

# SRI RAMANASRAMAM

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### THE MOUNTAIN PATH EDITIONS

### THE MAHARSHI NEWSLETTERS

### COMPLETE BOOKS

### BOOK EXTRACTS

### PHOTOGRAPHS —

75 Full-page Photographs of Bhagavan

520 Archival Photographs of Bhagavan

Full-page Arunachala photographs

Pradakshina map & Shrines

Sri Arunachaleswara Temple

### TIRUVANNAMALAI CHARITIES —

Rangammal Memorial School for the Deaf

Shanthimalai Trust

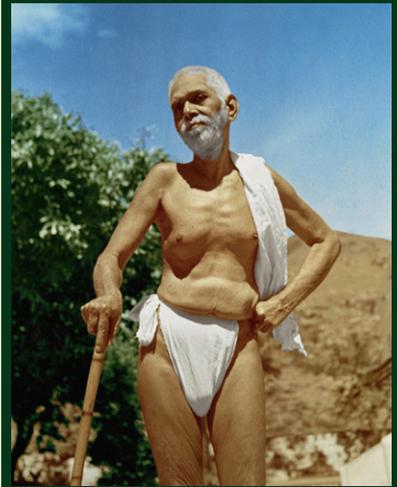
Sri Seshadri Ashram

Arunachalam Trust School

### VIDEO PREVIEWS

### AUDIO FILES

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Bhagavan Sri Ramana Maharshi  
and Mount Arunachala

### CD File Names —

Sri Ramanasramam - ashram.pdf

Full-page photos of Bhagavan - restored.pdf

520 photographs of Bhagavan - archive.pdf

Complete Books - books.pdf

Book extracts - extracts.pdf

'Mountain Path' Journal - m\_path.pdf

Arunachala photos - aruna.pdf

Maharshi Newsletters - maharshi.pdf

Arunachaleswara Temple - temple.pdf

Pradakshina map and Shrines - pradak.pdf

Rangammal School - rangamal.pdf

Shanthimalai Trust - shanthi.pdf

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Arunachalam Trust School - a\_trust.pdf

Video previews - video.pdf

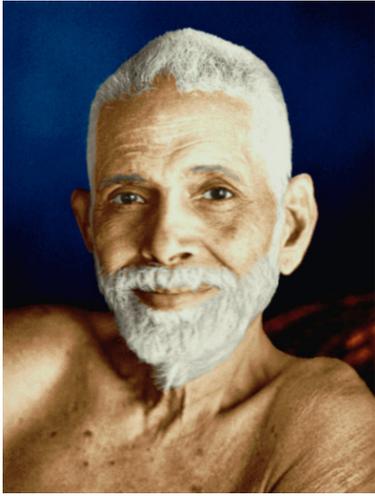
Sound files - audio.pdf

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# SRI RAMANASRAMAM



नमो भगवते श्री रमणाय



Mount Arunachala

## Introduction

Those who are familiar with the Bhagavan Sri Ramana Maharshi website, will find the entire contents of the site plus much more on the following pages, and on this CD as a whole.

Many of the photographs in the 42 page 'Tour of Sri Ramanasramam' section of this file have been changed and more have been added, with increases in both the size and resolution. The interior and entire contents of the 'Nirvana Room' at Sri Ramanasramam have been photographed in detail and added to this file on 25 pages - items which devotees rarely have the opportunity to see.

There are 76 full-page restored photographs of Bhagavan Sri Ramana Maharshi in both black and white and colour, including the only known colour photograph. These can be found in the 'Restored.pdf' file. 520 archival photographs of Bhagavan are contained in the 'Archive.pdf' file - these have been collated according to Bhagavan's location and posture. Each photograph also has its ashram archive number below it.

There are 72 pages of photographs of Arunachala - most of them full-page size in the 'Aruna.pdf' file. There are photographs of the Shrines at the 'Eight Directions' and a 'Giri Pradakshina Map' complete with a list of all of the important Shrines and their locations in the 'Pradak.pdf' file. There are 16 pages of photographs and a Map of Sri Arunachaleswara Temple in the 'Temple.pdf' file. All of these photographs, taken at various times by different devotees produce a glorious panorama of the most sacred place on earth.

Extracts from books published by Sri Ramanasramam are in the 'Extracts.pdf' file. There are complete Books in the 'Books.pdf' file. 59 editions of 'The Maharshi Newsletters' are in the "Maharshi.pdf" file. The first four editions of the 'Mountain Path' (1964) are contained in the "M\_path.pdf" file in their original layout. All of these publications have been designed for either reading on screen or printing out on a desktop printer.

The Tiruvannamalai charities section contains three files - information on 'The Rangammal School for the Hearing-Impaired and Rangammal Hospital', the 'Shanthimalai Trust', Seshadriswami Ashram and the 'Arunachalam Trust School'. There are video and sound files under 'Video.pdf' and 'Audio.pdf'.

If you have trouble running any of the linked files, then 'viewers' for all of the file types can be found in the 'software' directory on the CD, these include versions for both PC and Mac where applicable. I have included the Acrobat 4.0 readers from Adobe, which you will need to view these files. The latest version of Apple Quicktime is also included.

You can use the 'up and down' cursor keys and 'home' key on your keypad, or the mouse, to navigate through the files. The descriptions under each section on the contents page are hyperlinked to those sections. Striking the 'Home' key on your keypad will take you to the universal 'Contents Page', which is the first page of every file, linking to every other file on the CD.

Sri Ramanasramam contents page →

# Sri Ramanasramam - Contents

## SRI RAMANASRAMAM

Advice for visitors to the Ashram  
Calendars for 2001-2005  
A Photographic Tour of the Ashram  
The Nirvana Room photographs  
Staff Photographs

## PUBLICATIONS

### ASHRAM BOOKS WITH COMMENTARIES

New Editions - 1999/2000  
Translations of Bhagavan's Works  
Records & Dialogues  
Compilations & Expositions  
Commentaries on Bhagavan's Works  
Biographies  
Reminiscences  
Miscellaneous Publications  
Books referred to by Bhagavan  
Book list without commentaries  
Extracts and Complete Books \*

### THE MOUNTAIN PATH JOURNAL

Introduction & Subscription Details  
The Complete 1964 Editions \*

## BHAGAVAN'S HANDWRITING

Bhagavan's original 1896 note.  
Malayalam, Telugu, Sanskrit & Tamil.

## GENERAL INFORMATION

Introduction to Bhagavan  
Bhagavan's medicinal recipes  
Addresses for Books, Videos etc.

## VIDEOS & PRINTS

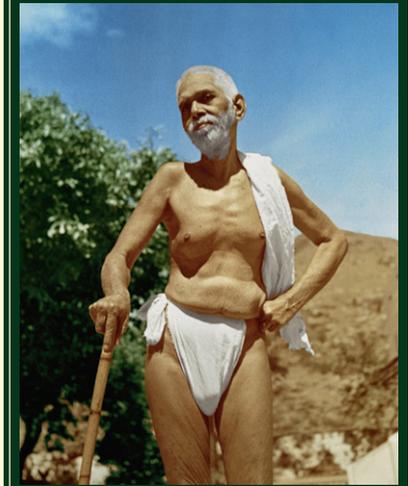
The Archival films 1935-1950  
The Sage of Arunachala  
Arunachala Giripradakshina  
Guru Ramana - His living presence  
Prints for sale

### VIDEO PREVIEWS \*

Click on any of the categories in light text to go to the relevant pages. Everything listed on this page is contained in the 'ashram.pdf' file, with the exception of those items marked with an asterisk \* which are separate files, these can be accessed from the main 'Contents' page, which is the first page of every file.

To return to this page at any time click on the arrow at the bottom left of any page.

Use the 'Home' key on your keypad to go to the main contents page at any time.



Bhagavan Sri Ramana Maharshi  
and Mount Arunachala

## CD Contents

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Pradakshina map and Shrines - pradak.pdf  
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# Visiting Sri Ramanasramam



Prior to visiting Sri Ramanasramam it is necessary to write to the President 'at least' three months in advance and request accommodation, providing them with the specific proposed dates of your visit:

Sri V. S. Ramanan (President),  
Sri Ramanasramam,  
Tiruvannamalai 606 603,  
South India

Telephone: (91) 4175 23292  
Fax: (91) 4175 22491  
E-mail: [alagamma@vsnl.com](mailto:alagamma@vsnl.com)

There are several factors dictating the number of visitors that can be accommodated at different times of the year. Please write to them and confirm your dates. Normally, foreigners are not allowed to stay in the Ashram for more than a couple of weeks.

If you do not receive a reply within four weeks of sending an air-mail letter, then write again. The Ashram will usually respond within 3 days to a fax or E-mail; if a response is not forthcoming then please send your request again.

Once permission has been granted and your



*The accommodation at Sri Ramanasramam*

ticket is purchased, write again to reconfirm your dates. To enter India a Visa is required. For suggested immunizations, consult your physician or local Health Department.

Fly to Madras and from there take a taxi to Tiruvannamalai, which is 105 miles away. Sri Ramanasramam can reserve a taxi for you and have it meet you at the airport upon arrival (the charge is normally Rs.1300 and Rs.1700 for an air-conditioned vehicle). This is the most trouble free and efficient way to do it. The taxi driver will receive you at the airport, holding a sign with your name on it. Also, you may want to change foreign currency into Indian rupees while you are waiting for your luggage in the airport. The foreign exchange booths at the airport are probably the easiest place to exchange currency, and the quickest.

We always suggest to friends and inquirers that if they plan on making a monetary offering to the Ashram they should do it on the day of their arrival. The Ashram will not ask you for anything, but it is proper to offer something according to your means.

You need not bring many clothes, and what you bring should be summer wear only (the wearing of skimpy or clinging attire by devotees is not conducive with the spiritual atmosphere). A sweater may be required in the winter months (November to January). Other items of use include sandals, sheets, a water cup, some clothes pins (pegs), umbrella, mosquito repellent for use outside and in public areas (all rooms have screens), a voltage converter for any 110/120v appliances (it is 230v there), a towel, your credit cards, travellers cheques, toilet paper (they use only water there), a good padlock, a flashlight with extra batteries. Most medicines are easily obtainable in the town. If you



# Visiting Sri Ramanasramam

wish you can also take some small special food items that you are used to.

There are now a number of shops close to the ashram that stock a variety of processed Western foodstuffs and toiletries, but the range is limited. They do stock the more popular brands of soft drinks, some of the popular brands of cereals, food supplements such as Complian and Soya mixtures, locally made bread and biscuits, toothpaste, shampoo, washing powder, etc., are all available.

The food served at the Ashram is vegetarian. Less-spicy preparations are served to Westerners. Once there, you should check in your passport and valuables with the office where they will be deposited in the ashram safe. Consult with someone in the ashram office before undertaking any trips. Also, feel free to discuss with them anything that may be inconveniencing you. They will help you and provide sound advice and direction.

For those who aspire to deepen their spiritual experience and establish or fortify a personal link with the guiding presence of Sri Ramana Maharshi, a visit to Sri Ramanasramam is certainly worth the time and expense.

*Advice provided by Dennis Hartel & Graham Boyd*

## Malaria

Since 2000 the risk of catching malaria in Tiruvannamalai has increased considerably. A number of locals and visiting westerners have caught the disease in the past two years. Please be cautious and take medicines and repellent with you.

## Daily Routine At Sri Ramanasramam \*

6.45 - 7.00 a.m.	Milk offering to Bhagavan in Samadhi Hall
7.00 a.m.	Breakfast
8.00 - 8.30 a.m.	Chanting of the Vedas in front of Sri Bhagavan's Shrine
8.30 - 9.15 a.m.	Pujas at the Shrine of Sri Bhagavan the Mother
11.30 a.m.	Lunch
4.00 - 4.30 p.m.	Tea or hot milk served in the dining hall
5.00 - 5.30 p.m.	Chanting of the Vedas in front of Sri Bhagavan's Shrine
5.30 - 6.15 p.m.	Pujas at the Shrine of Sri Bhagavan and the Mother
6.45 - 7.30 p.m.	Tamil Parayana on Monday - Saturday inclusive
7.30 p.m.	Dinner

Sri Chakra Puja is performed between 5 p.m. and 8:45 p.m. on every Friday, full moon day, and the first day of each Tamil month.

*\* attendance of programs is not compulsory*

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## Working Hours at Sri Ramanasramam

The Ashram office and Mountain Path office: 8.00 - 11.00 a.m. 2.00 - 5.00 p.m.

Book Depot: 7.30 to 11.00 a.m. and 2.00 to 6.00 p.m.

*The Ashram Book Depot has books available on Sri Ramana Maharshi in English and all major Indian regional languages; also Ramana Music on cassette.*

Sri Ramana Centenary Library: 8.00 to 11.00 a.m. and 2.00 to 5.00 p.m.

*It contains a large selection of books and magazines on religion, philosophy and literature in all major Indian and European languages.*

Samadhi Hall, Mother's Shrine and Meditation Hall: Generally open from 5.00 a.m to 11.30 a.m. and 2.00 p.m. to 9.00 p.m.

The Ashram also runs a free dispensary open between 3.00 and 4.00 p.m. on Tuesday, Thursday and Saturday.



# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## January 2001

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

7th - Pradosham  
9th - Full moon  
10th - Punarvasu

21st - Pradosham  
22nd - Sivaratri

## February 2001

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

6th - Pradosham  
6th - Punarvasu  
7th - Full moon

20th - Pradosham  
21st - Sivaratri

### January - Special Days

10th - Bhagavan's Jayanti  
12th - Sivaprakasam Pillai Day  
14th - Ramaswamy Pillai Day & Sankaranti  
15th - Pongal

### February - Special Days

7th - Niranjanananda Swamy Day  
10th - Rajeswarananda Swamy Day  
8th - Mungala Venkataramaiah Day  
21st - Maha Sivaratri

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## March 2001

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

5th - Punarvasu  
7th - Pradosham  
9th - Full moon

21st - Pradosham  
22nd - Sivaratri

## April 2001

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2nd - Punarvasu  
5th - Pradosham  
7th - Full moon

21st - Pradosham  
22nd - Sivaratri  
29th - Punarvasu

### March - Special Days

16th - Sri Vidya Havan  
26th - Telugu New Year's Day

### April - Special Days

2nd - Jagadish Swamy Day  
17th - Chadwick day  
21st - Bhagavan's Aradhana

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## May 2001

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

5th - Pradosham	21st - Sivaratri
6th - Full moon	27th - Punarvasu
20th - Pradosham	

## June 2001

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

3rd - Pradosham	20th - Sivaratri
5th - Full moon	23rd - Punarvasu
19th - Pradosham	

### May - Special Days

16th - Maha Puja (Mother's Aradhana)

### June - Special Days

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## July 2001

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

3rd - Pradosham	19th - Sivaratri
4th - Full moon	20th - Punarvasu
18th - Pradosham	

## August 2001

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1st - Pradosham	17th - Sivaratri
3rd - Full moon	17th - Punarvasu
16th - Pradosham	31st - Pradosham

### July - Special Days

2nd - Cow Lakshmi Day  
23rd - Khanna Day  
25th - Nayana Day

### August - Special Days

7th - Kunju Swami Day  
18th - Muruganar Day  
22nd - Vinayaka Chaturthi

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## September 2001

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

2nd - Full moon  
13th - Punarvasu  
15th - Pradosham

16th - Sivaratri  
29th - Pradosham

## October 2001

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1st - Full moon  
10th - Punarvasu  
14th - Pradosham

15th - Sivaratri  
28th - Pradosham  
31st - Full moon

### September - Special Days

1st - Bhagavan's Advent at Arunachala  
10th - Krishna Jayanthi

### October - Special Days

17th - Navaratri commences  
26th - Vijayadasami  
22nd - Viswanatha Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## November 2001

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

7th - Punarvasu  
12th - Pradosham  
14th - Sivaratri

28th - Pradosham  
30th - Full moon

## December 2001

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

4th - Punarvasu  
12th - Pradosham  
13th - Sivaratri

28th - Pradosham  
29th - Full moon  
31st - Punarvasu

### November - Special Days

14th - Deepavali  
20th - Karthigai Festival starts  
29th or 30th - Kartikagai Deepam (not definite yet)

### December - Special Days

31st - Bhagavan's Jayanthi  
31st - Lucy Ma Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## January 2002

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

11th - Pradosham  
12th - Sivaratri  
26th - Pradosham  
28th - Punarvasu  
28th - Full moon

## February 2002

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

9th - Pradosham  
10th - Sivaratri  
24th - Punarvasu  
25th - Pradosham  
26th - Full moon

### January - Special Days

12th - Sivaprakasam Pillai Day  
14th - Ramaswamy Pillai Day  
14th - Pongal

### February - Special Days

12th - Mungala Venkataramaiah Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## March 2002

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

11th - Pradosham  
12th - Maha Sivaratri  
23rd - Punarvasu  
26th - Pradosham  
28th - Full moon

## April 2002

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

10th - Pradosham  
11th - Sivaratri  
20th - Punarvasu  
24th - Pradosham  
26th - Full moon

### March - Special Days

3rd - Bhagavan's Father's Day  
12th - Maha Sivaratri  
15th - Sri Vidya Havan

### April - Special Days

2nd - Jagadish Swamy Day  
17th - Chadwick day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## May 2002

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

9th - Pradosham  
10th - Sivaratri  
17th - Punarvasu

24th - Pradosham  
25th - Full moon

## June 2002

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

8th - Pradosham  
9th - Sivaratri  
13th - Punarvasu

22nd - Pradosham  
24th - Full moon

### May - Special Days

10th - Bhagavan's Aradhana

### June - Special Days

4th - Maha Puja (Mother's Aradhana)  
21st - Cow Lakshmi Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## July 2002

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

7th - Pradosham  
8th - Sivaratri  
11th - Punarvasu

21st - Pradosham  
23rd - Full moon

## August 2002

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

6th - Pradosham  
7th - Sivaratri  
7th - Punarvasu

20th - Pradosham  
22nd - Full moon

### July - Special Days

23rd - Khanna Day  
25th - Nayana Day

### August - Special Days

7th - Kunju Swami Day  
31st - Krishna Jayanthi

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## September 2002

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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3rd - Punarvasu  
4th - Pradosham  
5th - Sivaratri

18th - Pradosham  
20th - Full moon

## October 2002

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1st - Punarvasu  
4th - Pradosham  
5th - Sivaratri

18th - Pradosham  
20th - Full moon  
28th - Punarvasu

### September - Special Days

1st - Bhagavan's Advent at Arunachala  
6th - Muruganar Day  
10th - Vinayaka Chaturthi

### October - Special Days

7th - Navaratri commences  
15th - Vijayadasami  
22nd - Viswanatha Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## November 2002

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2nd - Pradosham  
3rd - Sivaratri  
17th - Pradosham

19th - Full moon  
24th - Punarvasu

## December 2002

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2nd - Pradosham  
3rd - Sivaratri  
17th - Pradosham

19th - Full moon  
21st - Punarvasu

### November - Special Days

3rd - Deepavali  
10th - Karthigai Festival starts  
19th or 20th - Karthigai Deepam (not definite yet)

### December - Special Days

21st - Bhagavan's Jayanti  
31st - Lucy Ma Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## January 2003

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1st - Sivaratri  
15th - Pradosham  
17th - Full moon

18th - Punarvasu  
30th - Pradosham  
30th - Sivaratri

## February 2003

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

14th - Pradosham  
14th - Punarvasu  
16th - Full moon

28th - Pradosham

### January - Special Days

12th - Sivaprakasam Pillai Day  
14th - Ramaswamy Pillai Day

### February - Special Days

12th - Mungala Venkataramaiah Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## March 2003

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

1st - Maha Sivaratri  
13th - Punarvasu  
16th - Pradosham

17th - Full moon  
30th - Pradosham  
31st - Sivaratri

## April 2003

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

10th - Punarvasu  
14th - Pradosham

16th - Full moon  
28th - Pradosham

### March - Special Days

1st - Maha Sivaratri  
21st - Sri Vidya Havan

### April - Special Days

2nd - Jagadish Swamy Day  
17th - A. W. Chadwick day  
29th - Aradhana

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## May 2003

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

7th - Punarvasu  
13th - Pradosham  
15th - Full moon

28th - Pradosham  
29th - Sivaratri

## June 2003

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

3rd - Punarvasu  
12th - Pradosham  
13th - Full moon

27th - Pradosham  
28th - Sivaratri

### May - Special Days

24th - Maha Puja (Mother's Aradhana)

### June - Special Days

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## July 2003

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1st - Punarvasu  
11th - Pradosham  
13th - Full moon

26th - Pradosham  
27th - Sivaratri  
28th - Punarvasu

## August 2003

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

9th - Pradosham  
11th - Full moon  
24th - Punarvasu

25th - Pradosham  
26th - Sivaratri

### July - Special Days

24th - Nayana Day

### August - Special Days

7th - Kunju Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## September 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

8th - Pradosham	23rd - Pradosham
9th - Full moon	24th - Sivaratri
21st - Punarvasu	

## October 2003

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

7th - Pradosham	23rd - Pradosham
9th - Full moon	24th - Sivaratri
18th - Punarvasu	

### September - Special Days

1st - Bhagavan's Advent at Arunachala

### October - Special Days

5th - Vijayadasami  
22nd - Viswanatha Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## November 2003

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

6th - Pradosham	21st - Pradosham
8th - Full moon	22nd - Sivaratri
14th - Punarvasu	

## December 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

6th - Pradosham	21st - Pradosham
8th - Full moon	22nd - Sivaratri
12th - Punarvasu	

### November - Special Days

### December - Special Days

7th - Kartikai Deepam  
31st - Lucy Ma Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## January 2004

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

5th - Pradosham  
6th - Full moon  
8th - Punarvasu

19th - Pradosham  
20th - Sivaratri

## February 2004

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

3rd - Pradosham  
4th - Punarvasu  
5th - Full moon

18th - Pradosham  
18th - Maha Sivaratri

### January - Special Days

8th - Bhagavan's Jayanti  
12th - Sivaprakasam Pillai Day  
14th - Ramaswamy Pillai Day  
15th - Sankranti

### February - Special Days

12th - Mungala Venkataramaiah Day  
18th - Maha Sivaratri

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## March 2004

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2nd - Punarvasu  
4th - Pradosham  
6th - Full moon

18th - Pradosham  
19th - Sivaratri  
30th - Punarvasu

## April 2004

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

3rd - Pradosham  
4th - Full moon  
17th - Pradosham

18th - Sivaratri  
26th - Punarvasu

### March - Special Days

19th - Sri Vidya Havan

### April - Special Days

2nd - Jagadish Swamy Day  
17th - Chadwick day  
17th - Aradhana

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## May 2004

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

2nd - Pradosham	17th - Sivaratri
4th - Full moon	23rd - Punarvasu
16th - Pradosham	31st - Pradosham

## June 2004

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

2nd - Full moon	20th - Punarvasu
15th - Pradosham	30th - Pradosham
16th - Sivaratri	

### May - Special Days

### June - Special Days

11th - Maha Puja (Mother's Aradhana)

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## July 2004

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

1st - Full moon	17th - Punarvasu
14th - Pradosham	29th - Pradosham
15th - Sivaratri	31st - Full moon

## August 2004

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

13th - Pradosham	27th - Pradosham
13th - Punarvasu	29th - Full moon
14th - Sivaratri	

### July - Special Days

24th - Nayana Day

### August - Special Days

7th - Kunju Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## September 2004

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

10th - Punarvasu  
12th - Pradosham  
13th - Sivaratri

26th - Pradosham  
27th - Full moon

## October 2004

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

7th - Punarvasu  
11th - Pradosham  
12th - Sivaratri

25th - Pradosham  
27th - Full moon

### September - Special Days

1st - Bhagavan's Advent at Arunachala

### October - Special Days

22nd - Vijayadasami  
22nd - Viswanatha Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## November 2004

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

3rd - Punarvasu  
10th - Pradosham  
11th - Sivaratri

24th - Pradosham  
26th - Full moon

## December 2004

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1st - Punarvasu  
9th - Pradosham  
10th - Sivaratri

23rd - Pradosham  
25th - Full moon  
28th - Punarvasu

### November - Special Days

26th - Karthikai Deepam

### December - Special Days

28th - Bhagavan's Jayanti  
31st - Lucy Ma Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## January 2005

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

8th - Pradosham	24th - Punarvasu
9th - Sivaratri	24th - Full moon
22nd - Pradosham	

## February 2005

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

6th - Pradosham	21st - Pradosham
7th - Sivaratri	23rd - Full moon
20th - Punarvasu	

### January - Special Days

12th - Sivaprakasam Pillai Day  
 14th - Ramaswamy Pillai Day  
 14th - Sankaranti

### February - Special Days

12th - Mungala Venkataramaiah Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## March 2005

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

8th - Pradosham	23rd - Pradosham
8th - Maha Sivaratri	25th - Full moon
20th - Punarvasu	

