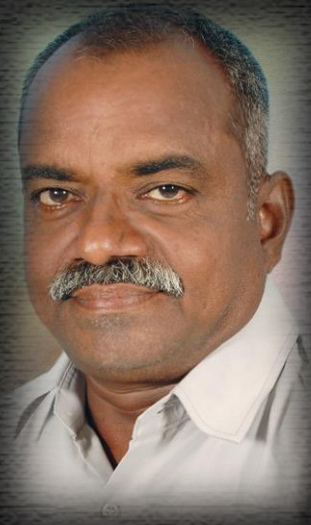


Spirituality

THE
DAILY LIFE
OF AN
ADVAITIC SAGE

Based On The Teachings Of Ramesh S. Balsekar



Justine Jeyaraj Devaraj

A Sequel To
Absolute Freedom

Spirituality

THE DAILY LIFE

OF AN

ADVAITIC SAGE

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A Sequel To

ABSOLUTE FREEDOM

Essence of The Teachings of Ramesh S. Balsekar



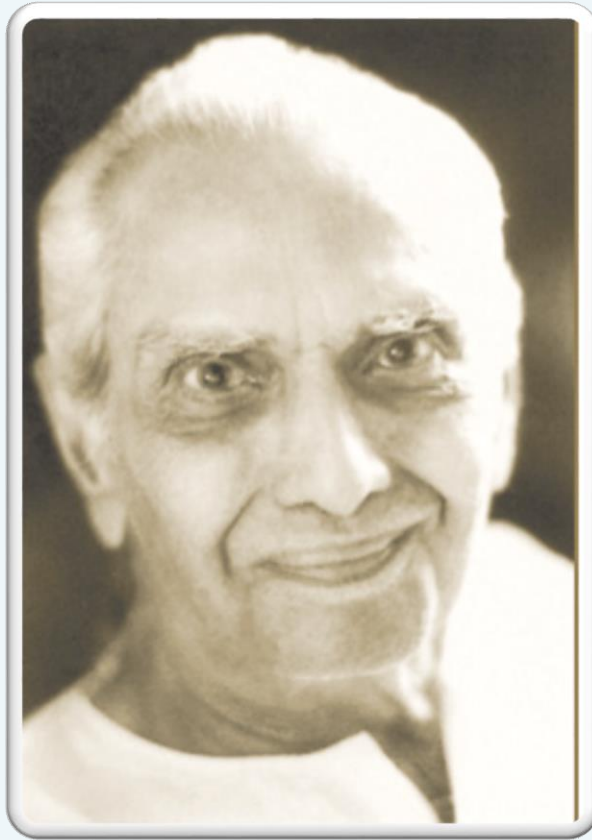
I AM THE
ACTIONLESS
PURE
PEACEFUL, TAINLESS, UNADULTERATED,
PERFECT, IMMANENT LIGHT.
YOU ARE THAT, FOR SURE!

- COSMIC DANCE OF LORD SHIVA



**ABANDON
ALL ATTACHMENTS
TO THE RESULTS OF ACTION
AND ATTAIN SUPREME PEACE!**

**- LORD KRISHNA
In
BHAGAVAD GITA**



*Understand that nothing happens unless
it is God's Will and do what you like.*

What can be simpler than that?

- Ramesh S. Balsekar



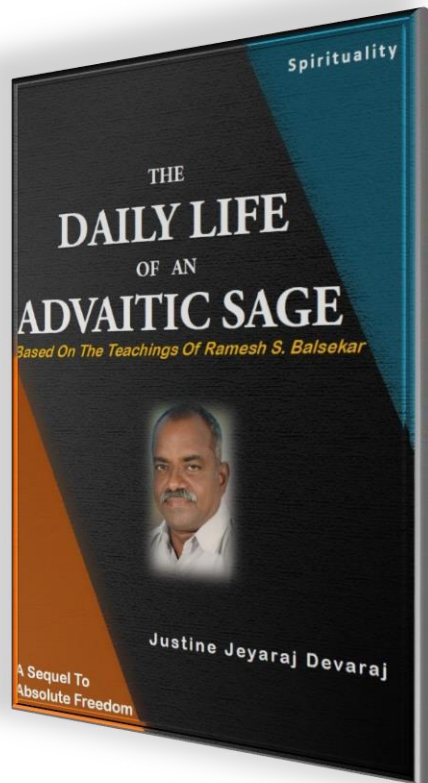
Dedicated to

The Advaitic Sage
Ramesh S. Balsekar



THE DAILY LIFE OF AN ADVAITIC SAGE

Based On The Teachings of Ramesh S. Balsekar



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"FLOW WITH
WHATEVER
MAY HAPPEN
AND LET YOUR
MIND BE FREE:
STAY
CENTERED BY
ACCEPTING
WHATEVER
YOU ARE
DOING. THIS
IS THE
ULTIMATE.

