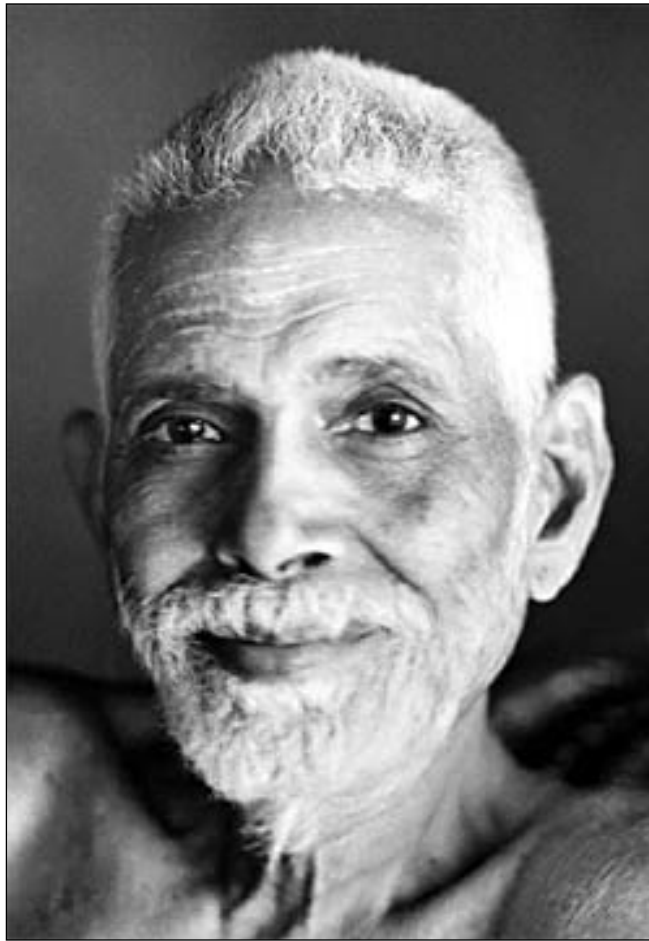
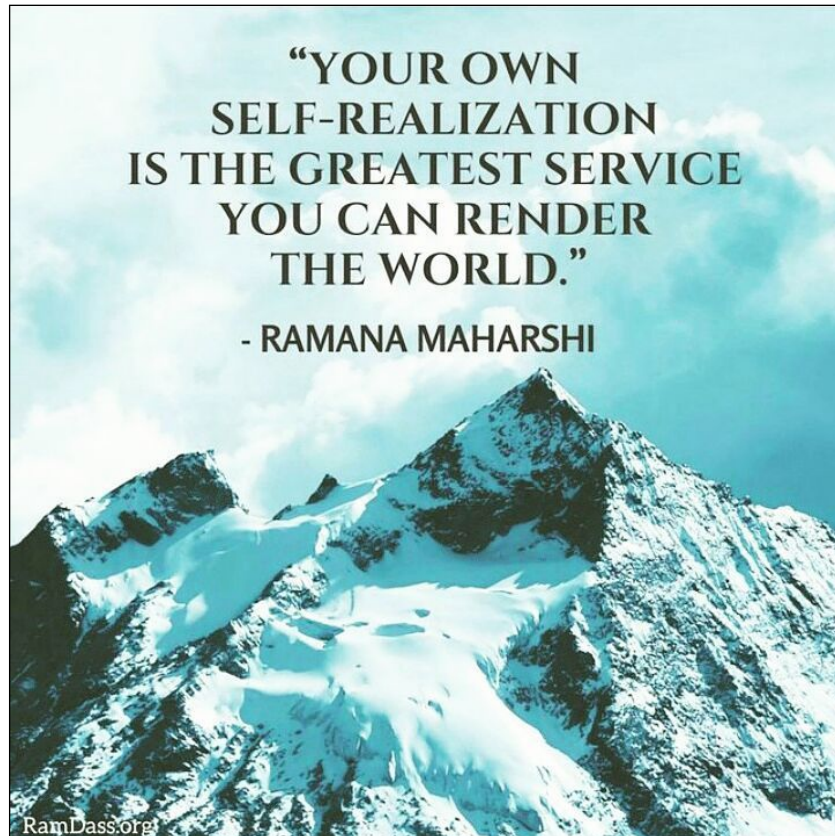

Who am I?

The teachings of Ramana Maharishi

Ramana Maharishi is probably the foremost modern teacher of Vedanta, specifically the path of self-inquiry.



In this 'Eastern Philosophy on Western Ground' talk, Aparna will share the essence of Ramana's teachings, in his own words, on the Vedantic view of yoga and meditation, the basis of Jyana yoga (the yoga of knowledge) and how to abide in the heart (as the source of both mind & prana).



LEARN MORE :

Sri Ramana : <https://realization.org/p/ramana/ramana.html>

Teachings : <http://www.arunachala.org/ramana/teachings/>

The Maharishi’s method of self enquiry : <https://hridaya-yoga.com/hridaya-yoga-articles/the-self-inquiry-method-of-ramana-maharshi/>

What is Vedanta ? : <https://vedanta.org/what-is-vedanta/>

