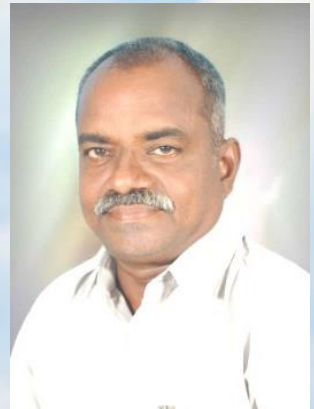


# BE

# FREE

**108 Gems of Sri Nisargadatta Maharaj**



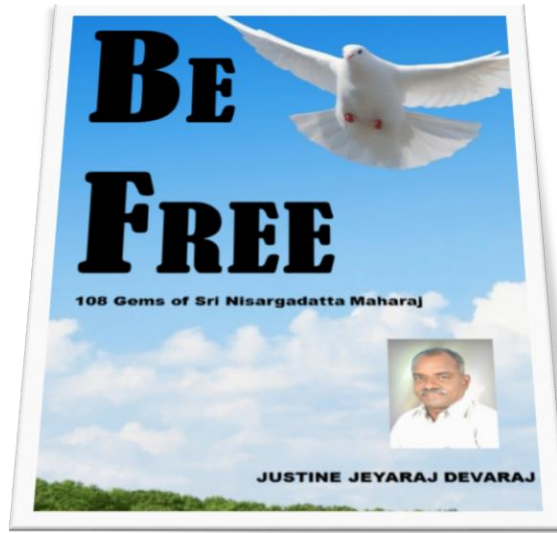
**JUSTINE JEYARAJ DEVARAJ**

**Warning**

**THIS MESSAGE IS NOT FOR COMMON MAN**

# BE FREE

*(108 Gems of Sri Nisargadatta Maharaj)*



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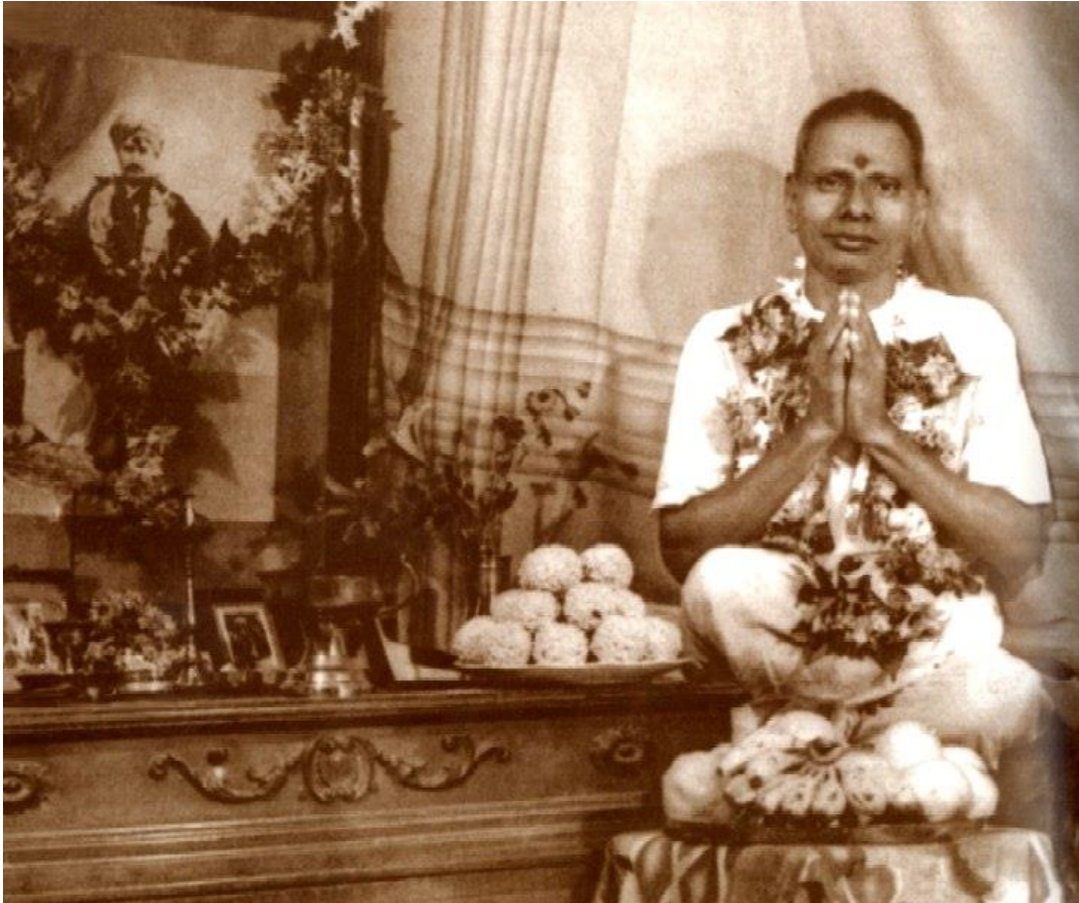
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**DEDICATED TO**

**THE MOTHER PONDICHERRY**



# 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.**

## INTRODUCTION

Sri Nisargadatta Maharaj, our contemporary Advaitic Jnani, who passed away, by the fag end of twentieth century, has given us very simple and practical ways to escape from the bondage of life.

Most of his words are like a mantra, charged with amazing power to release one from the pain and suffering of life and liberate one even while one lives in a body.

In this book I present 108 gem like points culled from the talks of Maharaj. Some of the points may seem tiresomely redundant. This is deliberately done for the sake of emphasis and to intensify clarity.

This can be called as a 'Journey to the UNMANIFEST'.

