



Be As YOU Are

The Teachings
of Sri Ramana
Maharshi

edited *by* David Godman

Ramana Maharshi

Be As You Are: The Teachings of Sri Ramana Maharshi (Arkana)



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'Our personal Self-realization is the greatest service we are able to render the world' The simple but effective teachings of Sri Ramana Maharshi, one of India's most revered spiritual masters, continue to enlighten and enrich over sixty years after his death. Reissue of the basic spiritual function, updated with a new cover. Through this reserve, we can discover the essence of Sri Ramana's teaching: that self-realisation may be the vital quest we should all pursue, before we can attempt to understand the globe. The publication collects conversations with the countless seekers who came to him for assistance, answering the queries sought on the path to enlightenment. Be WHEN YOU ARE is the definitive compendium of his understanding, edited by the former librarian from Sri Maharshi's ashram, that exist flourishing at the foot of the holy mountain of Arunchala.



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I've been a spiritual seeker for over 35 years. If you are a significant spiritual seeker, then this is a very significant, eye-opening publication for you..Basically, his words cut to the core of Truth -- they cut right through the conceptual edifice we carry -- continuously leaving you with a taste, an indicator, of your true form - the Self-knowledge that we are all seeking. Having practiced Theravada Buddhism for a few years beforehand, hearing Ramana's terms was captivating, revolutionizing, & A exchange that makes up most of each chapter... The preludes are advantageous not only because they create the topic, but also because they help individual Ramana's core beliefs from the way he occasionally explained matters to non-jnani's or those that weren't prepared to grasp what he believed was the fundamental teaching. He also says that Self-realisation isn't something to be "found out" or "attained" - it is there to be uncovered. It's organized into chapters according to the theme of the discussions [~10 pages each], and the content consists of a Q&A format; David Godman did a wonderful work of compiling teachings from different resources, a lot of which are unpublished, and grouping them into specific topics. Once we dwell on this question, thoughts subside and your brain becomes quiet. In case you are serious about seeking the Truth & have a sharp intellect, prepare to be impressed by Ramana's teachings. And even.. Reading today what I go through a few years ago includes a far deeper and different meaning than it did when I 1st read it. It has the queries and answers in context, gives an even more meaningful knowledge of what Ramana is usually talking about. Took me 35 years.-Paul C. The teachings of Sri Ramana on Jnana Yoga exercise in Q&A Fine Scholarly Publication; The issue with this scholarly approach can be that the answers Ramana gives with their questions differ based on the questioner's ability to understand the Teaching. If you are not familiar with Ramana this is normally an excellent introduction. But, in case you have gone across the path a method, then you may discover Talks With Ramana Maharshi much better. your ego-personal will literally be IMPRESSED, bit by bit. Godman is a fine scholar, and has done a masterful work of gathering together by subject Ramana's answers to many different questioners over a variety of years. Highly recommend. But There Are Better for Serious Seekers We agree wholeheartedly with JG's review. For advanced seekers of the Personal, this is one great reserve. I've read many books of Ramana's teaching. And I have found through the years that my understanding of what he says provides matured.. Severe seekers will know just what I mean. And it appears as if he actually contradicts himself sometimes. The Genius of Arunachala. Never have I been presented to such a powerful practice as Atma Vichara or Self-Inquiry, as trained by Ramana Maharshi. I've read other books made up of Ramana Maharshi's teachings that can come to us in the form of Q & A. It's a great book about Self-realization and Self-Inquiry. dialogues between Ramana, and visitors who include questions. However the questioners come from many different levels of spiritual development. I think the people giving this significantly less than 5 superstars simply don't understand what the Self is. So many very sophisticated seekers came to Ramana and didn't get it either. Not to worry.) This publication presents Sri Ramana's teachings in a query and reply format. Peace. Hint: The Personal is something you have become familiar with. You have it all of the time. Karma yoga was the yoga exercise of action: practiced by doing selfless deeds. The author's explanation of how Sri Ramana Maharshi found out self-realisation (without seeking it) is almost bizarre. This reserve expands on Who Am I , a digest of queries and answers by the guru. We have been to look inward and dwell upon this query. Sri Ramana dismisses meditation and mantras as a means of attaining self-realisation, stating that they simply side-track your brain from the real concern- Who am I? The intent is to quieten the brain so when thoughts arise, we question "to whom do these thoughts arise?". The answer is "to me".

This after that prompts the further question "who am I". David Godman, the well-skilled editor of this reserve [and, with an ironically relevant last-name], did a great work providing an enlightening introduction, arranging this content in an intelligently effective way, and providing the necessary supplementary information to frame each section. He says all thoughts start out with the "I" thought, (I, me and mine), which arises from the ego. As we quieten the mind and thoughts subside, therefore the ego subsides in to the Self. By bringing ourselves to circumstances of constantly dwelling on "who am I", once we go about our daily lives, we eventually come to a point where the "I" believed and the ego are completely subsumed. I really liked the format. Put simply, we have been permanently in a state of self-realisation, but don't know until we learn about it and know it. This discovery makes us merely a witness to what we observe and encounter in the mind-body globe without being suffering from it, simply as a cinema display screen is usually unaffected by the moments which are depicted onto it. The editor, David Godman, starts each chapter with an overview of Ramana's views on the subject at hand, and then launches into the Q&A Self-Realization. I like this book a lot. A sessions along with his devotees. I really like what Sri Ramana Maharshi got to state and how he was straightforward with his answers. I would recommend this for people who already are on the road of awakening-not newbies. The reason why that I say this is because it might confuse some if they're beginning on their path. The thing that I can't stand is usually the Editing of this book and I think that it could have been organized in an easier way. I started reading it from the end, then middle, then your beginning. It made even more sense this way and helped.*Recommended Future Reading: "I Am That" by Nisargadatta Maharaj [et al.]. An application In the early days of yoga, before there was Power Yoga or Yin Yoga -- as well as Hatha Yoga or Raja Yoga, there were three methods to yoga. Bhakti yoga exercises was devotional yoga exercise, the yoga exercise of the believers who pursued the path through worship. RADICAL SELF-REALISATION To say this publication presents a radical approach to self-realisation will be an understatement. Jnana yoga exercise, often said to be the hardest, was the road of knowledge, and it involved extreme study and - in particular - introspective study of the jnani's own mind. Sri Ramana Maharshi was probably the most well-known Jnana yogis of modern times (he lived from 1879 to 1950). Keep doing what you are doing and ultimately the light bulb will go off. Solid book in Self-Inquiry & refreshing like a awesome wind. the spiritual path was born again. Egolessness This book is approximately being egoless, it teaches a straightforward way to get the true Self and be egoless, or put simply to find God within. Great subject matter and grounding information Great subject and grounding information. I love this reserve! It arrived exactly as described. TRUTH I wish to be in the business of such a "Grasp of Truth, Peace and Liberation-from-Suffering". Ramana's [Venkataraman Iyer's] manner of teaching can be classified as "non-duality"..yet being a householder and living a era or so behind Ramana Maharshi, I have to contend myself with this guideline and publication of infinite wisdom. Know Thyself Priceless Spiritual Wisdom Arrived in the condition it was described as. Just wished the author got substituted the English translation for the many Indian terms. Five Stars Just what we are in need of. simple and profound Clear, simple and profound teaching about the non-dual essence of reality



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