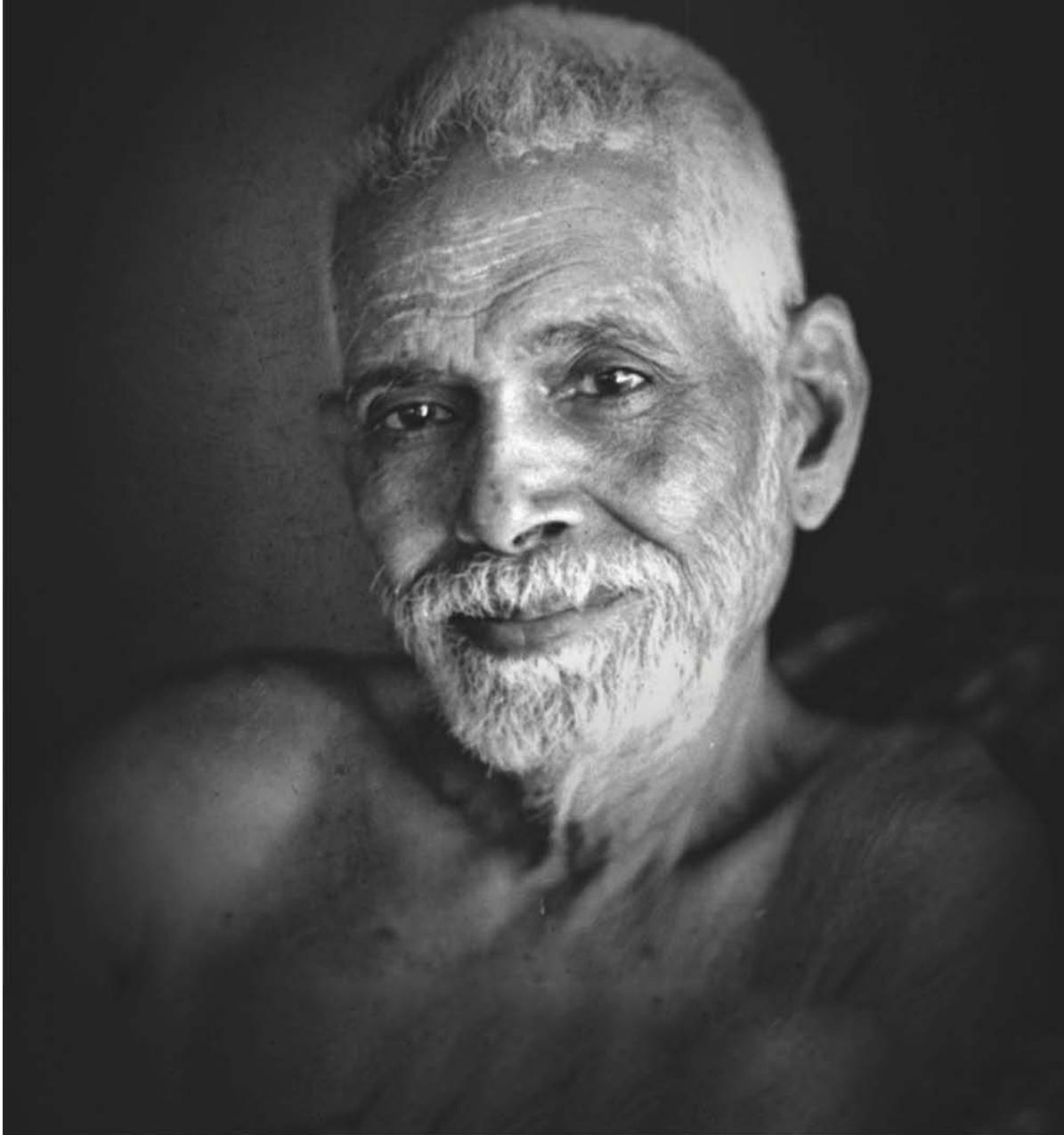


Essential Teachings:

Bhagavan Sri Ramana Maharshi

A Sufi Interpretation of Truth Revealed



Shaykh Fadhlalla Haeri



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Book Description

Truth is eternal and it is not subject to certain people, place, or time. The utterances of Bhagavan Sri Ramana Maharshi carry with them the potency of what is real.

These interpretations use a more modern English language and understanding than the original ones under which the publication of 1935 took place.