In the beginning, this journey may seem arduous, bizarre, and almost impossible. But one may find it all easy in due course.

With faith in the words of Maharaj, if one repeats certain words of him as a mantra, soon it brings amazing clarity, happiness and peace.

For instance, like the following words.

- 1) My non-being is a perfect state.
- 2) I do not know myself.
- 3) I Amness is scorpion bite.
- 4) True contentment is tasteless.
- 5) In the COMPLETE there is no experience.
- 6) I am UNBORN.
- 7) I will be deleted as never installed.
- 8) I am Parabrahman.
- 9) I am That which I cannot know.

May all who read this book may find peace, harmony, happiness and freedom in their life!

JUSTINE JEYARAJ DEVARAJ

BE FREE

108 Gems of Sri Nisargadatta Maharaj

**1**

IN THE ABSOLUTE STATE,

I DO NOT EVEN

KNOW THAT I AM.

THIS IS MY TRUE STATE.

BE FREE

108 Gems of Sri Nisargadatta Maharaj

2

WHEN YOU DO NOT KNOW,  
'YOU ARE', - THERE IS NO FEAR.

I AM THAT-  
WHICH I CANNOT KNOW.



BE FREE

108 Gems of Sri Nisargadatta Maharaj

**3**

THIS BEING IS VERY ANCIENT,

AND ETERNAL -

BUT WAS WITHOUT

THE SENSE OF BEING.

BE FREE

108 Gems of Sri Nisargadatta Maharaj

4

IN DEEP SLEEP,

YOU DO NOT KNOW

THAT YOU ARE.

AND THERE IS NO WORLD.

BE FREE

108 Gems of Sri Nisargadatta Maharaj

5

GO BACK TO THE STATE  
WHEN 'I AM' WAS ABSENT.  
THAT STATE IS  
IN PROPER ORDER.

BE FREE

108 Gems of Sri Nisargadatta Maharaj

6

I AM THE ABSOLUTE,

IN MY TRUE STATE.

THERE IS MY EXISTENCE,

WITHOUT THE NEWS, 'I AM'.

BE FREE

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**7**

YOU, THE ETERNAL  
DID NOT KNOW, 'YOU ARE' -  
THEREAFTER, THE ETERNAL STARTED  
KNOWING THAT IT EXISTED.

BE FREE

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8

THE EVER EXISTING,

STARTED KNOWING,

IT'S

EXISTENCE.

BE FREE

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9

YOUR TRUE STATE,

IS WITHOUT

THE KNOWLEDGE

'YOU ARE'.

BE FREE

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**10**

'I AM' IS FOR SO SHORT  
A DURATION RELATIVELY -  
AS IF IT  
NEVER APPEARED AT ALL.



BE FREE

108 Gems of Sri Nisargadatta Maharaj

**11**

WHAT IS THE CAUSE  
OF PAIN AND UNHAPPINESS?  
IT IS DUE TO YOUR STICKING  
TO THE BODY AS 'I AM'.

BE FREE

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**12**

YOU ACTUALLY EXIST

WITHOUT A BODY.

BUT, THAT EXISTENCE

IS WITHOUT 'I'.

BE FREE

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**13**

I WAS TOLD BY MY GURU  
THAT THIS VERY PRINCIPLE  
THAT DOES NOT KNOW 'IT IS',  
IS MY 'SELF'.

## BE FREE

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### 14

MY 'BEINGNESS' IS 'TIME BOUND',  
READY TO VANISH AT ANY TIME.  
WHAT CAN I EXPECT FROM GOD -  
HOWEVER GREAT HE MAY BE?

BE FREE

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**15**

WHEN OUR 'BEINGNESS' VANISHES,

AS IF, IT NEVER EXISTED,

WHAT IS LEFT BEHIND

TO TALK ABOUT?

BE FREE

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**16**

A HUNDRED YEARS AGO,

YOU WERE PRESENT -

BUT THERE WAS

NO CONSCIOUSNESS.

BE FREE

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**17**

INSTEAD OF SAYING

ONE LIVED FOR HUNDRED YEARS -

WE SHOULD SAY -

ONE SUFFERED FOR HUNDRED YEARS!

BE FREE

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**18**

A HUNDRED YEARS BACK,

YOU DID NOT

SMELL YOUR

PRESENCE.



BE FREE

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**19**

EXISTENCE OF OTHERS

DEPENDS ON YOU.

HUNDRED YEARS AGO, IN YOUR ABSENCE,

ALL WERE ABSENT.

BE FREE

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20

A HUNDRED YEARS BACK,  
YOU HAD NO DAY OR NIGHT,  
WAKING OR SLEEP,  
CONSCIOUS AND NON-CONSCIOUS.

BE FREE

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**21**

IN DEEP SLEEP,

YOU HAVE NO PROBLEMS,

ALSO, HUNDRED YEARS BACK, NO PROBLEMS,

BECAUSE, THERE WAS NO 'I-AMNESS'.

BE FREE

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22

A HUNDRED YEARS BACK,

YOU WERE COMPLETE.

BIRTH IS

INCOMPLETENESS.

BE FREE

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**23**

WHERE I WAS NOT,  
THERE WAS NO PROBLEM.  
THIS MESSAGE IS NOT,  
FOR COMMON MAN.

BE FREE

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24

MY NON-BEING IS

A PERFECT STATE.

IT IS PRABRAHMAN

WITHOUT 'BEINGNESS'.

BE FREE

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25

THERE WAS A TIME,  
WHEN I EXISTED, AS IF NOT.  
AND THERE WAS  
NO STRUGGLE, TO SURVIVE

BE FREE

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**26**

KNOWING ONE'S EXISTENCE -  
IS MISERABLE.  
NOT KNOWING ONE'S EXISTENCE -  
IS IN ORDER AND FINE.



