

## An advice to a child (including How to get guidance of Ramana)

*By Swami Shantananda Puri Maharaj,*

*[Perhaps this is written during 2003-2004 by Guruji during Mounam]*



### An advice to a child

God is the owner of the Supermarket for abundant and permanent happiness but you cannot see or contact him easily. So in his compassion, He sends some of his agents to this world and they are called saints. One of them is Ramana. We call him God as Bhagawan because he possesses six great qualities called “bhaga” – namely:

- (1) Leadership being master of all
- (2) Inner courage
- (3) Abundant or Infinite wealth of Love towards all
- (4) All knowledge
- (5) Fame
- (6) No favouritism or special attachment but equal treatment of all (Detachment)

Ramana was the most beloved of God, had all the qualities of God Himself and that is why he was also called Bhagawan. God Himself took the form of Ramana and came, lived with us like a man and taught us how to contact and realise God. Bhagawan Ramana is not the Body form only but is the Supreme Power of Love and Compassion, a living and loving conscious energy. Ramana left his body in 1950 but he is still living in another plane, in the heart of each of us. He still continues to love us and guide us to God who has the key to Supreme Happiness which we all want.

#### HOW TO GET GUIDANCE OF RAMANA

DAILY SIT QUIETLY ALONE IN SOME CORNER OF the house early in the morning as soon as you get up or in the evening or at night before going to bed. Shut your eyes and by imagination and turn your attention to the invisible heart which is on the right side of your chest (just like the heart made of flesh, muscles, etc. on left side). Imagine the form of Bhagawan Ramana smiling at you and sitting inside the heart. Concentrate all your attention and be looking at it for about five minutes. imagine that Ramana is surrounded by a brilliant light like the sun's rays and the light becomes brighter and brighter till it completely covers Ramana's form which gets merged and dissolved in that light. That is Ramana's light. Looking at it mentally repeat again and again (not loudly but inside) "OM NAMO BHAGAWATE SRI RAMANAYA" for 15 minutes approximately (after a few days you may increase it to 30 minutes if you have enough time). Do this daily with love and faith. Whenever you have any trouble like illness or fear from something, etc., Ramana will help you. One day he will guide you to further meditations (like "Who am I") till he makes you see GOD face to face. The meditation given alone can be done not only by children but even women and men who are unable to grasp the 'Who am I' meditation taught by Ramana.

\* \* HARI OM \* \*

**Note:** All the capital words / emphasis / sentences are as written by Swamiji. No editing has been done in order to retain the original form of the letter.

**Website:** <http://www.swamishantanandapurimaharaj.org/>