## April 2005

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

6th - Pradosham	22nd - Pradosham
7th - Sivaratri	23rd - Full moon
16th - Punarvasu	

### March - Special Days

8th - Maha Sivaratri  
 18th - Sri Vidya Havan

### April - Special Days

2nd - Jagadish Swamy Day  
 17th - Chadwick day

Punarvasu - Bhagavan's Birth Star — Sivaratri - Dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## May 2005

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

6th - Pradosham	21st - Pradosham
6th - Sivaratri	23rd - Full moon
13th - Punarvasu	

## June 2005

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

4th - Pradosham	19th - Pradosham
5th - Sivaratri	21st - Full moon
10th - Punarvasu	

### May - Special Days

6th - Bhagavan's Aradhana  
31st - Maha Puja (Mother's Aradhana)

### June - Special Days

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## July 2005

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

3rd - Pradosham	19th - Pradosham
4th - Sivaratri	20th - Full moon
7th - Punarvasu	

## August 2005

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2nd - Pradosham	17th - Pradosham
3rd - Sivaratri	19th - Full moon
3rd - Punarvasu	31st - Punarvasu

### July - Special Days

24th - Nayana Day

### August - Special Days

7th - Kunju Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Sri Arunachala & Sri Ramanasramam Functions Calendars 2001—2005

## September 2005

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1st - Pradosham	17th - Full moon
2nd - Sivaratri	27th - Punarvasu
15th - Pradosham	30th - Pradosham

## October 2005

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

1st - Sivaratri	24th - Punarvasu
15th - Pradosham	30th - Pradosham
16th - Full moon	31st - Sivaratri

### September - Special Days

1st - Bhagavan's Advent at Arunachala

### October - Special Days

12th - Vijayadasami  
22nd - Viswanatha Swami Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

## November 2005

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

13th - Pradosham	29th - Pradosham
15th - Full moon	30th - Sivaratri
20th - Punarvasu	

## December 2005

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

13th - Pradosham	28th - Pradosham
14th - Full moon	29th - Sivaratri
18th - Punarvasu	

### November - Special Days

### December - Special Days

13th - Karthikai Deepam  
18th - Bhagavan's Jayanti  
31st - Lucy Ma Day

Punarvasu - Bhagavan's Birth Star — Sivaratri - 13th day of the dark phase of the Moon

# Full-moon times for 2001-2005

## 2001

Month	Date	Starts	Length
January	9th	4.00 a.m.	22 hours
February	7th	3.00 p.m.	22 hours
March	9th	1.00 a.m.	22 hours
April	7th	11.00 a.m.	22 hours
May	7th	9.30 p.m.	23 hours
June	5th	7.30 a.m.	24 hours
July	5th	8.30 p.m.	25 hours
August	3rd	9.30 a.m.	26 hours
September	2nd	1.00 a.m.	26 hours
October	1st	6.00 p.m.	25 hours
	31st	11.00 a.m.	24 hours
November	30th	1.00 a.m.	24 hours
December	29th	5.30 p.m.	23 hours

## 2002

Month	Date	Starts	Length
January	28th	6.00 a.m.	24 hours
February	26th	5.30 p.m.	22 hours
March	28th	3.00 a.m.	22 hours
April	26th	11.30 a.m.	22 hours
May	25th	8.00 p.m.	22 hours
June	24th	5.00 a.m.	23 hours
July	23rd	3.00 p.m.	24 hours
August	22nd	3.00 a.m.	25 hours
September	20th	5.30 p.m.	26 hours
October	20th	11.00 a.m.	26 hours
November	19th	6.00 a.m.	25 hours
December	19th	12.30 a.m.	24 hours

## 2003

Month	Date	Starts	Length
January	17th	4.00 p.m.	24 hours
February	16th	6.30 a.m.	23 hours
March	17th	6.30 p.m.	22 hours
April	16th	4.30 a.m.	22 hours
May	15th	12.30 p.m.	22 hours
June	13th	7.30 p.m.	22 hours
July	13th	3.00 a.m.	23 hours
August	11th	11.30 a.m.	24 hours
September	9th	11.00 p.m.	24 hours
October	9th	2.30 p.m.	23 hours
November	8th	5.00 a.m.	26 hours
December	8th	12.30 a.m.	24 hours

## 2004

Month	Date	Starts	Length
January	6th	7.30 p.m.	26 hours
February	5th	2.00 p.m.	24 hours
March	6th	5.30 a.m.	24 hours
April	4th	6.30 p.m.	23 hours
May	4th	4.30 a.m.	23 hours
June	2nd	12.30 p.m.	22 hours
July	1st	7.30 p.m.	22 hours
	31st	2.30 a.m.	22 hours
August	29th	10.30 a.m.	23 hours
September	27th	8.30 p.m.	23 hours
October	27th	8.30 a.m.	25 hours
November	26th	12.30 a.m.	25 hours
December	25th	6.00 p.m.	26 hours

## 2005

Month	Date	Starts	Length
January	24th	1.30 p.m.	26 hours
February	23rd	9.30 a.m.	26 hours
March	25th	2.00 a.m.	25 hours
April	23rd	4.30 p.m.	24 hours
May	23rd	4.30 a.m.	22 hours
June	21st	12.30 p.m.	22 hours
July	20th	8.00 p.m.	22 hours
August	19th	3.00 a.m.	22 hours
September	17th	10.30 a.m.	22 hours
October	16th	8.00 p.m.	23 hours
November	15th	7.30 a.m.	23 hours
December	14th	9.00 p.m.	25 hours

Sri Chakra Puja at Sri Ramanasramam and Giripradakshina (going around Arunachala Mountain) are performed on the night when the full moon occurs and so the duration of full moon timings are hereby given.

The duration of the full moon varies between 22 and 26 hours.



# A Pictorial Tour of Sri Ramanasramam - 1



**Top left** - This is the view from the road outside Sri Ramanasramam - Tiruvannamalai is behind the photographer and the Ashram entrance is to the right between the two low white walls past the telegraph post. Auto-rickshaws can be seen parked outside the gates and these are generally available day or night. The current fare to the Big Temple in town is Rs.15, but negotiate the fare before engaging a rickshaw.



**Bottom Left** - This is the view across the road from Sri Ramanasramam. Arunachala can be seen above the tree line. Vehicles can be parked in the car-park between the hours of 5.00 a.m. and 9.00 p.m. During the day the gates are locked from 12.00 noon to 2.00 p.m. Pedestrian access is always open through the side gate visible to the left.

**Above** - This is the view looking back through the main gate to the road outside Sri Ramanasramam. Tea stalls were across the road until December 1999 when they were demolished. Along the road to the left is Sri Seshadri Ashram, and Sri Annamalaiswami Ashram is to the right. Seshadri Swami was the saint who helped Bhagavan when He first came to Tiruvannamalai, and Annamalaiswami is the only person known to have received initiation from Bhagavan by touch.



## A Pictorial Tour of Sri Ramanasramam - 2



**Top left** - This view shows the chappal stand. The gate is to the left of the photographer. There is no charge for leaving footwear in the chappal stand which is manned throughout the times it is open. Outside visitors generally leave their footwear here as carrying it (except inside a closed bag) is also frowned upon. Footwear is not permitted on any of the paved areas around the shrines and samadhis, nor is it permitted inside buildings - openly carrying footwear inside the shrines is considered to be as great an offence as wearing it. The wearing of socks is permitted, but they will wear out rapidly on the rough stone flooring.

**Bottom left** - This view is taken from in front of the chappal stand shows the ancient Illupai tree in the ashram car park, the book depot behind it and the roadway around the back of the offices.

**Above** - This view taken from the car park in front of the entrance gate shows the offices and book-depot behind the Illupai tree to the right. The shrines and meditation halls are to the left up the steps. Footwear can be worn right up to to steps leading from the offices to the shrines area and then beyond the shrines.



# A Pictorial Tour of Sri Ramanasramam - 3



**Top left** - This view shows the shrines (left) and the office block (right). Directly in front is the New Hall where Bhagavan only spent a few months towards the end of His life. Sri Mathrubhuteshwara Temple (the Mother's shrine) is further to the left adjoining the New Hall. Bhagavan's Samadhi Hall is behind the New Hall up the steps.

**Bottom left** - This is another view of the office block. The Book Depot is the building to the front-right (shown above).

**Above** - This is the Book Depot which sells all of the Ashram publications, pre-recorded tapes, plus photographs and prints of Bhagavan in black and white and simulated colour.

The Ashram books are available in a variety of Indian languages and English. Russian, French, German and other European languages are also available on limited titles. The book-stall is open from 7.30 a.m. to 11.00 a.m. and 2.00 p.m. to 6.00 p.m.



# A Pictorial Tour of Sri Ramanasramam - 4



These four photographs are taken inside the Book-Depot at Sri Ramanasramam. In addition to books in a variety of languages there are also many small gifts, tapes, CD's and a large variety of photographs, plaques and prints available for purchase.





**Top left** - This view taken from beside the Well in front of the shrines, shows the office block. The reception is the leftmost office (behind the blue pillar). The cashiers office is to the right of that, the Mountain Path Office is next and the Book Depot is to the far right (out of view). The steps leading to the shrines are to the left (out of view).



**Bottom Left** - This is a close-up view of the offices. The peacocks come here twice a day for extra feeding; they receive lentils, peanuts and sometimes even biscuits. There are about twenty-five Peacocks living in the ashram. The monkeys also arrive at the same time and often fight the Peacocks for the food. There are now three tribes of monkeys living inside the ashram walls, numbering between 60 and 100 in total and they also fight between themselves for the available food.

**Above** - This is the Well from which the top-left photo was taken. It is used for general water supply to the gardens and for other purposes, but not for drinking. The shrines are to the right of the photographer.





**Left** - These views taken in the car-park just inside the main gate show the daily poor-feeding which takes place beneath the large Illupai tree. The food distribution which starts at 11.00 a.m., follows the tradition set by Bhagavan of feeding all others first. Sadhus and beggars begin to gather from 10.00 a.m. onwards. Devotees can often be seen giving money, new cloths, or additional food to the poor as they leave the queue. The food given to the Sadhus is generally high-quality, nutritious and of generous quantity.

About 150 Sadhus can be seen in the queue in the top photograph, the beggars are clearly visible in the background of the bottom picture.



**Above** - This photograph was taken across Pali Tirtham (tank) which is situated to the left of the ashram front gates. This tank is often mentioned in the biographical accounts of Bhagavan and the devotees. The tank is used by the local population for washing clothes and personal hygiene. Sri Mathrubhuteshwara Shrine (Mother's Shrine) and the Gopurams can be seen to the right. When full, the water in the tank comes to the top of the steps leading down from the shrine area.





**Top left** - This view shows Sri Mathrubhuteshwara from across Pali Tirtham tank outside the Ashram grounds (mentioned on the previous page). This year (2000) Pali Tirtham and most of the other tanks around the Hill are empty due to the lack of rainfall in the 1999 monsoon season. Only those tanks which are fed directly by underground spring from Arunachala have any water in them.



**Bottom left** - This view of Sri Mathrubhuteshwara Temple is taken from the ashram gardens to the right of Pali Tirtham and to the left of the Well (shown above). These gardens are used for growing grass for the cattle and for flowers for the Pujas.

**Above** - This view taken from the Well opposite the offices, shows the side-entrance to the New Hall where Bhagavan stayed for a short time before moving to the Nirvana Room (shown later). The ashram 'daily functions' notice board is clearly visible to the right of the two columns in the foreground. This entrance is rarely used these days.

# A Pictorial Tour of Sri Ramanasramam - 8



**Top left** - This view taken from in front of the Well shown in previous photographs, shows the steps (to the right) leading up to the entrances to the New Hall, Sri Mathrubhuteshwara Temple, Bhagavan's Samadhi Hall, the Mahanirvana Room and the other buildings accessible to the public.

**Bottom left** - This view taken in 1997, was photographed from beneath the offices canopy shows the same steps and one of the Gopurams over the shrines.

**Above** - This close-up of the corner of the shrines block, taken in February 2000, shows the steps leading up to the paved area around the shrines. The entrance to the New Hall is to the right - Bhagavan spent only a few months in the New Hall before moving to His former bathroom when He became too ill to walk - (now known as the 'Mahanirvana Room').

The steps mark the start of the area where the wearing of footwear is forbidden.





**Top left** - This view is taken looking along the raised walkway leading to the shrines. Immediately to the left is the New Hall and Sri Mathrubhuteshwara Temple; the next entrance to the left is Bhagavan's Samadhi Hall. Immediately to the right is the footpath leading to the samadhi of Sri Niranjananda Swami (Bhagavan's brother, also known as Chinnaswami), and next is the access to the Mahanirvana Room where Bhagavan spent His last days.

**Bottom left** - This is the view from directly in front of the steps leading to the shrines. The ashram 'daily functions' notice board can be seen to the left. Beyond the paved section we can see the canopy linking the kitchens and storeroom and Arunachala is visible in the background.

**Above** - This is the view from behind the Mahanirvana Room, showing the entrances to the shrines. The nearest entrance is to Bhagavan's Samadhi Hall where most of the daily Pujas take place. The far entrance leads to the New Hall and Sri Mathrubhuteshwara Temple.





**Top left** - This photograph shows the raised area in front of the shrines, looking back towards the ashram gates. The corner of the Nirvana Room can just be seen to the left behind the first pillar. The doors to the right (just visible), lead to Bhagavan's Samadhi Hall.

**Bottom Left** - This photograph was taken from the roof of the offices and clearly shows the decorative stonework on the front of the shrines. The Well is to the left and the gardens used for growing grass and flowers are just beyond the low wall at the back of the picture.

**Above** - This photograph, again taken from the office roof, shows the entrance to the New Hall and the paved walkway in front of the shrines. The path to the samadhi of Sri Niranjanananda Swami is directly to the front-right of the photographer and can just be seen beyond the tree to the right.





This view taken from the roof of the offices shows the Gopurams over Sri Mathrubhuteshwara Temple.

The Gopurams were originally brightly painted in the traditional manner, but a few years ago they were painted white. Unfortunately the fine plaster work is now deteriorating and is frequently attacked by the monkeys.



This is a close-up of the furthermost Gopuram shown in the opposite photograph. It shows Lord Dakshinamurthy and the four sons of Brahma (often referred to as the four Kumaras). According to legend Lord Dakshinamurthy resides in a cave beneath a huge banyan tree on Arunachala.

The story of Bhagavan finding an unusually large banyan leaf in a stream and His attempt to find its source, is related in a number of the ashram books.





**Top left** - This view shows the samadhi of Sri Niranjanananda Swami (Bhagavan's brother) the first manager of Sri Ramanasramam. It is sited directly opposite the New Hall and Sri Mathrubhuteshwara Temple where his mother is buried.

**Bottom left** - This photograph shows the Mahanirvana Room, where Bhagavan spent His last months. Formerly it was Bhagavan's bathroom and is very small with an adjoining toilet. This room is now a shrine and contains many of the items used by Bhagavan during His lifetime, plus many of the gifts given to Him by visitors. The public are not permitted to go into this room.

**Above** - This view of the Nirvana Room was taken from in front of the samadhi of Sri Niranjanananda Swami. The door to Bhagavan's bathroom can just be seen to the right. It was for ease of access to this bathroom that made Bhagavan move to this small room in the final stages of His life.





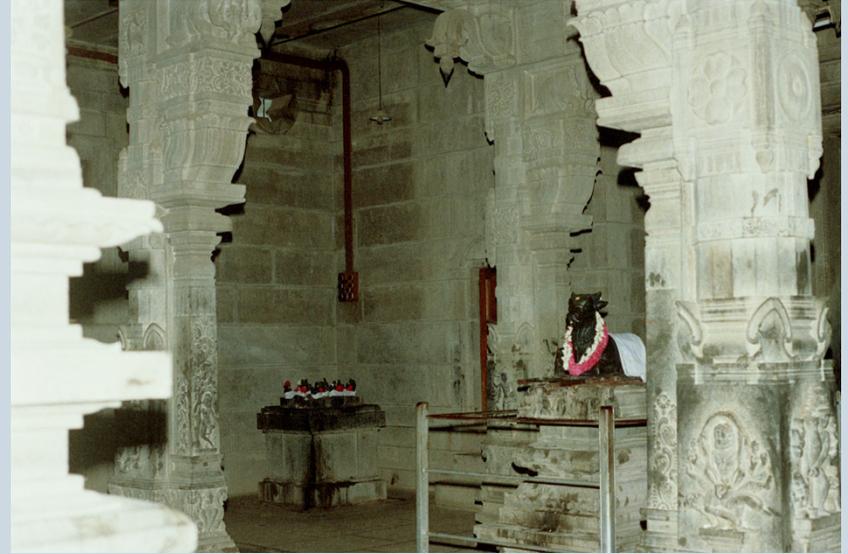
**Top left** - This photograph taken inside the Mahanirvana Room, shows the bed upon which Bhagavan spent his last days. The clock and the calendar on the window ledge above the bed show the exact time and date of Bhagavan's mahasamadhi. The fan and walking stick he used are seen resting upon the sheets.

**Bottom left and above** - These photographs taken inside the New Hall show the stone couch where Bhagavan lived for the few months He spent here. The couch is carved from one single piece of grey stone, which when polished turns jet black. The statue of Bhagavan was carved during His lifetime.

This Hall is a favoured place by many devotees for meditation, primarily because it remains cool during the day and is less frequented than the main Samadhi Hall or the Old Hall.

It is open from 5.00 a.m. until 9.00 p.m., closing during the lunchtime period from 12.00 noon until 2.00 p.m.



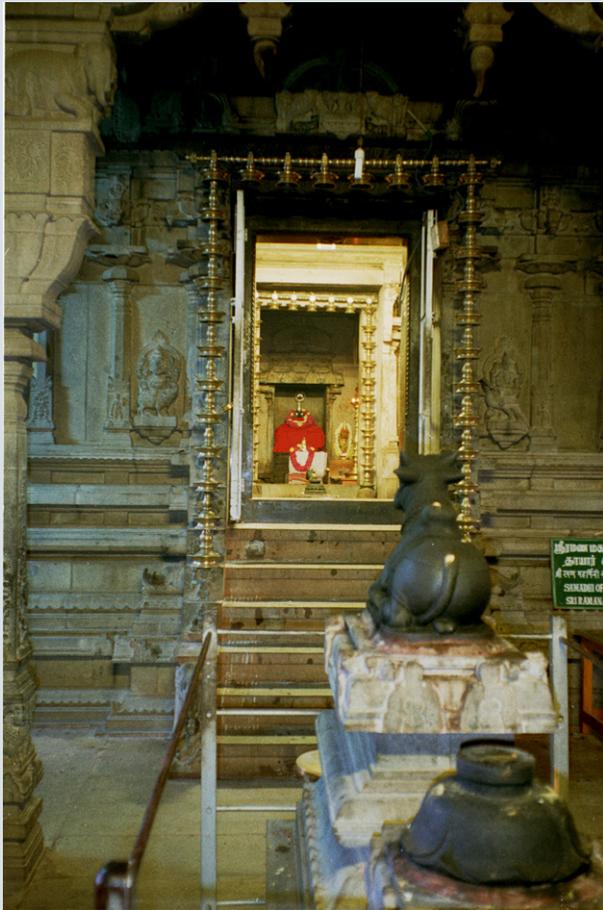


**Top left** - These are the adjoining doors from the New Hall to Sri Mathrubhuteswara Temple. In accordance with Hindu tradition the temple is closed during the hours of darkness.

**Bottom left** - This photograph shows the left-hand side of the Mother's shrine inside Sri Mathrubhuteswara Temple. The doors leading through into the Samadhi Hall can be seen just beyond the pillar to the front-right.

**Above** - This photograph taken from the left-hand side of the shrine, looking back towards the New Hall, shows the Nandi facing the shrine entrance and the small shrine to the nine planets in their far corner.

Pradakshina around the Mother's shrine normally includes both the Nandi and the shrine to the planets.



This photograph, taken from the doorway linking the New Hall with Sri Mathrubhuteswara Temple, shows the Mother's Shrine. The Sri Chakra, consecrated by Bhagavan, at the rear of the shrine is dressed in the traditional red cloth. The white cloth with red garland seen to the front of the Sri Chakra, covers the lingam on top of the samadhi of Bhagavan's mother.



This photograph shows the signs of the Zodiac carved into the granite ceiling of Sri Mathrubhuteswara Temple and placed above the entrance to the shrine. The entire temple was constructed according to ancient tradition and was closely supervised by Bhagavan.



This close-up photograph shows the inner Nandi, the lingam atop the Mother's samadhi, Goddess Yogambika (who is worshipped during Navaratri) is dressed in green cloth and Sri Chakra at the rear.

Sri Chakra Puja is performed here on every Friday, Full-Moon Day and special festivals. Bhagavan attached great importance to the Sri Chakra Puja.





**Top left** - This view shows the samadhi of Bhagavan Sri Ramana Maharshi. The door to Sri Mathrubhuteshwara can be seen to the left and the door leading outside to the Old Hall, Dining Hall and accommodation can be seen to the right. The photograph was taken from the entrance doors leading to the paved walkway mentioned in previous photographs.

Throughout the day devotees can be seen going around the shrine or meditating in this Hall.

**Bottom left** - This view is taken from the doorway leading outside to the Old Hall, and shows the entrance from the paved area. The windows to the right open into the New Hall.

**Above** - This view was taken from in front of the doorway linking Bhagavan's Samadhi Hall to Sri Mathrubhuteshwara temple.

This Hall is open from 5.00 a.m. until 9.00 p.m. daily. The morning milk puja is performed here, as is the evening Tamil parayana.





**Top left** - This photograph is a close-up of Bhagavan's samadhi. The granite fence surrounding the shrine was put up recently, to replace the simple metal fence (seen in the lower photograph).

The black pillars were carved in one piece from the same grey stone that Bhagavan's stone couch in the New Hall is made from.

**Bottom left** - This photograph shows one of the daily pujas taking place at Bhagavan's shrine. The early morning 'milk offering', performed between 6.45 a.m. and 7.00 a.m. is attended by most of the ashram guests, who then go to breakfast immediately afterwards.

**Above** - This view shows the evening Tamil parayana in progress. The parayana is performed between 6.30 p.m. and 7.20 p.m. Monday to Saturday, and is chanted by some of the ashram staff and any other persons who know the songs. Most of the ashram guests attend these parayanas, which comprise all of Bhagavan's Tamil works over the five weekday nights, and various songs dedicated to Bhagavan on Saturday. The evening meal follows at 7.30 p.m.





These two views were taken inside the Old Hall where Bhagavan spent most of His life after coming down from Arunachala. Bhagavan was available here 24 hours a day, seven days a week. Bhagavan amusingly referred to the fence around the couch as His jail; put there to keep visitors out, He would joke that it was there to keep Him in. The Jubilee Hall, a thatched building mentioned in many of the books, adjoined the Old Hall for many years, but was destroyed by fire in the 1950's, along with many of the things used by Bhagavan and many of the original photographic negatives.

This is a favourite haunt for the majority of devotees; it is open from as early as 3.00 a.m. until 9.00 p.m., closing for the lunchtime period from 12.00 noon until 2.00 p.m. Silence is observed in the Old Hall. The best time for meditation is before 5.00 a.m., as the traffic and public are scarce during those hours. There are some cushions provided, but not many, so devotees are advised to carry their own. A liberal coating of mosquito repellent is also recommended.



**Top left** - Returning to the paved area in front of the Shrines, this view was taken at the top of the steps leading from the shrine area; Bhagavan's Samadhi Hall is to the rear-left of the photographer. The kitchen can be seen to the front-left, the old Guest Room for Gentlemen is the first building to the right and the ashram stores are located in the next building (joined by the canopy to the kitchen). Arunachala is clearly visible over the tree tops.

**Bottom left** - We turn right here and look towards the Goshala part of the ashram; the Guest Room for Gentlemen is to the left. At the far end of this roadway are the public toilets for visitors. The other buildings are staff rooms and storerooms. To the right is the coconut grove behind the offices which is also used for growing grass for the ashram cattle. This roadway runs all the way around the office block and comes out in the car park.

**Above** - This is the ashram Goshala (dairy). The open building visible to the rear was constructed according to Bhagavan's instructions, it is used to house the calves.





**Top left** - This is the view from the Goshala looking back towards the Shrines. The Guest Room for Gentlemen is to the right, the coconut grove to the left, and Bhagavan's Samadhi Hall and storerooms are directly to the front.

**Bottom left** - This is a close-up view of the Guest Room for Gentlemen; built during Bhagavan's time, it was used by male visitors to the ashram. These days it is used by some of the staff members, and also by some visiting sadhus.