BE FREE

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**27**

'I DO NOT KNOW',  
IS THE BEST STATE OF BEING.  
IF THERE IS NO 'KNOWINGNESS' -  
THERE IS NOTHING.

BE FREE

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**28**

SENSE OF BEING  
APPEARED - ONLY AFTER  
THE AVAILABILITY  
OF A FOOD BODY.

## BE FREE

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### 29

IN THIS SEARCH FOR TRUTH,  
I FOUND, I HAD NO EXISTENCE.  
WHAT EXISTED WAS BRAHMAN.  
MY SEARCH ENDED THERE.

BE FREE

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**30**

JUST AS YOU SMELL

A DEAD RAT, BY IT'S SMELL,

YOU SMELL YOUR PRESENCE.

IT IS GOING TO VANISH.

BE FREE

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**31**

GO TO THE STATE  
WHEN YOUR PARENTS  
DID NOT RECOGNISE YOU,  
AND YOU - THEM.

BE FREE

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**32**

WHEN VITAL BREATH LEAVES,  
MIND LEAVES, AND BODY DROPS,  
WHAT WILL YOU BE, AND  
HOW WILL YOU LOOK LIKE?

## BE FREE

108 Gems of Sri Nisargadatta Maharaj

### 33

WILL THERE BE DAY OR NIGHT?  
WHAT WOULD BE YOUR CONCERN,  
ABOUT YOUR CLOSE RELATIVES,  
AND YOUR HARD EARNED MONEY?

BE FREE

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**34**

WHEN ALL MY  
KNOWLEDGE VANISHES,  
GOD ALSO  
BECOMES BLANK.



BE FREE

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**35**

WHY PEOPLE CHASE ENJOYMENTS?

SENSE OF BEING IS MISERABLE.

TO FORGET IT, ALL CHASE ENJOYMENTS,

GET INVOLVED IN WORKS.

## BE FREE

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### 36

'I-AM-NESS', IS LIKE SCORPION BITE.

ONE HAS TO DO SOMETHING,

TO TOLERATE IT AND FORGET IT.

YOU CALL IT ENJOYMENT OR WORK.

## BE FREE

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### 37

WHY I SAY, THERE IS NO BIRTH?

THERE WAS A TIME, WHEN

'SENSE OF BEING' WAS ABSENT.

IT'S APPEARANCE IS BIRTH.

BE FREE

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**38**

WHEN THERE WAS  
NO 'SENSE OF BEING',  
THERE WAS NO UNHAPPINESS,  
OR NEED FOR HAPPINESS.

## BE FREE

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### 39

ALL GOOD AND BAD EXPERIENCES,  
ACCOMPANY THE 'SENSE OF BEING'.  
IN IT'S ABSENCE , AS IN SLEEP,  
THERE IS NOTHING.

BE FREE

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40

IF YOU DO NOT EXIST,  
THEN MANIFESTATION OF WORLD,  
WILL NOT BE THERE FOR YOU.  
YOU CREATE YOUR WORLD.

BE FREE

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**41**

MY EXISTENCE AND WORLD,  
HAVE APPEARED SIMULTANEOUSLY.

THIS IS A MIRACLE  
THAT HAS HAPPENED.

BE FREE

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42

GOD MAY BE GREAT.

TO ME, IT WAS LESS IMPORTANT.

MY APPEARANCE FROM NON-BEING TO

BEING IS MORE IMPORTANT.



BE FREE

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**43**

A SAGE THROWS

ALL KNOWLEDGE OVERBOARD.

HE IS FREE

OF ALL KNOWLEDGE.

BE FREE

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**40**

COMPARED TO THE ETERNAL -  
THE MOMENTARY EXISTENCE OF  
ANY FORM, IS REALLY  
A NON-EXISTENCE.

BE FREE

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45

TRUE CONTENTMENT IS TASTELESS.

THERE IS

NO SENSE

OF BEING.

BE FREE

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46

ALL FORMS ARE TIME BOUND.  
AS COMPARED TO THE INFINITE,  
ANY TIME DURATION IS SHORT,  
AS IF ZERO.

BE FREE

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**47**

CONSCIOUSNESS APPEARS TO BE

UNLIMITED - BUT IT IS

TRANSITORY,

AND UNTRUTH.

BE FREE

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**48**

THE 'NON-CONSCIOUS' APPEARS TO BE  
LITTLE. STILL, IT IS  
ETERNAL AND HENCE  
THE TRUTH.

BE FREE

108 Gems of Sri Nisargadatta Maharaj

49

IN THAT STATE, PRIOR TO CONSCIOUSNESS,

THERE WAS NO UNHAPPINESS.

AND HENCE THERE WAS

NO NEED TO BE HAPPY.

BE FREE

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50

BEINGNESS WAS UNMANIFEST,  
AS IF IT DID NOT EXIST.  
APPEARED LIKE SUDDEN APPEARANCE,  
OF A PLANT, IN SUDDEN RAIN.



BE FREE

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**51**

WHY IS IT DIFFICULT,  
TO REMAIN WITHOUT  
ANY PHYSICAL  
OR MENTAL ACTIVITY?

## BE FREE

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52

BECAUSE, YOU WANT TO  
FORGET YOUR BEINGNESS,  
WHICH IS TROUBLESOME,  
YOU NEED ACTIVITIES.

BE FREE

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**53**

IN DEEP SLEEP ALSO,  
EVERYTHING VANISHES.  
YOUR EXISTENCE DOES NOT  
DEPEND UPON OTHERS.

