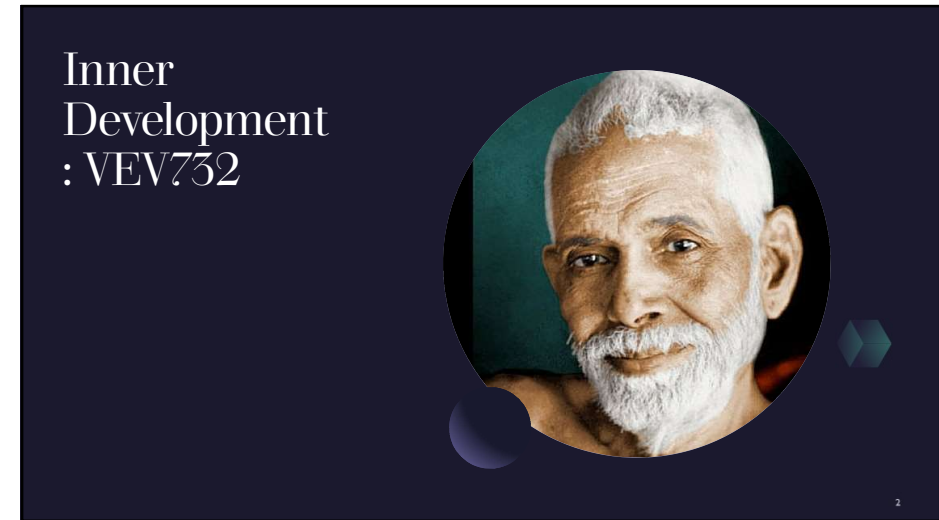
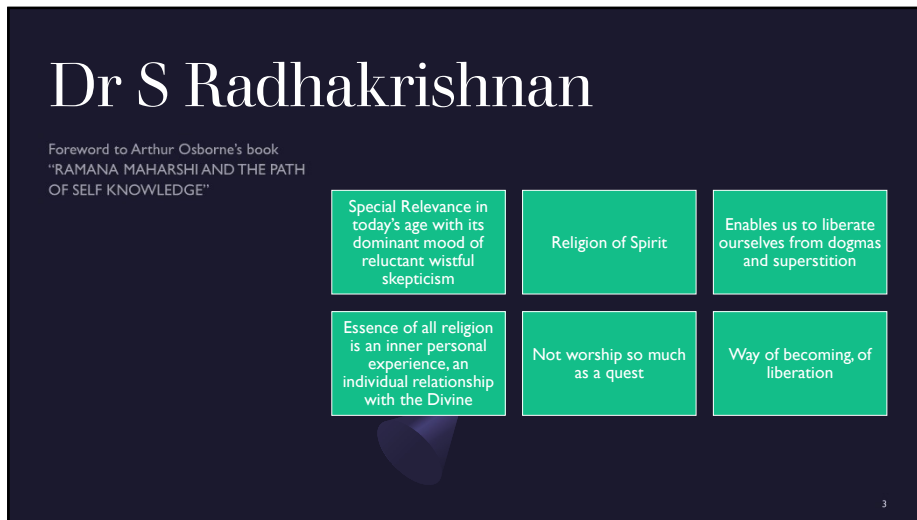




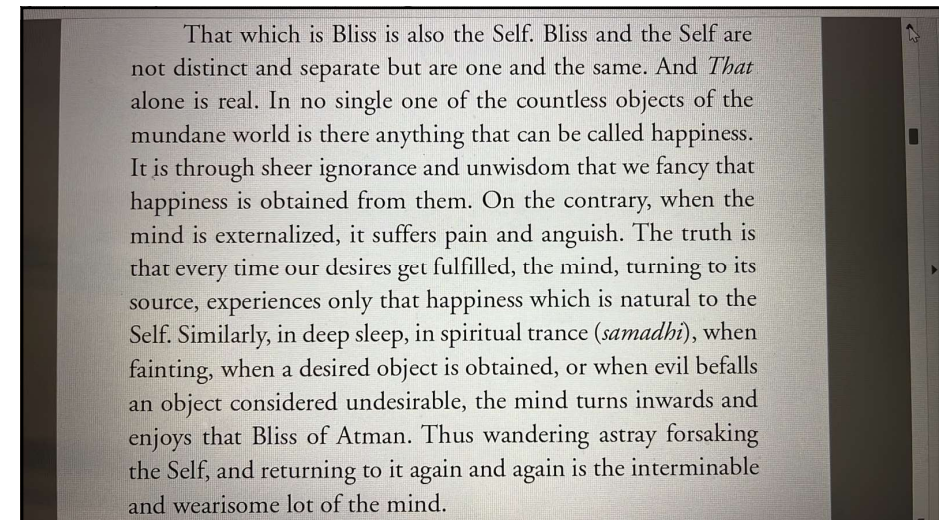
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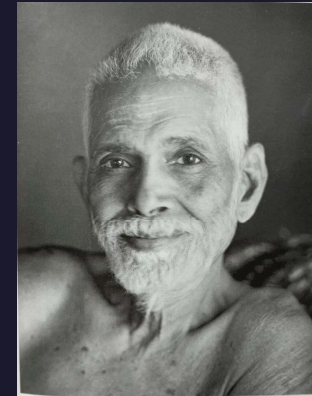
It is pleasant under the shade of a tree and scorching in the heat of the sun outside. A person toiling in the sun seeks the cool shade of the tree and is happy under it. After staying there for a while, he moves out again but, unable to bear the merciless heat of the sun, he again seeks the shade. In this way he keeps on moving from shade to sun and sun to shade.