-CHUANG
TZU

PREFACE

“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.

May all find PEACE, HAPPINESS, and PROSPERITY from this reading!

Best Wishes!

JUSTINE JEYARAJ DEVARAJ

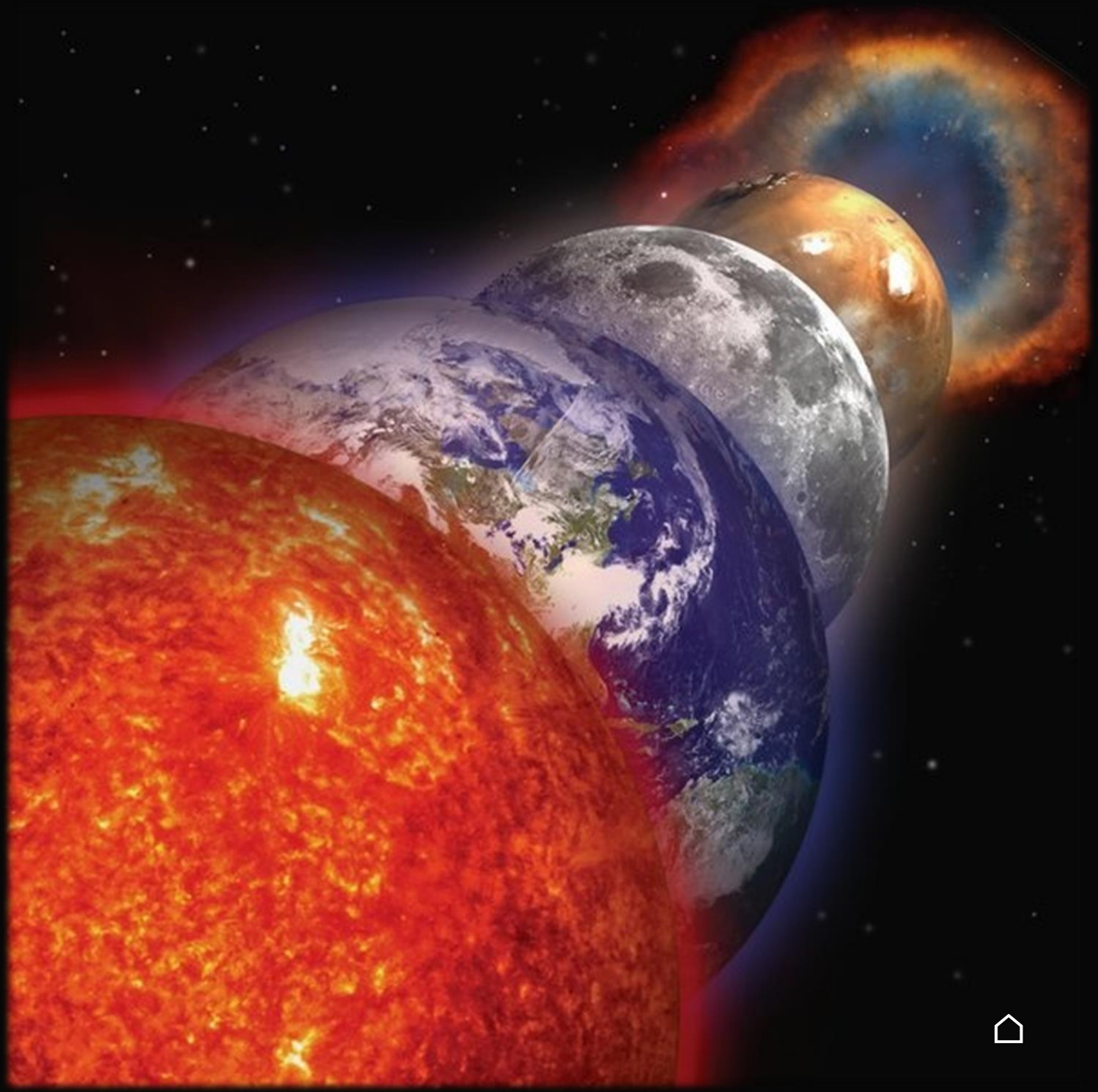


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ETERNAL PRESENCE



Chapter 1

Eternal Presence

- ① *While the SAGE goes through
The activities of daily routine,
For him, there is a very distinct feeling,
Of an ETERNAL PRESENCE.*
- ② *A PRESENCE, against the
Back-ground, of which
The LIFE flows,
In the DAILY ROUTINE.*
- ③ *That includes - the natural,
Biological, spontaneous
REACTIONS, in the SAGE'S
Body-mind organism.*
- ④ *The SAGE, remembers a time,
When he was angry, with himself.
Because, he seemed, NOT
To be able to live without 'MOODS'.*



Chapter 1

Eternal Presence

- ⑤ *Then, the thought occurred,
ECSTASY and ANGER, RASHNESS
And STUBBORNNESS, arise,
From NOWHERE - but from the VOID.*
- ⑥ *He felt, he had NOTHING
To do with them - LET THEM BE!
He found - IT IS THE WAY THINGS ARE,
And, that's how, LIFE FLOWS!*
- ⑦ *He felt, thoroughly shaken.
But - there was GREAT PEACE!
It was understood - THIS PEACE OF EMPTINESS,
Can happen, only spontaneously!*
- ⑧ *He asks, what had he understood,
From a fairly long life?
He tells that - LIFE ITSELF IS UNCERTAIN -
And events sort out themselves.*



Chapter 1

Eternal Presence

⑨ *Events, both ACCEPTABLE and
NOT ACCEPTABLE happen.
It was also seen, GIVING RECEIVES,
And, HUMILITY leads to glory.*

⑩ *And it was seen too
That, what one
Finally wants is -
HARMONIOUS STILLNESS!*

⑪ *Pleasure of the moment,
Was thoroughly enjoyed.
There was no anxiety of
Losing that pleasure, in future.*