BE FREE

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**54**

WHEN THERE IS  
NO CONSCIOUSNESS,  
THERE IS NO  
HAPPINESS OR UNHAPPINESS.

BE FREE

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55

ALL MY ACQUAINTANCES,

ARE DEAD.

MY OWN ACQUAINTANCE WITH ME

ALSO HAS GONE.

BE FREE

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56

AS I DO NOT  
OWN ANYTHING,  
THIS BIRTH IS ALSO  
NOT MY OWN.

BE FREE

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57

ONCE YOU KNOW  
IT IS NOT YOUR BIRTH,  
AND YOU HAVE NOTHING TO DO  
WITH IT, YOU ARE FREE.

BE FREE

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58

SCHOLARS, SPEAKERS,

AND MAHATMAS,

ARE NO USE TO,

THE REAL SEEKERS.



BE FREE

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59

AFTER SELF KNOWLEDGE,

NOTHING REMAINS

TO BE DONE.

NO DUTIES ANY MORE.

BE FREE

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60

CREATION OF VEGETATION,  
DURING A SUDDEN RAIN,  
IS SHORT LIVED. WE ARE ALSO  
A RESULT OF A SHOWER OF SPERMS.

## BE FREE

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### 61

WHEN YOU WAKE UP IN THE MORNING,  
FOR A VERY SHORT DURATION,  
THERE IS YOUR PURE BEING,  
WITHOUT WORDS.

BE FREE

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62

EXISTENCE IS GREAT.

BUT IT IS DREAM-LIKE.

CONCEPTION WAS A CONJUGAL BLISS,  
THAT ENTERED WOMB AND GREW AS FETUS.

BE FREE

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**63**

IN THE ABSOLUTE -

THERE WAS NOTHING.

NOW THE CHILD FINDS NEW THINGS

AND BEINGS AROUND IT.

BE FREE

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60

SOME PEOPLE BECOME GURUS,  
BY HAVING FEW VISIONS OF GODS.  
THEY ARE ILLUSORY AND ILLUSIONS  
CANNOT LEAD ONE TO TRUTH.

BE FREE

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65

ONE CAN MISTAKE ONESELF  
AS SELF REALIZED. MORE THAN  
CHEATING OTHERS, SOME GURUS  
ARE CHEATING THEMSELVES.

BE FREE

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66

MAN DEVELOPS IMAGINARY WORLDS  
OF VISHNU (VAIKUNTHA) AND SHIVA (KAILASA).  
ALL MAN-MADE THINGS ARE SHORT-LIVED.  
WHAT BEGINS MUST END.



BE FREE

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**67**

YOUR WORLD IS YOUR MIND.

TO KNOW IT, YOU MUST BE

FREE OF ALL

INVOLVEMENTS.

## BE FREE

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**68**

OUR CONSCIOUSNESS IS LIKE OIL LAMP.

IT BURNS AS LONG AS THERE IS OIL.

WITHOUT OIL, LIGHT GETS EXTINGUISHED.

NO COMING OR GOING;NO HEAVEN AND HELL.

BE FREE

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69

CONSCIOUSNESS COMES UNKNOWINGLY.

ONE IS FORCED TO LIVE.

SELF-KNOWLEDGE HELPS TO MINIMIZE SUFFERING,

AND THEN BE FREE OF IT.

BE FREE

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**70**

WHY WE DON'T MAKE FAST PROGRESS?

A PERSON SEARCHED DARKNESS WITH A TORCH.

HE COULD NOT FIND DARKNESS.

IT SEEMED LIKE LIGHT.

BE FREE

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**71**

IT IS NOT POSSIBLE

FOR MANIFEST TO SEARCH FOR UNMANIFEST.

THERE IS UNMANIFEST

ONLY IN THE ABSENCE OF MANIFEST.

BE FREE

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**72**

WHAT IS THE MAIN OBSTACLE?

IT IS - YOUR BODY IDENTITY AS YOURSELF.

NOT EVEN SLIGHTEST IS PERMISSIBLE.

THEN, PROGRESS WILL BE VERY FAST.

## BE FREE

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### 73

WHY I NEVER VISIT, SAGES AND MAHATMAS?  
BECAUSE, EVEN SAGES DEPEND ON 'I -AMNESS',  
WHICH IS TIME-BOUND, AND VANISHES.  
HENCE, I DO NOT VISIT ANYBODY.

BE FREE

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**74**

WHY I HESITATE TO SHARE KNOWLEDGE?

I DO NOT WANT TO IRRITATE OTHERS.

MOST OF THE PEOPLE

ARE COMFORTABLE WITHOUT SELF KNOWLEDGE.



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75

REAL HAPPINESS AND PEACE  
IS POSSIBLE, ONLY WITH SELF KNOWLEDGE.  
ILLUSION OF 'I-AMNESS' GOES  
AND IT BRINGS GODHOOD.

BE FREE

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**76**

THEN, STILL THOUGHT FLOW HAPPENS,

BUT IT IS VERY MINIMAL.

YOUR NEEDS TOO BECOME LESS,

AND ARE MET SPONTANEOUSLY WITHOUT EFFORT.

BE FREE

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**77**

ACTIVITIES OF BODY AND MIND,

WILL CONTINUE.

BUT, YOU WILL REMAIN

ONLY AS WITNESS.

BE FREE

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**78**

ABSOLUTE IS NOT AWARE OF ANYTHING.

AWARENESS COMES WITH 'I AM'.

ABSOLUTE HAD NO KNOWLEDGE

THAT 'IT WAS' OR 'IT IS'.

BE FREE

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**79**

YOU HAVE NOT INVESTIGATED

YOUR OWN ROOT.

