELY UNREAL.
- 5 AN EXPERIENCE, AN EVENT HAPPENS,
 THROUGH A BODY MIND
 ORGANISM.
 NO NEED FOR ANY 'ONE'.

Experience

- 6 THERE IS
 NO ONE THERE -
 TO EXPERIENCE
 AN EXPERIENCE.
- 7 BODY MIND ORGANISM
 OF THE ORDINARY PERSON,
 AND THAT OF A SAGE,
 FUNCTION, ACCORDING TO IT'S PROGRAMMING.
- 8 THERE CANNOT BE ANY
 IMPERSONAL EXPERIENCE.
 EXPERIENCE HAPPENS TO A 'ME'.
 WITHOUT 'ME', - THERE'S NO EXPERIENCE.
- 9 WHAT EXISTS
 FOR ALL TIME,
 CANNOT BE CALLED
 AN EXPERIENCE.
- 10 DISCIPLE ASKS THE GURU:
 'WAS YOUR ONNESS EXPERIENCE PERMANENT?'
 GURU REPLIES:
 'PERMANENTLY FOR WHOM?'

Experience

- 11 GOD HAS NO NEED FOR -
A CONTINUOUS FEELING
OR EXPERIENCE OF ONENESS
AND PEACE.
- 12 GOD CANNOT BE EXPERIENCED.
CONSCIOUSNESS IS ONE.
THERE IS NOTHING FOR
CONSCIOUSNESS TO EXPERIENCE.
- 13 CONSCIOUSNESS EXPERIENCES THROUGH
BODY MIND ORGANISM,
HIGHEST ECSTASY
AND WORST MISERY.
- 14 MEMORY AND MIND ARE
DIFFERENT FACULTIES
OF THE
BODY MIND ORGANISM.
- 15 EVERY EXPERIENCE IS
IMPERSONAL;
MEMORY IS
PERSONAL.

- 16 MEMORY EXISTS
IN
DEEP SLEEP
TOO.
- 17 ALL THOUGHTS CONCERN
PHENOMINALITY.
THE SOURCE, TOTALITY, IS NOT A
CONCEPT OR THOUGHT.
- 18 YOU CAN NOT
CREATE A THOUGHT.
BRAIN RECEIVES A THOUGHT.
IT DOES NOT CREATE IT.
- 19 BRAIN IS INERT MATTER.
IT CAN NOT CREATE A THOUGHT.
IT CAN ONLY REACT
TO AN OUTSIDE IMPULSE.
- 20 THE STATE OF COMA
PROVES THIS FACT.
IN COMA, THE BRAIN
DOES NOT WORK.

- 21 THOUGHT IS CONNECTED
 WITH CONSCIOUSNESS;
 AND NOT
 WITH THE BODY.
- 22 THOUGHT CAN APPEAR FROM MEMORY.
 BRAIN REACTS TO IT.
 THOUGHT AND ACTION YOUR'S OR GOD'S?
 THEY ARE OF GOD.
- 23 MEMORY, REPETITION OF A THOUGHT,
 OR A NEW THOUGHT
 COME FROM 'OUTSIDE' -
 FROM CONSCIOUSNESS.
- 24 DO THOUGHTS COME FROM
 INSIDE OR OUTSIDE?
 THE CREATOR IS THE WHOLE CREATION.
 FOR HIM THERE'S NO INSIDE OR OUTSIDE.
- 25 EVEN AFTER 'ME' AND PERSONAL
 DOER-SHIP IS ANNIHILATED IN
 ENLIGHTENMENT, ARISING OF THOUGHT
 CAN NOT BE PREVENTED.

- 26 MEDITATION CAN NOT
STOP THOUGHTS.
BUT A SAGE HAS THE CAPACITY
NOT TO 'INVOLVE' IN THOUGHTS.
- 27 SAGE IS FREE OF THOUGHTS.
HE 'INVOLVES' ONLY IN ESSENTIAL
THOUGHTS, THAT ARE 'NEEDED',
FOR HIS DAILY EXISTENCE.
- 28 YOU WAKE UP FROM
YOUR PERSONAL DREAM,
INTO YOUR LIVING DREAM,
WHICH YOU CALL WAKING STATE.
- 29 WAKING UP FROM SLEEP,
AND APPEARANCE OF
MANIFESTATION,
ARE SIMULTANEOUS.
- 30 ON WAKING UP, AWARENESS
AND BODY MIND
ORGANISM
APPEAR TOGETHER.