⑫ *The social and financial position,
Of the moment,
Was accepted, without
Any comparison with others.*



Chapter 1

Eternal Presence

- ⑬ *Physical health, in the moment,
Without fear of future illness,
Was recognised with gratitude.
All this HAPPENED - but NOT ACHIEVED.*
- ⑭ *It was noticed,
Activities of the day,
With all the usual problems and
Dilemma, were met with calmness.*
- ⑮ *There did not exist
At all, any,
Physical strain,
Or, mental strain.*
- ⑯ *There seemed to be,
A constant awareness -
Of repose
And relaxation.*



Chapter 1

Eternal Presence

- ⑰ *It was clearly noticed,
That, whatever HAPPEN,
In daily living, one was
In immovable PEACE!*
- ⑱ *Finally, one truly,
Does not care at all,
If the body should,
Fall down dead - the next moment!*



ABSENCE OF CONCEPTS

CONCEPTS

ABSENCE OF



Chapter 2

Absence Of Concepts

- ① *The realisation of the
Absence of concepts, as
Natural state of Eternal Presence,
Brings utter humility and gratitude.*
- ② *Compassion arises for the
Common spiritual seekers,
Going through great frustration for years,
With their severe disciplines.*
- ③ *The SAGE pities them,
For they don't see,
What now seems to him,
An obvious FACT.*
- ④ *Whenever there are
Few moments, between
Two happenings, he finds himself
Doing one of the following things.*



Chapter 2

Absence Of Concepts

⑤ *Either he walks briskly,
For physical exercise,
Or he lies down and rest,
Or he sinks into a spontaneous meditation.*

⑥ *He has no preference.
When he begins the walk,
Or lie down on bed,
A japa, prayer, begins spontaneously.*

⑦ *That japa is: "OM NAMAH SHIVAYA".
These things happen, whether
The interval is
Five minutes or thirty minutes.*



