



## **Arunachala Shiva: Commentaries On Sri Ramana Maharshi's Teachings--Who Am I? (includes preview DVD and Arunachala Map) (H)**

*By John David (formerly Premananda)*

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Arunachala Shiva is a profound homage to the spiritual greatness of Bhagavan Sri Ramana Maharshi who is one of India's most well-known Sages. Included in this book is his famous text, Who Am I? (Nan Yar) in which he declares that Self-enquiry is the most direct route to Self-realisation.

Arunachala Shiva paints an intimate picture of Sri Ramanas life, taking us behind the scenes to moments with his closest disciples. The shocking yet compelling commentaries offer new and unexpected insights into his teachings, challenging entrenched ideas and assisting a final realisation. The unique nature of these interviews is revealed in the DVD Preview and in the 100 photographs

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## **Editorial Review**

### **Review**

If you want a modern commentary on Ramana Maharshi's 'Nan Yar' ('Who am I?'), this is it. --Dennis Waite, Author

### **About the Author**

This is an inspiring film that opens our eyes to our true potential, and is for anybody who wants to find out what life is really about. It shows the transformation process of 25 people in a community with the spiritual teacher Premananda. He explains in an insightful, humorous way what makes people feel separate, and what prevents living inner freedom. The film portrays an intense experiment in conscious living, encouraging a clear understanding of the traps of conditioning and the realisation of the eternal Self. An extraordinary film which draws the viewer in with its touching and beautiful imagery.

## **Users Review**

### **From reader reviews:**

#### **Sonya Wright:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try look for book, may be the reserve untitled Arunachala Shiva: Commentaries On Sri Ramana Maharshi's Teachings--Who Am I? (includes preview DVD and Arunachala Map) (H) can be very good book to read. May be it could be best activity to you.

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#### **Lizabeth Melgar:**

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### **Norbert Walling:**

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