- 31 WITHOUT SPACE, NO OBJECT
CAN BE PROJECTED.
WITHOUT TIME, NO OBJECT
CAN BE PERCEIVED.
- 32 SPACE TIME IS THE MECHANISM,
THROUGH WHICH THE
PERSONAL DREAM, AND THE
LIVING DREAM HAPPENS.
- 33 DREAMER, SCRIPT WRITER,
THE CHARACTERS, OBJECTS -
ALL ARE CONSCIOUSNESS.
ALL THERE IS - IS CONSCIOUSNESS.
- 34 PERSONAL DREAMS DIFFER;
LIVING DREAM IS SHARED WITH OTHERS.
BUT IN BOTH -
THERE IS NO FREE WILL.
- 35 WAKING DREAM, AND LIVING DREAM,
HAVE NO MEANING.
BOTH GET SWITCHED OFF -
IN THE BODY'S PHYSICAL DEATH.

36 LIFE IS A LIVING DREAM,
IN PHENOMINALITY.
IN THE ORIGINAL STATE,
NOTHING HAS EVER HAPPENED.

37 IN DEEP SLEEP
YOU
ARE
GOD.

38 DEEP SLEEP IS DEATH.
EACH PERSON DIES AT NIGHT,
AND IS REBORN
BY NEXT MORNING.

39 A PERSON IS NOT PRESENT,
IN DEEP SLEEP, BUT
SOMETHING IS PRESENT.
THAT IS CONSCIOUSNESS.

40 IN DEEP SLEEP,
AND IN WAKING STATE,
THE SAME IMPERSONAL AWARENESS,
EXISTS WITHOUT A FLAW.

41 YOU CANNOT KNOW YOURSELF,
 IN DEEP SLEEP.
 YOU BECOME THAT SLEEP ITSELF,
 NOT KNOWING YOURSELF.

42 DEEP SLEEP CAN NOT
 BE EXPERIENCED;
 HOWEVER,
 THERE IS MEMORY.

43 MEMORY SUPPLIES
 THE INFORMATION,
 THAT GOOD OR BAD
 SLEEP, HAS OCCURED.

44 IN DEEP SLEEP, COMA, AND
 ANAESTHESIA, 'ME' IS ABSENT,
 AS IF DEAD.
 BUT IT IS SILENTLY 'ALIVE'.

45 SLEEPING AND WAKING,
 ARE TRULY NOT IN YOUR
 CONTROL. IT COMES
 AND GOES, AT IT'S OWN WILL.

Experience

46 NEITHER A SAGE, NOR NON-SAGE'
CAN BE AWARE OF BEING
AWAKE OR ASLEEP,
DURING DEEP SLEEP.

47 IN DEEP SLEEP,
THERE IS NO QUESTION,
ABOUT ENLIGHTENMENT,
AND THERE'S NO DESIRE.

48 THERE IS
NO PURPOSE,
OR MEANING,
IN WHAT HAPPENS.

49 THE ADVAITA TEACHING,
IS NOT
FOR THE
ORDINARY PERSON.

50 BLISS IS PART OF
MANIFESTATION.
IT DOES NOT EXIST
IN DEEP SLEEP.

Experience

- 51 HUMAN BEING AND
IT'S MIND WITH INTELLECT,
CREATE
HAPPINESS, AND UNHAPPINESS.
- 52 COMPASSION AND ANGER ARISE,
AS REACTION TO PERCEPTION.
THEY ARE IMPERSONAL EVENTS.
SAGE'S TEACHING IS COMPASSION.
- 53 NO TEACHING CAN MAKE
ONE HAPPY. HAPPINESS AND MISERY
ARE PART OF DESTINY. NO POWER
ON EARTH, CAN CHANGE IT.
- 54 THE THINKING MIND,
MAKES JUDGEMENTS.
ONE CAN NOT
AVOID JUDGING.
- 55 JUDGING CEASES
WHEN ONE UNDERSTANDS
THAT THERE IS
NO ONE WHO LIVES.

- 56 THEORY OF KARMA IS CORRECT.
 CAUSE LEADS TO EFFECT.
 HOWEVER, KARMA IS PRODUCED
 BY GOD, AND NOT BY INDIVIDUAL.
- 57 ACTION OCCURS, NOT OF
 YOUR WILL, OR YOUR PAST KARMA,
 BUT THEY ARE
 DESTINED BY GOD.
- 58 KARMA CONCERNS
 THE BODY MIND
 ORGANISM,
 NOT THE SOUL.
- 59 THE INNER VOICE
 IS THE MIND.
 IT CAN NOT UNDERSTAND,
 PURE SUBJECTIVITY.
- 60 PURITY OF THE MIND,
 IS PART OF THE
 IMPERSONAL FUNCTIONING,
 OF TOTALITY.