Chapter 3

GENETIC REACTIONS



Chapter 3

Genetic Reactions

- ① *The SAGE looks out
On the road, and
See something happening.
Say, a car being parked.*
- ② *A spontaneous reaction
Happens, in the SAGE'S body-mind.
Whether that parking job is well done,
Or badly done by the driver.*
- ③ *It is purely a spontaneous reaction,
In the SAGE'S body-mind organism,
According to his DNA programme,
And it's not 'HIS' reaction.*
- ④ *A similar thing happens,
As the SAGE watches a TV programme.
An advertisement is being assessed by him,
Well done or badly done.*



Chapter 3

Genetic Reactions

- ⑤ *It is a reaction, in the
Body-mind organism of the SAGE,
And it is NOT
'HIS' reaction.*
- ⑥ *The SAGE has found himself,
Gradually avoiding, unnecessary journeys,
And unnecessary actions –
Both physical and mental.*
- ⑦ *Gradually, small talk and
Social gossip ceases to
Interest him. He reads less fiction,
And that too soon ceases altogether.*
- ⑧ *Winning an argument,
No longer seems relevant
Or important. Day dreaming
And concepts stopped happening.*



A photograph of a traditional Japanese Zen garden. In the foreground, a wide, flat area of light-colored gravel is visible. A path of darker, wet-looking gravel leads from the bottom left towards the center. Several large, dark, irregularly shaped rocks are scattered throughout the garden. Patches of vibrant green moss grow in the spaces between the rocks and along the edges of the gravel path. In the upper right, a tree with bright green, maple-like leaves hangs over the garden. The overall scene is peaceful and minimalist.

Chapter 4

NON

WITNESSING



Chapter 4

Non Witnessing

- ① *If daily life offered,
Something to witness,
Then witnessing happened. Otherwise,
There was only non-witnessing.*
- ② *He finds himself to sit,
Or lie down, or walk about,
In a non-witnessing state, where
Mind is all – but totally silent.*
- ③ *He finds that he does not
Like, being told secrets,
Because, he finds it difficult
To keep secret, a secret.*
- ④ *What about
Personal duty and responsibility?
This is the real joker
In the pack!*



Chapter 4

Non Witnessing

- ⑤ *In him, there is the
Total acceptance, that nothing
Can happen, unless it is Will of God,
According to a Cosmic Law.*
- ⑥ *So, the question
Of personal duty and
Responsibility, is irrelevant,
As legs of a snake.*



Chapter 5

WHAT HE IS?

WHAT HE IS?



Chapter 5

What He Is?

- ① *In actual daily living,
What is the feeling
The SAGE has, about
What he is?*
- ② *For him, to ask a question,
Or give an answer,
There has to be,
Consciousness.*
- ③ *And in PHENOMENALITY
There must, necessarily be,
A three dimensional object,
In the manifestation.*
- ④ *The SAGE'S constant
Feeling is that,
He is consciousness,
Functioning as a separate entity.*



Chapter 5

What He Is?

- ⑤ *Therefore, he cannot commit
A sin, a mistake.
Everything is precisely
What is supposed to be.*
- ⑥ *There is distinct feeling,
Of being constantly connected
To the Source, that is God,
All through the day.*
- ⑦ *And the SAGE feels that,
This is the normal
Condition of
Every human being.*
- ⑧ *Because, each separate entity,
The ego - is
Basically, the
Impersonal Consciousness.*



Chapter 5

What He Is?

- ⑨ *He no longer looks
At the other person,
As a potential danger,
Of any kind.*
- ⑩ *If he is hurt,
It can only be, because,
It was his destiny,
According to Cosmic Law.*
- ⑪ *To be hurt, and that
The 'other' was merely
An instrument, through which
It had to happen.*



A vibrant, high-angle photograph of a narrow river flowing through a dense, lush green forest. The water is a clear, light green color. On the right side of the river, a waterfall cascades down a rocky ledge, creating a misty spray at the bottom. The trees are thick and their leaves are a bright, healthy green, with some sunlight filtering through the canopy. The overall scene is peaceful and natural.

