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# The Spiritual Teaching Of Ramana Maharshi

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Commentaries on Sri Maharshi's Teachings, Who Am I?

Practicing the Jhanas

Teachings of Ramana Maharshi

An Introduction to the Philosophy and Practice of the Spiritual Teachings of Bhagavan Sri Ramana

Yoga Teachings of Vivekananda

The Core Teachings of Ramana Maharshi

In His Own Words

The Essential Teachings of Ramana Maharshi

The Spiritual Teaching of Ramana Maharshi.

Foreword by C.G. Jung

Teachings of Self-Realization

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An Anthology

The Teachings of Sri Ramana Maharshi

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Sri Ramana Maharshi

Modern Commentary on the Teachings of Master Linji

Words of Grace

The Mind of Ramana Maharshi

Silence of the Heart  
The Teachings of Sri Ramana Maharshi  
The Teachings of Ramana Maharshi (The Classic  
Collection)  
Sterling Book of Ramana Maharshi  
Teachings on Impermanence and the End of  
Suffering  
The Spiritual Teaching of Ramana Maharshi  
The Collected Works of Ramana Maharshi  
Who Am I?  
Tales of the Saints of India  
A Heart as Wide as the World  
Dialogues with Robert Adams  
Happiness and the Art of Being  
The Spiritual Teaching of Ramana Maharshi  
True Happiness  
Everything Arises, Everything Falls Away  
Nothing Ever Happened  
The Essence of Spiritual Practice  
Talks with Sri Ramana Maharshi  
Everything Is an Illusion  
Ramana Maharshi and the Path of Self Knowledge

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## **GROSS KADENCE**

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Commentaries on Sri  
Maharshi's Teachings,  
Who Am I? Lulu Press,  
Inc

The inspirational  
messages collected in  
this book, selected  
from the writings and  
talks of Swami  
Vivekananda, speak  
directly to the concerns  
of contemporary men  
and women who seek

to live a spiritual life in the midst of everyday activities. At the same time, they form a concise introduction to Vedanta, the perennial philosophy of India.

*Practicing the Jhanas*  
Sterling Publishers Pvt. Ltd

Here is a timeless collection of traditional stories that recount the personal spiritual journeys and true acts of selflessness by saints from various religious traditions indigenous to India, including Buddhism, Hinduism, Jainism, Sikhism, and Sufism.

The authors present a diverse selection of these inspirational tales—about both men and women saints, from a variety of time periods, and from all over India—and make them relevant for a modern audience. The

stories reveal that, despite their perceived differences, the same spiritual principles underlie all the great religious traditions.

Teachings of Ramana Maharshi Michael D A James

The Buddhist teachings have the power to transform our lives for the better, says Sharon Salzberg, and all we need to bring about this transformation can be found in the ordinary events of our everyday experiences. Salzberg distills more than twenty-five years of teaching and practicing meditation into a series of short essays, rich with anecdotes and personal revelations, that offer genuine aid and comfort for anyone on the spiritual path. Many chance moments, both small

and profound, serve as the basis for Salzberg's teachings: hearing a market stall hawker calling "I have what you need!"; noting hotel guests' reactions to a midnight fire alarm; watching her teacher, Dipa Ma, bless a belligerent dog; seeing the Dalai Lama laughing uproariously at his own mistake. Each passing moment, Salzberg shows, can help us down the path toward "a seamless connection and an unbounded heart." An Introduction to the Philosophy and Practice of the Spiritual Teachings of Bhagavan Sri Ramana Avadhuta Foundation  
A translated and annotated edition of Padamalai, a Tamil philosophical poem by Muruganar that

contains direct teaching statements by Sri Ramana Maharshi. Yoga Teachings of Vivekananda Lulu Press, Inc  
Ajahn Chah (1919–1992) was admired for the way he demystified the Buddhist teachings, presenting them in a remarkably simple and down-to-earth style for people of any background. He was a major influence and spiritual mentor for a generation of American Buddhist teachers, including Jon Kabat-Zinn, Sharon Salzberg, and Jack Kornfield. Previous books by Ajahn Chah have consisted of collections of short teachings on a wide variety of subjects. This new book focuses on the theme of impermanence,

offering powerful remedies for overcoming our deep-seated fear of change, including guidance on letting go of attachments, living in the present, and taking up the practice of meditation. Everything Arises, Everything Falls Away also contains stories and anecdotes about this beloved master's life and his interactions with students, from his youth as a struggling monk to his last years when American students were coming to study with him in significant numbers. These stories help to convey Ajahn Chah's unique spirit and teaching style, allowing readers to know him both through his words and the way in which he lived his life.