This rendering shows the universality of original teachings. It shows what is truly inspired by truth itself is true anytime, anywhere, any place.

About Shaykh Fadhlalla Haeri

Sufi, mystic and visionary, Shaykh Fadhlalla Haeri is an enlightened spiritual master. His life and works serve as a reminder that spirituality is a science and an art vitally relevant to our times.

Acknowledged as a master of self-knowledge and a spiritual philosopher, Shaykh Fadhlalla Haeri's role as a teacher grew naturally out of his own quest for self-fulfillment.

He travelled extensively on a spiritual quest which led to his eventual rediscovery of the pure and original Islamic heritage of his birth, and the discovery of the truth that reconciles the past with the present, the East with the West, the worldly with the spiritual – a link between the ancient wisdom teachings and our present time.

A descendant of five generations of well-known and revered spiritual leaders, Shaykh Fadhlalla Haeri has taught students throughout the world for over 40 years. A prolific author of more than forty books relating to the universal principles of Islam, the Qur'an, and its core purpose of enlightenment, he is a gifted exponent of how the self relates to the soul, humankind's link with the Divine, and how consciousness can be groomed to reflect our higher nature.

The unifying scope of his perspective emphasizes practical, actionable knowledge that leads to self-transformation, and provides a natural bridge between seemingly different Eastern and Western approaches to spirituality, as well as offering a common ground of higher knowledge for various religions, sects and secular outlooks.

Introduction

The As a young student in the late 1950s in Britain, I came across a slim volume of teachings from Bhagvan Ramana Maharshi which impressed me greatly. This was the booklet ‘Truth Revealed – Sad-Vidya’. Years later I was sent a new edition of the book with a picture of Ramana Maharshi on it which gave me much joy. After all these years, after I had begun to discover the truth of his teachings, I thought it would be useful to refresh some of the language, which was cast in traditional Hindu idiom, into a contemporary vernacular that could be of use in a wider context. This effort is what is now in your hands.

The journey of human beings on earth is part of the process that links us to the infinite unseen through our own soul or spirit within the limitations of the material world, governed by our mind so as to enable us to function on earth. The human journey is to accept these limitations but, equally and more importantly, to open up to the intuitions and lights that inspire us and give us a touch of the timeless, boundless nature of our own souls.

This book makes accessible to most people a universal exposure to the highest consciousness. We are in a sense climbing a ladder of light towards a pure and cosmic origin. This ladder is composed of strands of intelligence based on sincerity, honesty and courage. Depending on how one ascends, each one of us will arrive at a stage which is truly deserved before returning to higher consciousness through the generous gateway of death.

During the past few thousand years human consciousness has been rising in awareness and intelligence to points that almost transcend the simple inquiry as to who we are and what is the end of our life. In many cultures, individuals or prophets have taken this rise of consciousness to a point where there is hardly any other option other than to accept the rational the basic human consciousness, with all its limitations, and at the same time to try to transcend it to a level beyond cause and effect, where the original light of pure consciousness shines upon all.

Ramana Maharshi is one of the pure beings who had done this fairly recently, having emerged from a Hindu culture but influenced people all over the world. It is hoped that this booklet makes his insights more accessible to present day English speakers while maintaining the original meaning and purpose of his utterances.

Shaykh Fadhlalla Haeri,

Sri Ramana Maharshi

Bhagavan Sri Ramana Maharshi was born on 30 December 1879 as Venkataraman Iyer in Tiruchuli, Tamil Nadu. He was an Indian Hindu sage and jivanmukta (liberated being).

As a young man he developed an attraction to the sacred hill of Arunachala and the 63 sages of Siva or Nyanmars. In 1896, at the age of 16, he had a “death-experience” where he became aware of a “force” which he recognized as his true “I” or “self”, and which he later identified with “the personal God, or Iswara”. This resulted in a state that he later described as “the state of mind of Iswara”. Six weeks later he left his uncle’s home in Madurai, and journeyed to the holy mountain Arunachala, in Tiruvannamalai, where he took on the role of a religious mendicant for the rest of his life.

He attracted devotees that regarded him as an avatar and came to him for “the sight of God”. In later years an ashram grew up around him, where visitors received spiritual instruction by sitting silently in his company asking questions. Since the 1930s his teachings have been popularized in the West, resulting in his worldwide recognition as an enlightened being.

