



Who Am I? Meditation: A Guide for the West to Self-Inquiry and Self-Realization in the Living Tradition of Sri Ramana Maharshi

Ramaji

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There has been an explosion of non-duality dialog on our planet. Even so, the direct approach of Self-inquiry, the "Who Am I?" Meditation from the living tradition of Sri Ramana Maharshi, is not well represented. Ramaji remedies the situation by providing a wealth of practical tips and methods based on Sri Ramana's original teachings. The highly effective approach that you will learn in this book was fine-tuned over several fruitful years. It is based on Ramaji's tireless efforts to help modern students and his considerable success with them around the world. The guidance and insights provided here are direct from Ramaji's own spiritual journey. His advice and teachings will be found to be backed by Sri Ramana Maharshi's own words. Ramaji presents from his firsthand experience only. If he has not experienced it himself, then he does not talk about it. The engaging question/answer format facilitates easy digestion of deep truths. Ramaji presents beginning, intermediate and advanced Who Am I? Meditation (Self-inquiry) for Western readers, eliminates student doubts, exposes life-changing secrets of the I-thought, reveals the true nature of the Heart on the right, and provides a precise proven path to Self-realization in this very lifetime. Those ready to work with Ramaji directly can reach him via his website Ramaji.org or meet him in person at the monthly San Diego satsang. Advaita or non-duality can be successfully practiced by any dedicated person. Though the outward circumstances and lifestyle of Western seekers appears to be radically different than that of monks, yogis, sadhus and other professional spiritual practitioners, in fact it makes no difference at all. This book shares the practical tips and insights that enable a strong Self-inquiry meditation practice under any and all circumstances. Everything is explained in vivid detail so that any highly motivated person can achieve Self-realization and full enlightenment in this very life.

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