### **The Core Teachings**

**of Ramana Maharshi**  
Shambhala  
Publications

"He is present within, pouring out his grace. In dire need he comes to the rescue whether sought or unsought. He is the most intimate being, our very Self." - V. 58, Sri Ramana Ashtottara Sri Ramana Maharshi, the sage of Arunachala - the holy mountain of Lord Shiva, was one of the world's most influential spiritual teachers of our time. He taught the infallible way to Self-realisation through his unique method of 'Self-Enquiry' and the total devotional surrender of the egotistic mind to the inner Satguru dwelling in each one's spiritual heart. He always spoke from the high authority of direct Self-knowledge. He could, and still does,

invoke the real Self of pure Existence-Consciousness-Awareness-Love through the Silence of his Presence in his devotees. During his lifetime he led many to Self-realisation. His ashram at Tiruvannamalai is an active spiritual centre imparting the grace and knowledge of his Teaching. This brief biography acquaints you with significant details of his divine life and the essence of his Teaching. The author Alan Jacobs is well-known for his several books and anthologies including: Poetic Transcreations of the Bhagavad Gita and The Principal Upanishads. He also contributes to Ramanasramam's spiritual journal, the Mountain Path. He is President of the

Ramana Maharshi Foundation, UK.

### **In His Own Words**

Acropolis Books Incorporated

"Sri Ramana Maharshi (1879-1950) was

probably the most famous Hindu sage of the twentieth century.

He was renowned for the simple approach he took in leading people to spiritual realization, and for the powerful peace-giving presence that people from all religions experienced upon meeting him.

Timeless in Time is the story of his own remarkable spiritual life, along with the essence of his teachings.

The many photos of the sage, and of the people and places important in his life, enhance our understanding of the words of the text with a sense of the

Maharshi's unique presence."--BOOK JACKET.

*The Essential Teachings of Ramana Maharshi* Shambhala Publications

Verse work on self-realization.

*The Spiritual Teaching of Ramana Maharshi.*  
Foreword by C.G. Jung  
Penguin UK

This is the original version of the English translation of Sri Ramana Maharshi's "Upadesa Manjari," which was long out of print. SAT has republished it in its entirety in the form of this book. The actual text is considerably different in expression and the details of the teachings from the more commonly known version of this work published as "Spiritual Instruction." Includes all of the original notes

and explanations. *Teachings of Self-Realization* Society of Abidance in Truth  
Sri Ramana Maharshi is regarded as one of the most important Indian sages of all time. At the age of sixteen, he experienced a spiritual awakening and travelled to the holy mountain of Arunachala, where a community grew up around him. From there, he touched the lives of influential writers, artists, and seekers such as Carl Jung, Henri Cartier-Bresson, and Somerset Maugham. Today, millions around the world continue to be inspired by his teachings. Edited by his pupil Arthur Osborne, this classic work sets out Sri Ramana Maharshi's thoughts on such

subjects as how to live in the here and now, wealth, freedom, knowledge, and the essence of our true nature. Self-inquiry is the key to liberation, Sri Ramana contends, as he invites us to detach ourselves from our illusions and set out on the path that leads toward enlightenment.

*Traditional Concentration Meditation as Presented by the Venerable Pa Auk Sayada w World Wisdom Books*

New Enlarged Edition

Sri Ramana Maharshi (1879-1950) was still in his teens when he attained enlightenment through a remarkable experience, as if undergoing death of the physical body, while remaining in full consciousness. He left

home for the sacred hill of Arunachala where he taught the purest form of Advaita Vedanta (non-duality) through the simple discipline of self-inquiry. His teaching, his principal instruction to all his devotees was always to meditate on the question "Who am I?" In this book Arthur Osborne gives an account of the life and teachings of Sri Ramana Maharshi. It has a special relevance to our age with its outlines of a religion based on the Indian scriptures which is essentially spiritual, without ceasing to be rational and ethical.