- 61 YOU TALK ABOUT
 GOING BEYOND MIND.
 WHO IS GOING
 BEYOND MIND?
- 62 HUMAN MIND,
 CAN NOT UNDERSTAND,
 THE
 WHAT-IS.
- 63 MEANING
 IS THE
 CURSE
 OF THE MIND.
- 64 MIND IS IN TIME.
 MIND IS NOTHING BUT
 A SERIES OF
 INVOLVED 'THINKING SPELLS'.
- 65 FIRST, MIND CREATES
 QUESTIONS,
 AND THEN
 IT DEMANDS ANSWERS.

- 66 A PAST LIFE EXPERIENCE,
IS A PERSONAL
DREAM, BASED ON MEMORIES,
OF A PREVIOUS LIFE.
- 67 A PAST LIFE IS A CONCEPT.
MOZART AND RAMANA MAHARISHI,
ARE THE FRUITION
OF MANY 'LIVES'.
- 68 GOOD AND BAD DEEDS,
DIRECT THE JOURNEY
OF THE REINCARNATING SOUL,
WHICH DOES NOT EXIST.
- 69 ENLIGHTENMENT DOES NOT OCCUR,
TO ALL 10,000 PAST ORGANISMS,
BECAUSE, THEY ARE NOT CONNECTED
THROUGH A COMMON SOUL.
- 70 A PAST LIFE IS AN EXPERIENCE
IN SOMEBODY'S LIFE. THAT'S ALL.
IT IS AN EXPERIENCE
IN THE WAKING STATE.

Experience

- 71 REINCARNATION AND PAST LIVES,
ARE PART OF THE
MECHANICS, OF THE
MANIFESTATION.
- 72 THE SEEKER'S SPIRITUAL CAPITAL,
DERIVES FROM THOUSANDS
OF EARLIER
BODY MIND ORGANISMS.
- 73 STATE OF SAMADHI IS, CULMINATION
OF TRADITIONAL SPIRITUALITY,
OF SEEKING. IT IS PHYSICAL
WAKEFULNESS, PLUS DEEP SLEEP.

Experience

Absolute Freedom
Chapter - 8



Enlightenment



- 1 DOES ONE'S ENLIGHTENMENT
HELP THE WORLD?
GOD DOES NOT NEED,
ANY HELP FROM ANYONE.
- 2 AFTER ENLIGHTENMENT,
JUDGING ENDS.
BUT HAPPINESS AND
UNHAPPINESS CONTINUE.
- 3 THERE IS CONSTANT
AWARENESS OF
NO PERSONAL
DOER-SHIP.
- 4 AFTER ENLIGHTENMENT,
THERE IS NO 'ME'
AND THE 'OTHER'
AND A PERSONAL DOER.
- 5 THEN EVERYTHING
BECOMES,
AN IMPERSONAL FUNCTIONING,
OF TOTALITY.

Enlightenment

- 6 RIGHT LIVING
FOLLOWS;
BUT NO CHANGE
IN BEHAVIOUR.
- 7 ENLIGHTENMENT,
DOES NOT
HAPPEN,
TO AN INDIVIDUAL.
- 8 WHEN ENLIGHTENMENT
HAPPENS, ONE EXCLAIMS
'IT IS SO SIMPLE,
IT REALLY DOESN'T MATTER.'
- 9 THE INDIVIDUAL IS
SURPRISED BECAUSE,
HE HAS STOPPED
LONG BACK SEEKING IT.
- 10 'WHO CARES?', IS
THE ULTIMATE
UNDERSTANDING
BEFORE ENLIGHTENMENT.

Enlightenment

11 AN EXPERIENCE OF
ONENESS, IS NOT NECESSARY
FOR ENLIGHTENMENT
TO HAPPEN.

12 IT CAN OCCUR,
TO BOTH A
BEGGAR,
AND A MILLIONAIRE.

13 IT HAPPENS,
WHEN CONSCIOUSNESS
WANTS IT
TO HAPPEN.

14 ENLIGHTENMENT
IS NOT AN OBJECT.
IT JUST
HAPPENS.

15 NO 'PERSON'
CAN
ACHIEVE
ENLIGHTENMENT.

Enlightenment

- 16 ENLIGHTENMENT HAPPENS,
AFTER ACCEPTING
THAT IT
MAY NOT HAPPEN.
- 17 IT TAKES LOT OF
COURAGE,
TO ACCEPT THAT
IT MAY NOT HAPPEN.
- 18 ONE MAY THINK,
'ALL THERE IS, IS GOD;
WHY BOTHER
ABOUT ENLIGHTENMENT?'
- 19 WANTING ENLIGHTENMENT
IS THROUGH
THE
'THINKING MIND'.
- 20 PRACTICING ENHANCEMENT,
TOWARDS ENLIGHTENMENT,
CAN BE USEFUL
AS WELL AS AN OBSTRUCTION.