**Above** - This view shows taken from the left side of the Guest Room for Gentlemen, shows staff accommodation to the right. The Vedapatasala (School where young Brahmin boys are taught to chant the Vedas) is the building to the left with the trees growing to the front. The ashram milking parlour is directly to the front and joins on to the Goshala.

More staff accommodation is provided in the building to the left of the photographer.



# A Pictorial Tour of Sri Ramanasramam - 21



**Above** - A close-up view of the Vedapatasala. The boys live in the rooms above the school.

**Top right** - The Vedapatasala boys practising their chanting. They usually rise at 4.00 a.m. and begin their practise at 5.00 a.m. Most of the boys in this photograph have now left the ashram.

**Bottom right** - This view was taken inside the ashram milking parlour. The ashram has 30 milking cows which supply all of the ashram needs on normal days.





**Top left** - This view is taken from the cowshed doorway, looking back towards the ashram kitchen.

**Bottom left and above** - These views taken from beside the Guest Room for Gentlemen (to the right) show the access path to the Dining Hall, Old Hall and guest accommodation blocks; the steps visible to the right lead up to storerooms. The taps visible to the left are used by visitors and staff for washing their hands after food.



**Top left** - This photograph shows the Old Hall (directly in front); access to the dining hall is beneath the canopy to the right. Access to the guest accommodation is through a gate to the right of the dining hall, and also along a footpath which runs behind the Old Hall.



**Bottom left** - Behind the Well in the foreground is the side entrance to Bhagavan's Samadhi Hall. The Well called Bhagavan's Well, because He told the well-diggers where to dig. This Well rarely goes dry, even during periods of prolonged drought like this year (2000) - it is fed directly by underground spring from Arunachala. The water from this Well is used only for abhisheka and for cleaning the shrines. Fish almost a metre long can be seen swimming in the deeper water and fresh-water crabs are also often visible.

**Above** - This view of the side entrance to Bhagavan's Samadhi Hall, taken from beside the Old Hall, shows one of the old accommodation rooms built and used during Bhagavan's lifetime. It is now used for storing books.





**Top left** - This photograph is taken from outside the side-entrance to Bhagavan's Samadhi Hall. The entrance to the dining hall is directly to the front-right. The Old Hall is to the left and through the gateway directly ahead is the ashram Dispensary, the accommodation blocks usually reserved for men, the footpath leading up to Skandasramam and Virupaksha cave and the samadhis of the four animals liberated by Bhagavan.

**Bottom left** - This view taken from the same place shows the storerooms above the dining hall and kitchen areas, and the steps leading on to the roof of the shrines. Public access is not permitted to these areas.

**Above** - This photograph taken with a wide-angle lens, shows the whole dining hall area and the whole of the Well. The building to the right with the steps joining it to the dining hall was Bhagavan's bathroom for many years and a number of photographs of Bhagavan were taken inside it.



**Top left** - This view shows the steps leading up to the dining hall and the taps used for washing hands both before and after meals. Breakfast is served at 7.00 a.m., lunch is served at 11.30 a.m. and dinner is served at 7.30 p.m. The food is traditional vegetarian and may require supplementing by those who have dietary requirements; Cereals and other food supplements are now available locally for those who need them.

**Bottom left** - This is the view of the Old Hall from the dining hall taps. The pathway to the family and female accommodation is accessed via gate to the rear of the Hall.



**Above** - This photograph is taken from the open space to the side of the dining hall; the Old Hall is visible behind the low wall in the foreground. Afternoon tea is served in the rear section of the dining hall at 4.00 p.m. every day; access is gained through the doors at the top of the steps nearest to the photographer. Afternoon tea is restricted to ashram guests and staff and a choice of hot milk or tea is served.





**Top left** - This photograph, taken across the open ground mentioned on the previous page, shows the dining hall as it was prior to 1998. In 1998 it was extended further to the left to accommodate the large crowds who come on festival days. A polycarbonate canopy has also been added to the entire length of the side of the dining hall visible here. The dining hall as seen here was constructed according to Bhagavan's instructions and can be seen in many of the photographs.

**Bottom left** - This photograph was taken at lunchtime, and shows food being served on leaf-plates on the floor in the traditional Indian way. Westerners are served non-spicy versions of the food by default.

**Above** - This photograph taken from in front of the screens dividing the dining hall into two parts, shows the entrance to the hall to the far right, the kitchen doors to the front right. The place where Bhagavan always sat is marked with the marble shrine and the large hand-coloured photograph. Many rare photographs are on the walls around the dining hall.





**Above left** - This photograph shows afternoon tea being enjoyed by visitors and ashram staff; entry and exit is through the green doors leading out onto the open ground to the side of the dining hall - the door furthest to the left in the top-left photograph.



**Bottom left** - The ashram Dispensary is shown here, which offers free medicines to the local poor for two hours, two days a week. Access to the path leading up Arunachala to the caves is via the steps visible to the right of the ashram dispensary and next to the animal samadhis.

**Above** - This view across the open space from the dining hall, shows the spice garden to the rear of the ashram Dispensary.





**Top left** - The samadhis of Lakshmi the cow, Jackie the dog, Valli the deer and that of a crow can be seen in this photograph. The steps leading to the caves are visible past the samadhis and before the gate leading to the male guest accommodation blocks. The ashram dispensary is directly to the left.

**Bottom left** - The raised ground directly behind Lakshmi's shrine; the samadhis of some of the old devotees are visible to the front, the gate leading to the path up to the caves is directly to the right.

**Above** - A close-up of the statue of Lakshmi inside the shrine.





**Top left** - This is the view from inside the gate leading to the accommodation blocks generally used for male guests. The ashram Dispensary is the building directly to the left of the photographer. The other guest accommodation within the ashram grounds is also accessed via this route.

**Bottom left** - This photograph is taken from the top of the steps mentioned on the previous page. The gate leading to the path up Arunachala can be seen in the perimeter wall. This gate is locked during the hours of darkness. The samadhis of some of Bhagavans more famous devotees and attendants are situated to the left of the path before the gate in the wall. The inner path around Arunachala starts immediately outside the gate to the left, but this portion is little used these days because it is used as a public toilet by those living outside the walls.

**Above** - This is the lower part of the path leading up to the caves. The climb takes about twenty minutes and is best done in the early morning before the sun gets too hot. The climb to the summit takes between two and three hours depending on your fitness, and the same for coming down.





**Top left** - These two photographs, taken from the Hill, show the ashram and surroundings. In the top photograph the Goshala and grazing space is clearly visible. This space for the cattle extends far to the left out of the photograph.

**Bottom left** - In this photograph the Shrines and Gopurams are clearly seen, as is the dining hall to the left.

**Above** - This is the outside view of Skandasramam today. Bhagavan spent many years here before moving down to the foot of the mountain to where Sri Ramanasramam is built today. A natural stream flows from a broken boulder to the rear-right of Skandasramam and this water is considered to be very beneficial. It is certainly safe to drink.

Many devotees prefer to come here for meditation and some spend the whole day here. It is far quieter than the ashram, but the noise of the traffic still manages to penetrate even to here.

Skandasramam is usually open from 8.00 a.m. until dusk.





**Top left** - Another view of the outside of Skandasramam, taken this time from the right. The perennial water supply coming directly from inside Arunachala is to the right of the photographer.

**Bottom left** - Skandasramam taken from the big rock to the right of it, and looking back towards the path leading down to Sri Ramanasramam.

**Above** - A second photograph taken from the big rock. People wishing to climb to the summit of the Mountain have to climb up this large rock to gain access to the path.

The journey to the summit takes about 2.5 hours for a normal person and is usually undertaken at daybreak. The return journey takes almost as long.





These three photographs show the interior of Skandsramam. The top-left photograph shows the room where Bhagavan's mother stayed during the time she served Bhagavan and the devotees at the cave. This is the room where she spent her last hours of life in the arms of Bhagavan and attained Nirvana as a result. It is now a shrine to her. This room is separate from the remainder of the building.

The next two photographs show the outer and inner chambers of the building; the doorway above leads to the cave proper and the shrine dedicated to Bhagavan. The inner room is very small and can only seat four people at any one time.





**Top left and Above** - The photograph above shows the entrance to the cave in more detail, and the top-left photograph is a close-up of the shrine to Bhagavan. This is where Bhagavan lived for many years before coming down the Mountain after the death of His mother.

**Bottom left** - This is the view of the Arunachaleswara Temple taken from outside Skandasramam. Virupaksha cave is situated directly below Skandasramam, beneath the large rock in the foreground with the low white wall and large tree within it.



**Top left** - This photograph shows Virupaksha cave taken from directly below the entrance to it. The cave itself is inside the large rock in the foreground. Skandasramam is directly above Virupaksha amongst the large group of trees visible to the rear of the rock.

**Bottom left** - This view shows the entrance gate to the cave compound. It is normally kept locked when the caretaker is not in attendance.

**Above** - This photograph is taken from within the Virupaksha compound, looking back towards the entrance gate. Tiruvannamalai and the Arunachaleswara Temple can be seen in the distance. The entrance to the cave is just behind and to the left of the photographer.



**Top left** - This photograph shows the outer building of Virupaksha cave. Bhagavan also spent many years here during His time on the Hill. It is a little less spacious than Skandasramam and does not have the perennial water supply that Skandasramam does.

**Bottom left** - This view, shows the inside of the outer building; it has small kitchen to the right of the photographer, but the cave proper and shrine is through the doorway visible in the lower left picture.

**Above** - The samadhi of the saint after whom the cave is named. It is said that anyone sitting in the cave alone for a long enough period will hear the sound 'OM' coming from the samadhi of the saint after whom the cave is named.

The cave is usually open for meditation from 8.30 a.m. until early evening.





These next photographs show the Morvi compound, situated across the road from Sri Ramanasramam. It is a familiar place for many visitors who have stayed in the ashram accommodation there. It also houses some of the ashram staff.

**Top left:** The entrance to the compound from the road, Tiruvannamalai is to the left of the photographer and the entrance gate to the ashram is to the right on the opposite side of the road.

**Bottom left:** The view looking back to the road from inside the compound. The Sri Dakshinamurti Shrine can just be seen on the opposite side of the road to the left (behind the square building).

**Above:** The 'Morvi Guest House', after which the compound is named. To the right is the compound well and some of the staff accommodation. The Morvi Guest House fronts a central block of accommodation, which extends all of the way around the compound.





Continuing with the photographs of the Morvi compound.

**Top left:** Looking to the right from the entrance gate we can clearly see the well and the building that temporarily housed Sri Ramanasramam Post Office, until the new one was built 100 metres down the road opposite the Palititham Tank and opened in early 2000. This building is now used for accommodation. The Morvi Guest House is just to the left of the photographer.

**Bottom left:** Looking to the left from the entrance gate we can see some of the guest accommodation blocks. The Morvi Guest House is just to the right of the photographer.

**Above:** This view is taken from between the Morvi Guest House and the buildings in the bottom left photograph. It shows one of the access routes to the rear compound, further accommodation and the ashram library.





Continuing with the photographs of the Morvi compound.

**Top left:** Continuing from the previous photograph, this view is taken at the end of the left-hand access to the rear compound. The additional accommodation blocks can be seen on both sides. The ashram library is to the far right, just visible behind the trees.

**Bottom left:** The ashram library building taken from in front of the trees.



**Above:** The Sri Ramana Centenary Library occupies the top two floors of this building. It houses more than 27,000 books on a variety of topics including fiction and childrens books. The rooms below it are guest accommodation. The four photographs on the next page show the interior of the library. Books can be borrowed for reading away from the library (a small deposit is required from lenders, which is refundable upon the return of the books), or they can be read at the numerous reading tables available inside the building. Most of the books are donated by visitors. There are also some first editions of the ashram publications which were corrected by Bhagavan Himself on the shelves, but these cannot be taken out.

# A Pictorial Tour of Sri Ramanasramam - 39 - The Library interior



# A Pictorial Tour of Sri Ramanasramam - 40 - The Archive Room Interior



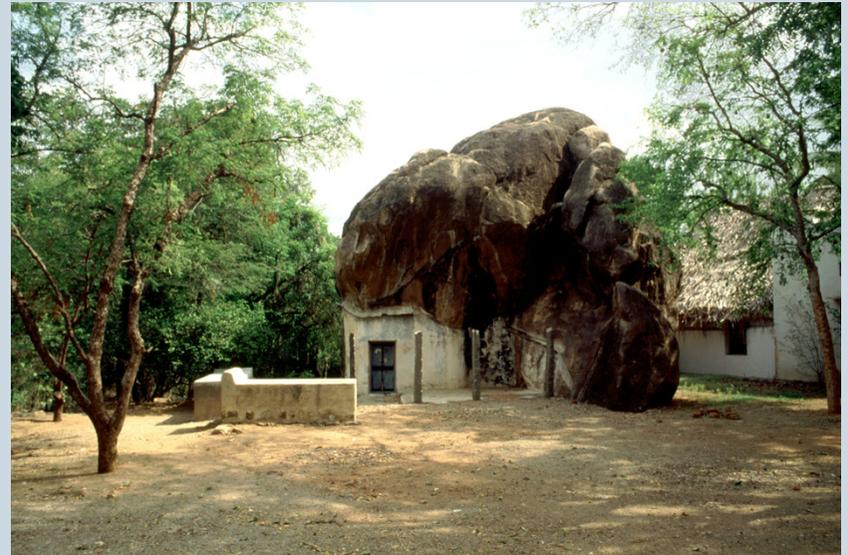
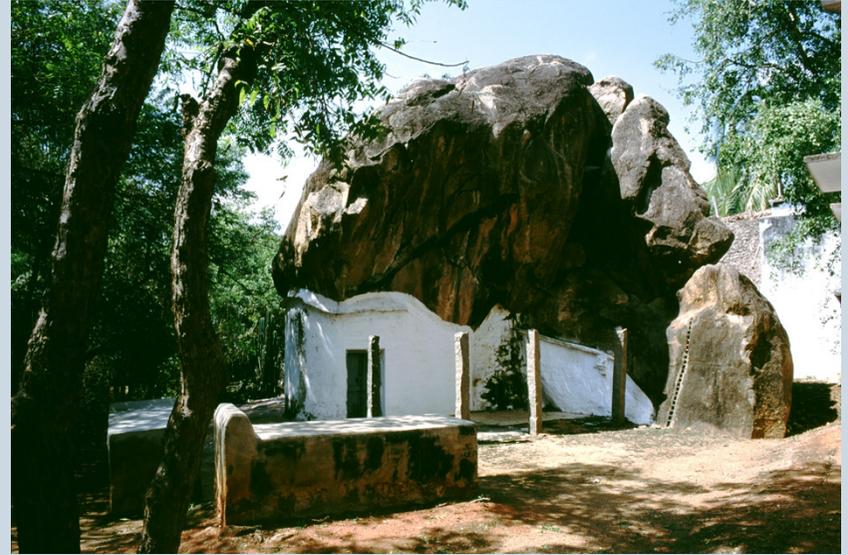
The Sri Ramanasramam Archive Room where all of the manuscripts and books corrected by Bhagavan are kept. These cupboards also contain many of the first or second editions of ashram publications, including a complete set of the 'Mountain Path' Journals and 'The Call Divine'.





**Above** - This photograph taken from the lower ashram gate to the left of Palitirtham, shows some of the ashram accommodation usually reserved for ladies and families. Arunachala is clearly visible from this point.

**Right** - B. V. Narasimhaswami's cave, situated inside the ashram compound just beyond and higher than the left-hand accommodation blocks shown above. It is unoccupied at this time.





These two photographs were taken at Kartikai Deepam time. The 10 day Karthigai Deepam festival is celebrated every year between November 15th and December 15th. On the 10th day at 6.00 p.m. the Deepam (fire column) is lit on the top of the Mountain.

The photograph to the left shows the beacon being lit at the summit of Arunachala. The cauldron is filled with ghee (clarified butter) and burns for about 12 days in total.

Hundreds of thousands of devotees gather around Arunachala to witness this event every year, and thousands climb to the summit to witness the beacon being lit. After the beacon is lit everyone performs Giripradakshina around Arunachala.

The photograph above shows the Arunachaleswara Temple illuminated by tens of thousands of ghee lamps which are lit at the same time as the beacon.



The final three photographs of the tour are dedicated to the ashram peacocks and monkeys.

The top left photograph was taken outside the ashram offices in the early afternoon during February. The peacocks perform their displays throughout the spring months whenever a peahen comes anywhere near; this peacock however performed for anyone who was willing to watch.

The female monkey above is quite tame and placid compared to the majority of monkeys living in the ashram. She is often seen sitting outside the offices waiting for someone to give her something to eat. In general the monkeys will simply steal whatever they can get their hands on, even dragging bags from peoples hands. This female is slightly better behaved, but is nonetheless a wild animal and potentially dangerous.

# The Nirvana Room - 1

On these pages are photographs and very short descriptions of the items still in the possession of Sri Ramanasramam, that were used by, or are associated with Bhagavan Sri Ramana Maharshi during His lifetime, some of which were gifts but never actually used by Bhagavan. All of the items in the photographs are kept in the Nirvana Room where Bhagavan spent His final days.

The photographs were taken during March and July 2000; the personal items were photographed outside the room on a white sheet to obtain the clearest detail.

The photographs taken inside the Nirvana Room and showing the placement of the items within, are less than perfect due to the difficult lighting conditions there.



**Above:** Aluminium kettle and stands.

**Top right:** Bhagavan's chair seen in many old photographs.

**Bottom right:** Binoculars used by Bhagavan.





SRI BHAGAVAN'S HOLY THINGS

2 Spectacles  
1 Thermometer  
1 Pencil  
1 Pen  
1 Vibhuti bag

21-8-77



**Top left:** Cardboard box labelled 'Bhagavan's Holy Things'.

**Containing -**

**Bottom left:** Fountain pen, retractable pencil and thermometer with case.

**Top right:** Two pairs of spectacles with cases - both pairs broken.

**Bottom right:** Vibhuti bag.





**Top left:** Two brass thalis and aluminium spoon.



**Top right:** Brass tiffin carrier.



**Bottom left:** Lid of brass tiffin carrier with 'Sri Ramana' engraved upon it in Tamil.

**Bottom right:** The open tiffin carrier.



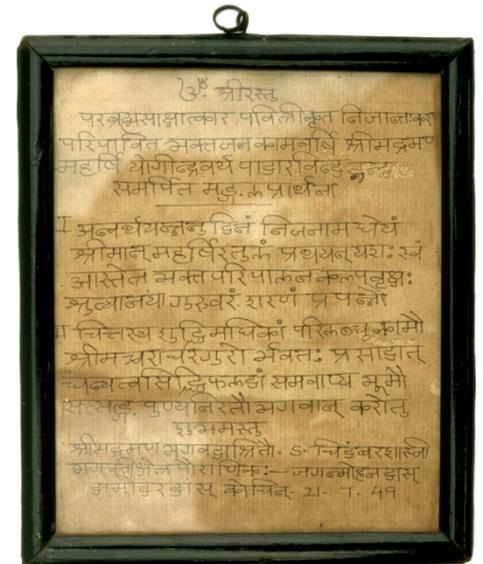


**Top left:** Black brazier with side handles and Frankincense holder with lid.

**Top right:** Black brazier with side handles and Frankincense holder - open.

**Bottom left:** Nine brass vessels - four pots with lids, three tumblers, one spoon and one plate.

**Bottom right:** A framed example of Bhagavan's handwriting.





**Top left:** Small black hexagonal table.

**Top right:** Detachable legs of small hexagonal table.

**Bottom left:** Top view of small hexagonal table.

**Bottom right:** Low writing desk with drawer.





**Top left:** Round brass vessel inscribed 'Alamelu 1931'.

**Top middle and right:** Front and rear view of round electric heater on stand.

**Bottom left:** Highly decorated laquered wooden vase.

**Bottom right:** Lampstand made from sea shells.





**Top left:** Cane basket

**Right:** Cane basket, open with contents visible.

**Bottom left:** Cane basket contents - Brass mortar and pestle, 3 brass tumblers, 2 brass cups, 1 brass jug, 1 small brass cup and plastic back-scratcher.



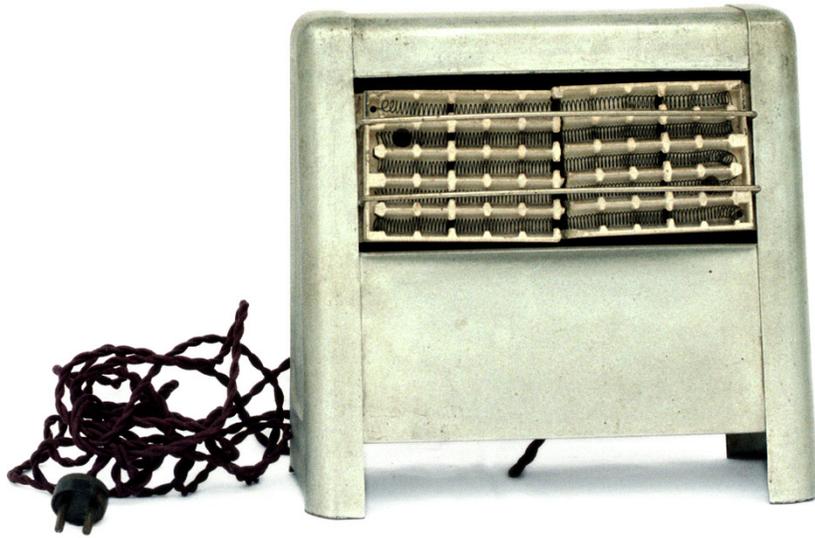


**Top left:** Circular tin charcoal pan with handle, grate with handle and two wire double hooks for hanging lamps etc.

**Bottom left:** Two brass 'Dragon' candle-holders.

**Top right:** Five coconut bowls, one with handle and one with base, all made by Bhagavan.

**Bottom right:** Two coconut bowls and spoon made by Bhagavan, with vibhuti and kumkum in them.

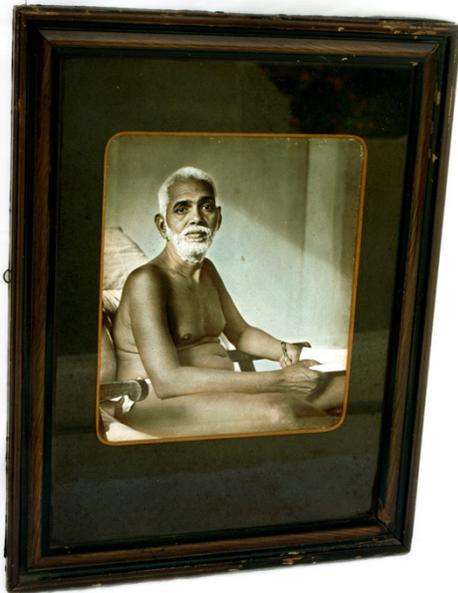


**Top left and right:** Front and rear views of floor-standing electric heater.

**Above:** Label on rear of floor standing electric heater.

**Bottom left and right:** Globe shaped oil lamp assembled and disassembled.



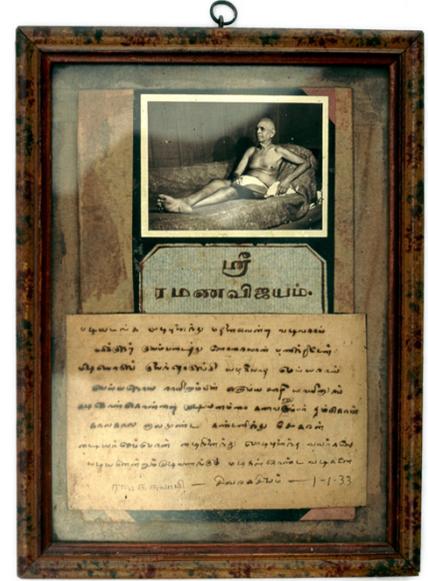
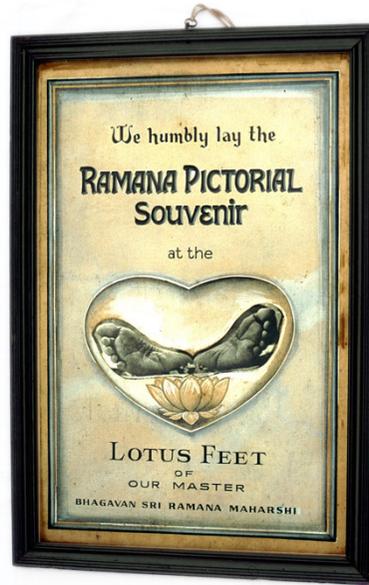
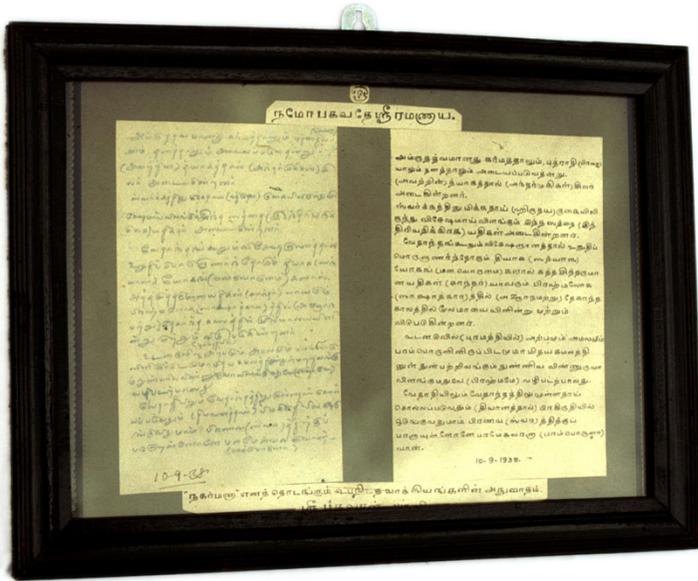


**Top left:** One of the famous Cartier Bresson photographs taken 10 days before Bhagavan left the body.

**Top and bottom right:** Two of the famous 'Welling' photographs. The lower photograph has been hand-coloured in the traditional Indian way.