HENCE, YOU ARE NOT

COMFORTABLE WITH YOUR BEINGNESS.

BE FREE

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**80**

YOU HAVE NO FREEDOM TO ACT.

ACTIVITIES HAPPEN BY GOD IN YOU.

ACTIONS LIKE SLEEPING AND EXCRETION HAPPEN.

YOU CANNOT DO THEM.

BE FREE

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**81**

IN THE COMPLETE,  
THERE IS NO EXPERIENCE.  
IF THERE IS ANY EXPERIENCE,  
IT IS INCOMPLETE.

BE FREE

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82

ALL INDIVIDUALS ARE  
IMAGINARY. THERE IS  
INFINITE AND THE BOUNDLESS  
CONSCIOUSNESS WITHOUT ANY PURPOSE.



BE FREE

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**83**

I DON'T NEED TO LIVE  
EVEN FOR ONE DAY MORE.  
LIFE MEANS TROUBLE, AND  
IT BEGINS WITH WAKING EVERY MORNING.

BE FREE

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**80**

YOU CANNOT AVOID  
OR EVEN POSTPONE,  
RUNNING TO THE  
TOILET EACH MORNING.

BE FREE

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**85**

TAKING CARE OF YOUR  
BODY'S NEEDS,  
YOU CANNOT EXPECT  
LASTING PEACE.

BE FREE

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**86**

FOR REALIZING YOUR TRUE NATURE,  
YOU MUST STABILIZE  
IN THE STATE  
PRIOR TO WAKING.

BE FREE

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**87**

A DROP KNOWS ABOUT OCEAN.

BUT WHEN IT BECOMES

ONE WITH OCEAN,

IT DOES NOT KNOW IT IS AN OCEAN.

BE FREE

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**88**

A JNANI IS FREE  
OF ALL EXPECTATIONS,  
INCLUDING THE NEED TO EXIST.  
SO, HE IS REALLY FREE.

BE FREE

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**89**

AFTER ATTAINING IT,  
NO NEED TO REPEAT 'I AM BRAHMAN'.  
ALL BONDAGES ARE  
RESERVED FOR THE HALF-BAKED ONLY.

BE FREE

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90

CONSCIOUSNESS WILL SOON GO.  
WHILE IT LASTS, ONE MUST KNOW,  
ONE'S TRUE STATE, THEN THE  
CONSCIOUSNESS WILL BE NO MORE.



BE FREE

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**91**

IF ALL EXISTENCE IS SPONTANEOUS,

WHAT IS MY DUTY?

YOU HAVE TO ONLY KNOW,

THAT 'YOU' ARE NOT IN IT.

BE FREE

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92

WHY YOU SUFFER RESTLESSNESS?

IT IS DUE TO WRONG IDENTITY.

TAKING YOURSELF WHICH YOU ARE NOT,

IS CONFUSION AND TROUBLE.

BE FREE

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**93**

EVERYONE GETS THE CALL  
FROM WITHIN TO KNOW THE TRUTH.  
BUT IT IS NEVER HEARD  
BY MOST PEOPLE.

BE FREE

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**94**

TRUTH CANNOT BE GIVEN  
TO ALL AND SUNDRY.  
THE MASSES ARE DESTINED  
TO REMAIN IN IGNORANCE.

BE FREE

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95

TO BE SPIRITUAL DEMANDS WISDOM.

VERY FEW HAVE IT.

OTHERS JUST LIVE

TO STRUGGLE AND DIE.

BE FREE

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96

YOUR BODY WAS BORN.

IT IS GOING TO DIE.

FEAR IS DUE TO

IDENTIFICATION WITH THE BODY.

BE FREE

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**97**

YOU MUST KNOW

WHAT YOU ARE.

THEN YOU WILL ENJOY

BEING WITHOUT PAIN AND FEAR.

BE FREE

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98

YOU ARE UNBORN,  
TO WHOM WITNESSING  
HAPPENS FOR A  
CERTAIN DURATION.



BE FREE

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90

IN ORDER TO LIVE,  
SOME HAVE TO RULE THE COUNTRY,  
SOME HAVE TO CLEAN THE TOILET,  
SOME HAVE TO BEG FOR SURVIVAL.

BE FREE

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**100**

TIMELESS IS BEYOND  
BEING AND NON-BEING.

I REJECT MY BIRTH  
AS AN IMPOSSIBILITY.

BE FREE

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**101**

YOUR GREATEST BLUNDER IS -  
YOUR IDENTIFICATION WITH THE BODY.  
WHEN IT GOES,  
YOU ARE ALREADY COMPLETE.

BE FREE

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**102**

WHAT IS THE  
MEANING OF LIFE?

IT HAS NONE.

IT IS THERE WITHOUT ANY REASON.

BE FREE

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**103**

PRIOR TO CONSCIOUSNESS, THERE  
IS NO KNOWLEDGE OF 'I AM'.  
CONSCIOUSNESS IS MATERIAL KNOWLEDGE.  
IT IS DUE TO FOOD JUICES.

BE FREE

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**104**

YOUR EXISTENCE IS LIKE

LIGHT, WHEN A

MATCH STICK IS

STRUCK.

BE FREE

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**105**

THERE IS

NOTHING BEFORE

AND

NOTHING AFTER THE LIGHT.

BE FREE

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**106**

THIS LIGHT -

I DO NOT NEED

TO CONTINUE EVEN

FOR A MOMENT MORE.



BE FREE

108 Gems of Sri Nisargadatta Maharaj

**107**

EVEN IF YOU HAVE  
KNOWLEDGE OF SELF,  
THERE WILL NOT BE A  
VESTIGE OF IT LEFT.

