

## Some of Ramana's Insights

What preparations do you have to make before you *are* your natural and true being? What could prohibit you from being yourself? Only ignorance, or wrong identification; it's superimposing the not-self – the body-mind – onto the Self, and identifying with the not-self as being the Self by seeing, feeling, thinking and believing the non-self is the Self.

But, look deeper – at the folly! In this very moment, how can you not be yourself? Are you something or someone else other than yourself? Or, are you, you? Even if you think you are something or someone else, there is still only you, the self that you are, thinking and believing so. Your true Self is ever abiding as *it* is, prior to any appearance of being otherwise. It is still you thinking or giving power to the light of self-awareness, to the whole process of cognition, consideration, and conclusion. Simply get this. Getting this, once and for all, is enlightenment.

– A. Ramana

What is giving power to the light of self-awareness? Really look... in this moment.

Attend to the Self-only, and determine the answer to this question. What is it that gives power to the present light of consciousness? Ask this within yourself. Ask, in this moment, and in every *apparently* continuing moment, which is still always, only *this single moment*. There is no future, or future moments in the absolute. Only the apparent relative moment changes, or appears to.

Grasp your own sense of awareness, your very own consciousness of "I," and while feeling it trace it within to its inner Source. Determine directly and immediately the actual true nature, the true state, and present unconditioned Condition of That that is your own Self – ever free and pure in its original essence as pure Being.

Henceforth, abide solely, totally in the One Self. This is Realization.

– A. Ramana

*What is it, by the knowing of which, one has access to all knowledge?*

The verbal answer: "The nature of the knowing Self."

However, the verbal answer itself is not it. No. The answer is not in intellectually knowing the right words, or even the correct ideas, but in awakening to and grasping (seeing) the very nature of the Self, the Conscious Essence or Presence of the Self, as such, which is pure Awareness.

– A. Ramana

When we say in AHAM, "This is God's work," the meaning is NOT that it is just "another group" with a special set of philosophical beliefs, or religious concepts for people to agree with or believe. NO, that is not it! This is not what AHAM is.

AHAM is a dynamic, transforming process that allows one to not just "believe" in God, Moses, Jesus, or Buddha, etc., but to spiritually Awaken to, within oneself, the exact same Consciousness of pure Oneness with God as was the experience of Jesus, and Buddha, and their immediate, direct disciples who had the same Awakening.

In AHAM, it is not what we *believe*, but is actually the *EXPERIENCE* of the Heart-felt Radiance of God's Presence, God's Love, and God's Power abiding *in* and *as* the very core of one's being, *as* one's own being. This happens for all who are open and receptive to receive IT.

The result of this spiritual Awakening is more than the healing of mind, body, and emotions; it is the radical dissolution of all sense of "I," "me," "my," and "mine," and of all sense of "other" ... which is also the end of all compulsive desire and fear, which are themselves the very cause of suffering... in mind, body and emotions. (*Edited slightly at 8:35 PM, on 27 December, 2007*)

– A. Ramana

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Revealed to be shared by Ramana 3:08 AM on February 15, 1994 @ Sri Ramanasramam:

AHAM's *sadhana* (spiritual practice) begins with Self-Inquiry, progresses to Self-Attention, and develops into (or completes with ) Self-Abidance... at all times, in all places, and in all circumstances or conditions.

In AHAM, one's spiritual practice is not conducted *toward* the Self... as some goal to be achieved; but rather is conducted *by* the Self... as one is *always, already* abiding in the Self whether aware of this fact or not. Therefore, AHAM's *sadhana* (spiritual practice) is a matter of spiritually Awakening to the Self we always, already are... which is in most, covered or concealed by the false sense of "I," this being the body-mind or ego.

Spiritual practice in AHAM is therefore simply remaining still *in* and *as* the Self... or, it is to just simply BE....

The real point being: one is to work, play, and live ever aware in the Self, which is Peace, Freedom and Joy... or Real Happiness.

Happiness is *only* in the Self... the very Heart of being... which is Real God... there is no happiness in sense-objects, or in the world. These can only provide pleasure, which soon turns to pain... either on their loss... or as and when they change.

Revealed to be shared by Ramana at 3:25 AM on February 15, 1994 @ Sri Ramanasramam:

Happiness, which is the sole aim of all living beings, is actually not located, or to be found, in the world of persons, places, or things; but is only found in one's Self; it being the very nature of the Self... like sweetness is the very nature of sugar.

Awaken and Realize the pure nature of your own being, your true Self, and be Happy!

Self-Inquiry is the direct and immediate Way to have this Awakening and Realization.

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