Bhagavan Sri Ramana Maharshi approved a number of paths and practices, but recommended self-enquiry as the principal means to remove ignorance and abide in Self-awareness, together with devotion or surrender to the Self. Bhagavan Sri Ramana Maharshi died on 14 April 1950.

Part One



Synopsis

i- Earthly reality is experienced through the mind. Higher cosmic Reality is transmitted through the soul and the heart.

ii- The nature of your soul is immortal and to know that you have to turn away completely from the egocentric and transient identity.

~ 1 ~

There is no distance or separation between supreme Reality and all that is known and unknown.

~ 2 ~

The ego-self is the earthly side of a duality, whose heavenly origin is the divine soul within the heart, which can be awakened to by transcending the lower self and the illusion of separation.



~ 3 ~

If your aim is to awaken to the eternal Reality, then you have to turn away from all manifestations and temporary appearances of that reality.

~ 4 ~

The essence of every form is pure energy, and to realize that truth, you need to perceive every material form has emerged from that original energy.



~ 5 ~

Your physical and mental state constantly relate to the outer world around you.

~ 6 ~

Your mind's capacity is directed toward the world that is experienced in order to understand and respond to it.



~ 7 ~

Knowledge of dualities is a prelude to perceiving the light of Oneness which illumines the entire universe.

~ 8 ~

Worshipping, praying and meditating upon higher meaning and consciousness are a prelude to realizing cosmic Oneness.



~ 9 ~

Duality is consistently the source of confusion and challenge to discover the light of unity transmitted from the soul within the heart.

~ 10 ~

Knowledge enables us to discover earthly causalities, as well as a higher unitive reality and the source of all knowledges and existences.



~ **11** ~

The human self is a joint venture between the divine soul within the heart and its earthly shadow, which is the personal identity and evolving human in us.

~ **12** ~

The soul knows all but its shadow (the ego-self) is concerned only with earthly subsistence and survival.



~ 13 ~

Your real self or soul is a divine light that gives rise to the shadowy earthly self and its constant struggle with dualities and self-preservation.

~ 14 ~

Diversities and dualities are transient outer manifestations whose inner reality is the light of cosmic Oneness.



~ 15 ~

The present moment is eternally present within timelessness, and thus, contains all past and future situations.

~ 16 ~

Your lower-self relates to the transitory world, yet its source of life is boundless and timeless.



~ 17 ~

The so-called “I” refers to the human transit on earth, as well as the eternal life which has empowered it.

~ 18 ~

The outer transitory reality is what everyone considers to be normal and real. To the awakened being, however, reality is constant, eternal and absolute.



~ 19 ~

As part of the evolution toward supreme consciousness we seek freedom and hope for a good destiny, which is the absolute truth.

~ 20 ~

The soul and its light are so powerful that it can only be known through veils and barriers moderated by the mind and the illusion of separation and self-identity.



~ **21** ~

Personal identity and the illusion of independence from the heavenly essence causes much suffering, as well as the drive to transcend it to the light of the Source which is within you as a soul.

~ **22** ~

Light of the mind is modified divine light transmitted from the soul within the heart and to realize that truth you need to switch your mind off completely.



~ 23 ~

What you are seeking is the original divine light within you from which the ideas of body and mind had arisen.

~ 24 ~

The ego-self is a mere cover and a drive toward the divine and permanent soul.



~ **25** ~

Humanity and its changing identities are mere shadows of the permanent divine soul within your own heart.

~ **26/27** ~

The ultimate transcendence from the lower self to the higher soul is fueled by your constant inquiry as to the nature of the shadow self and its real source.



~ 28 ~

To transcend the self and experience your soul you need vigilance and constant focus on the ego shadow that will disappear by itself as the light of your soul ascends.

~ 29 ~

Through constant meditation, reflection and silence you will realize that the source of your existence is not separate from the cosmic source itself.



~ 30 ~

To transcend the ego-self we need to focus upon higher consciousness, starting with specific insights and openings.

~ 31 ~

Through clear mind and senses, we attain earthly wisdom. Through insight and purity at heart the light of the soul reveals the fickle nature of the ego-self and its transience.



~ 32 ~

Our natural human drive to achieve and excel continues until the light of the inner soul directs that drive toward the infinite cosmic light; after that, there is only clarity at every level of witnessing due to calibration with the Absolute.

~ 33 ~

Meditation is like a ladder that takes you from the lower level of consciousness to the highest cosmic level, where all the known and the unknown are ever-present within that reality – the supreme divine miracle.