It is an unwise person who acts thus, whereas the wise man never leaves the shade: in the same way the mind of the Enlightened Sage (*jnani*) never exists apart from Brahman, the Absolute. The mind of the ignorant on the other hand, entering into the phenomenal world, suffers pain and anguish; and then, turning for a short while towards Brahman, it experiences happiness. Such is the mind of the ignorant.

This phenomenal world, however, is nothing but thought.

5

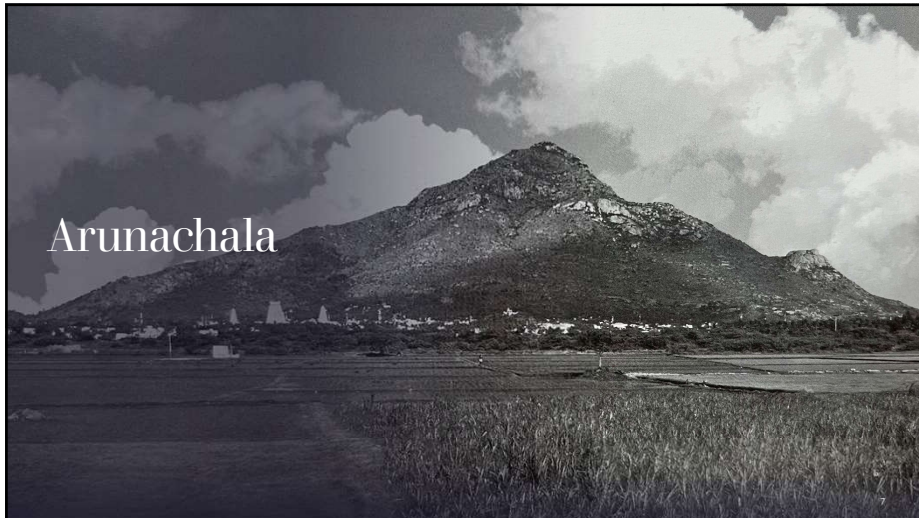
Ramana Maharshi



Bhagavan Sri Ramana Maharshi
(1879 – 1950)

6

Arunachala



7

STUDY MATERIAL

WHO AM I?

RAMANA MAHARSHI AND THE
PATH OF SELF KNOWLEDGE

LETTERS FROM SRI
RAMANASRAMAM

THE TEACHINGS OF RAMANA
MAHARSHI IN HIS OWN WORDS

8

PRACTICE OF TEACHINGS

Begin Introspection?

How do you relate to the
Inquiry of “Who am I?”

What Constitutes Bliss?

What distinguishes religion from
spiritual quest?

9

Course Evaluation Plan

- Attendance. Each Lecture will lead to 2.5 marks (Total 35 Marks)
- Weekly assignments of 2.5 marks each (Total 35 Marks)
- 3 minute Video of what you discovered in the course to be uploaded on conclusion of the course before Major date (30 Marks)
- Audit Criteria: 70% attendance and at least 26 marks out of 65 in assignments and video submission.



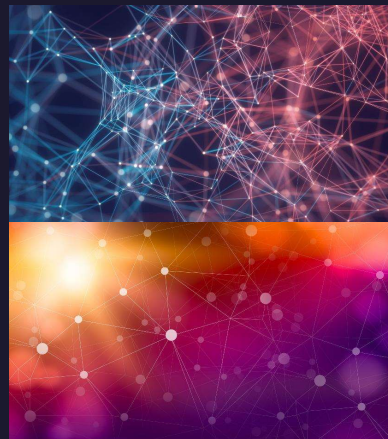
10

Thank You

Prof. Bhupinder Godara

Block II Room 430

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