An Anthology Vintage

The Upadesa Sarah (Upadesa Saram) by Bhagavan Sri Ramana Maharshi. Translated with Commentary by Nome. Bhagavan Sri



Ramana Maharshi, abiding in the eternal Silence of the Self, composed The Essence of Spiritual Instruction for the supreme good of all in response to the supplications of the devoted Muruganar. The poet-devotee was writing in Tamil the story of the wayward rishis who dwelled in the Daruka forest and practiced rites for the attainment of powers that they desired. Their egos humbled by Siva and perceiving the error of their approach, they humbly sought spiritual instruction from Siva. Siva graciously bestowed the instruction, and it is these teachings that Muruganar requested Sri Bhagavan, Siva himself, to reveal in verse form. So, the Maharshi composed thirty verses in Tamil.

Later, Sri Bhagavan translated them into Sanskrit. The Tamil version is entitled Upadesa Undiyar, and the Sanskrit version is entitled Upadesa Sarah and is also referred to as Upadesa Saram. This work is the English translation of the Sanskrit Upadesa Sarah. With each verse there is a ten-point commentary emphasizing the profound significance of the verse for those practicing Self-inquiry in the quest of nondual Self-Knowledge. An appendix that contains just the Sanskrit text with transliteration is included for ease of recitation and similar purposes.

**The Teachings of Sri Ramana Maharshi**  
Shambhala  
Publications  
Who am I? is the title

given to a set of questions and answers bearing on Self-enquiry. The questions were put to Bhagavan Sri Ramana Maharshi by Sri M. Sivaprakasam Pillai, about the year 1902. Sri Pillai, a graduate in philosophy, was at the time employed in the Revenue Department of the South Arcot Collectorate. During his visit to Tiruvannamalai in 1902 on official work, he went to Virupaksha Cave on Arunachala Hill and met the Maharshi there. He sought from him spiritual guidance and solicited answers to questions relating to Self-enquiry. As Bhagavan was not talking then, not because of any vow he had taken but because he did not have the inclination to talk, he

answered questions put to him by writing. As recollected and recorded by Sri Sivaprakasam Pillai, there were thirteen questions and answers to them given by Bhagavan. This record was first published by Sri Pillai in 1923 (in the original Tamil), along with a couple of poems composed by himself relating how Bhagavan's grace operated in his case by dispelling his doubts and by saving him from a crisis in life.

*Upadesa Undiyar of Bhagavan Sri Ramana*  
Repro Knowledgecast Limited

The Seven Steps to Awakening is the most powerful collection of quotes ever assembled on the subject of how to directly experience the true Self whose nature is Infinite-

Eternal-Awareness-Love-Bliss and how to bring the impostor self, its tricks and all suffering to a final end in this lifetime. Most books on the subject of Self-realization are written by those who have only conceptual knowledge and no direct experience of the infinite Self. All seven of the sages quoted in The Seven Steps to Awakening lived in the infinite and their knowledge came from their direct experience of the infinite Self. The quotes in The Seven Steps to Awakening are doorways to liberation and a loving transmission from the Infinite Self to you. When the impostor self attempts to derail you from your journey to Awakening, reading the quotes in The

Seven Steps to Awakening can inspire and encourage you to get back on track. Only the most essential and most powerful quotes that have no distractions or detours were selected for The Seven Steps to Awakening. The first collection of quotes describes how to tell the difference between a conceptual journey and a journey to Awakening. The second points out that the world, etc. is a dreamlike illusion. The third reveals why it is necessary to bring the impostor self to its final end. The fourth is about the importance of increasing your desire for liberation. The fifth is for the purpose of encouraging, inspiring and motivating you to actually practice all

seven steps. The sixth is about turning your attention inward. The seventh describes the most rapid, direct and effective method that brings the impostor self, its tricks and all suffering to their final end so that you can remain forever in the true Self whose nature is Infinite-Awareness-Love-Bliss.

#### A Visual Journey

Society of Abidance in Truth

An in-depth study of the philosophy, science and art of true self-knowledge taught by Bhagavan Sri Ramana Maharshi, giving detailed guidance on the practice of self-investigation (atma-vichara), 'Who am I?'

