



Who Am I?: The Teachings of Bhagavan Sri Ramana Maharshi

By Bhagavan Sri Ramana Maharshi

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This is the quintessential, aphoristic work, constituting one of the earliest recordings of the Maharshi's teachings, that spells out the nature of the Self and the practice of Self-Inquiry.

The text begins as follows:

All living beings desire to be happy always, without any misery. In everyone there is observed supreme love for oneself. And happiness alone is the cause of love. In order therefore, to gain that happiness which is one's nature and which is experienced in the state of deep sleep, where there is no mind, one should know oneself. To achieve this, the Path of Knowledge, the enquiry in the form of 'Who Am I?' is the principal means.

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