Chapter 6

INFIRMITY OF LIFE



Chapter 6

Infirmity Of Life

① *When the SAGE'S wife
Was in the hospital, critically ill,
The certainty of life's infirmity
Happened, though he already knew it.*

② *Each one of us,
Comes into the world,
And leaves it precisely,
At the appointed time.*

③ *For the SAGE, life,
Does not,
Now seem,
All that precious.*

④ *A thought occurs to him,
'Will Ramana Maharishi,
Ever come to me,
In a personal experience?'*



Chapter 6

Infirmary Of Life

- ⑤ *Almost immediately,
This was followed by,
Another thought, 'who cares!'.
It was quite amusing.*
- ⑥ *It is stupid for anyone,
To appear wiser than he is,
Or handsome than he is,
Or better than he really is.*
- ⑦ *No one is perfect here.
Acceptance is easier than hypocrisy.
Being natural is,
Much easier than pretension.*
- ⑧ *The SAGE reflects on a quote of
Chuang Tzu: "Where can I find a man,
Who has forgotten words?
I would like to have a word with him!"*



Chapter 6

Infirmary Of Life

- ⑨ *About his youthful energy in old age,
The SAGE says: It is by accepting
Life, as it happens, and not
Going against its flow.*
- ⑩ *The SAGE finds himself,
Reluctant to give suggestions,
Or advice, unless it is
Specifically asked for.*
- ⑪ *Even then,
He does not
Expect it,
To be accepted.*
- ⑫ *The SAGE sees the beauty of money,
Only when, he had it sufficient,
To give away,
A decent part of it.*