~ 34 ~

The so-called self and ego are only the outer shell of the inner soul or spirit, which is eternal and divine.

~ 35 ~

You start the enquiry through reason, rationality and intelligence until you reach the subtler zone of your inner spirit with its full and boundless consciousness.



~ 36 ~

All outer realities and experiences are mere shadows reflecting the original divine patterns of energies, which are the source of all material transitory manifestations.

~ 37 ~

Supreme Reality and Truth pervades everything and needs no proof from anyone but the human drive to be content may help seekers to awaken to the Cosmic One as the cause and destiny of all.



~ 38 ~

The supreme Truth is ever-effulgent. It is only the mind and human condition that gives us the illusion of progress towards spiritual enlightenment.

~ 39 ~

The human drive to be liberated from fears, sorrow and other illusions will drive us to be watchful and alert rather than imagine independence. God is the only Source of all powers, and constant reference to that Source will liberate us from the illusion of being the doer.



~ 40 ~

Whatever we experience of duality, such as good and bad or freedom and bondage, is the nature of earthly experiences. All that is physical, mental or emotional has its complementary opposite, whereas the only true unique Oneness is present within each heart as a soul, which is the source of life.

~ 41 ~

So long as the soul is within the body, there can be no complete liberation except through long periods of silence, meditation and transcendence of conditioned consciousness or physical death.



E-Books By Zahra Publications

General E-Books on Islam

Living Islam – East and West

Shaykh Fadhlalla Haeri

Ageless and universal wisdom set against the backdrop of a changing world: application of this knowledge to one's own life is most appropriate.

The Elements of Islam

Shaykh Fadhlalla Haeri

An introduction to Islam through an overview of the universality and light of the prophetic message.

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Journey of the Universe as Expounded in the Qur'an

Shaykh Fadhlalla Haeri

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Keys to the Qur'an: Volume 1: Commentary on Surah Al-Fatiha and Surah Al-Baqarah

Shaykh Fadhlalla Haeri

The first two chapters of the Qur'an give guidance regarding inner and outer struggle. Emphasis is on understanding key Qur'anic terms.

Keys to the Qur'an: Volume 2: Commentary on Surah Ale-`Imran

Shaykh Fadhlalla Haeri

A commentary on the third chapter of the Qur'an, the family of `Imran which includes the story of Mary, mother of `Isa (Jesus).

Keys to the Qur'an: Volume 3: Commentary on Surah Yasin

Shaykh Fadhlalla Haeri

Commentary on chapter *Yasin*. This is traditionally read over the dead person: if we want to know the meaning of life, we have to learn about death.

Keys to the Qur'an: Volume 4: Commentary on Surahs Al-`Ankabut, Al-Rahman, Al-Waqi`ah and Al-Mulk

Shaykh Fadhlalla Haeri

The Shaykh uncovers inner meanings, roots and subtleties of the Qur'anic Arabic terminology in these four selected Surahs.

Keys to the Qur'an: Volume 5: Commentary on Juz' `Amma

Shaykh Fadhlalla Haeri

Insight into the last *Juz'* of Qur'an, with the objective of exploring the deeper meanings of Qur'anic Revelations.

The Essential Message of the Qur'an

Shaykh Fadhlalla Haeri

Teachings from the Qur'an such as purpose of creation, Attributes of the Creator, nature of human beings, decrees governing the laws of the universe, life and death.

The Qur'an in Islam: Its Impact & Influence on the Life of Muslims

`Allamah Sayyid M. H. Tabataba`i

`Allamah Sayyid M. H. Tabataba`i shows in this gem how the Qur'an contains the fundamental roots of Islam and the proof of prophethood as the Word of God.

The Qur'anic Prescription for Life

Shaykh Fadhlalla Haeri

Understanding the Qur'an is made accessible with easy reference to key issues concerning life and the path of Islam.

The Story of Creation in the Qur'an

Shaykh Fadhlalla Haeri

An exposition of the Qur'anic verses relating to the nature of physical phenomena, including the origins of the universe, the nature of light, matter, space and time, and the evolution of biological and sentient beings.

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Beginning's End

Shaykh Fadhlalla Haeri

This is a contemporary outlook on Sufi sciences of self-knowledge, exposing the challenge of our modern lifestyle that is out of balance.

