



Be As You Are

Ramana Maharshi , David Godman (Editor)

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En este libro, las enseñanzas de Ramana Maharshi se presentan en forma de preguntas y respuestas. Pero en esta ocasión, cada capítulo está dedicado a un tema diferente precedido de observaciones introductorias o explicativas.

Las preguntas y respuestas que forman el cuerpo de cada capítulo han sido tomadas de muchas fuentes y ordenadas de esa manera debido a que no hay ninguna conversación suficientemente larga que cubra la totalidad de sus puntos de vista sobre un tema particular.

A lo largo de estas páginas Ramana insiste una y otra vez que Usted es ya presencia consciencial. Y puesto que usted es ya presencia consciencial no hay ninguna necesidad de obtenerla o cultivarla. Todo lo que usted tiene que hacer es desestimar ser consciente de las demás cosas, es decir, del no-Sí mismo. Si se desestima ser consciente de ellas entonces sólo queda la pura presencia consciencial, y eso es el Sí mismo, nuestra naturaleza real.

Be As You Are Details

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From Reader Review Be As You Are for online ebook

Gary says

This man appeared to me in a dream. A book I keep close to me.

Tom says

This is probably the most widely read book on Ramana Maharshi's teachings. Since its first appearance in the mid-80s, it has been, outside India, the standard introduction to Bhagavan's teachings. Dialogues with Ramana are arranged by topics, with the most important teachings on each subject differentiated from the remainder. Introductions to each chapter summarize Bhagavan's views on each subject.

Yas says

I adore this book! I didn't read it all in one go as there was a lot to reflect on. But I enjoyed the way it was presented and although it was somewhat repetitive at times, it didn't fail to inspire me in my daily meditation practice. A true master.

Jason Gregory says

Out of all the literature translated and presented to express the depth of Ramana Maharshi's teaching I feel David Godman has done the best job in my opinion. His use and understanding of important Sanskrit words backed up by a clear interpretation of the heart of Ramana allow for the reader to really dive into this book. In saying this, there are some passages that are open for interpretation which depends on the attunement and spiritual depth of the reader. Misinterpretation of these books can lead to all sorts of new-age fluffy ideas which only eclipse the wisdom that is truly grounded. If you have the eyes to read this book with a clear mind it will have the ability to truly humble you.

Berit Ellingsen says

This book is regarded by many as the ultimate work in modern Advaita and nondualism, and rightfully so. Sri Ramana Maharshi was a sage's sage, as well as everyone's sage, and his words have inspired a whole generation of western awakened.

Even if you don't agree with all of Ramana's methods and ways of expressing nondual knowledge, there's no denying that this is an absolute classic in the field. For many this is the only book on nondualism they will ever need.

Each chapter centers on one or a few questions that are common in Advaita and nondualism, asked by the people who sat with him, and Ramana gives the answer. Ramana's method of self inquiry to dissolve the belief of separation from the Self, his insistence that there is a direct path to awakening and that enlightenment can be attained by anyone, is in strong focus.

Ramana puts everything in clear and simple words, and Hindu terms and Sanskrit words are also explained. There is no need to be familiar with Hindu scripture before reading this book.

This book is not written by the master himself, but transcribed by one of his students and scholars, David Godman. Still, it's a little like sitting with the master himself and letting his knowledge and compassion become your own.

Cyberpayanee says

A spiritual classic. David has done exemplary service in re writing the original "Talks with Ramana Maharishi". It is a work of love and devotion. he has digested and edited the original material which was in colonial - Indian -English in both style and Spirit. Though valuable and interesting social document - it is layered with the then prevailing Scenes which reflect the behaviour and culture of the bygone era. While the accuracy of this original document is confirmed by many authentic sources, it can be distracting to audience not tuned to the nuances. The Author - a dedicated Maharishi's biographer and documenter par excellence has made the teaching accesible to all without compromising accuracy of teachings. I have read both. His other series about Ramanar's disciples including "Power of presense. 3 volumes" , Annamali swamy, Muruganar's poetry, Lakshmana Swamy and Papaji are illuminating reads. Born in U.K he was drawn to Maharishi (after his maha samadhi) and now domiciled in Thiruvannamalai - the abode of the seer. Through meticulous reserach he has resurrected from obscurity of ashrams store rooms valuable stories and teachings. This is his sadhana and an achievement - sadhanai. Grattitude.