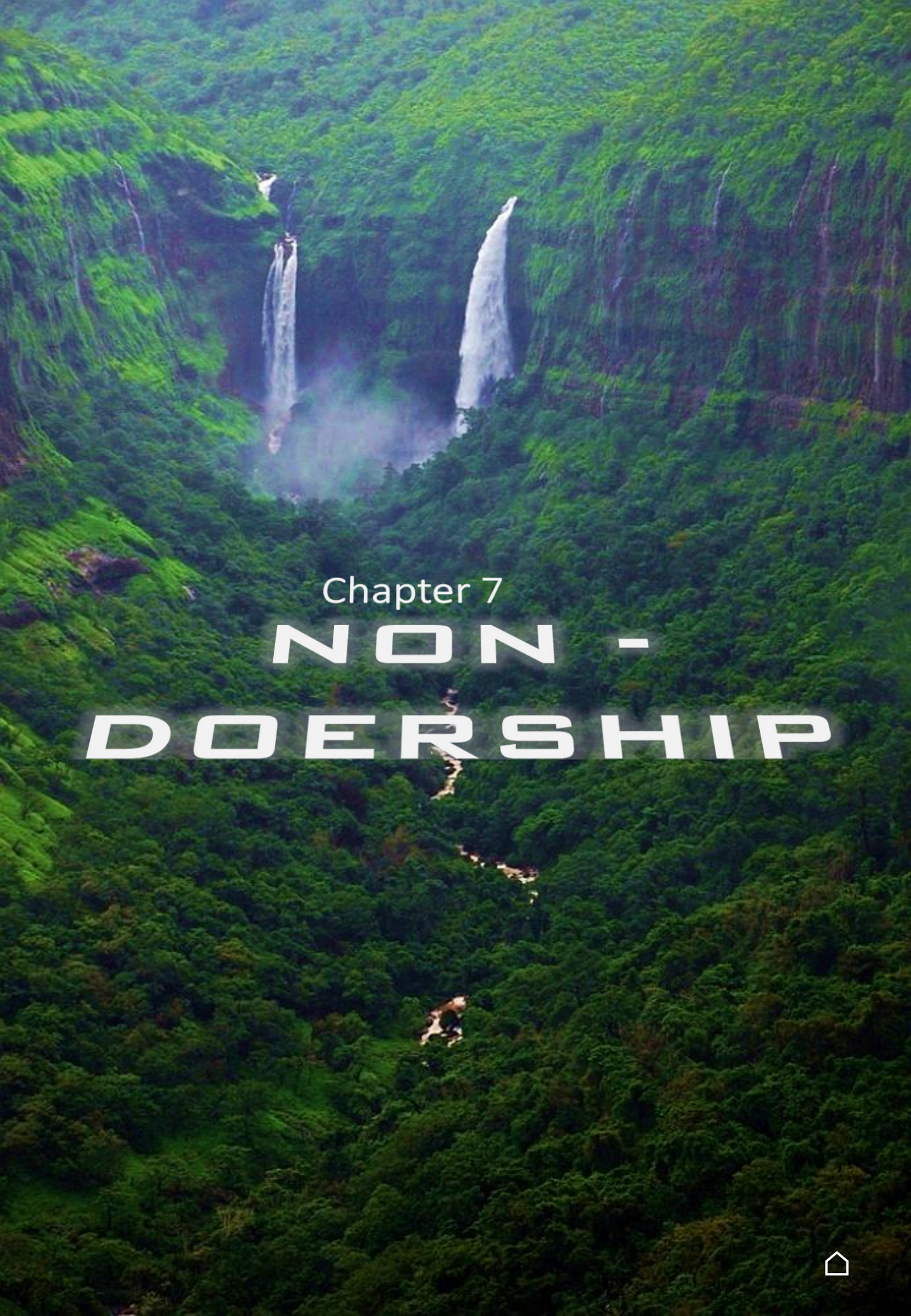


Chapter 6

Infirmary Of Life

- ⑬ *He had realised that,
The true fulfilment,
Can only come,
From giving.*
- ⑭ *With the total acceptance
Of non-doership,
Everything is a happening,
And not doing by anybody.*





Chapter 7

NON - DOERSHIP



Chapter 7

Non - Doership

- ① *For the SAGE, the understanding that
The Source has become the All,
Has become deeply embedded,
And there's no more concept of Source.*
- ② *Thinking about the
UNTHINKABLE,
Does not
Happen.*
- ③ *Total acceptance of non-DOERSHIP,
Has resulted in total
Cessation of all concepts of
Attachment, renunciation and acceptance.*
- ④ *The SAGE finds disciplines like
Meditation and prayers,
Which are a routine habit, are
No longer a source of stress.*



Chapter 7

Non - Doership

- ⑤ *It does not matter, if
Circumstances sometimes,
Interrupt the routine.
They are no more a compulsion.*
- ⑥ *What used to be, once
A matter of compulsion,
Now seems, a part of
Daily happening, merely witnessed.*
- ⑦ *It is clearly noticed,
The pleasure that occurs,
In the moment, is
Thoroughly enjoyed, to the full.*
- ⑧ *It is shared with others.
Such pleasure, does not
Give rise to fear of
Losing it next moment.*



Chapter 7

Non - Doership

- ⑨ *It is also realised,
That the pain of the moment
Can be a source of pleasure,
When the pain ceases.*



Chapter 8

LIFE

LIVES US



Chapter 8

Life Lives Us

- ① *Acceptance of duality, as
The very basis of life,
Has become so very deep,
In 'life' and 'daily living', of the SAGE.*
- ② *Judgement of someone being
Good or bad, efficient or inefficient,
Responsible or irresponsible,
Hardly ever arise in him.*
- ③ *Even when it arises,
It is seen as REACTION
Of body-mind instrument, and
Not his own personal reaction.*
- ④ *The SAGE sees that,
After all, all that we could
Possibly be, must inevitably
Be the SOURCE.*



Chapter 8

Life Lives Us

- ⑤ *Living in essence is,
Merely, the response of
Such sense in contact,
With it's respective objects.*
- ⑥ *There is an actual experience,
That HE DOES NOT LIVE
His life - but, that LIFE
IS BEING LIVED THROUGH HIM.*
- ⑦ *It is same, with others.
LIFE is being lived
Through each and every
Body-mind organism.*
- ⑧ *LIFE being lived through
Billions of body-mind organisms,
Bondage and liberation
Seems meaningless.*



Chapter 8

Life Lives Us

- ⑨ *All speculation about
Bondage and liberation seems,
Utterly superfluous, as speculation
About birth and death.*
- ⑩ *With the experience of
LIFE being lived by ITSELF,
It seems amazing, how
Each problem seems to resolve itself.*
- ⑪ *Each dilemma arrives spontaneously,
At it's natural solution.
'Me' and the 'other', turn out to be,
Just different perception.*
- ⑫ *So, how the SAGE
Lives his daily life?
The answer
He finds is, as follows.*



Chapter 8

Life Lives Us

⑬ *The SAGE has already done,
In each past moment,
Whatever that is needed to be done,
About the future.*

⑭ *He now lives,
In the present moment,
Without bothering to,
Think about the future.*

⑮ *Each entity is the SOURCE,
Identified with each body-mind
Organism and name,
As identified Consciousness.*