**Bottom left:** Another photograph that has been hand-coloured.





**Top left:** 'Nakarmanar' in Bhagavan's handwriting, dated 10.9.38.

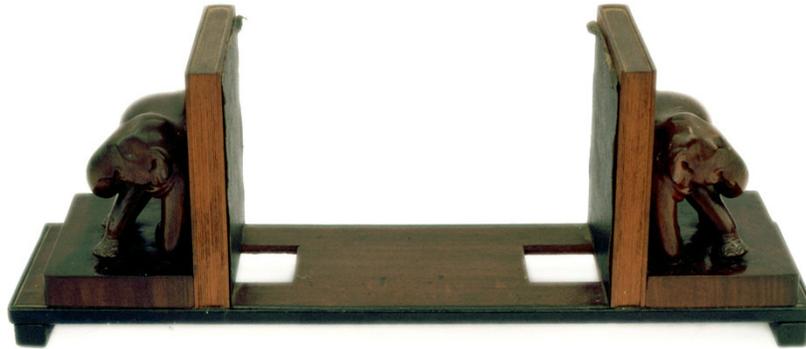
**Top middle:** Framed artwork for the 'Ramana Pictorial Souvenir'

**Top right:** 'Sri Ramana Vijayam' (in Tamil), dated 1.1.33, with photograph.

**Bottom left:** The radio used by Bhagavan to listen to the news.

**Above:** Two glass paperweights used by the Sarvadhikari.





**Top left and above:** Adjustable elephant book stand.

**Top right:** Cushion and folding book-stand (opened).

**Bottom right:** Folding book-stand closed.

**Bottom left:** Charcoal pan and tongs.

**Bottom middle:** Two mirrors and soap dish from Bhagavan's bathroom.





**Top left:** Incense holder with flower vase  
**Above left:** Dedication on flower vase  
**Above right:** Homeopathic medicine bottle  
**Bottom left:** Wooden stool used by Bhagavan  
**Below:** Plastic magnifier and case.  
**Right:** Corner stand with bird motifs.





**Above:** Wooden almirah often referred to in many of the ashram publications, used during Bhagavan's lifetime for storing notebooks and books. Today it is used for storing the sheets, blankets and covers used by Bhagavan on His couch.





The kit used for Bhagavan's monthly haircut and shave - 3 razors, shaving brush, sharpening stone, leather strop, scissors, Ingram shaving cream, Cuticura shaving stick, Remy toilet powder, Elephant tin cigarette box for storing them.





**Above:** Four hand fans.

**Below:** Wooden box with ivory contents and plastic magnifier/case.

**Top right:** Cane basket with lid, peacock hand fan, wooden handle with carved bird head, small hand-made gourd.

**Bottom right:** Detail of ivory items.





**Top left:** Three kamandalus, one made of clay, one gourd begging bowl and one kettle made from two coconut shells.

**Top right:** Two pestles, two medicine glasses and plastic measuring spoon.

**Bottom left:** Kumati and stand - seen in many of the photographs.

**Bottom right:** Kumati and stand broken down into parts.

**Middle right:** Two of the umbrellas used by Bhagavan.







**Top left:** Circular coaster and wooden framed mirror.

**Bottom left:** Six-cell torch used by Bhagavan.

**Top right:** Rose-water sprinkler and kumati broken down into parts.

**Top right:** Rose-water sprinkler and kumati assembled.





**Top left:** Two silver boxes.

**Top right:** Contents of the two silver boxes.

**Bottom left:** Silver Chinese pot with lion-head legs and square handles.

**Left:** Silver spitoon inscribed 'Bhagavan Shree Ramana Maharshi .. Shree Arunachala .. Tiruvannamalai .. 13.1.1941'.

**Bottom right:** Wooden candelabra.





**Top left:** Two enamel spittoons.

**Top right:** Square shaped clock with inscription, seen in many photographs with Bhagavan.



**Bottom left:**  
Brass oil lamp,  
Pencil battery lamp,  
Silver cobra,  
Two brass or copper vessels,  
Two brass vases,  
Silver cup,  
Small brass oil lamp  
Brass spoon.



**Top left:** Vacuum flask made by the Eagle Company.

**Right:** Rotating wooden bookcase. This can be seen in many of the photographs of the interior of the Old Hall. It is also referred to in some of the books recording dialogues with Bhagavan and the reminiscences of devotees.

The books and journals that were kept in this and other book cases are now in the Ashram archives for preservation reasons.





**Top left:** Two wooden boxes, open with the contents showing - one a pencil case and the other containing a magnifying glass shown on previous pages.

**Top right:** The two wooden boxes closed.

**Bottom right:** The contents of the pencil case - pencils, eraser, nail file, pencil leads in tube, cloth and ivory toothpick.





The Nirvana Room, situated almost opposite the New Hall and Sri Mathrubhuteswara Temple, was formerly Bhagavan's bathroom before He became too ill to walk the short distance from the New Hall. He moved into this room permanently a few months before His Mahasamadhi.

The room is very small and now houses virtually everything that was directly associated with Bhagavan.

These two and the next four photographs show the interior of the room in full.



# The Nirvana Room - 25



## The Office Staff



- 1 ... Swami Ramanananda Saraswati (Bhagavan's nephew and former President)
- 2 ... Sri V. S. Ramanan (current President and Bhagavan's grand-nephew)
- 3 ... Sri V. S. Mani (Bhagavan's grand-nephew)
- 4 ... Sri V. Ganesan (Bhagavan's grand-nephew - not shown in group picture)

- 5 ... Dr. C. N. Srinivasamurthy - the person who first greets all visitors.
- 6 ... Captain Narayan (not in group picture)
- 7 ... S. Ganapathiraman - cashier
- 8 ... T. V. Chandramouli - also works in the computer room.



- 1 ... C. Elumalai
- 2 ... C. Arumugam
- 3 ... L. Sivasubramanian - also 'The Mountain Path' and computer work.
- 4 ... D. Thiyagarajan - also 'The Mountain Path' and computer work.

- 5 ... G. Ramanan
- 6 ... T. R. Srinivasan
- 7 ... V. S. Srinivasan
- 8 ... M. R. Bharath Rathna

## The Office Staff - continued



- 1 ... M. Ravindranarayanan - also works on the 'Mountain Path'
- 2 ... P. Sridhar - the Ashram electrical engineer.
- 3 ... Dev Gogoi - works in computer room
- 4 ... M. Natesan

## Chappal Stand (footwear repository)



- 1 ... A. Tavasi
- 2 ... N. Selvaraj

## The Guest House keepers



- 1 ... S. Murugesan
- 2 ... N. Sundaramoorthy

## The Ashram Priests



- 1 ... R. Chandrasekaran
- 2 ... B. Sridharan
- 3 ... N. Subramania Sastrigal (Appachi Mama)
- 4 ... V. N. Sabhahit

## The Ashram Dispensary



- 1 ... B. Sridharan
- 2 ... V. Manikantan
- 3 ... Dr. M. Alagappan
- 4 ... Y. Nartaki

# Sri Ramanasramam Staff Photos 2000



## The Book Depot



T. A. Ramaswami



S. Venkatesan



N. S. Ramanan



S. K. Iyer



V. V. Ratnam



R. Jayakodi



S. Krishnakumar



M. Annamalai



D. Vasudevan



K. Raju



M. Arul

## The Kitchen Ladies



G. Kamala



M. Pichammal



K. Vasantha



K. Panchavaranam



M. Balambal



Kasimma



Visalam Ammal



Mallika



Saliamma



Lakshmi

## The Ashram Cooks



C. Ramani Iyer      N. Venkataraman      R. Sundaramurthy      R. Sridhar



R. Balasubramanian      S. Ramesh      R. Gopal

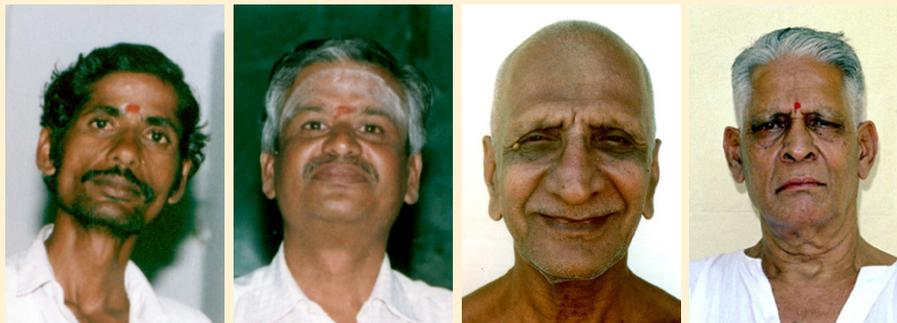
## The Goshala Staff



### From left to right

- |                    |                    |                       |
|--------------------|--------------------|-----------------------|
| 1 ... P. Munisamy  | 4 ... R. Vijayaraj | 7 ... K. Ramakrishnan |
| 2 ... N. Parvatham | 5 ... Kasi         | 8 ... N. Munusamy     |
| 3 ... M. Krishnan  | 6 ... G. Moorthy   | 9 ... K. Murugesan    |

## The Ashram Stores



N. Doraisamy      R. Rajamani      R. Sivasubramanian      M. K. Viswanathan

## The Dining Hall



K. Murugesan      Y. Krishnareddy

# Sri Ramanasramam Staff Photos 2000

## The Library & Staff



Standing

- 1 - T. K. Srinivasan
- 2 - M. Highburger
- 3 - K. Molnar
- 4 - R. Ramasami

Sitting

- 1 - V. Savithri
- 2 - J. Jayaraman
- 3 - A. S. Natarajan
- 4 - C. Lalitha

## The 'Mountain Path' Staff



V. S. Ramanan      Ramamani      T. V. Venkataraman      Ravi



J. Jayaraman      L. Sivasubramanian      Dev Gogoi



T. K. Srinivasan      M. Highburger      Karuna Molnar      B. Ramasami      V. Savithri      J. Jayaraman      A. S. Natarajan      C. Lalitha



## The Outdoor Staff



## Garland Makers



1 ... Venugopal

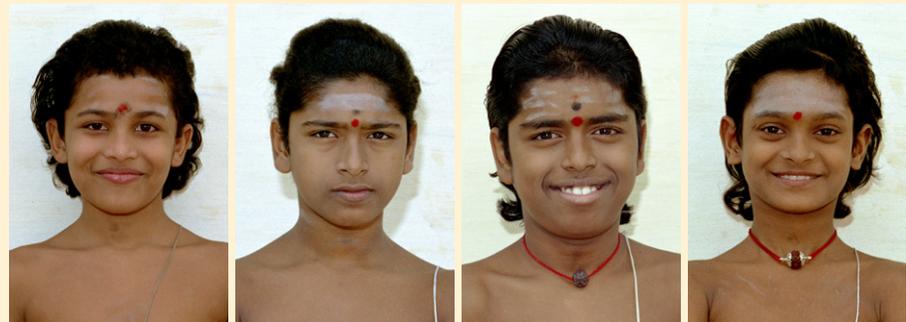
2 ... N. Narayanasamy

## Vedapatasala



1. S. Chandrasekharan  
2. S. Raja Ganapatigal (Teacher),

3. S. Gurunatha Ganapatigal (Teacher)  
4. C. Venkatakrishnan



1. S. Venkatakrishnan  
2. S. Manickavachaka Sarma

3. S. Prabhu  
4. S. Sathyanarayanan

## The Ashram Watchmen



R. Vijayan

Sadayan

# Sri Ramanasramam Publications - New Editions

## The Maharshi and His Message

"There are moments  
unforgettable which  
mark themselves in  
golden figures upon the  
calendar of our years.  
Such a moment comes  
to me now, as I walk into  
the hall of the Maharshi"

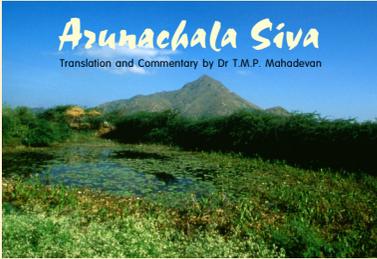
Paul Brunton

Paul Brunton (Raphael Hurst) came to India in the early 1930's in search of the Truth behind the ancient mysteries. This journey led him to many *yogis* and *fakirs*, but he was singularly unimpressed by any of them. It was not long however, before he was guided to Bhagavan Sri Ramana Maharshi, the Sage of Arunachala, through the gentle persuasion of Sri Chandrasekharendra Saraswati, the Sankaracharya of Kanchi Kamakoti Mutt.

Brunton chronicled his encounters in India in his magnum opus, *A Search in Secret India*. Three chapters from this book recounting the story of his retreat at the foot of Arunachala, and his extraordinary experiences in the company of the Maharshi are herein culled and placed before the reader.

"One could not forget that wonderful pregnant smile of his, with its hint of wisdom and peace won from suffering and experience. He was the most understanding man I have ever known; you could be sure always of some words from him that would smooth your way a little, and that word always verified what your deepest feeling told you already.

"The words of this Sage still flame out in my memory like beacon lights. 'I pluck golden fruit from rare meetings with wise men,' wrote trans-Atlantic Emerson in his diary, and it is certain that I plucked whole basketfuls during my talks with this man. Our best philosophers of Europe could not hold a candle to him. . ."



## Arunachala Siva

Translation and Commentary by Dr T.M.P. Mahadevan

Most of Bhagavan Sri Ramana's works were composed in response to requests of devotees. While at the Virupaksha cave on Arunachala, devotees like Palaniswami and Ayyaswami requested Sri Bhagavan to compose a song for them to sing whilst begging for alms in town. This they felt would help the townsfolk identify them as his devotees. But there was no response from Sri Bhagavan. Subsequently, however, when he was walking round the Hill one day, with devotees following him, the litany, *Sri Arunachala Aksharamanamalai*, being divinely inspired, welled forth from him spontaneously. Before the *pradakshina* (circumambulation) ended, Sri Bhagavan had strung together a garland of 108 verses for his beloved Arunachala. As he wrote the poem in a state of ecstatic devotion, tears streamed down his face and his voice was choked. In later years Sri Bhagavan used to remark jocularly that this hymn had fed them for many years.

*Aksharamanamalai* is the most well known among the hymns composed by Maharshi. Arthur Osborne says, "It tells in glowing symbolism of the love and union between the human soul and God, and is among the most profound and moving poems in any language."

The commentary of Dr T.M.P. Mahadevan is of immense help in understanding the texts of *Aksharamanamalai* and *Arunachala Pancharatnam* (Five Verses).

## The Cardinal Teaching of the Maharshi

(Sri Arunachala Pancharatna Darpanam)

Sanskrit Text of  
Arunachala Pancharatna by

BHAGAVAN SRI RAMANA MAHARSHI

and the

Commentary Darpanam by  
SRI BHARADWAJA KAPALI

with an English translation by  
S. SHANKARANARAYANAN

Kavyakantha Ganapati Muni was one of the foremost devotees of Bhagavan Ramana, a great Sanskrit scholar and a *tapasvin* of a very high order. It was he who gave to the Sage the name Bhagavan Sri Ramana Maharshi. Ganapati Muni was affectionately addressed as Nayana by Sri Bhagavan.

One day in the year 1917, while Sri Bhagavan was living at Skandashram, Ganapati Muni approached him and requested him to compose a poem in Sanskrit in the *arya* metre. The Maharshi pleaded that he knew very little Sanskrit, much less about its metres. The Muni then explained the rules of the *arya* metre and repeated his request.

Later Sri Bhagavan presented to the astonished scholar five verses in beautiful Sanskrit set perfectly to the *arya* metre. These verses present in a succinct manner the highest teachings of Sri Bhagavan. Moreover they are in praise of Sri Arunachala.

These five verses were later translated into Tamil in verse form by Sri Bhagavan himself and constitute the last of the *Five Hymns to Arunachala*.

This scholarly commentary on the *Five Verses* has been written by Sri Kapali Sastri, an early devotee of the Maharshi and a disciple of Ganapati Muni.



# Sri Ramanasramam Publications - New Editions

## Five Hymns to Sri Arunachala

Translated from the Original  
of  
Sri Ramana Maharshi



This small booklet contains the Five Hymns to Arunachala composed by Bhagavan Sri Ramana Maharshi during his time spent living on Arunachala. Three of the hymns, *Arunachala Aksharamanamalai*, *Arunachala Navamanimalai* and *Arunachala Pancharatnam* were created at the request of devotees and the remaining two, *Arunachala Patikam* and *Arunachala Ashtakam* welled up spontaneously from within. However all five hymns flowed without premeditation or contemplation.

The Five Hymns comprise the Tamil Parayana chanted in front of Sri Bhagavan's shrine every Monday evening at Sri Ramanasramam and are a firm favourite with every devotee.

### Arunachala Mahatmyam declares:-

1) Arunachala is the place (that which deserves to be called the holy place)! Of all places it is the greatest! Know that it is the heart (centre) of the earth. It is Siva Himself. It is a secret place representing the Heart. Lord Siva always abides there as a glorious hill called Arunachala!  
5) What cannot be acquired without great pains — the true import of *Vedanta* (viz. Self-realization) — can be attained by anyone who looks at this hill from where it is visible or even mentally thinks of it from afar.

## Glimpses of the Life and Teachings of Sri Ramana Maharshi

as described by  
Frank H. Humphreys  
R.D.C.

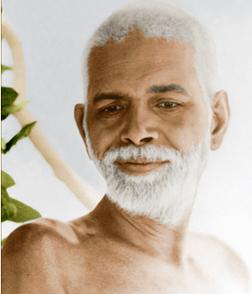
F. H. Humphreys came to India for the first time in 1911 to join the Police Department as an Assistant Superintendent at Vellore. He started learning Telugu from S. Narasimhayya, a teacher.

One day, before commencing his daily lesson, he drew a picture of a mountain cave, with a figure of a sage standing at its entrance, and with a small mountain stream flowing in front of it. He showed it to Narasimhayya and told him he had a vivid dream of it the previous night and asked what it could mean. Narasimhayya was convinced that the vision could be none other than that of the Maharshi at the Virupaksha cave. He then went on to describe the Sage's life of Supreme Realisation. It was in this way that Humphreys first came to know of the Sage of Arunachala. Within a few days he was introduced to Kavyakantha Ganapathi Sastri, and was taken by him in November 1911 to see Ramana Maharshi at Tiruvannamalai.

. . . Humphreys observes: "*His body was the instrument of God. . . from which God was radiating terrifically.*"

*"The most touching sight was the number of tiny children up to about seven years of age, who climb the Hill, all on their own, to come and sit near the Maharshi, even though he may not speak a word nor even look at them for days together. They do not play but just sit there quietly, in perfect contentment."*

## Letters from Sri Ramanasramam

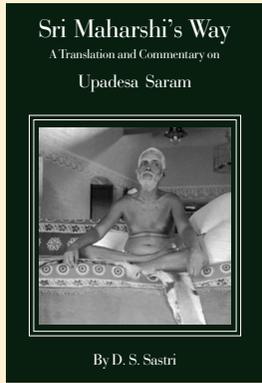


**Letters from Sri Ramanasramam - by Suri Nagamma:** Bhagavan Sri Ramana Maharshi preached silence by observing it himself. At sunrise and at sunset every day, Vedic hymns were recited in his presence ending with "*Nakarmana Naprajaya Dhanena Thyagenaike Amrutatvamanasuh*", which means that *moksha* (deliverance) is attained, not by *karma* (action) or *praja* (family) or *dhana* (wealth), but by renouncing every one of them. Asramites aspiring for spiritual advancement were thus taught to learn and practice self-enquiry and renunciation. They sat in silence at the holy feet of Bhagavan, imbibing the lessons of silence. Bhagavan spoke occasionally to the Asramites and also to casual visitors on spiritual matters. On such occasions, a few devotees recorded whatever he spoke; and amongst them, Nagamma was one.

Sitting at the feet of the Master, day in and day out, she felt an irresistible urge to record the discussions devotees were having with Bhagavan and, as she began recording them, found that that work was a sort of *sadhana* for herself and so began writing them in the shape of letters in Telugu to her brother in Madras. 273 letters were thus written. Amongst them, the Asramam published the first 75 letters during the lifetime of Bhagavan and they were read out in Bhagavan's presence (*Sri Ramanasrama Lekhalu* in Telugu). The remaining 198 letters were published subsequently in four different volumes....



# Sri Ramanasramam Publications - New Editions

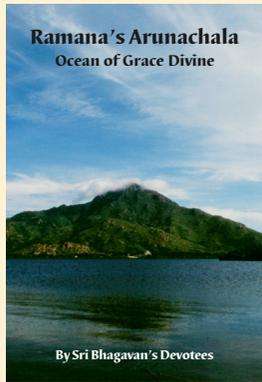


One of the foremost devotees of Sri Bhagavan and a great Tamil poet, Sri Muruganar, while writing his epic *Tiruvundiya*, came to the point where Lord Siva, after vanquishing the *rishis* of the Daruka forest and accepting their surrender taught the *rishis* the central core of Vedanta. He did not proceed further. He besought Sri Bhagavan who was Siva incarnate, to compose in verse form the teaching Lord Siva gave the *rishis*.

Sri Bhagavan then composed in twenty-nine verses the *Upadesa Undiyar* in Tamil. The last verse was composed by Sri Muruganar. Sri Bhagavan later translated this poem into Sanskrit as *Upadesa Saram* and also into Telugu and Malayalam.

This poem details the various methods of spiritual practices that are available to the seeker and explains their relative merits. The Maharshi emphasises that Self-enquiry encompasses action, devotion and knowledge and leads the seeker surely and directly to Self-realisation. This is the Maharshi's way.

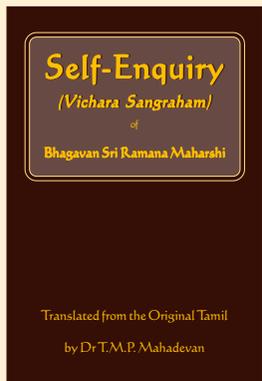
The Sanskrit poem in the lilting *Suprathishta* metre is chanted before dusk at the Samadhi shrine of Sri Bhagavan along with the Vedas.



*Smaranad Arunachalam* say the *Puranas*. To think of Arunachala is *mukti*. There are several holy places which are unique in their own ways. Each of these places demands of the spiritual seeker, untiring and meticulous efforts to realise the Truth. Arunachala however demands that we only remember Him.

For ages the truth about Arunachala was known only to a few evloved souls and kept a closely guarded secret. This changed with the Advent of Bhagavan Sri Ramana Maharshi, who many of his devotees believe, was Lord Arunachaleswara Himself. After his spontaneous illumination at his home at Madurai, Sri Ramana sought out Arunachala and made it his permanent abode. This was in 1896. For fifty-four years he wore the human body and gave to the world the purest and the highest teaching of the Vedanta in simple terms. He also identified Arunachala as symbolising the sublime Truth. The Hill is Lord Siva, the *Paramatma* Himself, he declared. Today, thousands of seekers come to Arunachala to traverse the path of True Knowledge.

This work is a compendium on Arunachala, the legend, the hill, the temple and the town. Important features of Tiruvannamalai are dealt with in detail — *pradakshina*, ashrams, festivals, all details that will be of help to a pilgrim on the path. These pages speak also of Sri Ramana, his life at Arunachala and the essence of his teaching. The teaching, the path symbolised by Arunachala, the hill.



Gambhiram Sessaier was a Municipal Overseer at Tiruvannamalai about 1900. He became a devotee of Bhagavan Sri Ramana Maharshi who was then living at the Virupaksha cave on the Arunachala Hill.

