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SELF DISCOVERY

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to lose concentration when a crucial move is to be made on the chess board or in the last few balls of a nail-biting 'One day cricket match' or a see-saw tie-breaker of a Grand Slam event.

In one of his poems 'Bee Messengers Reply' the poet saint Muruganar expresses this with great clarity.

Dear maiden, you entrust to us  
This message having carelessly  
Missed the state of natural bliss  
And being bitten by pain. Why send  
Words of worship through us? Wordless  
Stay, stilling the wandering mind.  
Falling from your own Self-state,  
Golden maiden, forlorn, you sweetly pray  
With numerous uttered words. The way  
Of restoration, if you care  
To know it, is to BE, still, still  
For ever the same, and still.  
Afraid of entering and enjoying  
The garden of your friend, the Heart,  
You are distressed, you cheat yourself, for  
Within the Heart, the Bright One stands  
And shines. Join him and drive away  
Your fear and pain.

Carelessness, inattentiveness to the conceptualisation takes place when one is not aware of the feeling 'I'. Carelessness because if only attention had been on the 'I', the one to whom the thought movement relates, then stillness alone would have prevailed. It is a stillness which remains undisturbed, unaffected by action, by the fluid dynamics of life. One lives each moment in all its fullness submerged always in joy.

This carelessness has arisen because one's paramount duty has been forgotten. In Ramana Gita, one of the questioners Deivarata questions Ramana closely on this point.

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