



The Essence of the Spiritual Instruction

By Bhagavan Sri Ramana Maharshi, Nome

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The Upadesa Sarah (Upadesa Saram) by Bhagavan Sri Ramana Maharshi. Translated with Commentary by Nome.

Bhagavan Sri Ramana Maharshi, abiding in the eternal Silence of the Self, composed *The Essence of Spiritual Instruction* for the supreme good of all in response to the supplications of the devoted Muruganar. The poet-devotee was writing in Tamil the story of the wayward rishis who dwelled in the Daruka forest and practiced rites for the attainment of powers that they desired. Their egos humbled by Siva and perceiving the error of their approach, they humbly sought spiritual instruction from Siva. Siva graciously bestowed the instruction, and it is these teachings that Muruganar requested Sri Bhagavan, Siva himself, to reveal in verse form. So, the Maharshi composed thirty verses in Tamil. Later, Sri Bhagavan translated them into Sanskrit. The Tamil version is entitled Upadesa Undiyar, and the Sanskrit version is entitled Upadesa Sarah and is also referred to as Upadesa Saram.

This work is the English translation of the Sanskrit Upadesa Saram. With each verse there is a ten-point commentary emphasizing the profound significance of each verse for those practicing Self-inquiry in the quest of nondual Self-Knowledge.

An appendix that contains just the Sanskrit text with transliteration is included for ease of recitation and similar purposes.

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Editorial Review

Review

This classic would surely appeal to any person interested in the philosophy of existence. The author, who teaches Advaita Vedanta in the Society of Abidance in Truth, California, deserves our gratitude for his clarity of presentation. Reflection on these verses enables us to dwell deep within ourselves. --Dr. Chetana Mandavia, Prabuddha Bharata (Journal of the Ramakrishna Order), March 2014

About the Author

Nome is a spiritual teacher at Society of Abidance in Truth, known by the acronym SAT, which established and maintains a temple for Nondual Self-Knowledge in California. Nome teaches Advaita Vedanta, especially as is contained in the teachings of Bhagavan Sri Ramana Maharshi. These teachings are those found in traditional Advaita Vedanta as expounded by Adi Sankaracharya, Ribhu, and the Upanishads. Nome is a teacher of this spiritual knowledge, an author of the same, and a translator of Vedanta texts.

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