A student of *yoga*, he was especially interested in Swami Vivekananda's lectures on *Raja Yoga*, *Jnana Yoga*, etc. Finding some difficulty in understanding these and similar books, he brought them to the Maharshi for elucidation. Sri Bhagavan then went through each of them and wrote out in easy Tamil prose the gist of these works on bits of paper and answered supplementary questions put by Sessaier. Thus Sessaier had quite a sheaf of these papers written by the Maharshi in 1900, 1901 and 1902; and he copied them into a small notebook.

After Sessaier passed away his notebook and some of the papers were obtained from his elder brother, G. Krishna Iyer and the contents were published with the title *Vichara Sangraham* .

This may therefore be regarded as the gist of the Maharshi's earliest teachings. The *Vichara Sangraham* has unique value in that it constitutes the first set of instructions given by Sri Bhagavan in his own handwriting.



# Sri Ramanasramam Publications - New Editions & New Publications

## Self Realization

B.V. Narasimha Swami



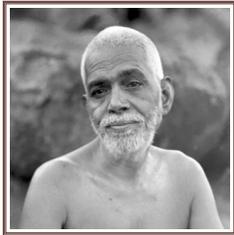
B.V. Narasimha Swami, the author of this work, came to Tiruvannamalai in the late 1920's and lived in the vicinity of Sri Ramanasramam for many years. He was deeply devoted to Bhagavan Ramana.

Having decided to write about the life and teachings of the Maharshi, Narasimha Swami painstakingly went about gathering details from various sources. He travelled to Tiruchuli and Madurai and learned a lot about Sri Bhagavan's early life.

He also managed to draw the Sage into reminiscing about his boyhood days, his death experience at Madurai, the journey to Tiruvannamalai, and about his life during his stay at the temple and on the holy hill Arunachala. Narasimha Swami also learned about the Maharshi's devotees, their service and contribution towards spreading his glory and message. With deep insight and keen perception, yet in simple, flowing style, he has chronicled the Maharshi's life and explained his teachings.

The spiritual world cannot but be grateful to Narasimha Swami, for this work is the first biography of Sri Ramana Maharshi, one of the greatest sages to walk the earth. First published in 1931 when the Sage was still living in the body, this book has seen several editions and adorns the bookshelf of countless spiritual seekers.

## Sri Ramana Reminiscences



G.V. Subbaramayya

G.V. Subbaramayya was an educationist and poet. He was deeply devoted to Sri Bhagavan with an approach that was both childlike and spontaneous. Ten days before Sri Bhagavan's *Maha Nirvana* G.V. Subbaramayya entered the small room where he lay:

Sri Bhagavan said, "Come in."

As I went in and stood before Him, Sri Bhagavan asked me: "What do you want?"

I said with streaming eyes: "I want *Abhayam*," ("security from fear").

Sri Bhagavan replied with overflowing Grace: "*Saree Icchanu*" ("Yes, I have given it").

Sri Bhagavan added: "Don't fear. As it came, so it will go."

At once I felt as though a heavy load were lifted from my heart and as I touched His Lotus-Feet with my hands and head a thrill of ecstasy passed through my frame, and I felt like being plunged in an ocean of Peace and Bliss. That vision of Sri Bhagavan and His gracious words granting me *Abhayam* have taken permanent abode in my being and are guarding me from all life's ills.

## Sri Ramana Stuti-Panchakam

(Five Hymns to Sri Ramana)

by

Satyamangalam Venkataramayyar

Translated by

Munagala Venkataramiah

On the 1st of January 1947 a lady began singing some Tamil songs in Sri Bhagavan's Hall. Among them were *Ramana Stuti Panchakam* songs. In this connection a devotee asked Bhagavan how many times the author of those songs, Satyamangalam Venkataramayyar, had visited Bhagavan, and where he was now. Sri Bhagavan replied, "He came only once when we were at the Virupaksha Cave. The first four songs, he wrote while he was here, one each day of his stay, and the fifth, the *Ramana Sadguru* song, he sent after going to his place. He never again came here and we know nothing more about him.

— *Day by Day with Bhagavan, entry for 1-1-47*

THE HIGHEST YOGA AS LIVED

## In Days of Great Peace

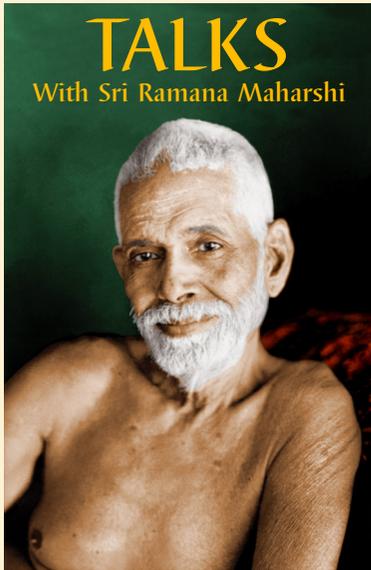
MOUNI SADHU

This popular book, first published in 1953, has been out of print for many years. By special arrangement it has now been republished by Sri Ramanasramam in a limited edition of 5,000 copies.

In the book, Mouni Sadhu describes in detail his experiences in the presence of Bhagavan Sri Ramana Maharshi, and the method of Self-enquiry.

This useful and informative book brought many devotees to Bhagavan, including myself and I like many others, still treasure this work and can happily recommend it to devotees.





Sri Bhagavan always stressed the one essential truth that was necessary for Liberation, that there is only one Self and nothing but the Self. Know that and everything else is known. This cannot be repeated too often. You are the Self, he tells us, nothing but the Self, anything else is just imagination, so BE the Self here and now. There is no need to run off to a forest or shut oneself in a room; carry on with your essential activities but free yourself from association with the doer of them. Self is the witness, you are That.

Example after example is given in these talks, in language to suit all tastes and mentalities. The reading of the book automatically drives one inward to the source. It is itself a sufficient *Sadhana*. Do not delude yourself, you are already That, there is nothing more to be obtained, only false association to be shed, limitation to be recognised as illusory.

What more is there to say, but to advise one and all to read this book and try and make it a part of themselves? Not one word to be passed over lightly, or one conversation to be dismissed as superfluous.

SADHU ARUNACHALA

(Major A. W. Chadwick, O.B.E.)

This is not a book to be lightly read and laid aside; it is bound to prove to be an unfailing guide to increasing numbers of pilgrims to the Light Everlasting. Despite the fact that the great Sage of Arunachala taught for the most part through silence, he did instruct through speech also, and that too, lucidly, without baffling and beclouding the minds of his listeners. One would wish that every word that he uttered had been preserved for posterity. But we have to be thankful for what little of the utterances has been put on record. Sri Ramana's central teaching is: Self-inquiry. Instead of wanting to know this and that, seek to know the Self. Ask 'Who am I?' instead of asking about

a hundred other things. Self-inquiry ought to be the easiest of all tasks. But it seems to be the most difficult because we have become strangers to our Self. What one has to do is simple - to abide as the Self. This is the ultimate Truth. This is one's eternal, natural, inherent state. Sri Ramana's teachings as found in the "Talks" will bring hope to everyone. No one need think that he is beyond the pale of redemption.

DR. T. M. P. MAHADEVAN

## “TALKS’ IS ALL PURE GOLD”

Major Alan Chadwick

During the four years from 1935 to 1939, Munagala Venkataramiah, a veteran devotee and the author of this work, painstakingly recorded the conversations that took place in the Old Hall between Bhagavan Sri Ramana Maharshi and his devotees.

People from all faiths and every walk of life came to sit at Sri Bhagavan's feet; whether ignorant or erudite, a simple peasant or royalty, they travelled from the far corners of the earth to place their doubts before him or just to sit in his divine presence. His infinite compassion and unique insight ensured that none left his Ashram empty handed. Their questions covered every aspect of the spiritual search and every problem troubling the human mind; Maharshi's answers gently led the questioner to the correct solution, each question answered according to the questioners' own level of spiritual development. All had their doubts dispelled, their hearts suffused with peace and their beings uplifted in his presence. This book is a truthful chronicle of such happenings.

Reflecting the warmth, the humour and the deep spiritual atmosphere generated by the Master's presence, this work is a treasure-house for all who seek the Highest Truth. Sri Bhagavan's teaching, Self-enquiry, is the core of this work. However, doctrinal questions from the various faiths, Hindu, Christian, Buddhist, Theosophical, etc., have also been answered by the Maharshi. His explanations have revealed the common thread underlying all faiths and the absolute unity of the spiritual quest, irrespective of the diverse paths encountered on the journey to the Highest Goal.



## Translations from the writings of Bhagavan Sri Ramana Maharshi

### FIVE HYMNS TO SRI ARUNACHALA

Bhagavan Sri Ramana Maharshi  
49 pages - Price - \$2.00

*This is an English translation of the earliest of the Maharshi's poems. These poems, all written around 1914, were later collected and titled Sri Arunachala Stuti Panchakam. They consist of devotional hymns sung in praise of Arunachala, with directions for attaining the Supreme State. These form the Monday Tamil Parayana at Sri Ramanasramam. During Bhagavan's lifetime devotees would sing these songs as they performed Pradakshina around the Hill; many still do it today and 'Aksharamanamalai' can be heard on the lips of thousands during the Mahasivaratri and Kartikagai Deepam festivals.*

Extracts

### HOMAGE TO THE PRESENCE OF SRI RAMANA

Price - \$8.00

*The English version of 473 verses by Sri Muruganar in praise of Bhagavan Sri Ramana Maharshi*

### REVELATION - Sri Ramana Hridayam

By 'Who'  
56 pages - Price - \$2.00

*A Sanskrit verse-rendering of Sri Ramana Maharshi's Ulladu Narpadu (Forty Verses on Reality) and Anubandham (Supplement to the Forty Verses), with an English translation, authored by 'Who' (K. Lakshmana Sarma), writer of Maha Yoga.*

Extracts

### THE COLLECTED WORKS OF RAMANA MAHARSHI

Edited by Arthur Osborne  
249 pages - hard cover - Price - \$12.00

*A collection of English translations of all Sri Ramana Maharshi's Tamil works, including both his original compositions and others which he translated from different languages. Nearly everything the Maharshi wrote was in response to some request and to meet the needs of some devotee. The editor adds a short note before each entry explaining its genesis.*

Extracts

### THE POEMS OF SRI RAMANA MAHARSHI

By Sadhu Arunachala  
48 pages - Price - \$2.00

*A versified English translation by Sadhu Arunachala (Major A. W. Chadwick) of Sri Ramana Maharshi's philosophical poems and stray verses. These English translations were gone over word-by-word by the Maharshi and the translator writes, "He was very particular and not at all sympathetic to poetic license ... the meaning has been brought out accurately in my verses." Everything, except the Five Hymns to Arunachala, has been rendered into verse and included. The genesis of each poem is also given.*



## Translations from the writings of Bhagavan Sri Ramana Maharshi

### THE QUINTESSENCE OF WISDOM

Price \$2.00

*Translation into English of Bhagavan's 'Thirty Verses' of spiritual instruction with a short commentary on each.*

### TRUTH REVEALED - *Sad-Vidya*

33 pages  
Price - \$2.00

*An English translation of Sri Ramana Maharshi's Ulladu Narpadu and Anubandham, each consisting of forty verses. In these verses, composed, selected and arranged by the Maharshi, the Ultimate Truth and the path leading to It is revealed. The introduction is by Grant Duff.*

### UPADESA SARAH

35 pages  
Price - \$2.50

*Contains the Maharshi's Sanskrit translation of his Tamil Upadesa Undiyar with a transliteration and word-for-word meaning in English by Swami Viswanathan. A facsimile manuscript in the Maharshi's own handwriting of these verses, in both Sanskrit and Tamil, are printed at the end.*

### WHO AM I ?

31 pages  
Price - \$1.00

*About 1902 Sivaprakasam Pillai put several questions to the Maharshi and, since the Sage was not then speaking, they were answered in writing. These answers constitute the first set of instructions written by the Maharshi and remain the quintessence of all the teachings he gave thereafter.*

Extracts

### WORDS OF GRACE

68 pages  
Price - \$2.00

*Nan Yar? (Who am I?) and Vichara Sangraham (Self-Enquiry) constitute the first set of instructions in the Maharshi's own words, written by him between 1900 and 1902. These two are the only prose compositions among Bhagavan's works. They clearly set forth the central teaching of Self-Enquiry as the direct path to liberation. Upadesa Manjari (Spiritual Instruction) is the reply to seventy questions put to the Maharshi by Natananandar. Words of Grace is a valuable English translation of these three works.*

### THE 108 NAMES OF SRI BHAGAVAN - *Sri Ramana Ashtothra*

Special edition  
Price - \$2.00

*Transliteration and commentary in English alongside the original Sanskrit are found in this book.*



## Records and Dialogues

### THE WORKS OF BHAGAVAN SRI RAMANA MAHARSHI IN HIS OWN HANDWRITING

165 pages  
Price - \$6.00

*Published by Sri Ramana Kshetra. Contains reproductions of all of the Maharshi's compositions written in his own handwriting. The last fifty-nine pages provides us with accurate translations of these works.*

### CONSCIOUS IMMORTALITY

203 pages - Available from India  
Price - \$11.00

*A collection of dialogues with the Maharshi that were written down by Paul Brunton and Munagala Venkataramiah. These notes were handed over to Sri Ramanasramam by the son of Paul Brunton about ten years ago and then quickly published.*

Extracts

### DAY BY DAY WITH BHAGAVAN

405 pages, hard cover  
Price - \$10.00

*This diary by Devaraja Mudaliar records conversations and events that took place in the Maharshi's Hall during the years 1945 to 1947. The author felt quite free with the Maharshi and discussed all matters with him. Interesting insights into the Sage's personal life, his relations with devotees, habits and interests, along with many unique dialogues are all recorded in a manner easy to read.*

Extracts

### MAHARSHI'S GOSPEL

92 pages  
Price - \$2.00

*A collection of Sri Ramana Maharshi's answers to questions that cover a vast range of spiritual topics, arranged and edited by subject into thirteen chapters. This forms a brief but comprehensive record of his oral teachings.*

Extracts

### SELF-ENQUIRY

42 pages  
Price - \$2.00

*An English translation by Dr. T. M. P. Mahadevan of the question and answer version of Vichara Sangraham, which is a compilation of answers given by Sri Ramana Maharshi to forty questions asked by Gambhiram Seshayyar between 1900 and 1902. The young Sage, then about twenty, was not speaking at the time, so he wrote his replies on paper. Most of the questions relate to the paths of Raja Yoga and Jnana Yoga.*

Extracts



## Records and Dialogues

### SPIRITUAL INSTRUCTION

42 pages  
Price - \$1.00

*An English translation by Dr. T. M. P. Mahadevan of Upadesa Manjari. A Tamil work containing seventy questions and answers recorded by Sri Natananandar. This small book is considered to be one of the most important of all for those seeking liberation. In it Bhagavan answers many difficulties raised by devotees. As with the majority of Bhagavan's replies to questions, the answers here are simple and very easy to follow. This book is available on this CD in full and can be printed out by the reader.*

### SRI RAMANA GITA

116 pages  
Price - \$5.00

*A Sanskrit text of over three hundred verses by Kavyakantha Ganapati Muni. There are eighteen chapters on varied subjects with Sanskrit printed on the left page and the corresponding English translation on the right. The verses are a collection of questions and answers, with some hymns in praise of Sri Ramana Maharshi. The English translation is by Sri Viswanathan Swami and Prof. K. Swaminathan.*

### TALKS WITH SRI RAMANA MAHARSHI

668 pages, hard cover  
Price - \$20.00 & \$31.00 Special Ed.

*The most voluminous collection of dialogues with Sri Ramana Maharshi, covering almost every spiritual topic imaginable and recorded in English by Munagala Venkataramiah during the years 1935 to 1939. All the notes made to produce this book were shown to the Sage for approval, and every effort was made to record correctly both the question and answer as they occurred. Open up this book anywhere, begin reading and you will find yourself transported to the Old Hall, sitting before the Maharshi and drinking in his life-giving words. We highly recommend this book to all serious seekers.*

Extracts

### ERASE THE EGO

56 pages  
Price - \$3.50

*Compiled by Swami Rajeswarananda. This small book published by Bharatiya Vidya Bhavan contains an integral compilation of the Maharshi's teachings in a lucid essay form, ending with a dialogue of questions and answers.*

### GEMS FROM BHAGAVAN

58 pages  
Price - \$2.00

*An extremely useful collection of the Maharshi's teachings, compiled and edited by Devaraja Mudaliar, and broken into thirteen subject-chapters with such titles as 'Heart,' 'Grace and Guru,' 'Fate and Free Will' and 'Mind'; all of them incorporating the salient teachings of the Sage.*

Extracts



## Records and Dialogues

### GURU-RAMANA-VACHANA-MALA

70 pages  
Price - \$2.00

*By 'Who' (K. Lakshmana Sarma). An English rendering with explanatory notes of 350 Sanskrit verses embodying the oral teachings of Sri Bhagavan. About 300 of the verses are originally from Sri Muruganar's Guru Vachaka Kovai (The Garland of Guru's Sayings).*

Extracts

## Compilations and Expositions

### MAHA YOGA OF BHAGAVAN SRI RAMANA

242 pages - Price - \$11.00  
By 'Who' (K. Lakshmana Sarma)

*This profound exposition of Sri Ramana Maharshi's teachings is the result of an intimate association with the Sage for more than twenty years. The author spent two or three years translating to Sanskrit some of the Maharshi's Tamil works, and during this period he received long and pertinent instructions on all aspects of the Maharshi's practical philosophy. This book is the most thorough and intriguing study of his teachings, providing a firm theoretical foundation on which to understand their practical application.*

### RAMANA MAHARSHI - FORTY VERSES

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*S. S. Cohen utilizes all his innate writing skills to render the Maharshi's Ulladu Narpadu into an easily-understandable, conversational-style translation. In these verses all the salient points of the Maharshi's teachings are touched, with emphasis on the central practice of Self-Enquiry. The translator's perspicacious notes follows each verse.*

### REFLECTIONS ON TALKS WITH SRI RAMANA MAHARSHI

189 pages, hard cover  
Price - \$6.00

*By S. S. Cohen. Contains detailed notes on special passages from Talks with Sri Ramana Maharshi, arranged by subject into fourteen chapters, and presented with the insight of one who sat at the feet of the Master and applied his teachings whole-heartedly.*

Extracts

### THE CARDINAL TEACHING OF THE MAHARSHI - Arunachala Pancharatnam Darpanam

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*An English translation by S. Shankaranarayanan of Kapali Sastri's Sanskrit commentary on the Maharshi's Arunachala Pancharatna (Five verses to Arunachala).*



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### THE TEACHINGS OF SRI RAMANA MAHARSHI IN HIS OWN WORDS

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*Edited by Arthur Osborne. This is a comprehensive selection of dialogues with Sri Ramana Maharshi, with brief, insightful explanatory notes that clarify and simplify the practical application of his teachings.*

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172 pages  
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*Translation and commentary by A. R. Natarajan. Ramana Maharshi's Tamil Ulladu Narpadu (Forty Verses on What Is) was translated into Sanskrit by his esteemed disciple Ganapati Muni. This book supplies us with the Sanskrit text, English translation, and commentary.*

### UPADESA SARAM

84 pages  
Price - \$2.00

*At the request of the poet-saint Muruganar, the Maharshi composed thirty verses summarizing the essence of his teachings. This is an English translation and commentary by B. V. Narasimhaswami from the original Tamil text of Upadesa Saram (The Essence of Instruction). The Maharshi's Sanskrit translation is included as an appendix.*

## Biographies

### BHAGAVAN RAMANA

28 pages - By Dr. T.M.P. Mahadevan  
Price - \$1.00

*A well composed sketch of Bhagavan Sri Ramana Maharshi's life, reprinted from the introduction to Ramana Maharshi and His Philosophy of Existence. This small book is an excellent short introduction to the life of Sri Maharshi from boyhood to Maha-Nirvana. This book can be found in full on this CD, it can also be downloaded from the Ramana Maharshi website.*



## Biographies

### BHAGAVAN SRI RAMANA - A PICTORIAL BIOGRAPHY

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*The incomparable life of the Sage is chronologically unfolded with over 200 illustrations and many quotations from the Maharshi and His devotees. Printed on Art Paper, extensively researched and produced with full attention to detail and quality, this is the very best pictorial book published by Sri Ramanasramam. Size 8.5" x 11".*

### THE LAST DAYS AND MAHA NIRVANA OF BHAGAVAN SRI RAMANA

16 pages  
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*A small, well written booklet that paints a moving picture of the final days of the Maharshi's life. First published on the occasion of the first anniversary of the Maha-Nirvana of Bhagavan Sri Ramana Maharshi (3.5.1951). It contains articles by a number of devotees and eleven photographs, including the last photograph taken just a few hours before His passing.*

### RAMANA MAHARSHI AND THE PATH OF SELF-KNOWLEDGE

207 pages  
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*By Arthur Osborne. A well written and very popular biography which has done much to disseminate a knowledge of Sri Ramana Maharshi, both in India and abroad. Interesting chapters on 'Upadesa' (teachings), 'The Devotees,' 'The Mother,' and 'Continued Presence' contribute to this comprehensive profile of the Sage's unique life.*

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*This is the earliest major biography of Sri Ramana Maharshi, first published in 1931 and now containing an epilogue by S. S. Cohen.*

Extracts

## Reminiscences

### A SADHU'S REMINISCENCES OF RAMANA MAHARSHI

110 pages - By Sadhu Arunachala  
Price - \$2.00

*Candid reminiscences of an unassuming English devotee (Major A. W. Chadwick) who came to Sri Ramana Maharshi in 1935 and remained in Tiruvannamalai almost permanently until his passing in 1962. His reminiscences are full of moving passages which carry the reader directly into the presence of Bhagavan.*

Extracts



## Reminiscences

### BE THE SELF

By V. Ganesan  
Price - \$2.00

*A collection of talks made by the author, in which Bhagavan's spiritual teaching is explained in simple language*

### SRI RAMANA THE SELF SUPREME

By K. Swaminathan  
Price - \$8.00

*The author's talks and articles, describing the impact that Bhagavan made on him, have been presented in this book*

### GURU RAMANA

164 pages - By S. S. Cohen  
Price - \$7.00

*The author was an Iraqi Jew who first came to India as a boy, lifted himself professionally and financially from the streets of Bombay, and later, after several spiritual disappointments, landed in Sri Ramanasramam in 1936. There his search ended. He then applied himself to the earnest practice of the Maharshi's teachings and, after many years, quietly slipped into eternity in 1980. His writings are always crisp and fresh. This book contains his reminiscences about Sri Ramana Maharshi and a record of many conversations he had with Him. It concludes with a diary narrating the events of the last two years of Sri Bhagavan's bodily life.*

Extracts

### AT THE FEET OF BHAGAVAN

100 pages By T. K. Sundaresa Aiyer  
Price - \$3.00

*Leaves from the diary of a devotee who lived most of his life with Sri Maharshi.*

Extracts

### CRUMBS FROM HIS TABLE

52 pages - By Ramanananda  
Swarnagiri - Price - \$2.00

*Reminiscences of a devotee (K. S. Narayanaswami Aiyer) who visited Sri Bhagavan several times during the years 1934 to 1936, and who noted down instructive conversations and illustrative stories.*

Extracts

### GLIMPSES OF THE LIFE AND TEACHINGS OF SRI RAMANA MAHARSHI

32 pages - By Frank Humphreys  
Price - \$2.00

*This is an interesting, instructive and entertaining account of several meetings with Sri Ramana Maharshi by his first European devotee in the year 1911.*

Extracts



## Reminiscences

### LETTERS FROM SRI RAMANASRAMAM

303 pages - By Suri Nagamma.  
Price - \$15.00 - Hard cover

*A translation of 241 letters Suri Nagamma wrote to her brother from Sri Ramanasramam. Originally published in three separate parts it is now available in one book. The author, who was a beloved devotee of the Master, wonderfully captures the unique personality of the Sage, while graphically recording many incidents in the Old Hall. The Maharshi encouraged her in this writing and specifically related many incidents and teachings to her so that they could be recorded. This is a firm favourite for many devotees, especially the ladies, who are easily carried into the unique life of a lady devotee at the Ashram during Bhagavan's life.*

Extracts

### LETTERS FROM AND RECOLLECTIONS OF SRI RAMANASRAMAM

195 pages - By Suri Nagamma  
Price - \$3.00

*The second of the three books from the pen of Suri Nagamma, containing thirty-one letters which were not included in the English version of Letters from Sri Ramanasramam, together with some other interesting, unpublished reminiscences.*

Extracts

### MY LIFE AT SRI RAMANASRAMAM

150 pages - By Suri Nagamma  
Price - \$3.00

*The third of the books from the pen of Suri Nagamma, containing more reminiscences from the author of Letters from Sri Ramanasramam, including many interesting autobiographical accounts of the author.*