⑯ *This connection with the SOURCE,
Gets broken, whenever the ego,
Gets too involved -
In daily living.*



Chapter 8

Life Lives Us

- ⑰ *Mainly, through judging,
Blaming, condemning someone,
For something -
Either himself or the other.*
- ⑱ *But the SAGE, in any situation,
Does what he feels he should do,
Without regrets
About the past.*
- ⑲ *And that too,
Without blaming, or condemning,
Anyone for anything,
Neither himself or the other.*



Chapter 9

SUKHA SHANTI



Chapter 9

Sukha Shanti

- ① *The SAGE says that,
What actually happens,
Has never been,
In anyone's control.*
- ② *It has,
Always been,
According to
God's Will/Cosmic Law.*
- ③ *The SAGE accepts that,
No human being,
Is capable of
Doing anything.*
- ④ *So, the SAGE'S attitude,
Towards the other,
Has never been one of,
Suspicion, fear or rivalry.*



Chapter 9

Sukha Shanti

⑤ *Thus, he is always free
Of sin, and guilt,
And free of the burden of hatred,
Jealousy, or malice towards others.*

⑥ *This means, it is the
SUPREME HAPPINESS
Or peace of mind.
SUKHA SHANTI!*

⑦ *Feelings, of course arise,
As biological reaction,
According to his genes,
And his conditionings.*

⑧ *But his ego -
Has nothing
To do
With them.*



Chapter 9

Sukha Shanti

- ⑨ *Finally, there is physical death.
For the SAGE, death is a 'happy event';
The end of the travails
Of daily living.*
- ⑩ *The SAGE is ready
To die any minute -
Why? Because, there will be
No more pleasure and pain.*
- ⑪ *The basis
Of physical death,
Is the -
Absence of duality.*
- ⑫ *The most
Soothing words
The SAGE can
Tell us is this:*



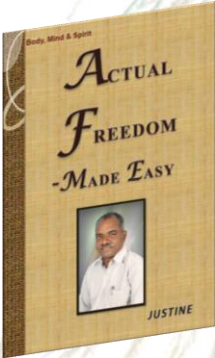
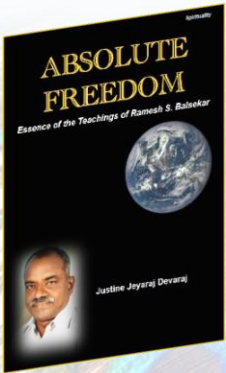
Chapter 9

Sukha Shanti

- ⑬ *It does not matter,
Whether you get
Enlightened or not,
Before you die.*
- ⑭ *After death, the identified
Consciousness of a psychopath,
And that of a sage,
Merge with the same SOURCE.*
- ⑮ *It makes no difference,
To the ocean, whether
The dirtiest water or
The purest Ganges merges with it.*

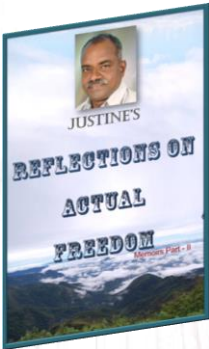
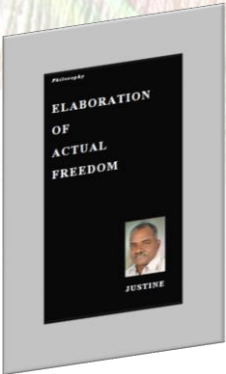


1) Absolute Freedom
(Essence of The Teachings of Ramesh S. Balsekar)



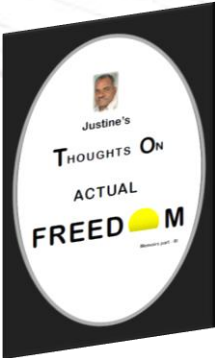
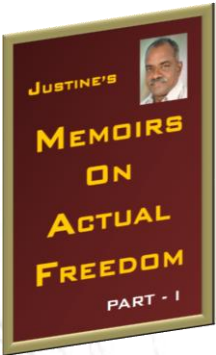
2) Actual Freedom Made Easy

3) Elaboration of Actual Freedom



4) Reflection's On Actual Freedom

5) Memoirs on Actual Freedom



6) Thoughts on Actual Freedom

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