BE FREE

108 Gems of Sri Nisargadatta Maharaj

**108**

AS SOON AS  
LIFE LEAVES YOUR BODY,  
YOU WILL BE AS IF  
YOU NEVER EXISTED!

## **Annexure ( Essence of 108 gems of Sri Nisargadatta Maharaj)**

1. In my true state I don't know that 'I Am'.
2. There was no fear - when I didn't know the 'I Am'.
3. My being is very ancient - but without the sense of being.
4. In deep sleep, I do not know that I am.
5. Go back to that state, when 'I Am' was absent.
6. There is 'I am' without any news of the 'I Am'.
7. You the Eternal did not know, that you are.
8. The ever existing, started knowing it's existence, in birth.
9. Your true state is - without the knowledge that you are.
10. 'I Am', is so short a duration, as if never happened.
11. Sticking to the body as 'I Am', is the cause of pain and unhappiness.
12. Your true existence is without 'I'.
13. That which does not know 'It is' - is your true self.
14. Soon I will vanish - what can I expect from God?
15. When my 'beingness' vanishes, what is left to talk about?
16. 100 years ago, I was present, without consciousness.
17. One lived for 100 years means, one suffered for 100 years.
18. 100 years back, you did not smell your presence.
19. 100 years ago, in your absence, others too were absent.
20. 100 years back, no day/night, waking or sleep.
21. 100 years back, no problems, due to no 'I Amness'.
22. 100 years back, you were COMPLETE, now incomplete.
23. Where the 'I' was not - there was no problem.
24. My non-being is PERFECT STATE.
25. In non-being, there was no struggle to survive.
26. Not-knowing is in order and fine.
27. In no 'knowingness', - there is nothing.

## **Annexure ( Essence of 108 gems of Sri Nisargadatta Maharaj)**

28. Sense of being came with a food body.
29. When I found 'I am not' - my search ended.
30. The smell of your presence will vanish.
31. Go to that state, where you and your parents didn't recognize each other.
32. When body drops, how will you look like?
33. Will there be day/night, relatives, and money?
34. Knowledge too vanishes and God becomes blank.
35. People chase enjoyment so to forget sense of being.
36. 'I Amness' is like a scorpion bite.
37. There was a time, when there was no sense of being.
38. Without sense of being, there was no unhappiness.
39. In sleep, sense of being is absent.
40. You create your own world.
41. Your existence and world appeared simultaneously.
42. My appearance from non-being to being is important than GOD.
43. A sage throws all knowledge overboard.
44. Moments are really non-existent.
45. True contentment is tasteless.
46. Any 'time-duration' is just zero.
47. Consciousness seems unlimited, but transitory.
48. Non-Conscious seems little, but it is TRUTH.
49. Prior to consciousness, there was no unhappiness.
50. Beingness appeared suddenly, as a plant in sudden rain.
51. Why we all need physical and mental activities?
52. Because, we want to forget 'beingness', which is troublesome.
53. In deep sleep, everything vanishes.
54. No consciousness means - no happiness and unhappiness.

## **Annexure ( Essence of 108 gems of Sri Nisargadatta Maharaj)**

55. All my acquaintances, including my own acquaintance with me are dead.
56. I do not own anything, including my birth.
57. Once you know -your birth is not yours, - YOU ARE FREE.
58. Scholars and Mahatmas have no use to a seeker.
59. After Self Knowledge, no duties remain.
60. As plants grow after sudden rain, we are growths of sperm rain.
61. When you wake up in the morning, there is your pure being without words.
62. Existence is great - but it is dream-like.
63. In the Absolute, there was nothing.
64. Gurus with visions of gods, cannot lead one to Truth.
65. Some gurus are cheating themselves.
66. Man imagines worlds of Vaikunta and Kailasa.
67. Your world is your mind.
68. Consciousness burns like oil-lamp till it has fuel.
69. Self knowledge helps one to minimize suffering.
70. Searching with torch cannot reveal light.
71. There is UNMANIFEST only in the absence of manifest.
72. Body identity is the main obstacle.
73. Sages too live in 'I-Amness', I don't visit them.
74. I don't share knowledge, because most people don't like it.
75. Real happiness and peace is possible, only with Self knowledge.
76. Even after Self knowledge, some 'thought flow' happens.
77. Activities continue, but you remain their witness.
78. Absolute is not aware of anything.
79. You are uncomfortable because, you don't know your roots.
80. All activities happen by God in you.
81. In the COMPLETE, there is no experience.

