


Who am I?

The Art of Self-Enquiry



CAN YOU LEARN TO BE YOURSELF,
JUST AS YOU ARE,
WITHOUT IMAGE, WITHOUT IDEA,
WITHOUT TRYING TO IMPRESS,
WITHOUT TRYING TO LIVE UP
TO SOME IDEAL,
BUT JUST BE YOURSELF?

A MEDITATION SEMINAR with Dr. Bhagwan Awatramani In the tradition of the great teacher Ramana Maharshi

Public Lecture

Thursday, February 12, 8 pm

Atlanta Friends Meeting
701 W Howard Ave, Decatur, GA

DONATION REQUESTED

Weekend Seminar

Friday - Sunday, February 13-15

Call 404 373-7698, Evenings
or visit www.TeachingsInSilence.com

SEE REVERSE FOR MORE INFORMATION

ABOUT THE SEMINAR

From Dr. Awatramani

We interact with our world through a never ending chain of events which are but results of our past actions. Is it possible to be free of this limitedness and thereby live in freedom, spontaneity, creativity and love? Intuitively we know there is "something" permanent and changeless in us, yet this eludes us because our senses and mind take us outwardly to a projected world.

What is this changeless "something" which we experience as our existence through the notion "I"?

Would inquiring into this "I" take us into the inner depths of consciousness – living in the moment and uninfluenced by past action? Would this release creative energy and love? Having been freed of past influences would we be beyond time? Is this not our Immortality?

These are not thoughts for intellectual consumption but an inquiry that has to be done - not using the mind – which is thoughts, feelings and pictures (for these create our bondage).

Can we do such an inquiry in total Silence (which means without any kind of mental activity or vibration)?

Would such an inquiry be an inner voyage into pure consciousness and lead to a merging with the "Immortal"?

Would we then be free and begin to live without bondage? Is this not liberation?

This inquiry needs dedication, one-pointedness and perseverance, but is possible for anyone who has the interest and intention.

From the Host

As a small child, I remember lying awake one night, trying to make sense of the universe. It was one of those macro questions that only a child's heart can capture: "What is the meaning of this world and this drama we call life?" It was a question I could not answer.

It's no surprise that decades later, my path would lead me to Dr. Bhagwan Awatramani, a medical doctor from India who has spent his life exploring these questions through the practice of meditation and self-enquiry.

As I sat with Bhagwan, the spiritual path I had been following for many years dissolved in his presence. All the elaborate ideas I had been carrying about God, transformation and the universe collapsed in the Silence.

Bhagwan uses the word Silence to mean something more than merely the absence

of sound. Silence is the underlying consciousness that ties the universe together. Between two thoughts there is Silence. Self enquiry is a path toward the Silence, toward the stillness that is at the core of one's being.

Bhagwan supports the inner work of the student regardless of the path he or she may be following. He goes into the energy of deep Silence to guide the pupil to his or her own center. The work of the seminar is an energetic guidance toward this still point within oneself. The value of the seminar is that the Silence becomes the guiding compass through the complexity of one's life.

I invite you to join us in this enquiry and to explore yourself – just as you are.

– Bruce Miller

About Dr. Awatramani

Dr. Awatramani was a medical practitioner for 25 years in Bombay, India. He currently runs an international meditation center in India and gives worldwide seminars from his base in Zurich, Switzerland. He teaches the art of mediation through deep silence and self-enquiry in the tradition of the great teacher Ramana Maharshi.

To Learn More

Visit www.TeachingsInSilence.com to download a free audio lecture from a recent seminar.

For cost, directions or more information, contact Bruce Miller (evenings) at 404 373-7698 or visit www.TeachingsInSilence.com/atlanta