

Upadesha Saram *The Essence of Instruction*

- 1 All actions undertaken will have an impact and effect
For that is how nature works
But whatever action takes place it is not itself aware
Actions are not the first principle of being
- 2 The effect of an action will fade and then pass
But will leave behind impressions
Such impressions seed further action
This is never ending and endlessly binding
- 3 But when actions are performed freely without attachment
And are undertaken willingly in love and service
Then Impressions do not bind
Such action purifies the mind and points the way to freedom
- 4 When the faculties of body speech and mind
Are directed in action to worship, praise and meditation
Such freedom will certainly be attained
- 5 That to which worship should be applied
Is this very nature of existence and creation
To see this whole as the very form of God
Is perfect worship and perfect action
- 6 To apply worship through praise and mantra is beneficial
Especially when subtle and soft
But the best practice of all, the best worship, is meditation
- 7 Meditation is finest when it is constant
Flowing as one continuous current
Remaining unbroken
Like a steady stream of oil
- 8 Then God is not seen as another
But is known and held as the very I within
This is the noblest attitude to take
- 9 Abiding as that in pure being
Thought is transcended through love
This is the essence and supremacy of devotion
- 10 To be so absorbed in the heart
The source from which we sprang
Is the unifying of all Yoga
The common essence of Raja, karma, Bhakti and Jnana

- 12 Understand that mind and breath as thought and action
Fork out like two branches
But both spring
From a single root
- 11 Regulating the breath quietens the mind
Like a bird caught in a net
Breath regulation helps absorption in the heart
- 13 Where absorption is only partial thought patterns may submerge
But they will rise again and repeat
Where absorption is complete mind is undone
Such thought patterns will then rise no more
- 14 With breath controlled and thought restrained
The inward turned mind
Fades and ends
- 15 Then with mind at peace the mighty seer
Returns to his own natural being
And has no binding actions left to perform
- 16 It is true wisdom for the mind to turn away
From outer objects and in this way behold
Its own radiant form
- 17 For when unceasingly the mind
Scans its own form
It becomes apparent that there is nothing substantial to be found
This direct path of realisation is open to everybody
- 18 Thoughts alone make up the mind
And of all thoughts the I thought is the root
What is thought to be the mind is nothing other than this notion I
- 19 When one turns within and searches
From where has this I thought arisen
The assumed I vanishes
This is self enquiry where wisdoms quest is fulfilled
- 20 With this I notion faded
Now there in its place the power of I, I, arises
The one the very self the infinite
The heart of being
- 21 It is this existence which is the permanent reality
For even in deep sleep
Where we have no present sense of I
We do not cease to be

- 22 Body, senses, mind, breath sleep
Are all insentient
They cannot be I
That which is enduring and real
- 23 The knowing of being
Is performed by being
There is no other knower that does this
Therefore being is awareness
And we are all awareness
- 24 In the nature and wholeness of being
All creatures and all creation is but one substance
Only differing in actions and appearance
- 25 Seeing oneself as free of all attributes
Is to know the heart
For that shines ever and constant as the pure self
- 26 To know the self is to be the self
For the self is not two
In such knowledge
One abides as that
- 27 Realisation is the wholeness of being
Transcending both knowing and not knowing
For as such there is no object to be known
- 28 Through absorption in ones own nature
One abides as that with no beginning or end
Unbroken consciousness and joy
- 29 Abiding in this state
Beyond conditioning and ignorance
Is steadfast service of the lord
- 30 All ego gone and rising no more
Living as the heart
Is both surrender and fulfilment
Sings Ramana the self

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