## **Annexure ( Essence of 108 gems of Sri Nisargadatta Maharaj)**

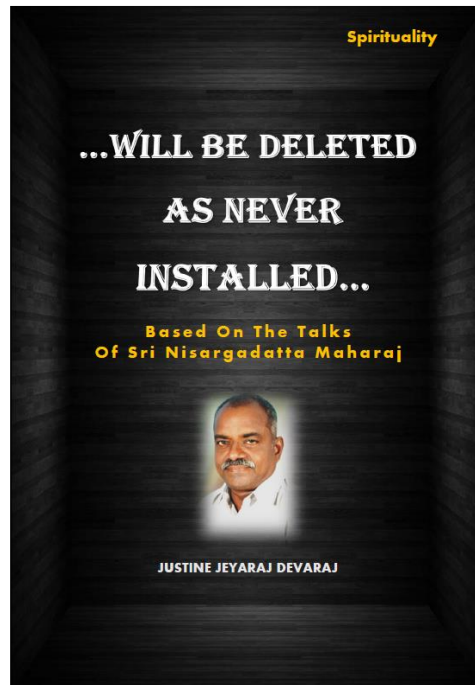
82. All individuals are imaginary.
83. I don't need to live even for one day more.
84. You have to run to the toilet each morning.
85. You cannot expect lasting peace, attending endless bodily needs.
86. Stabilize yourself, in the state prior to consciousness.
87. A drop becoming ocean, it does not know, it is ocean.
88. A Jnani is free of even the need to exist.
89. After attaining IT, there's no need to repeat, 'I am Brahman'.
90. Consciousness will soon go.
91. All existence is spontaneous, 'you' are not in it.
92. You suffer restlessness, due to wrong identity.
93. Truth calls everyone - but most people never hear it.
94. Truth cannot be shared with all and sundry.
95. Most people just live to struggle and die.
96. Fear is due to identification with the body.
97. Knowing yourself you will be without fear and pain.
98. You are UNBORN.
99. Just to live, some are rulers, some toilet cleaners, and some beggars.
100. I reject my birth as an impossibility.
101. When body identity goes, YOU ARE ALREADY COMPLETE.
102. Life is there without any reason.
103. Prior to consciousness, there is no 'I Am'.
104. You are like the light when a match stick is struck.
105. There is nothing before and nothing after it is struck.
106. This light I don't want to continue, even for a moment.
107. Even Self knowledge will go, without a vestige of it left.
108. After death, you will be as if you never existed!

**\*\*\***

**Other E-Books by the Author >>>**

# WILL BE DELETED AS NEVER INSTALLED

*Based on the Talks of Sri Nisargadatta Maharaj*



Millions of people live on earth. Our life is like a soap bubble. When a human bubble bursts off, it is called death.

There are millions of Suns in the universe. Even a mighty sun is nothing more than a soap bubble. When a sun dies, science calls it a supernova. A **supernova** is the explosive **death of a star**.

When anything dies, it is the absolute end of it. For each one of us, death is just two feet away, every moment. We all live in a wide net of death.

But humans live without this awareness. We think and act as if we going to be here forever. Or, even though we are aware of death, we think that, why should we bother about it, which is going to happen on a far off date in the distant future.

A sun's life is of billions of years, whereas a human life is hardly a hundred years. But death is the end of everything.

The Source of the Universe is Eternal and Infinite. The Source has no death. One who gets dissolved in the Source too is immortal that way. A Sage is one who has become dissolved in the Source, even while he lives in a body. He has no death, than that of the body.

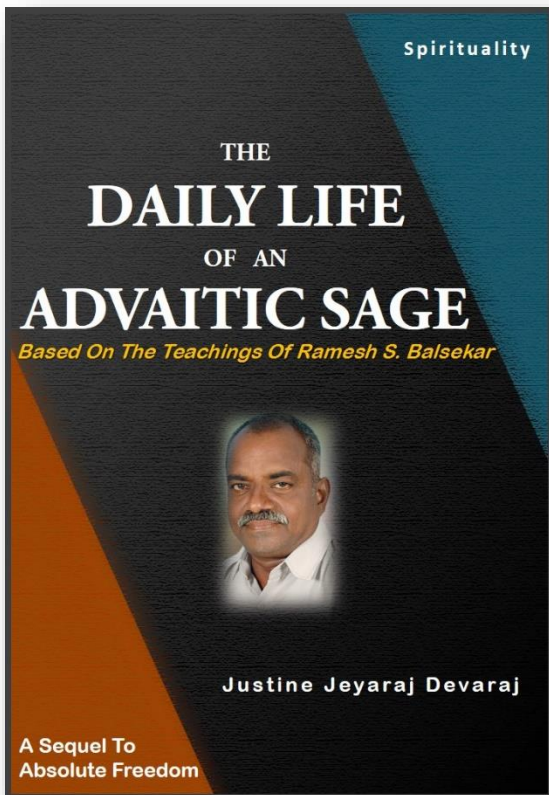
Sri Nisargadatta Maharaj, an advaitic Sage, who lived in our time, has given us some clues for the seekers to merge in the Source.

In this E-book I share some of his insights.



# THE DAILY LIFE OF AN ADVAITIC SAGE

*Based On The Teachings of Ramesh S. Balsekar*



“THE MAN WHO IS ONE WITH  
THE DIVINE AND UNDERSTANDS  
THE TRUTH, BELIEVE- ‘I CAN  
DO NOTHING AT ALL’ – BECAUSE  
IN SEEING, BREATHING,  
SPEAKING, EMITTING, GRASPING,  
OPENING AND CLOSING THE EYES  
HE HOLDS THAT, IT IS ONLY THE  
SENSES THAT ARE CONCERNED  
WITH THEIR RESPECTIVE  
OBJECTS”

LORD KRISHNA  
In  
BHAGAVAD GITA



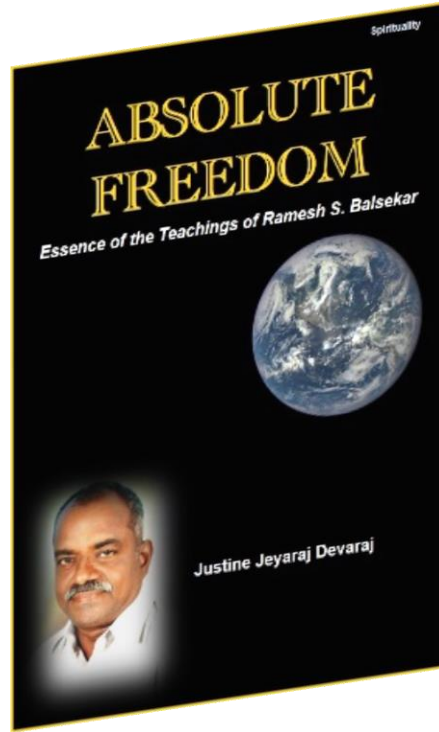
An enlightened sage, lives his DAILY LIFE in Peace and Freedom, fully according to the Will of God/Cosmic Law.