#### **Sri Ramana**

**Maharshi** Rider

Equanimity, good health, peace of mind, and long life are the

goals of the ancient Taoist tradition known as "internal alchemy," of which Cultivating Stillness is a key text. Written between the second and fifth centuries, the book is attributed to T'ai Shang Lao-chun—the legendary figure more widely known as Lao-Tzu, author of the Tao-te Ching . The accompanying commentary, written in the nineteenth century by Shui-ch'ing Tzu, explains the alchemical symbolism of the text and the methods for cultivating internal stillness of body and mind. A principal part of the Taoist canon for many centuries, Cultivating Stillness is still the first book studied by Taoist initiates today.

Modern Commentary on the Teachings of

Master Linji Shambhala  
What is helpful about reading these types of quotes is that the more you can realize that everything is an illusion the better you can ignore everything and turn inward. One of the most significant aspects to this collection of quotes by the Sages is that in addition to pointing out that everything is a dreamlike illusion, the also point out in many of their quotes that upon Self Realization everything disappears. They also state that realizing that the world, etc. is an illusion is essential for Self Realization. The type is Palatino 15 for crisp clear easy reading. This book contains all of the quotes in Chapter (Step) Two from the book The Seven Steps to

Awakening. Everything is an Illusion is Book Five in the Self Realization Series. One purpose of the Self Realization Series is to put just one category of quotes into a small book that has the advantage of making it easier to focus, meditate on, grasp and have insight into just one subject at a time. That makes the approach simple, easier and less complicated. The idea is to stay focused on just one subject until you have received everything you need to receive from that one subject. Most people go on to the next subject without ever having learned to apply to their lives the subject they are studying now. The Self Realization series of books are portable

practice manuals aimed at helping sincere seekers of Self Realization master one Key to Self Realization at a time. The six titles in the Self Realization Series are: 1. Self Awareness Practice Instructions. 2. The Desire for Liberation. 3. The False self. 4. Inspiration and Encouragement on the Path to Self Realization. 5. Everything is an Illusion. 6. How Not to Get Lost in Concepts.

**Words of Grace** Inner Directions Pub

The philosophy of Advaita or Non Duality has become, along with Buddhism, one of the most popular spiritual paths being pursued by those interested in enlightenment today. During the past three decades, Advaita has

become more widely recognized in the West through the ever growing popularity of Ramana Maharshi. His point of view has for its aim Self-realization. The central path taught in this philosophy is the inquiry into the nature of Self, the content of the notional 'I-thought'. Carl Jung wrote of Ramana: "Sri Ramana is a true son of the Indian earth. He is genuine and, in addition to that, something quite phenomenal. In India he is the whitest spot in a white space. What we find in the life and teachings of Sri Ramana is the purest of India; with its breath of world-liberated and liberating humanity, it is a chant of millenniums." The core of Ramana's teachings are presented herein;

also included are three Ramana classics: Who Am I?, Self Enquiry, and Spiritual Instruction.

**The Mind of Ramana**

**Maharshi** Createspace Independent Publishing Platform

EVERY living being longs always to be happy, untainted by sorrow; and everyone has the greatest love for himself, which is solely due to the fact that happiness is his real nature. Hence, in order to realise that inherent and untainted happiness, which indeed he daily experiences when the mind is subdued in deep sleep, it is essential that he should know himself. For obtaining such knowledge the enquiry, 'Who am I?' in quest of the Self is the best means. 'WHO AM I?' I

am not this physical body, nor am I the five organs<sup>1</sup> of sense perception; I am not the five organs of external activity<sup>2</sup>, nor am I the five vital forces,<sup>3</sup> nor am I even the thinking mind.

Neither am I that unconscious state of nescience which retains merely the subtle vasanas (latencies of the mind), while being free from the functional activity of the sense-organs and the mind, and being unaware of the existence of the objects of sense-perception.

*Silence of the Heart*

Random House

After six years of solitude, Indian sage Ramana Maharshi reflects on the topics of peace, the self, and silence—featuring a foreword by Carl Jung

The renowned Indian sage Ramana Maharshi is widely beloved—by Buddhists, Hindus, Christians, Taoists, and more—for the inspirational power of his teachings, which transcend all religious differences. Here is a collection of Sri Ramana’s instructions and discourses culled from three works: *Who Am I?*, *Spiritual Instructions*, and

*Maharshi’s Gospel*. These teachings are arranged by topics such as work and renunciation, silence and solitude, peace and happiness, and the discipline of self-inquiry. Reading this book, presented in question-and-answer format, evokes the feeling of being with this outstanding teacher at one of his intimate teaching sessions.