Cosmology of the Self

Shaykh Fadhlalla Haeri

Islamic teachings of *Tawhīd* (Unity) with insights into the human self: understanding the inner landscape is essential foundation for progress on the path of knowledge.

Decree & Destiny (Original and a Revised Version)

Shaykh Fadhlalla Haeri

A lucid exposition of the extensive body of Islamic thought on the issue of free will and determinism.

Happiness in Life and After Death – An Islamic Sufi View

Shaykh Fadhlalla Haeri

This book offers revelations and spiritual teachings that map a basic path towards wholesome living without forgetting death: cultivating a constant awareness of one's dual nature.

Leaves from a Sufi Journal

Shaykh Fadhlalla Haeri

A unique collection of articles presenting an outstanding introduction to the areas of Sufism and original Islamic teachings.

The Elements of Sufism

Shaykh Fadhlalla Haeri

Sufism is the heart of Islam. This introduction describes its origins, practices, historical background and its spread throughout the world.

The Garden of Meaning

Shaykh Fadhlalla Haeri

This book is about two gardens, one visible and fragrant, the other less visible but eternal. The beauty and harmony of both gardens are explicated in this magisterial volume, linking outer to inner, physics to metaphysics, self to cosmos.

The Journey of the Self

Shaykh Fadhlalla Haeri

After introducing the basic model of the self, there follows a simple yet complete outline of the self's emergence, development, sustenance, and growth toward its highest potential.

The Sufi Way to Self-Unfoldment

Shaykh Fadhlalla Haeri

Unfolding inner meanings of the Islamic ritual practices towards the intended ultimate purpose to live a fearless and honorable life, with no darkness, ignorance or abuse.

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Shaykh Fadhlalla Haeri

Delves into the universal question of Deity and the purpose of life. Durable contentment is a result of 'perfected vision'.

Practices & Teachings of Islam

Calling Allah by His Most Beautiful Names

Shaykh Fadhlalla Haeri

Attributes or Qualities resonate from their Majestic and Beautiful Higher Realm into the heart of the active seeker, and through it back into the world.

Fasting in Islam

Shaykh Fadhlalla Haeri

This is a comprehensive guide to fasting in all its aspects, with a description of fasting in different faith traditions, its spiritual benefits, rules and regulations.

Inner Secrets of The Path

Sayyid Haydar Amuli

In this book, Seyyid Haydar Amuli – an ibn `Arabi scholar and Gnostic from the 14th century – discusses the nature of unity, justice and prophecy as outlined by the Prophet Muhammad (peace be upon him), and how spiritual travelers should walk on the path taking to their Lord using Shari`ah. It deals specifically with the roots and branches of Islam.

Pilgrimage in Islam

Shaykh Fadhlalla Haeri

This is a specialized book on spiritual journeying, offering the sincere seeker keys to inner transformation. **Note:** It was formerly titled, *The Pilgrimage of Islam*.

Prophetic Traditions in Islam: On the Authority of the Family of the Prophet

Shaykh Fadhlalla Haeri

Offers a comprehensive selection of Islamic teachings arranged according to topics dealing with belief and worship, moral, social and spiritual values.

The Wisdom (Hikam) of Ibn `Ata`allah: Translation and Commentary

Translation & Commentary by Shaykh Fadhlalla Haeri

These aphorisms of Ibn `Ata`Allah, a Shadhili Shaykh, reveal the breadth and depth of an enlightened being who reflects divine unity and inner transformation through worship.

The Inner Meanings of Worship in Islam: A Personal Selection of Guidance for the Wayfarer

Shaykh Fadhlalla Haeri

Guidance for those who journey along this path, from the Qur`an, the Prophet`s traditions, narrations from the *Ahl al-Bayt*, and seminal works from among the *Ahl al-Tasawwuf* of all schools of thought.

The Lantern of The Path

Imam Ja`far Al-Sadiq

Each one of the ninety-nine chapter of this book is a threshold to the next, guiding the reader through the broad spectrum of ageless wisdom, like a lantern along the path of reality.

The Sayings and Wisdom of Imam `Ali

Compiled By: Shaykh Fadhlalla Haeri

Translated By: Asadullah ad-Dhaakir Yate

Carefully translated into modern English, a selection of this great man`s sayings gathered together from authentic and reliable sources.

Transformative Worship in Islam: Experiencing Perfection

Shaykh Fadhlalla Haeri with Muna H. Bilgrami

This book uniquely bridges the traditional practices and beliefs, culture and language of Islam with the transformative spiritual states described by the Sufis and Gnostics.