Ramesh S. Balsekar, himself being a fully enlightened ADVAITIC SAGE of a rare kind, has succinctly revealed in his talks and writings how he lived his DAILY LIFE.

Readers can have a crisp view in this e-book, how a SAGE lives in freedom and peace, in his DAILY LIFE, amidst all the ups and downs, incurable problems and issues, dilemmas, moment to moment, - which each and every human being who has come upon this planet earth has to inevitably meet, whether one is a SAGE or an ordinary human being.

# 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.

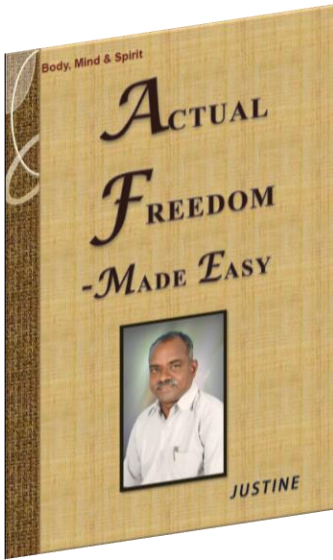
He was a direct disciple of Sri Nisargadatta Maharaj.

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.

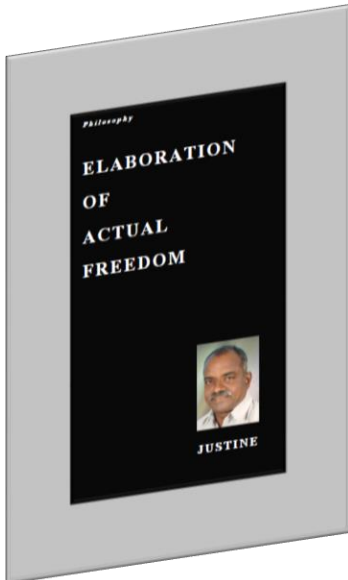
Ramesh's innumerable talks have been published in large numbers of books.

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'.

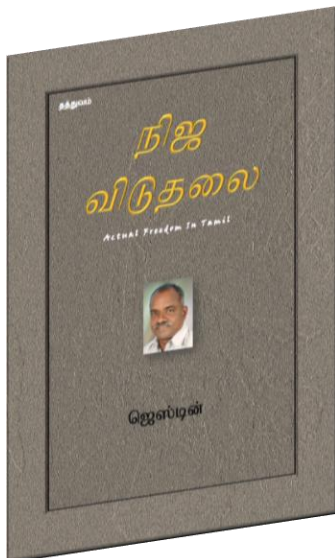
May many readers be benefited by the sublime teachings of Ramesh, in a concise and precise form.



## Actual Freedom Made Easy

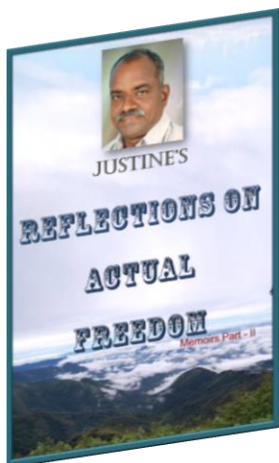


## Elaboration of Actual Freedom

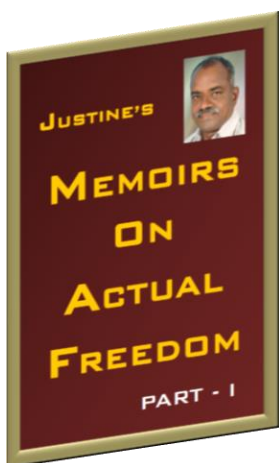


## Neja Viduthalai Actual Freedom in Tamil

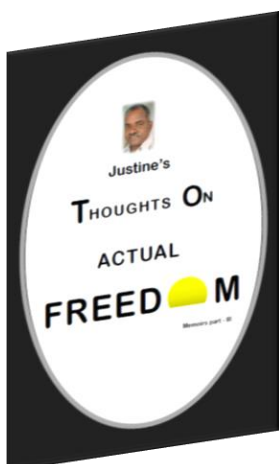




## Reflection's On Actual Freedom



## Memoirs on Actual Freedom



## Thoughts on Actual Freedom



**Sri Nisargadatta Maharaj, our contemporary Advaitic Jnani, who passed away, by the fag end of twentieth century, has given us very simple and practical ways to escape from the bondage of life.**

**Most of his words are like a mantra, charged with amazing power to release one from the pain and suffering of life and liberate one even while one lives in a body.**

**In this book I present 108 gem like points culled from the talks of Maharaj. Some of the points may seem tiresomely redundant. This is deliberately done for the sake of emphasis and to intensify clarity.**

**This can be called as a 'Journey to the UNMANIFEST'.**

**In the beginning, this journey may seem arduous, bizarre, and almost impossible. But one may find it all easy in due course.**

**With faith in the words of Maharaj, if one repeats certain words of him as a mantra, soon it brings amazing clarity, happiness and peace.**

**For instance, like the following words.**

- 1) My non-being is a perfect state.**
- 2) I do not know myself.**
- 3) I Amness is scorpion bite.**
- 4) True contentment is tasteless.**
- 5) In the COMPLETE there is no experience.**
- 6) I am UNBORN.**
- 7) I will be deleted as never installed.**
- 8) I am Parabrahman.**
- 9) I am That which I cannot know.**

**May all who read this book may find peace, harmony, happiness and freedom in their life!**

**JUSTINE JEYARAJ DEVARAJ**