Extracts

### MOMENTS REMEMBERED

134 pages, illustrated - By V. Ganesan  
Price - \$8.00

*A collection of interesting reminiscences gathered over many years by the author, who is the grandson of Niranjanananda Swami, the Maharshi's brother. Also included are many photographs of the Maharshi and of the disciples who were interviewed by the author.*

Extracts

### MY RECOLLECTIONS OF BHAGAVAN RAMANA

160 pages - By Devaraja Mudaliar  
Price - \$3.00

*By Devaraja Mudaliar. These are reminiscences told in a charming and unassuming style by the author of Day by Day. Such real life experiences, written by those who moved close with the Sage, breath life into the Maharshi's unique personality and teachings. These, and other reminiscences listed in this catalogue, are an invaluable asset to sincere seekers who wish to imbibe a deep spiritual experience.*

Extracts



## Reminiscences

### MY REMINISCENCES

121 pages - By N. Balaram Reddy  
Price - \$5.00

*In 1993, two years before his passing, Balaram Reddy dictated these reminiscences to a devotee. It is the inspired story of his early life and an inner quest which eventually brought him under the watchful eye of Sri Ramana Maharshi in the year 1937. This work first serialised in 'The Maharshi', Arunachala Ashrama's bimonthly newsletter is now available in book form.*

Extracts

### REMINISCENCES

299 pages - By Sri Kunju Swami  
Price - \$3.00

*In his youth, the author renounced his home and family and came to live with the Maharshi in 1920. After a long life of austere simplicity and deep devotion he was absorbed into the Master in 1992 at the age of 95 years. In this book he relates his personal experiences and those of other disciples and devotees he knew.*

Extracts

### RESIDUAL REMINISCENCES OF RAMANA

40 pages - By S. S. Cohen  
Price - \$2.00

*This could be called a supplement to Guru Ramana by the same author. This work, like all others by the same author, possess a warmth, presence and conviction that carries the reader instantly into the presence of the Master. As with all other works by S. S. Cohen this book is written without technicality and offers easy reading for the Western devotee. Despite its small size it is a valuable addition to any bookshelf.*

Extracts

### SRI RAMANA REMINISCENCES

224 pages - By G. V. Subbaramayya  
Price - \$3.00

*This is a touching story told by a child-like devotee who looked upon his Master as his 'All in All'. The account covers the years between 1933 and 1950 and clearly reveals Sri Bhagavan's love and concern for devotees struggling in the world.*

Extracts

### THE GUIDING PRESENCE OF SRI RAMANA

70 pages - By K. K. Nambiar  
Price - \$3.00

*The author was a long-standing devotee of the Maharshi and was once the Chief Engineer for the State of Madras. Mr. Nambiar tells the remarkable story of how the Maharshi personally guided him, even after the Sage's physical demise.*

Extracts



## Reminiscences

### UNFORGETTABLE YEARS

167 pages  
Price - \$6.00

*Edited by A. R. Natarajan. This work was compiled from the reminiscences of twenty-nine devotees of the Maharshi, related during their visits to Sri Ramanasramam to Sri V. Ganesan during his time as Editor of 'The Mountain Path' journal. They form an interesting record of the personal experiences of each contributor, with a short profile of each devotee.*

## Miscellaneous Books

### ARUNACHALA: HOLY HILL

79 pages, illustrated - By R. Henninger  
Price - \$8.00

*First published in French in 1980. A guide to and history of the Arunachala Hill, which has been expanded in this English translation. A map of the Hill, listing 255 points of interest, with detailed commentary on many of these sites, gives this book an inestimable value for those visiting Tiruvannamalai, or anyone who wishes to have a deeper understanding of this ancient place of pilgrimage.*

### A SEARCH IN SECRET INDIA

312 pages, illustrated - By Paul Brunton.  
- Available from India

*First published in 1934, this book did more than any other to popularize the Maharshi and his teachings outside of India. It is the story of the author's travels through India, meeting saints, occultists and visionaries, and finally coming to the Maharshi, where he experiences a spiritual revelation.*

### BHAGAVAN AND NAYANA

165 pages - By S. Shankaranarayanan.  
Available from India - Price \$5.00

*Here we find an account of the relationship between Sri Ramana Maharshi and his famous devotee Nayana (Kavyakantha Ganapati Muni). This book contains many of the works of Sri Kavyakantha Ganapati Muni.*

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59 pages, hard cover, illustrated  
Price - \$4.50

*A. R. Natarajan describes the relationship between Sri Ramana Maharshi and his Mother. The book contains many photographs.*

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*The author presents the concept of 'Advaita', with clear illustrations of views from Buddhism, Christianity and Hinduism*



## Miscellaneous Books

### GOLDEN JUBILEE SOUVENIR (1896 - 1946)

494 pages, hard cover  
Price - \$17.00

*A collection of articles written to commemorate the fiftieth anniversary of Bhagavan's arrival at Arunachala*

### HUNTING THE 'I'

By Lucy Cornelsson  
Price - \$5.00

*A presentation of Bhagavan's teachings by a devotee who had come from Germany.*

### RAMANA'S ARUNACHALA - OCEAN OF GRACE DIVINE

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*The significance and mythological background behind worshipping Arunachala Hill. The history of Tiruvannamalai and an insight into why Bhagavan and the Hill are considered 'One', are covered in this book.*

### THE ADVENT CENTENARY SOUVENIR 1896 - 1996

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*This book was published to commemorate one-hundred years since the day that Bhagavan Sri Ramana Maharshi arrived at Arunachala. The book contains 41 articles written for the occasion*

### THE TECHNIQUE OF MAHA YOGA

By N. Narayan Iyer  
Price - \$2.00

*The author has culled various dialogues from 'Talks with Sri Ramana Maharshi' and presented them in this book under 23 topics. This work is popular amongst some of the older devotees who persuaded Sri Ramanasramam to publish this edition.*

### THE BLOOM OF INNER GLORY

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Price - \$3.00

*In this book we find a summary of the Maharshi's teachings, an explanation of his role as the Guru, the method of practice and other similar topics, all strung together in a precise treatise, written out of the fullness of the author's devotion.*

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*English transliteration, word for word meaning, and Sanskrit text of the 108 names of Sri Ramana Maharshi, composed by his disciple, Swami Viswanathan. Puja is daily performed at the tomb of the Sage using this ashtottara.*



## Miscellaneous Books

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252 pages  
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Extracts

### FOR THOSE WITH LITTLE DUST

313 pages  
Price - \$12.00

*Contains a selection of writings and poems from Arthur Osborne, who was by far the most distinguished and insightful writer that disseminated the Maharshi's message to the English speaking world. Published by Ramana Publications, USA.*

### FOREVER IS IN THE NOW: *The Timeless Message of Sri Ramana Maharshi*

202 pages  
Price - \$7.00

*Edited and compiled by A. R. Natarajan. Nearly fifty articles written on and about the Sage, originating from diverse sources, some of which are gripping accounts of first meetings with the Maharshi.*

### FORTY VERSES IN PRAISE OF SRI RAMANA - *Sri Ramana Chatvarimsat*

16 pages  
Price - \$1.00

*This Sanskrit hymn composed by Kavyakantha Ganapati Muni is recited before the Maharshi's tomb every morning. The English translation follows each verse.*

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Price - \$3.00

*The author was a celebrated disciple of Ganapati Muni. This is a collection of Sastri's diary selections, articles, and translations from Sanskrit compositions, all of which were derived from his association with Ramana Maharshi.*

### THE COW LAKSHMI

45 pages - By Devaraja Mudaliar  
Price - \$2.00

*An account of the famous cow which attained liberation by the Grace of Sri Bhagavan.*

### IN DAYS OF GREAT PEACE - SPECIAL EDITION

By Mouni Sadhu  
Price - \$10.00

*This book, first published in Europe in 1953, has been out of print for many years. It has now been republished by Sri Ramanasramam in a limited edition of 5,000 copies. In the book, Mouni Sadhu describes in detail his experiences in the presence of Bhagavan Sri Ramana Maharshi, and the method of Self-enquiry.*



## Miscellaneous Books

### THE MAHARSHI AND HIS MESSAGE

90 pages - By Paul Brunton  
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*A reprint of three chapters from A Search in Secret India, the book which first made Sri Ramana Maharshi widely known outside of India.*

### RAMANA-ARUNACHALA

64 pages  
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Extracts

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Extracts

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*First published in 1937, this book contains a bright and robust description of the Sage's boyhood and subsequent life, followed by a comprehensive collection of the Maharshi's teachings culled from the standard sources. The author's genuine enthusiasm endows this book with a special value.*

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38 pages  
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*A small, pocket-size book containing twenty-four stotra-like verses in English, and composed by N. N. Rajan in praise of Sri Ramana.*



## Miscellaneous Books

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16 pages  
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*An English translation of five Tamil songs composed by Satyamangala Venkatarama Iyer in praise of Sri Ramana Maharshi. This enigmatic devotee visited the Maharshi only once in 1910 and was so transformed that he daily, for five days straight, ecstatically sang each one of these songs before the Sage. They have become the most popular songs in praise of Ramana in Tamil literature.*

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120 pages - Swami Rajeswarananda  
Price - \$2.00

*A pocket-size book containing 125 passages selected from Sri Ramana Maharshi's teachings.*

### THE VEDAPARAYANA

75 pages  
Price - \$2.00

*Twice daily, in front of the Maharshi, the Vedas were recited. Since the Maharshi often spoke highly about the value of listening to these chants, it continues today at his tomb in Sri Ramanasramam. In this book we find the English translations of the various scriptures that are recited daily.*

## Ancient Texts Often Referred to by the Maharshi

### ADVAITA BODHA DEEPIKA - The Lamp of Non-Dual Knowledge

200 pages  
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*An English translation by Munagala Venkataramiah (the recorder of Talks with Sri Ramana Maharshi) of this Sanskrit composition originally written by Sri Karapatra Swami.*

Extracts

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16 pages  
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*This is an English translation of Vichara Mani Malai, which is a compilation by Sri Bhagavan of salient points from the Tamil version of Vichara Sagara. Vichara Sagara is a voluminous work originally written in Hindi by Mahatma Nischaldas.*

Extracts

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Extracts



## Ancient Texts Often Referred to by the Maharshi

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308 pages  
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*Translated by R. Rangachari. This ancient Tamil scripture poetically describes the lives of the famous 63 Saivite saints. While yet a boy, the Periapuranam deeply influenced the Maharshi. A new and valuable translation.*

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30 pages  
Price - \$2.00

*Translated by Professor N. R. Krishnamoorthi Aiyer. The esteemed translator, a retired physics professor, who is now in his mid-nineties, was encouraged by the Maharshi to study this text. The one hundred and twenty-one verses selected for this book are mostly those that the Maharshi made familiar to the devotees. They have been rendered into English with a trained accuracy and deep spiritual insight.*

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359 pages  
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*What distinguishes the Bhagavata Purana from the other monumental works which claim to be the workmanship of Vyasadeva or Badarayana, and gives it the supreme sanctity it possesses in the eyes of the pious Hindus, is not only its exhaustive account of the life of the Lord's fullest manifestation on earth as Sri Krishna Avatara, but His fullest teaching to His beloved disciple Uddhava on the eve of His withdrawal from the world, which sometimes goes by the name of Uddhava Gita. This teaching, notwithstanding what the historians say of its age and authorship, is regarded by many as a development and an elucidation of the instructions He had given to Arjuna on the battlefield of Kurukshetra and form the celebrated Bhagavad Gita.*

Extracts

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31 pages  
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*Forty-two verses from the Bhagavad Gita, selected and arranged by Sri Ramana Maharshi, with an English translation and explanatory notes added.*

Extracts

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Extracts

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Extracts



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## **Ancient Texts Often Referred to by the Maharshi**

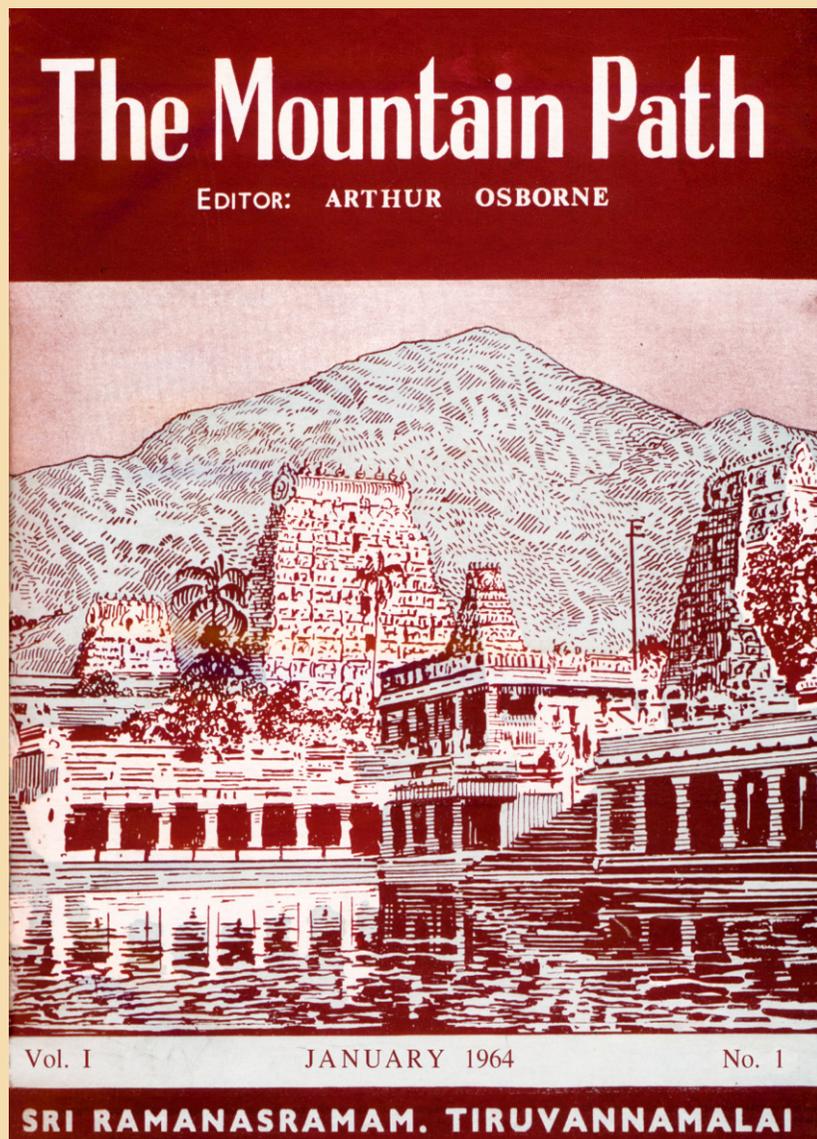
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# The Mountain Path



This popular journal, first appeared in 1964 as a quarterly published by Sri Ramanasramam, and then in 1989 it became a biannual of more substantial proportions. The first four editions (1964) are included on this CD.

Each edition has articles on Bhagavan's works and a variety of religious aspects, submitted by well-known writers and devotees. It also contains a wealth of information about Sri Ramanasramam and the various centres, in addition to Book reviews and important announcements of interest to devotees.

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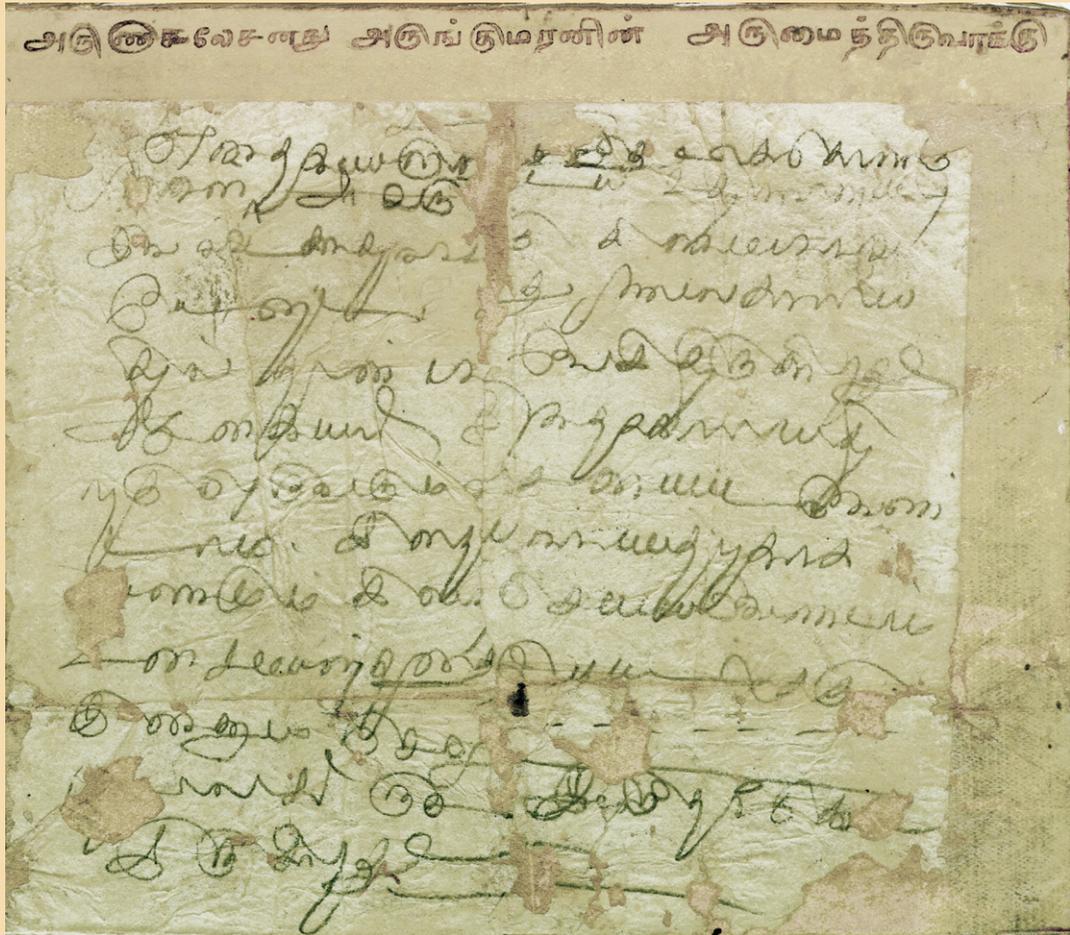
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The Publisher  
The Mountain Path  
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Tiruvannamalai 606-603  
Tamil Nadu  
India





## The 1896 Note

This is the note left by Bhagavan in 1896 when He left home for Arunachala; written hurriedly in pencil on a scrap of paper. Despite the climate, attack by insects and other factors, the note has survived remarkably well.

## The Note Reads

in search of my Father and

"I have ^ in obedience to his command, started from here. THIS is only embarking on a virtuous enterprise. Therefore none need to grieve over THIS affair. To trace THIS out, no money need be spent. Your College fee has not been paid. Rupees two are enclosed herewith."

Thus———



# Examples of Bhagavan's Handwriting

These are the first two pages from  
Sri Arunachala Mahatmyam

॥ पूरुवार्धम् ॥

अ-मा श्री गणेशाय नमः ॥ ललाटे त्रैपुंड्री निटिकृत कस्तूरिति - पू-अ  
ककः स्फुरन्मालाधारः स्फुरितकटिकौपीनवसनः ॥ दध्ना  
नोदुस्तरं शिरसि फणिराजं शशिकलां प्रदीपः सर्वेषा  
मरुणगिरियोगी विजयते ॥ १ ॥ व्यास उवाच ॥ अथाहुर्मुन  
यः सूतं नमि शारण्य वासिनः ॥ अरुणाचलमाहात्म्यं  
त्वत्तः शुशूषवो वयम् ॥ २ ॥ तन्माहात्म्यं वदेत्युक्तः सू  
तः प्रोवाच तान्मुनीन् ॥ सूत उवाच ॥ एतदर्थं चतुर्वक्त्रं  
पप्रच्छ सनकः पुरा ॥ ३ ॥ श्रुपुतावहिता यूयं तद्वोवक्ष्या  
मि सांप्रतम् ॥ यदाकर्णयतां भक्त्या नराणां पापना-

पृ १

अ० १

शनम् ॥ ४ ॥ सत्यलोके स्थितं पूर्वं ब्रह्माणं कमलासनम् ॥  
सनकः परिपप्रच्छ प्रणतः प्रांजलिः स्थितः ॥ ५ ॥ सनक  
उवाच ॥ भुवनाधार देवेश वेदवेद्य चतुर्मुख ॥ आसीदश  
षविज्ञानं प्रसादाद्भवतो मम ॥ ६ ॥ भवद्भक्ति विभूत्यामे  
शोधिते चित्तदर्पणे ॥ बिंबते सकलं ज्ञानं सकृदेवोप  
देशतः ॥ ७ ॥ सारार्थं वेदवेदानां शिवज्ञानमनाकुलम् ॥  
कथ्वानहमत्यंतं कटाक्षं स्ते जगद्गुरो ॥ ८ ॥ किंगानि  
भुवि शैवानि दिव्यानि च कृपानि च ॥ मानुषानि च सै  
द्धानि भौतानि सुरनार्यक ॥ ९ ॥ यल्लिंगममलं दिव्यमरि

२

१

# Sanskrit Works

This work consists of some 433 written pages and provides an excellent example of the precision displayed by Bhagavan in His writing even on unruled pages.

## Cover

Sri Arunachala Mahatmyam

Original Sanskrit text hand-written by Sri Bhagavan.

## Inside

Title page: Sketch in red of Arunachala Hill (Lighted Peak)

Sri Arunachala Mahatmyam Prarabyate - in bold red characters - the whole title framed in red underneath the sketch of the hill.

Next Page: Prastavana

Next Page: Sri Arunachala Mahatmyam Vishayanukramanika - Poorvardham

Poorvardam: Adyayam 13 Vishayaha - Prshtam up to 211 Slokam 1090

Uttarardam: Adyayam 24 Vishayaha - Prshtam 411 Slokam 970

Deepotsava Mahatmyam: Adyayam 1 Vishayaha - Prshtam 425 Slokam 63

Annadana Mahatmyam: Adyayam 1 Vishayaha - Prshtam 432 Slokam 42

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Page 212: Sri Arunachala Mahatmye Uttarardam Prarabyate

Page 412: Deepotsava Mahatmyam

Page 425: Sri Sonachalasthale Annadana Mahatmyam

Last Page: Sri Arunachala Mahatmyam Sampurnam





1

ஆன்மசாட்சாத்காரப்பிரகரணம்.

சிறப்புப்பாயிரம்.

வெண்பா.

1. ஆன்ம சமான் வருமைக் குமரனுக்கன்  
றன்ம சொரபசிவ ஸ்யந்துரைத்தான்-மென்மை  
தஞ்சுவ ஞானத்தை தரப்பகுதி ஸயச்சீர்  
மிதுரமண மாமுனிவன் மீண்டி.

2. தத்தமெய் யான்மசாட்சாத்காரத் தாமடையக்  
கைத்தலவநல் விக்கணியாக் கட்டுரைத்தான்-சுத்த  
சிவமயமாய் தின்றவருட் செல்வன்றன் னன்பர்  
மவமயல் சாயப் பரிந்து.

ஆன்ம சொரபமான சிவன் ஆன்மசமா  
னமான தன்னருமைக் குமரனுக்கு சர்வஞா  
னத்தை மென்னு முபாகமத்தை முன்பு ஆய்ந்  
தரைத்தான். அத்தகைய சுத்த சிவமயமாய்  
நிலத்த சீர்பிக்கு அருட்செல்வனும் மாமுனி  
வனுமாகிய ரமணன் தன்னன்பர்க்கு அன்  
னாதம் பிறவி மயக்கங் கொடவும் தத்தம்

2

நிஜ சொரபமான ஆன்மசாட்சாத்காரத்  
தைத் தாமடையவும் திருவுள் மிரங்கி,மென்  
மைப்பதற்கு அந்ந் பகுதி(ஆன்மசாட்சா  
த்காரப்பிரகரணம்)யாகிய இதனைக்கர  
தலாமலகம் போலத் தெனியப் பின்பு 2-வதியி  
ய உரைத்தான் என்க. கணியாயை ம  
எனவும் பரிந்துசாய எனவும் கூட்டினார்.  
பரிந்து சாய்தல்-விரைந்தழிதல்.

ஆன்மசாட்சாத்காரப்பிரகரணம்.

மங்கலம்.

ஆன்மாவர் மீசன் குகனுக் கருள்செய்த  
வான்மசாட்சாத்கார மாசுமீ-தான்மாவா  
யென்னகத் தேயிருந் தின்றதமிழ் சொல்வான்ம  
முன்னவ ஞாய முதல்.