Talks, Interviews & Courses

Ask Course ONE: The Sufi Map of the Self

Shaykh Fadhlalla Haeri

This workbook explores the entire cosmology of the self through time, and maps the evolution of the self from before birth through life, death and beyond.

Ask Course TWO: The Prophetic Way of Life

Shaykh Fadhlalla Haeri

This workbook explores how the code of ethics that govern religious practice and the Prophetic ways are in fact transformational tools to enlightened awakening.

Friday Discourses: Volume 1

Shaykh Fadhlalla Haeri

The Shaykh addresses many topics that influence Muslims at the core of what it means to be a Muslim in today's global village.

Songs of Iman on the Roads of Pakistan

Shaykh Fadhlalla Haeri

A series of talks given on the divergence between 'faith' and 'unbelief' during a tour of the country in 1982 which becomes a reflection of the condition occurring in the rest of the world today.

The Connection Between the Absolute and the Relative

Shaykh Fadhlalla Haeri

This is a 1990 conversation with Shaykh Fadhlalla Haeri, in which he talks about wide-ranging topics on Islam and presents it as the archetypal, universal, Adamic path that began when humanity rose in consciousness to recognize duality and began its journey from the relative back to Absolute Unity.

The Spiritual Path: A Conversation with Shaykh Fadhlalla Haeri On His Life, Thought and Work

Professor Ali A. Allawi

In this wide-ranging conversation with Professor Ali Allawi, Shaykh Fadhlalla Haeri talks about his life story and the spiritual journey that he embarked on and the path he has been on ever since.

Poetry, Aphorisms & Inspirational

101 Helpful Illusions

Shaykh Fadhlalla Haeri

Everything in creation has a purpose relevant to ultimate spiritual Truth. This book highlights natural veils to be transcended by disciplined courage, wisdom and insight.

Beyond Windows

Shaykh Fadhlalla Haeri

Offering moving and profound insights of compassion and spirituality through these anthologies of connections between slave self and Eternal Lord.

Bursts of Silence

Shaykh Fadhlalla Haeri

Inspired aphorisms provide keys to doors of inner knowledge, as well as antidotes to distraction and confusion.

Essential Teachings: Bhagvan Sri Ramana Maharshi – A Sufi Interpretation of Truth Revealed

Shaykh Fadhlalla Haeri

Truth is eternal and it is not subject to certain people, place, or time. The utterances of Bhagavan Sri Ramana Maharshi carry with them the potency of what is real.

Pointers to Presence

Shaykh Fadhlalla Haeri

A collection of aphorisms providing insights into consciousness and are pointers to spiritual awakening.

Ripples of Light

Shaykh Fadhlalla Haeri

Inspired aphorisms which become remedies for hearts that seek the truth.

Sound Waves

Shaykh Fadhlalla Haeri

A collection of aphorisms that help us reflect and discover the intricate connection between self and soul.

Sublime Gems: Selected Teachings of Shaykh Abd al-Qadir al-Jilani

Shaykh Abd al-Qadir al-Jilani

Spiritual nourishment extracted from Shaykh Abd al-Qadir al-Jilani's existing works.

Autobiography

Son of Karbala

Shaykh Fadhlalla Haeri

The atmosphere of an Iraq in transition is brought to life and used as a backdrop for the Shaykh's own personal quest for self-discovery and spiritual truth.

Health Sciences and Islamic History

Health Sciences in Early Islam – Volumes 1 & 2

Collected Papers By: Sami K. Hamarneh

Edited By: Munawar A. Anees

Foreword By: Shaykh Fadhlalla Haeri

Health Sciences in Early Islam is a pioneering study of Islamic medicine that opens up new chapters of knowledge in the history of the healing sciences. This two-volume work covers the development of Islamic medicine between the 6th and 12th centuries A.D.

Other Resources

SFH Foundation YouTube Channel

To listen and watch talks by Shaykh Fadhlalla Haeri please visit the SFH Foundation YouTube Channel at:

<https://youtube.com/c/SFHFoundation>

Audio Books

To search for audio books by Shaykh Fadhlalla Haeri, please visit the Amazon Audible main website, at <https://www.audible.com> or your country-specific Amazon Audible website, and search for “Shaykh Fadhlalla Haeri”, without the double-quotes.