

On Zoom,  
From July, 7th, 2020, every Tuesday at 7:45PM. Please,  
register via email to Lata Pimplaskar latap1215@gmail.com  
**ICC Gita Group is Starting a new Text,**  
Updesh Saram - (Essence of Teaching) by Ramana Maharshi.

“The essence of all yogic or spiritual practices consists of merging the mind into the spiritual heart (hridaya), which is its origin, that’s pure consciousness.”

In verse 17, Ramana Maharshi explains, “By controlling the breath, the mind comes to rest like a bird in a net. Breath control is a means to control the mind.” But Self Realization is vinash or destroying the mind.

By controlling the prana one can control the mind. Outside air, once inhaled, is called Prana. Prana is the energy behind the mind, senses and body. Breath control is a means to control the mind. Along with Pranayama, the first half of Upadesha Saram deals with foundational practices of service, devotion, mantra, which provide the student with the discipline and preparation necessary to work with deeper, direct-awareness teachings

Second half of the book unfolds the nature of the ego into Self inquiry. While Meditating you question, “from where does this I or ego come and ego falls away as soon you inquire into, like a wave in ocean.” It’s Atma Vichara the Self Inquiry that leads you to the True nature of yourself as Pure Consciousness.

Excerpt taken From the book,  
Ramana Maharshi's Essence of Self-Realization  
By David Frawley. This book will be used as a Text for class. It’s available on Kindle and Google ebooks for \$5.99, please purchase it before the class begins.  
<https://books.apple.com/us/book/ramana-maharshis-essence-of-self-realization/id1435166495>