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Concept of Saint Ramana (Who Am I)

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Abstract

The human being is the splendid and complex creations of the god. They made with a combination of the body, mind and the spirit. Usually, they suffered with their own conflicts and confusion thoughts. The irrelevant and impure thoughts are the main reason for all kinds of our problems. In order to recover the human beings from their problems lot of saints and sages were came in last five thousand years. They gave different kinds of practices, ideas and concepts. Saint Ramana is one of the remarkable saint among them. Ramana Maharishi approved a number of paths and practices. Self enquiry is the particular one among his ideas; its principle means to remove ignorance. WHO AM I? is the main tool of saint Ramana to enquire our self. In this article We are going to analyze the concept of saint Ramana (WHO AM I?).

Keywords: Yoga, meditation, transformation, self, higher consciousness, internal mutation, enlightenment

Introduction

The Ramana Maharshi philosophy is the identity of the individual soul and the creator of soul whose position on monism his original contribution of yogic philosophy is the technique of vichara (self-pondering inquiry) Who am I one of bhagavan main teaching was the Who Am I question the route of all ideas is the who am I this is ability to see the inner truth through self awareness the state of self realization it is being oneself without knowing the self the being never understand anything one must first understand one self through the primary tool of self enquiry.

Philosophy to give meaning to our dash water we all about question mark health any meaning or they just have luck or they in our lives to live teach something finally death is there anything after it and deal its really have any meaning in the end this or all understand why through self enquiry The aims and objectives of life Saint Ramana says self realization is main goal through this God understand the purpose of life To attend liberation from the cycle of birth and death To understand the reality of life to a time Shanti to attain higher consciousness through self transformation finally to reach absolute consciousness bliss.

Transformation

Transformation is the evolution of higher stages of human life it also overall changes in the behaviour attitude and cognitive development cell mutation. self transformation is the process of inter interpersonal life change and preparation for a spiritual life it developed inner consciousness and the ability to see the inner truth at this point we attain spiritual awaking if we want to realize ask ourself who am I ,who I am this will leads to integrate reality and a time transcendence to reach beyond yourself to continue the journey of self transformation change in all aspects of your life this experience moves that open up your third eyes and no now no within yourself your vitality and your consciousness.

Evolution

The sankhya model explain to the central role of the main creation evolution and in our own struggles in evolution of consciousness through self awareness is main goal of yoga is the main tool for the process of change and development of higher consciousness through the ovulation of individuals awareness of our thoughts memories feelings can change dramatically from one moment of consciousness to higher level thoughts yogic practices the level of the

some explanation life in fullness and well experience life in higher stage of consciousness each time the some to error ear The to learn and we evolve through vanish experience after taking many inclination As human beings our knowledge through spiritual energy into who am I. Spirituality is a journey into is this self awareness knowledge self awareness When we are with higher consciousness we experience compression equanimity truth goodness harmony at the core of these are three words sat chit Ananda “sat means the truth chit means consciousness Ananda means bills the self is beyond the death the knowledge perception cognition biology is different as per these level of consciousness change from one States to other state:

Deep sleep
 Dream state
 Walking State
 Transcendental State
 Cosmic State and
 Divine State

unity of consciousness or enlightenment we see the observer within me is the same as the observer within us then they merge as an experience Experientially and then I realise that there is only one observer and the whole universe is the manifestation of that one observe and I am that observer. We came reach the higher states of consciousness with the following processes witnessing sleep witnessing dreaming and waking state awareness of the awareness in waking dreaming and sleeping. Our state of mind goes through different emotions based on our awareness levels. Who am I what is the purpose of my life who creates my reality what happens after death what is the nature of the universe then the yogic identify the secrets and mysteries and understand the pure consciousness and changeable and homogeneous the soul is the core of your being the body mind and whole universe is your soul in your soul you are soul is the part of universal consciousness the ultimate goals of all goals is enlightenment in this state we see our self as pure consciousness and we come one with universe. The vedas says know that one think by knowing which everything else cone known.

Conclusion

Yoga is a the way to pure consciousness and understand the purpose of life the soul free from all impurity knowing the nature of self and true self the enlighten knower (jina) seen lonely the seer through atma sakshi this is infinite of pure consciousness and bliss.

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