Enlightenment

- 21 DESIRE TO HASTEN UP
THE PROCESS TO
ENLIGHTENMENT TOO,
IS GOD'S WILL.
- 22 NOTHING CAN PREVENT
THE HAPPENING OF IT,
IF IT IS DESTINED TO HAPPEN,
OR NOT TO HAPPEN.
- 23 EVERY SAGE HAS
DIFFERENT
CONCEPT OF
ENLIGHTENMENT.
- 24 ENLIGHTENMENT
HAS
NO
MEANING!
- 25 OMNISCIENCE
AND PREDICTIONS
ARE NOT
PART OF IT.

Enlightenment

- 26 THE DELIVERANCE
IS GRADUAL;
BUT THE AWAKENING
IS SUDDEN.
- 27 IT IS OLD FASHIONED
TO BELIEVE THAT
SIDDHIES, PSYCHIC POWERS ARE
SIGN OF ENLIGHTENMENT.
- 28 ENLIGHTENMENT BRINGS
PEACE OF ACCEPTANCE;
BUT NOT PERMANENT
BLISSFUL STATE.
- 29 THE BASIC CHARECTERISTC
ELEMENT OF ENLIGHTENMENT IS -
ABSENCE OF 'INVOLVEMENT' IN
HAPPINESS AND UNHAPPINESS.
- 30 ENLIGHTENMENT
IS
DESTINED;
NOT PROGRAMMED.

Enlightenment

31 IT IS
NOT
AN
EXPERIENCE.

32 SORRY,
ENLIGHTENMENT
CAN NOT
BE ENJOYED.

33 IT IS MERELY
AN EVENT
LIKE EARTHQUAKE
OR A FLOOD.

34 IT IS
NOT
A
THOUGHTLESS STATE.

35 ENLIGHTENMENT TOO
IS A CONCEPT,
GOING HAND-IN-HAND,
LIKE CONCEPT OF BONDAGE.

Enlightenment

36 DOER-SHIP DISAPPEARS.
SEEKER IS ANNIHILATED.
SEEKING STOPS.
IT IS END OF WANTING.

37 NO SEEKER,
NO SEEKING,
NOTHING
TO BE SOUGHT.

38 ABSENCE OF
THINKER, DOER,
AND EXPERIENCER,
IS ENLIGHTENMENT.

Enlightenment

Absolute Freedom

Chapter - 9



Silence and Peace



- 1 LISTENING -WITHOUT
GRABBING,
WHAT IS HEARD,
IS SILENCE.
- 2 WHEN QUESTIONING
STOPS, SILENCE HAPPENS.
WHEN SILENCE HAPPENS,
SEEKING STOPS.
- 3 WORDS ARE MENTAL CONCEPTS.
SILENCE IS
THE
ULTIMATE TEACHING.
- 4 THE ULTIMATE,
AND THE FINEST
TEACHING,
IS SILENCE.
- 5 ALL THERE IS,
IS CONSCIOUSNESS!
THAT IS SUKHA SHANTI,
ETERNAL PEACE!!

Silence and Peace

ABSOLUTE FREEDOM

Essence of the Teachings of Ramesh S. Balsekar

Ramesh S. Balsekar is the number one Advaita (Non duality) Teacher of our modern time.

He was a direct disciple of Sri Nisargadatta Maharaj.

After retiring as the President of the Nationalised Bank of India, he started interpreting the Marathi talks of Sri Nisargadatta Maharaj into English for the western visitors regularly for few years. Then he was requested by Maharaj himself to speak on Advaita of Indian spirituality.

Ramesh's innumerable talks have been published in large numbers of books.

I am happy to present in this e-book the essential message of Ramesh S. Balsekar as the 'Essence of the Teachings of Ramesh S. Balsekar'.

May many readers be benefited by the sublime teachings of Ramesh, in a concise and precise form.

May all find Prosperity and Peace, from Ramesh's Teachings!

JUSTINE JEYARAJ DEVARAJ