ஆன்மாவாகிய இறைமன் (தன்னருமைக்  
குமரனாகிய)குகனுக்கு அன்று வ மொழியி  
வருளிய இவ்வான்மசாட்சாத்காரப்பிரகர

## TITLES

*Sarvagjananothare Anmsakshathkara Prakaranam (Malayalam script)*  
*Sarvagjananotharam Anmasakshathkara Prakaram-Uraiyudan (Tamil script)*

### Order:

Verse-numbering in Malayalam numerals - Sanskrit verse in Malayalam script. Same verse numbered in roman numerals and versified in Tamil language along with its meaning in prose order.

Anmasakshathkara Prakaranam (Pages 1 to 76)

Kevala Sahaja Nirvikalpa Bedam in Malayalam (Pages 77 to 78)

Arunachala Ashtakam: Tamil verse and commentary (Pages 79 to 89)

### Dates of:

Alayaavarupiravi - 1914

ladu Narpadu - 1928

### Contents:

Annaviddai (Keertanam) - Prabhava year Chittirai Month on 12th (Page 89)  
Stray Verses (Pages 90 to 91)  
Idayamum Moolayum: Prose-verse in Tamil with Bhagavan's writing in between (Page 92)  
Medicinal Preparations - Tamil Verses (Pages 93 to 96)  
Kural - Tamil Couplets in 11\2 lines each (Pages 97 to 98)  
Ayi Piba Madhu - Sanskrit Keerthanai (Page 99)  
Ramana Gita - Fifth Chapter - Tamil Prose (Pages 100 to 103)  
More Medicinal Preparations - Tamil (Page 103)  
Stray verses - Tamil (Page 104)  
Piranda Naal Paattu - Tamil (Page 105)  
Ulladu Narpadu - Talaippukavi - Tamil (Page 106)  
Stray verses (Pages 107 to 108)  
Sanskrit Keerthanai of Kavyakanta (Pages 110 to 111)  
Stotram in Malayalam - Faded out (Page 112)  
Arunachalesvara Sthuthi - Malayalam - in pencil (Pages 114 A,B)  
Four Tamil Verses (Page 115)  
Stray Malayalam verses (Page 116,117)  
Sri Ramana Gitam - 15 verses in Malayalam (Page 118)  
Anma Vidya Sarah\Upadesa saram - Malayalam (Page 119)  
Appadapu Pata - Telugu song in Malayalam script (Pages 120,121)  
Kaivalya Talaippu Kavi - Tamil verses - 71 lines (Pages 122 to 125)  
Upadesa Undiyar - Talaippu Kavi - Tamil (Page 126)  
Verses in Malayalam Script (Pages 127,128)  
Malayalam Song (Keertanai) in pencil (Pages 129 to 131)

Picture of Bhagavan - Page III wrapper single tissue.

Paper, Japanese Hand-made, Inserted between two pages of writing.

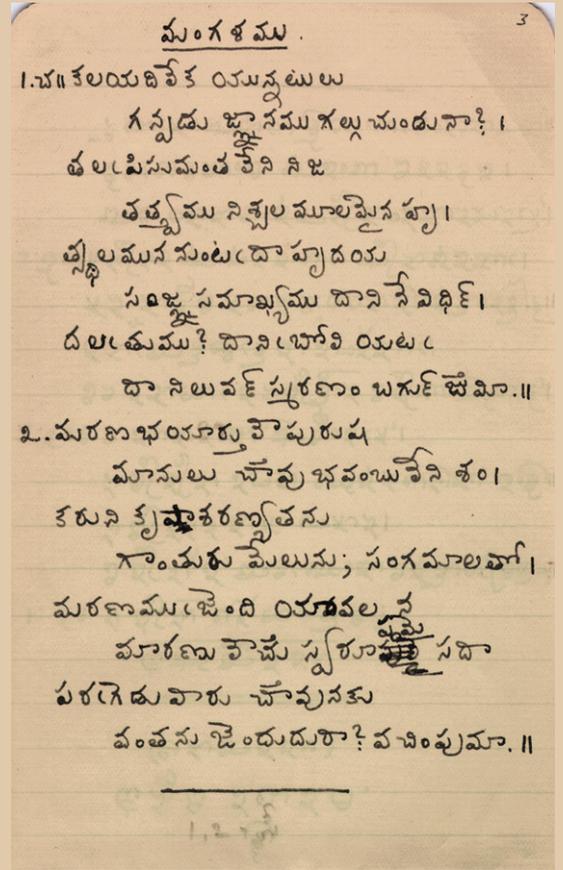
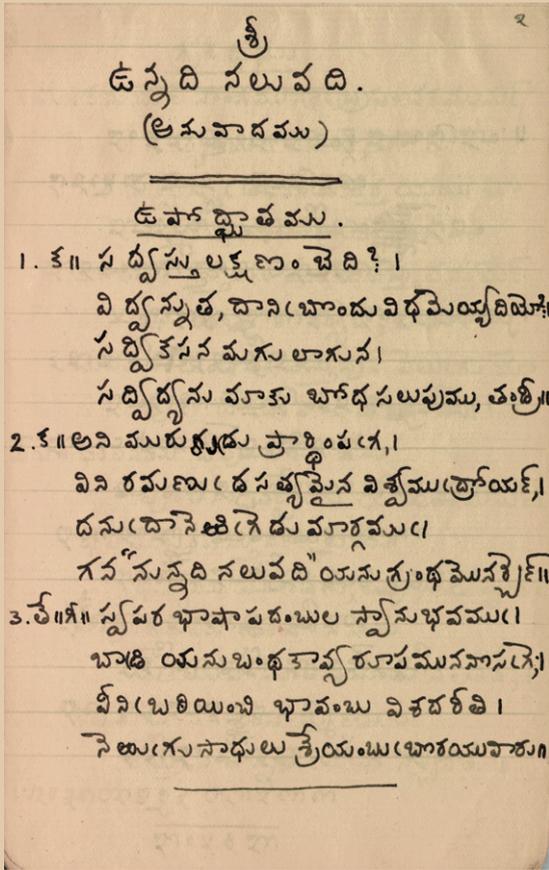
Page 19 contemned (Special Meaning) (Page 132)

Pages 132 to 188 empty.

### Comments:

The book is tattered, is in loose sheets and with every handling the paper & calico etc. crumble and turn to powder. The writing is already faded on many pages, making it difficult to decipher the writing. This book cannot be re-stitched or re-bound. It has to be quickly and carefully copied and preserved in a specially made cardboard or wooden casket.





Memo writing book, half the size of an exercise book, red rexine bonded outer boards, both detached from the body of the book inside. White ruled bond paper, pages not numbered.

Colour of writing and paper -

On wrapper (brown paper): (red pencil writing) (portions torn off)

Inside: Black lettering

Centre: Sri (Telugu-Red)

Contents:

First Page: No.48: Om in Naagari Sri Ramanaarpanamastu (Telugu)

Third Page: Sri Unnadi nalupadi (Aunvaadamu) in Telugu - Upodaggatamu - plus 40 verses + 30 verses (Aunbandamu) + 5 verses upasamhara padyamulu

Next: Sishyapadyaantamulu - Telugu verses

Next: Sivaanandalahari - Select Sanskri verses in Telugu followed by Telugu equivalent (at the end - "Kaasyapa venkata Subbraamaasuvadinamu")

Next: Sri Ramana bhagavatae namaha (underneath - kaa.Ven su)

Next: Om Namobhvathe Sri Ramanaaya - Lakshmana sarma Nirmitha Sri Ramana Mantra Maathrkaa Stavaha 12 Sanskrit slokas in Telugu

Next: Sri Arunaachala dasakam: (Sragtharaa) 10 Sanskrit slokas in Telugu (ending with Anuvaadakaha: Vey. Jagadishavarasastri)

Next: Sri Arunaachala dasakam(Sardoolavikriditam) 11 Sanskrit verses in Telugu-ending with - Anuvaadakaha Lashmana sarma)

Next: Sri arunaachalaashtakam (Sragthara) 8 Sanskrit slokas in Telugu ending with VEY. Jagadisvara Saastri (Anuvaadakaha)

Next: Sri Arunaachalanavamani Maala- 9 Sanskrit verses in Telugu ending with- Jagadisvara Saastri (Anuvaadakaha)

Next: Sri Arunaachalashodasee (Ashtakaanuvaadaha) 8 Sanskrit verses in Telugu ending with ITI Sri Lakshmana Sarmanaamudita..

Next: Sri Arunaachala Pancharatnam Vaartikam: 103 Sanskrit Verses in Telugu.

Next: "Atmavidyaabhushanam" Jagadisvarasaastri Virachitam" Prapatyashtakam" 10 Sanskrit Verses in Telugu: The Word "Sampoornam" followed by the date (26-6-43) at the end are both in a different hand & suggest that of Bhagavan Sri Ramana in it.

Next: Sri Ramana Praatasmaranam: 6 Sanskrit verses in Telugu Script: concluded by "Ityaatmavidyaa Bhushanam - Jagadisvarasaastri Virachitam Sri Ramana Praathasmarana Stotram Sampoornam"

Next: Sri Jagadivara Saastrinaanooditaa Aatmavidyaa: 6 Sanskrit verses in Telugu.

Next: Parpatagitam: 6 Sanskrit verses in Telugu concluded by "Ityaatmadyaa Bhushanam Jagadisa Saastrinaanooditam Parpatagitam Samaaptam".

Next: Sri Guru Stuthi (Sankara Vijaya Slokaanuvaadamulu) 8 Sanskrit Slokas in Telugu along with their equivalents in Dwipada Metre.

At The End "(Jan,adina Seva)" Krishna Bhikshu (9-7-43)

Next: Sri Hastaamalakamu: 15 Sanskrit verses in Telugu each verse followed by its Telugu Equivalent in Dwipada: Conclusion - Sarannavaraatri Seva - Krishna Bhikshu

Next: Om Sri Sankaraananda Bhaaratati Krutam Sri Ramanaashtakam: 10 Sanskrit slokas in Telugu

Next: Sri Ramana Tiruppugal: Sanskrit verse in Telugu: At the end -ITI Kaavya Kanta Ganapati Mahaamunihi

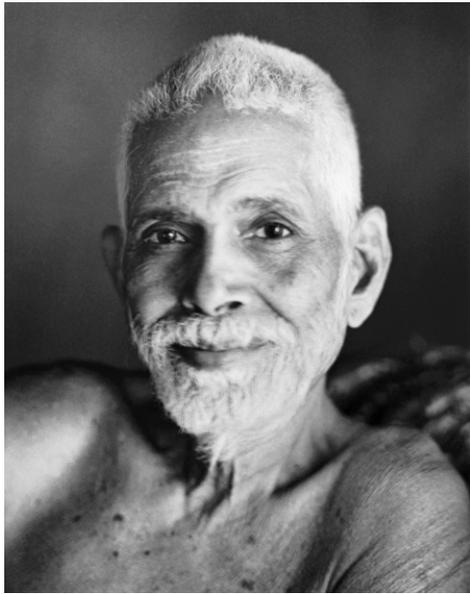
Next: Skanda saptaakshari - Sanskrit in Telugu

Next: Sri Ramana Gitaaseesamu: Sanskrit in Telugu

Next: Sri Hastaamalaka Stotramu: Telugu: 14 Sanskrit verses in Telugu, each followed by its Telugu Equivalent \*. At the end: Aaryaanuvaadamu 14-9-45 Naara Naaganaarya

\* With The Letter "Gee" before each verse.





## A short introduction to Bhagavan

Bhagavan Sri Ramana Maharshi, known as *The Sage of Arunachala*, is widely recognised as perhaps the most unique spiritual personality of the 20th Century. His life was a perfect example of simplicity, purity, equality and equanimity, born from an unalterable experience of supreme peace and oneness. He was a rare, pure channel of Divine Grace, that purposely made itself available to all living beings twenty-four hours a day.

His highest teaching of ‘Self-enquiry’ was understood in the infinite silence of his presence. Through this silence, countless numbers of devotees and visitors experienced the pure bliss of True Being. That

same experience of perfect peace is still available to sincere souls who turn to him and practice his teachings with devotion. This act of perfect grace can be experienced anywhere, but it is especially palpable at his Ashrama in South India at the foot of the holy Arunachala Hill, a hill that has attracted saints and sages for thousands of years.

The Maharshi’s teaching of ‘Self-enquiry’ is simplicity itself, requiring no outward formalities, no outer change of life, only a simple change in ‘point of view’ and a sustained effort on the part of the seeker. The goal is no heaven after death or a faraway ideal, but rather the removal of the ignorance that prevents us from knowing that we are eternally one with our Source, the Supreme Self, or God. It is an experience than can be had NOW! All that is required is a sincere effort, which earns us the necessary grace.

On his deathbed the Maharshi told his grieving devotees, “You say I am going away, but where can I go? I am always here. You give too much importance to the body.” His promise of a ‘*continued presence*’ is daily being experienced by numerous admirers and devotees from around the world, and it is that experience of ‘*continued presence*’ that has inspired many to devote themselves to the path of peace and love.

Devotees are not required to give up their current faith in God (*however perceived*) and practices of devotion or worship, in fact they are encouraged to continue in them as long as benefit is perceived. Self-enquiry does not require the seeker to leave home, job, family or anything else. Progress depends only upon effort and help in *Sadhana* (spiritual effort) is always available.



## Bhagavan Ramana and Herbal Medicine

By  
Dr Manikkam

*"The essence of all beings is earth.*

*The essence of earth is water.*

*The essence of water is the herb.*

*The essence of the herb is the human being."*

So says a maxim of the *Chandogya Upanishad*.

The health traditions of India extend to thousands of years. It perhaps started with the cave man who consumed roots, leaves and herbs raw before discovering fire and subsequently the means of cooking. In this, however, man was only imitating the animals which consumed plants to alleviate health disorders. Nature has provided animals with hindsight that helps them recognise symptoms of bodily disorders, the means of self-diagnosis and self-medication. The monkey provides one of the most common and best examples. To this, we shall revert later.

In India, before codified medicinal systems like *Ayurveda* and *Siddha* took roots, folk curative traditions based on observation and experimentation were developed and nurtured. This tradition had its variants in accordance with climate, terrain and habits; but the essence was the same. The plant kingdom was considered the saviour. General health disorders were treated by a combination of various plants and herbs. Each and every part of a plant was useful — root, bark, stem, leaf, flower, fruit and seed. Methods were developed to extract the maximum benefits from each of the parts of a plant.

This glorious tradition which was the forerunner to *Siddha* and *Ayurveda*, was passed through word of mouth to successive generations. The grandmother in the house was the main custodian of this oral tradition. Proverbs were created and repeated any number of times by the elders in the family to emphasise the importance of healthy living, both physical as well as mental. These proverbs have stood the test of time and they remain intact to guide us. The properties and benefits of herbs and plants were enshrined in easy to understand language. All Indian languages had their own variants of these 'health proverbs'.

The most important feature of the ancient Indian systems of medicine is to look at the human being as a whole entity. The physiological part of it was not divorced from the psychological and the psychical. The body, mind and soul were not treated separately, but as constituting a wholesome single entity.

Ancient *puranic* tradition has it that this system was practised by the *rishis*, *siddhas* and *devas*, the celestial beings. The *siddhas* were seekers after God. It was they who scientifically developed and nurtured various disciplines such as yoga, medicine, linguistics and other allied arts and sciences. Eighteen *siddhas* were famous and Sage Agastya was the first of them.



## The Herbal System

The herbal system of medicine contains within itself two streams, both complementary to each other. These are the preventive and the curative. The philosophy of the Indian ancients was that, the body, being the vehicle for the soul, had to be protected and nourished. Diseases had to be first prevented. This can be achieved by following a strict regimen of diet. Fresh vegetables, roots, seeds and fruits play a great role. Seeds, leaves and roots are an essential part of the Indian diet. These form the main ingredients of dishes like *sambhar*, *rasam* and *kootu*, which are the main items of an Indian meal. These items are soups laced with vegetables for nourishment, apart from seeds like cummin, etc. Two things were achieved as a result. One, the body received the essential nourishment; two, the medicinal properties of herbs used in cooking acted as preventive against bodily disorders and diseases.

Each and every vegetable, fruit, seed, root, leaf and stem was found to contain precious medicinal properties capable of not only preventing diseases but curing them too. How did the ancient Indians discover these treasures? Through what means were they able to find out the uses of these plants and herbs? What was the methodology adopted for their research? We cannot say for sure. Being essentially religious and spiritual at the core of their being, the ancient Indians, through keen observation and power of perception, were able to study and discover the properties of the plant kingdom. The ancient Indian worshipped animals and plants. The cow, the elephant and the tiger were all objects of worship. Leaves were used for worshipping the gods. Fruits were offered to the gods as consecration. It was therefore with this worshipful and reverential attitude that the ancient Indian studied and researched the various forms of life including the plant. Observation, intuition and experimentation were the three tools that were used to assemble a vast corpus of knowledge on herbs.

The nature of food intake varies by the season. Herbs which are considered to possess hot properties are avoided during summer but recommended in winter, and vice versa. The melon for example is an essential part of diet during summer but totally avoided in winter. Diet recommendation depends on the constitution of each person. Medicines are developed not only for curing diseases but also for increasing the vitality and strength of the body. From the common cold to stomach ailments, from treatment of a simple injury to complex bone setting, the ancient Indian, taking recourse to plants and herbs, had solutions for them all.

Diagnosis of disease is done by measuring pulse — through which the basic nature of the body, whether gastric, bilious or phlegmatic was determined. Physicians undertake an intricate examination of the pulse and this is the most important of the diagnostic methods. The pulse tells the complete history of a man's health. Diagnosis is also done by examining the tongue, the eyes, colour, speech, and the excretions. The physician has to be conversant with astrology too. The natal horoscope of a man gives indications of his body constitution, health, the diseases he is likely to ancestrally inherit and even the nature of treatment he is likely to respond to. Thus it is a multi-pronged strategy that is followed by Indian indigenous medicine. These then, are the essentials of the ancient Indian system of medicine.

Bhagavan Sri Ramana Maharshi, the Sage of Tiruvannamalai, knew many of the herbal recipes. At his ashram in Tiruvannamalai, the simple diet offered to devotees was itself medicine. Bhagavan was an expert cook himself and he would give detailed instructions to the cooks on proper



# Bhagavan's Herbal Remedies

seasoning of ingredients, their proportion, the mixture and the proper method of cooking. As in traditional Indian households, inmates of the ashram were required to take periodical oil-baths to keep the body temperature even and the nerves and tissues calm and composed, and periodical purgatives to keep the stomach clean and healthy. Castor-oil and the bitter myrobalan fruit were the two natural ingredients used for the latter. The *rasam* (a watery soup) was prepared in a variety of ways, each day with different ingredients, all of them medicinal leaves, seeds and herbs. Each served different purposes. The *vada narayana* leaf for example, as its first name in Sanskrit suggests, is an antidote for rheumatism. The *kanda tippili* is used for relieving body pain, cold and rheumatism. The *veppam poo* (the neem flower) is good for diabetes and for destroying worms in the body. The *thoodu valai* leaf cures the common cold, excess phlegm and other lung irritants. The bitter gourd vegetable is an excellent antidote for diabetes. All these are both for prevention and cure. These methods are still followed at Sri Ramanasramam.

Bhagavan Ramana was very particular about devotees eating the right kind of food.

Here are two extracts from *Talks with Sri Ramana Maharshi*:

## Talk 22

*D.:* We Europeans are accustomed to a particular diet; change of diet affects health and weakens the mind. Is it not necessary to keep up physical health?

*M.:* Quite necessary. The weaker the body the stronger the mind grows.

*D.:* In the absence of our usual diet our health suffers and the mind loses strength.

*M.:* What do you mean by strength of mind?

*D.:* The power to eliminate worldly attachment.

*M.:* The quality of food influences the mind. The mind feeds on the food consumed.

## Talk 28

*D.:* Are there any aids to (1) concentration and (2) casting off distractions?

*M.:* Physically the digestive and other organs are kept free from irritation. Therefore food is regulated both in quantity and quality. Non-irritants are eaten, avoiding chillies, excess of salt, onions, wine, opium, etc. Avoid constipation, drowsiness and excitement, and all foods which induce them. Mentally take interest in one thing and fix the mind on it. Let such interest be all-absorbing to the exclusion of everything else. This is dispassion (*vairagya*) and concentration. God or *mantra* may be chosen. The mind gains strength to grasp the subtle and merge into it.

Bhagavan also used to prepare or help others prepare medicines for the general well-being and health of devotees. How did he acquire knowledge of these? One cannot say for sure, but it can be surmised that Bhagavan, belonging as he did to a traditional Indian family, was well aware of the



# Bhagavan's Herbal Remedies

common remedies that his mother and aunts might have prepared at home. Also, after coming to Tiruvannamalai, he would consult books on these subjects. Evidence for this is found in *Talks with Sri Ramana Maharshi* and *Day by Day with Bhagavan*:

Talk 357.

When living on the Hill Sri Bhagavan used to help in the *puja* of J. P., ringing the bell, washing the vessels, etc., all along remaining silent. He also used to read medical works, e.g., *Ashtanga Hridayam* in Malayalam and point out the treatment contained in the book for the patients who sought the other *sadhu's* help. That *sadhu* did not himself know how to read these works.

Talk 4.

Maharshi was asked by an educated young man: "How do you say that the Heart is on the right, whereas the biologists have found it to be on the left?" The man asked for authority.

*M.*: Quite so. The physical organ is on the left, that is not denied. But the Heart of which I speak is non-physical and is only on the right side. It is my experience, no authority is required by me. Still you can find confirmation in a Malayalam *Ayurvedic* book and in *Sita Upanishad*.

Maharshi produced the quotation (*mantra*) from the latter and repeated the text (*sloka*) from the former.

## **Day by Day with Bhagavan:**

*G. V. S.*: Is it stated in any book that for ultimate and final Self-realization one must ultimately come to the Heart even after reaching *sahasrara*, and that the Heart is at the right side?

*Bhagavan*: No. I have not come across this in any book. But in a Malayalam book on medicine I came across a stanza locating the heart on the right side and I have translated it into Tamil in the *Supplement to the Forty Verses*. (v. 18.)

The above quotes prove beyond doubt that the ancient Indians not only possessed ample knowledge of medicine, but that they did not limit themselves with physical well being; rather their endeavour extended to integrating the body, mind and spirit. Good physical health was a *sine qua non* to a clear, pure mind; the health of both mind and body was necessary in order to be able to steadfastly pursue the spiritual goal.

It is also important to point out here that the Arunachala hill abounds in medicinal plants and herbs. Practitioners of traditional Indian medicine roam about the slopes of Arunachala in search of herbs. As pointed out earlier, it is interesting to watch monkeys, which are found in hundreds in and around Arunachala, their behaviour and habits. One can watch a big group of monkeys during a particular time in the day on the hill, mostly in the evenings, gather around certain plants and munch the leaves and seeds. The elders of the monkey family would coax the youngsters, sometimes administering a physical rebuke too, into consuming the herbs. Other animals too possess intuitive knowledge about herbs and their uses. This fact is sufficient inducement for man who calls himself superior to other forms of life, to utilise the treasures of nature for his all round well being.



## About Myself



Dr. Manickam

I was born at Pavalakkundru in Tiruvannamalai as the last child of my parents. My mother Alamelu and father Venu were both ardent devotees of Sri Bhagavan. When Bhagavan was staying at Pavalakkundru, the place was being managed by a *math*. The head of that *math* introduced my grandfather to Bhagavan. Later it was the same head of that *math* who introduced my father also to Bhagavan. My parents have sat at the Maharshi's feet a number of times to learn from him the secrets of herbs and herbal medicine. The Master would give them detailed instructions on the preparation methods of various medicines which my parents duly and faithfully recorded. Once, during a conversation with Bhagavan, my father told him that the castor plant did not possess enough juice. It was also hard to find the plant in the environs of Tiruvannamalai. Bhagavan then asked my father to go to Athimur on the Javadhu hills, near Polur. There was a lake there and the plant could be sighted on its banks and ample juice could be extracted. My father went to Athimur, and found the plant at the exact location mentioned by Bhagavan.

Following the footsteps of my parents, I am also deeply devoted to Bhagavan. I pray for his grace always and I have no doubt in my mind that it is he who is guiding me in my profession. I scrupulously follow Bhagavan's recipes and formulas of herbal medicines and use them for treatment of patients. By Bhagavan's grace, I have been able to cure patients who come to me for treatment. It may not be superfluous to mention that Bhagavan's medicinal recipes are perfect and eminently curative. The credit therefore goes to the master. I consider myself only as an instrument in his hands. It is also a matter of great satisfaction for me that many of Bhagavan's devotees consult me on their health. This is what gives me soul-fulfilment. I have also made it a point to give free treatment to the poor who cannot afford the costs of treatment and medicine. I am happy to share with the world some of the herbal medicinal recipes of Bhagavan Sri Ramana Maharshi.

