

Nan Yar Who am I?

- 1 *Who am I*
You are not the body, you are not the senses, you are not the thoughts, you are not the unconscious state in which objects do not appear.
- 2 *If I am none of these, then who am I*
After negating all the above as not this not that the awareness which alone remains is who you are
- 3 *What is the nature of this awareness*
Its nature is existence, consciousness and bliss. Love and Joy
- 4 *When will this be realised*
When all assumptions and restrictions of false identity have been removed
- 5 *Will there be realisation of the self even whilst these things remain*
No there will not
- 6 *Why not*
Because that which is will continue to be misperceived and you remain limited in illusion because of it
- 7 *When will the illusion be removed*
When the mind becomes still & silent and sinks into the self
- 8 *What is the nature of the mind*
The movement of thought, sensation and perception is the nature of mind. It is a wondrous power residing in the self. Other than thought, sensation and perception there is no independent entity called mind.
- 9 *What is the path of enquiry for understanding the nature of the mind*
That which exists as the assumption me is the root of mind we call this the I thought. If the source of this I thought is investigated it will be discovered that it rises in the heart. Merging into that is the path of enquiry
- 10 *How will the mind become stilled*
By enquiring who am I. This will eliminate all other thoughts then there will arise self realisation
- 11 *How can I practice who am I constantly*
When other thoughts arise inquire who knows these thoughts the answer is me then enquire who am I again. With practice the mind will develop the skill to stay in its source without distraction. All action will continue effortlessly in oneness.
- 12 *Are there other means for stilling the mind*
There are many means for stilling the mind temporarily but other than enquiry there are no adequate means for overcoming the tendencies of the mind permanently

- 13 *Thoughts appear ceaseless when will they become still.*
As Atma Vichara becomes deeper and clearer the thoughts will recede
- 14 *Is it possible that old desires can be resolved to then remain pure as the self*
Focus all on the meditation on the self, inauspicious impressions will clear and auspicious impressions will prevail. Then the mind will not wander to selfish objects.
- 15 *How long should enquiry be practised*
As long as the impression of the I thought remains and inauspicious objects prevail
- 16 *What is the nature of the self*
All that is, is the self; In the absence of the I thought this oneness is known.
- 17 *Is not everything the work of God*
Yes, everything that is, is the spontaneous expression of God including God itself
- 18 *Who is the greatest devotee*
The one who surrenders all to the will of God and so merges the I thought in the self is the greatest devotee
- 19 *What is non attachment*
The cessation of the I thought and the subsequent dissolving of selfish thoughts is non attachment
- 20 *Can the Guru effect awakening in a soul*
The Guru will show the way and open the possibility; each must then pursue the route as shown
- 21 *To achieve release is it necessary to gain knowledge of all the aspects of existence*
No. To rationalise and analyse all characteristics is distracting, instead go directly to the source
- 22 *What is the difference between waking and dream*
The features vary but there is no essential difference. Waking is long and dream is short. Both are appearing in consciousness
- 23 *Is study and reading books of value for those seeking realisation*
The conclusive teaching of all the scriptures is to bring the mind to silence and surrender into that. Once this is understood and accepted there is no further need to study. Self study is enquiring within it is that which should be pursued.
- 24 *What is happiness*
Happiness is the very nature of the self when the mind is quiet and satisfied it returns to its source and happiness is apparent. When the mind is striving to satisfy desires and is turbulent happiness is absent
- 25 *What is the focus from which the insight of wisdom will arise*
To remain quiet is the focus, then the mind will resolve in the self. That is the focus and no other activity

26 *What is the relationship between absence of desire and wisdom*
The two are the same

27 *What is the difference between enquiry and meditation*
Meditation retains the I thought and concentrates on an object. Enquiry dissolves the I thought and realises the subject. That is the difference between them.

28 *What is release*
Enquiring into ones true nature and realising it is release.

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