Jeff says

The best of them all for self inquiry. Ramana simply points aims, and shows who/what you are. There are many spirituality books out today, and from many perspectives and religions and philosophies. They all have their value on the way to truth, but they all have to go once the seeker gets serious. I'm hopeful one day even Ramana's book will have no further use for me. However, this book and others by RM stands as the best to me. BAYA can reel you back into the basics (good for keeping 'beginners mind') as well as give you the structure needed to maintain an honest self inquiry. It gives the simple definitions for concepts and then sets up the method by which you blow concepts apart (so to speak). I have always had a high respect for Ramana, but I was not able to understand him until I was in my 30s. After many of my own wounds healed, the waters became clearer and my understanding deepened. I don't think anyone has done a better job of explaining what thousands of years of religion and spirituality began for and are actually meant to point you to than RM and maybe Nisargadatta.

Harry Green says

No words can describe how grateful I am to Ramana Maharshi. He has change "my" life to see the world as

it is.

Clifford Stevens says

Ramana Maharshi never wrote a book himself, so this is a compilation of his talks and statements. He really has a knack for getting to the heart of the matter, and there is no doubt of his being one of the great masters of modern times. What is interesting is that people try again and again, but he will make no exceptions, because the I AM is Absolute, unconditional for everyone, without exception. The dialogues with him show very clearly how hard it is for people's egos to accept what is saying.

Dean says

Currently reading this for the second time. The author has done a commendable job in compiling many random or unrelated Q&A talks by Ramana into some possible topics and categories related to Advaita and the teachings of Nonduality.

Some find this book hard to grasp, most likely because taken on an intellectual level it can be dry or nonsensical. However, when meditated on, or taken slowly and consciously, it has the power to cause us to awaken from our semi-hypnotic sleep state that we call "daily living". Recommended as a intermediate level Advaita book, or Ramana book, rather than for someone starting off on the path of self-inquiry or nonduality.

Akemi G. says

If you read and "get" this book, you don't need to read any other spiritual books. Be as you are. 10 stars. (Sorry, when a book is really super good, I'm lost for words.)

John Burns says

I was very impressed with Ramana Maharshi. As with many abstruse spiritual texts, they refer to mental states that are rarefied and experiential. It is not really possible to truly grasp what he is talking about unless one has experienced the same strange states as he, a bit like hearing a description of the ocean without ever actually having seen it, smelt it, felt the enormity of it.

As with so many spiritual texts, I am reading the words of these special individuals who have attained a very unique state of being and so I don't really get it on any deep level. This requires a certain amount of faith on my part, faith that they really know what they're talking about. I certainly have faith in Ramana Maharshi though. His answers to every question, despite being somewhat disconnected from normal human experience, seem to be correct; truthful on a very fundamental level and there is so much consistency in all his answers. So much so that after having read the first quarter of the book, you have pretty much already seen all he has to offer. His philosophy is almost impossible to fathom and yet so elegantly simple. Every question is confounded with answers along the lines of "yes, this is an interesting question, but if you were to practice the method that I have already taught you then you would immediately see that your question and all other questions are invalid". It could be somewhat infuriating and it might seem a bit bogus but, like i say, i

have faith in the dude.

For something so abstract and odd i have to say that i enjoyed it enormously. It makes me a little sad to think i will probably never wrap my head around what he's talking about, but that doesn't mean i reject his ideas either.

A really lovely, excellent piece of eastern philosophy, strongly recommended for people who want to delve into the whole Advaita Vedanta thing.

Gavin Whyte says

A great read. A truly amazing book. It has led to some profound changes in my own perceptions of reality, and for that I give thanks.

Daniel Prasetyo says

This book is edited by David Godman, one of Sri Ramana's devotees. Containing some of important topics like meditation, enquiry, yoga, and the nature of God, a great book if you interested to Sri Ramana's teachings. In this book, David Godman try to explain what Sri Ramana's means of The Self, Sat-chit-ananda, God, The Heart, Reality, etc. But for me the best part of this book is chapter 7, surrender. It has been one of the most challenging part of my spiritual life, and this chapter was help me to answer my questions about how to totally surrender with true Bhakti.

Gaylon says

Paramguru of Gangaji, Sri Ramana's teachings have shown me a way of knowing our true nature that has brought a finer sense of equanimity to my life...