## 1/ Saraswatha Churnam

**Ingredients required:** dry ginger, liquorice, rock salt, the long pippali, cumin seeds, turmeric, barberry, calamus root, saussurea, omum. — All these should be bought in equal measure.

**Preparation:** All the above ingredients should be carefully ground, made into fine powder and mixed together. Take a teaspoon of ghee (clarified butter) and a half teaspoon of the powdered mixture and mix thoroughly. Consume twice a day.

**Parts of herbs used in the above:** roots, seeds and salt.

**Body parts for which the above is used:** Brain and nerves.

**How does it act?:** Soothes nerves, restores calmness to an agitated brain and mind, acts on tissues, restores vitality.

**What are the symptoms and indications that will necessitate the use of the above medicine?:** Loss of memory, sluggish brain, insomnia, weak muscles and tissues.

**Precautions:** None, there are no side-effects.



## 2/ Ashta Churnam:

Bhagavan Ramana's recipe for this particular medicine is different from the traditional practice; and herein lies Bhagavan's speciality. In most traditional recipes, the physician follows a set pattern. All ingredients are taken in equal measure. Bhagavan also follows this method in some of his recipes. But mostly, he differs from the common physician in this aspect. Each ingredient is proportionately selected and mixed, depending upon the strength and properties of the ingredient. This is the essential difference between Bhagavan's recipes and those traditionally followed by physicians. Bhagavan's formulations are more potent and effective. Another great advantage is that these recipes are the handiwork of the Supreme Jnani and therefore the physical, mental and spiritual results of these recipes are manifold and invaluable.

### **Ingredients:**

Black pepper - 9 parts,  
Dry ginger - 7 parts  
the bigger Cummin Seed — 5 parts  
Rock Salt — 5 parts  
Long Pippali — 5 parts  
Cummin Seed — 3 parts  
Omum — 2 parts

Clean all the above ingredients well and convert them into fine powder. Rice should be well cooked and mixed with ghee. Take a spoon of the above churnam and mix it well with the rice and consume. The above prescription cures indigestion, poor appetite, stomach-ache and is also good for rheumatism.

## 3/ Agnimukha Churnam

Calamus root — 1 part  
Long Pippali — 2 parts  
Dry Ginger — 3 parts  
Omum — 4 parts  
Myrobalan fruit — 5 parts  
Saussurea — 6 parts  
Kodiveli — 7 parts

Convert these above into fine powder and mix them well. When necessary take between 1 to 3 grammes of the powder, mix well with hot water and consume.

This formulation cures indigestion, gastric problems and drives away excess heat in the body.



## 4/ Vaiswanara Churnam

Rock Salt — 1 part  
Omum — 2 parts  
Cummin seed — 3 parts  
Long Pippali — 4 parts  
Dry Ginger — 5 parts  
Outer shell of the Myrobalan fruit — 6 parts

Convert these above into fine powder, and mix them well. When necessary take between 1 to 3 grams of this powder, mix it with either water or buttermilk and consume. Take thrice daily. This prescription cures stomach problems like a dull stomach-ache, burning sensation in the stomach, etc.

## 5/ Aswagandhi Churnam

Clove — 10 grammes  
Sirunagappu — 20 grammes  
Cardamom — 40 grammes  
Black Pepper — 80 grammes  
Rice Pippali — 160 grammes  
Dry Ginger — 320 grammes  
Withania — 640 grammes  
Sugar Candy — 1280 grammes

One can easily see that the quantity of the ingredients increases by multiples of two. This is again a speciality of Bhagavan Ramana. In ancient medicinal books the prescription for this particular recipe does not contain as many ingredients and certainly not their proportionate increase.

Clean the ingredients well, powder them and mix them well. This is a medicine for general vitality, strength and vigour. It is also reputed to cure many diseases, even complicated ones. I, for a good part of my practice, prescribe the above medicine and have found that it gives excellent results. This one formulation has earned for me a good name in the profession and with my patients.

## 6/ If one is suffering from piles, the following simple recipe will cure the disease:

Eat a ripe banana along with a teaspoon of cummin seeds regularly. This will cure the disease in a few weeks.

The above recipe was given by Bhagavan to a *yogi* from Karnataka who was suffering from piles and who approached Bhagavan for help. This information was given by Bhagavan himself to my father.



## 7/ Pittahari

Ghee — 5 parts

Cummin Powder — 5 parts

Sugar — 5 parts

Ginger — 1 part

Grind the ginger well and mix all the ingredients. Heat the mixture. Mix the juice of seven lemons, heat further until sufficiently hot. Consume one teaspoon of this twice a day. This recipe cures indigestion and excess bile caused by the dysfunction of the liver.

## 8/ Two recipes for rheumatism

**a)** Take juice of Tulasi leaf (the Basil leaf) and mix a little of pepper powder and ghee in it. Regular intake of this liquid will cure rheumatism.

**b)** Take garlic and jaggery (what is called brown-sugar) and grind them, mix with sesame-oil and make a good paste of these. Regular intake of this paste will cure rheumatism.



## Videos available for purchase

The Archival Films 1935-1950  
The Sage of Arunachala (The life-story of Bhagavan)  
Reminiscences of Old Devotees - due out in late 2000  
Arunachala Pradakshina - due out in late 2000

## Books - Publications - Prints

The entire list of books on this CD  
The 'Mountain Path' Journal  
'The Maharshi' Newsletter - download from the WWW  
Photographs of Bhagavan  
Prints of Bhagavan and Arunachala

### The World

The Book Depot  
Sri Ramanasramam  
Tiruvannamalai 606-603,  
Tamil Nadu,  
India  
Tel: (91) 4175 23292  
Fax: (91) 4175 22491  
*E-mail - alagamma@vsnl.com*

*PAL & NTSC Videos  
Prints and Photographs  
All of the books listed  
The 'Mountain Path' Journal*

### UK - Europe

\*Christopher Pegler  
28, Perryfield Way,  
Ham,  
Richmond  
TW10 7SP,  
England  
Tel. 0181 940 0139  
*E-mail - czjp.pegler@btinternet.com*

*PAL Videos  
Prints*

### North America

\*Arunachala Ashrama,  
66-12 Clyde Street  
Rego Park,  
Queens  
New York City  
New York 11374  
Tel: (718) 575 3215  
*E-mail: Ashrama@aol.com*

*NTSC & PAL Videos  
Prints & Photographs  
Most of the books*

### Russia

\*Oleg Mogilever  
Flat 244,  
Rudheva Street,  
Home 11,  
St. Petersburg 194291,  
Russia

*Russian books & Videos*

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As the 20th century comes to a close and we reflect on the teachers and teachings that most influenced the last hundred years, Sri Ramana Maharshi stands out as one of the greatest seers of our time. Nearly fifty years after he shed his mortal frame, ever more seekers the world over are earnestly turning to the Maharshi and his teachings.

From 1935 to 1950, a number of visitors to Sri Ramanasramam shot films of the Maharshi and his environs. Taken mostly by his devotees, these films give us a remarkable opportunity to view a fully-enlightened sage who, in the 20th century, lived like an ancient rishi of yore.

In 1990, the complete collection of archival films were brought to the U.S.A. for restoration, preservation and editing. Two of these films were professionally produced as newsreels with a soundtrack by the Indian Information Bureau and shown throughout India in cinema houses.

This sixty-five minute video is a visual document of a man made perfect by virtue of a unique destiny. Spiritual freedom, eternal peace and joy can be realized by those devoted seekers whose destinies are linked to the Sage of Arunachala, Sri Ramana Maharshi.

## The Archival Films 1935 to 1950

- 65 Minutes, Color and Black & White
- Silent, except for two newsreel soundtracks
- Archival Research booklet included

**Distributed by Arunachala Ashrama** • Bhagavan Sri Ramana Maharshi Center 72-63, Yellowstone Boulevard • Forest Hills, New York 11375 - USA (718) 575-3215

**Edited at Horse Mountain Studio** • 7 Cole Road • Haydenville, Mass. 01039 - Editors: James Lemkin • Dennis J. Hartel

**Produced by Sri Ramanasramam** • India in conjunction with Arunachala Ashrama • New York, USA

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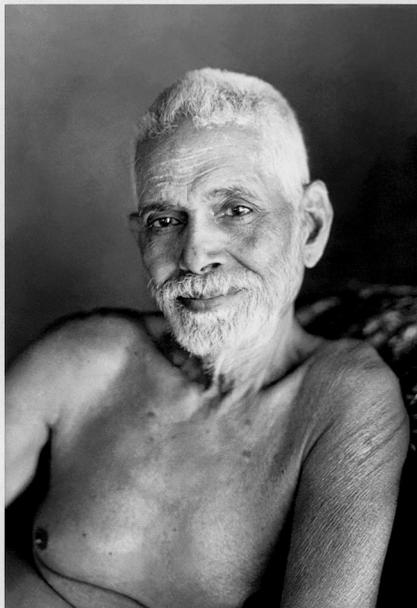


The Archival Films • 1935 to 1950  
Sri Ramana Maharshi

VHS

65 minutes  
Mostly silent

## The Archival Films 1935 to 1950



Sri Ramana Maharshi

## The Archival Films 1935 to 1950

65 Minutes, Color and Black & White - Silent, except for two newsreel soundtracks. Archival Research booklet included

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NTSC + PAL format  
\$29 + shipping - (USA & CANADA)

PAL format  
£20 Sterling + shipping - (UK & Europe)

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SRI Ramana Maharshi lived his life, emanated his power and enunciated his teachings to demonstrate to mankind that life has a meaning and purpose, that there is an indestructible reality, an incomparable beauty, a life of perfect peace and joy within the hearts of all beings.

Thousands from around the world were attracted to his ashram in South India during his lifetime, yet greater numbers flock there today. Discover the Divine attraction of his personality in this chronology of photographs, rare film footage, interviews, narration and music, which is the culmination of a two-year effort of film restoration, research and travel.

See where he was born, where he attended school and the house in which his life was transformed in a few short, intense moments. Then travel with him as he quietly leaves home and makes his way to the holy Arunachala Hill. Stand with him in exaltation before his Father Arunachala.

With narration by John Flynn, a nationally recognized television and film talent, professional editing and videography by James Hartel, and music by internationally famous artists, this newly-released and widely-acclaimed documentary will be a cherished source of inspiration to all those who seek a deeper meaning and purpose in life.

## THE SAGE OF ARUNACHALA

73 minutes • Colour

### Produced and Distributed by :

Arunachala Ashrama • Bhagavan Sri Ramana Maharshi Center, 72-63 Yellowstone Boulevard • Forest Hills, New York 11375, USA • Tel. (718) 575-3215

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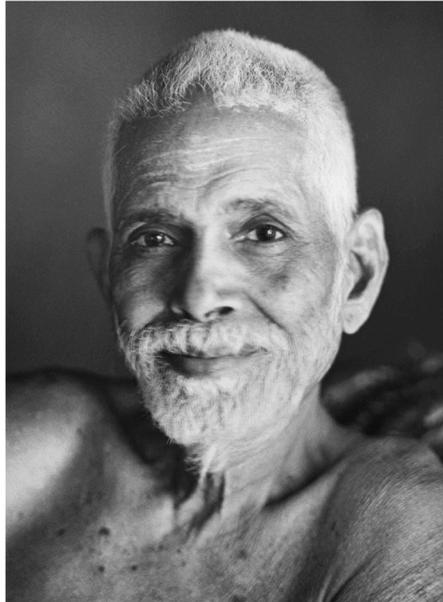


The Sage of Arunachala  
Sri Ramana Maharshi 1879 — 1950



Colour  
73 minutes

## The Sage of Arunachala A Documentary



### Sri Ramana Maharshi

1879 — 1950

## The Sage of Arunachala

73 Minutes - Colour

Produced and Distributed by:

Arunachala Ashrama

66-12 Clyde Street

Rego Park

Queens

New York 11374

Tel: (718) 575 3215

NTSC + PAL format

\$29 + shipping (USA & Canada)

PAL format

£20 Sterling + shipping (UK & Europe)

Available in English from New York, England and India

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## The Life and Teachings of Bhagavan Sri Ramana Maharshi

In this seventy-three-minute, professionally-produced documentary, the unique life and teachings of Sri Ramana Maharshi are artistically unfolded in a chronology of photographs, interviews, narration and archival film footage.

Follow the Sage from his birth in a small village to his final mortal day, as grieving crowds push in from all sides to have their last darshan.

Released after a two year effort of film restoration, interviews, research and travel, with narration by John Flynn, a nationally recognized television and film talent, edited by James Hartel and music by internationally famous artists.



*Iswara said:*

37 - I truly abide here on earth in the form of an effulgence named Arunachala for (bestowing) the attainment (of Liberation).

38 - Since it (this Hill) removes the cruel heap of sins from all the worlds, and since bondage (runa) becomes non-existent when one sees it, it is (named) Arunachala.

40 - In ancient days, when a fight arose between Brahma and Vishnu, who were both born from a part of me, I manifested myself in the form of an Effulgence in order to remove their delusion.

43 - At their further request I, who was in the form of an Effulgence, became the motionless linga named Arunachala.

- Skanda Mahapurana (Arunachala Mahatmyam)

The mountain 'Arunachala' is situated 125 miles south-west of Madras in the State of Tamil Nadu in India. It is famous throughout India as the most sacred place in the world, and now in the West as the home of Bhagavan Sri Ramana Maharshi known as 'The Sage of Arunachala'.

To perform pradakshina (going around the Hill in a clockwise direction) with mind fixed on the Mountain, is said to be the most spiritually beneficial act that anyone can perform in their lifetime.

The captivating power of Arunachala, even to complete strangers who know nothing about it, is legendary. Just to be there brings silence to the rampant mind; to meditate on it brings Liberation. This video is dedicated to those who seek true freedom.

'Thou dost root out the ego in those who meditate on thee in the heart, O Arunachala!'

*'108 Verses to Arunachala' by Bhagavan Sri Ramana Maharshi*

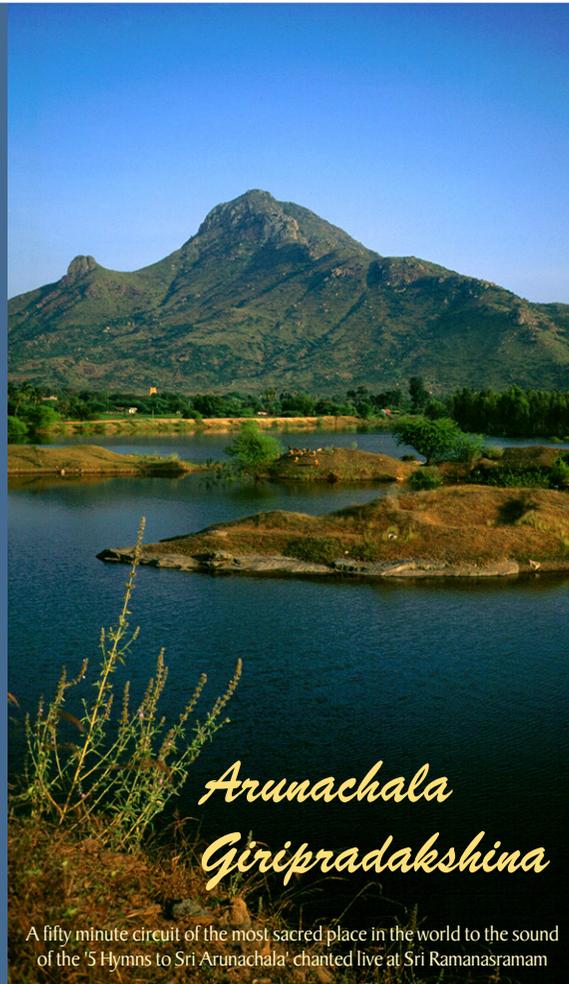
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*Arunachala Pradakshina*  
A fifty minute circuit of the most sacred place in the world to the sound of the '5 Hymns to Sri Arunachala' chanted live at Sri Ramanasramam

VHS

Colour  
50 minutes



*Arunachala Pradakshina*

A fifty minute circuit of the most sacred place in the world to the sound of the '5 Hymns to Sri Arunachala' chanted live at Sri Ramanasramam

## *Arunachala Pradakshina*

54 minutes - colour

### **Soundtrack :**

'The Five Hymns to Sri Arunachala'  
Recorded live at Sri Ramanasramam.

### **Produced by :**

G. Boyd, Scarborough, England

### **Distributed by :**

Arunachala Ashrama,  
66-12 Clyde Street,  
Rego Park,  
Queens,  
New York 11374,  
USA

### **Price :**

PAL format £17.00 UK + postage.

NTSC format \$25.00 + postage.

Giri Pradakshina of Mount Arunachala is stated to be one of the most spiritually beneficial acts that one can do. Although watching a video Pradakshina of Mount Arunachala is by no means the same, the essential power and magnetism of this sacred place is not lost in either photographs or film. This video was filmed in 1999, 2000 and 2001. It begins and ends at Sri Arunachaleswara Temple with the last few minutes focussed on Bhagavan Sri Ramana Maharshi. The film comprises 72 sequential video clips of Arunachala coupled to the Monday evening 'Tamil Parayana', recorded live at Sri Ramanasramam.

This film has been created as an aid to meditation for devotees of Arunachala and Bhagavan Sri Ramana Maharshi. I hope that it is of as much benefit to those who purchase it as it has been to me. Expected launch date - Summer 2001.



## GURU RAMANA His Living Presence

A seventy-five minute video containing inspired reminiscences and teachings from taped interviews with disciples of Sri Ramana Maharshi who met him as early as 1914 in Virupaksha cave, and lived with him from 1921 onwards.

Introduced by Swami Ramanananda Saraswati (former president of Sri Ramanasramam, Sri T. N. Venkataraman):

“...What you are now about to see is yet another testimony to the living presence of Sri Ramana Maharshi. You will hear from the lips of those who had the wonderful privilege of living under the watchful, loving eye of Sri Maharshi, who was perhaps the greatest Sage of the 20th Century. I have known these devotees since I came here in 1938. We were like one family, and Bhagavan was our father, mother, our everything....”

Produced with overlays of archival photos and films wherein many of these disciples are seen with the Maharshi. Srimati M. S. Subbalakshmi's inspiring renditions of the Maharshi's compositions provide an impeccable back drop to the stories and narrations delicately strung together with English subtitles and voice-overs.

- List of disciples in this video:
- Swami Ramanananda Saraswati (T.N.Venkataraman) (1914)
  - Annamalai Swami (1906 - 1995)
  - Balaram Reddy (1908-1995)
  - Kanakammal (1922)
  - Krishnaswami (1906-1996)
  - Kunjuswami (1897-1992)
  - N. N. Rajan (1906 - 1994)
  - Prof. N.R.Krishnamoorthy Aiyar (1907 - 1994)
  - Ramani Rajagopal Ammal (1927 - 1994)
  - Ramaswami Pillai (1895-1995)
  - Prof. K. Swaminathan (1896 - 1994)
  - Sampoorna Ammal (1899-1993)

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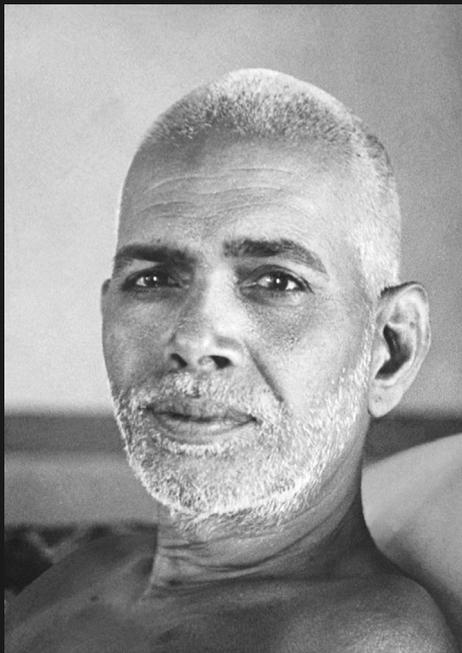


**Guru Ramana**  
His Living Presence



Colour  
75 minutes

## Guru Ramana



### His Living Presence

Interviews with devotees who lived with Bhagavan Sri Ramana Maharshi from 1921 onwards.

## Guru Ramana His living presence

Interviews with devotees who lived with Bhagavan Sri Ramana Maharshi from 1921 onwards.

75 minutes - colour  
With subtitles & voice-overs

### Produced by :

Arunachala Ashrama, USA

### Distributed by :

Arunachala Ashrama,  
66-12 Clyde Street,  
Rego Park,  
Queens,  
New York 11374,  
USA

### Price :

PAL format £17.00 UK + postage.  
NTSC format \$25.00 + postage.

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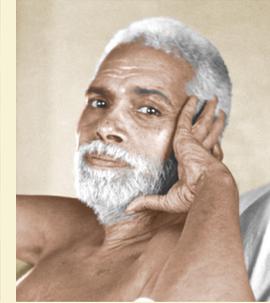
*All of the prints are produced on high quality, coated medium (photographic weight) and coated with a satin laquer.  
Prints 1 & 2 are original colour photographs and prints 3 - 7 have been digitally coloured.*



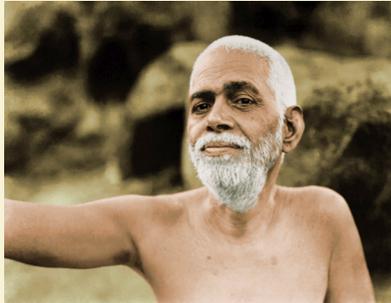
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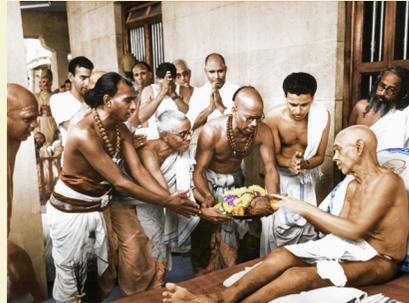
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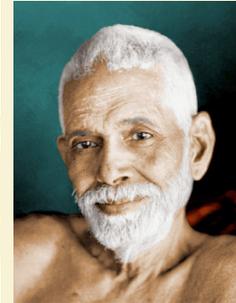
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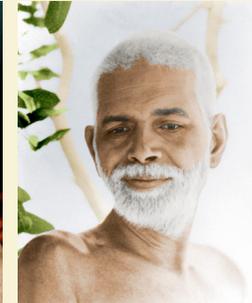
Colour - 4



Colour - 5



Colour - 6



Colour - 7

## Print sizes (in millimetres) and prices in US-\$

1 - 355 x 280 - \$8.00  
1 - 255 x 204 - \$5.00  
2 - 255 x 204 - \$5.00  
3 - 108 x 125 - \$2.00

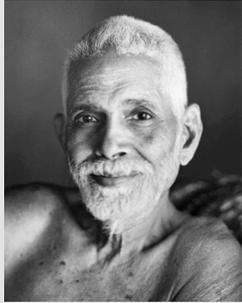
4 - 216 x 280 - \$6.00  
5 - 216 x 280 - \$6.00  
6 - 216 x 280 - \$6.00  
6 - 140 x 187 - \$3.00

6 - 054 x 070 - \$1.00  
6 - 054 x 070 - \$2.00 laminated  
7 - 178 x 216 - \$4.00

Conversion data: 1" = 25mm approx.



*All of the prints are produced on high quality, coated medium (photographic weight) and coated with a satin laquer.*



B/W - 1



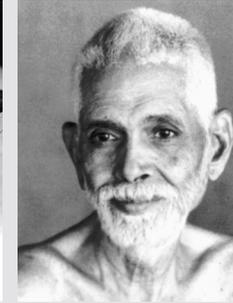
B/W - 2



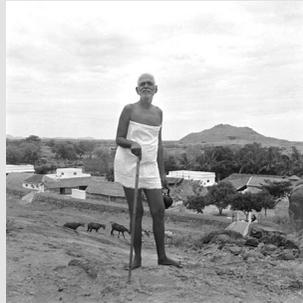
B/W - 3



B/W - 4



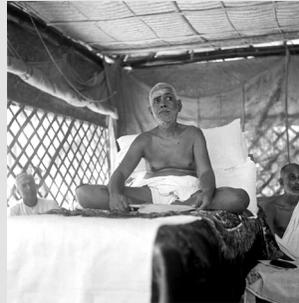
B/W - 5



B/W - 6



B/W - 7



B/W - 8



B/W - 9

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- 1 - 430 x 533 - \$13.00
- 1 - 216 x 280 - \$6.00
- 2 - 216 x 280 - \$6.00
- 3 - 216 x 280 - \$6.00

- 4 - 216 x 280 - \$6.00
- 5 - 216 x 280 - \$6.00
- 6 - 228 x 228 - \$5.00
- 7 - 228 x 228 - \$5.00

- 8 - 228 x 228 - \$5.00
- 9 - 228 x 228 - \$5.00

Conversion data: 1" = 25mm approx.

