



# Namo Ramana

A Monthly Newsletter from RMCL

January 2026 Vol 1, No 1

As the Sun begins its northward movement, the auspicious **Uttarāyaṇa Kāla** dawns with the promise of new beginnings, growth, expansion, and spiritual progress. What better time than this to introduce our new monthly newsletter?

Welcome to the inaugural issue of **Namo Ramana**, RMCL's monthly newsletter. The core value of RMCL has always been its commitment to an individual's holistic development through satsangs, cultural events, and transformative learning initiatives. It provides a nurturing space for seekers of all ages to turn inwards, discover inner quietude, and cultivate a conscious and compassionate way of living that embodies the essence of Bhagavan's message—surrender, self-inquiry, and simple living.

While the idea of the newsletter has been in the works for some time, its launch now feels especially fitting, as it coincides with **Makara Sankranti**, marking a new phase of direct connection between RMCL and its members. This newsletter serves as a gentle mirror reflecting the core values of RMCL, wherein we share our events, the essence of our gatherings, and reflections rooted in self-inquiry—all of which illuminate the timeless teachings of Bhagavan.

For now, the newsletter will be accessible on our website <https://ramanacentre.com/>. In due course, we plan to make it subscription-based so that it can reach you directly in your inbox.

We sincerely hope that each edition invites you closer to the heart of Bhagavan's wisdom, guiding all earnest seekers to turn inwards and find inner peace.

At the feet of Bhagavan,  
The Namu Ramana Team

## What You Can Expect in the Coming Issues

Each edition of the RMCL newsletter will include:

- Event Highlights: A glimpse into recent and upcoming events at RMCL
- Teachings of Bhagavan for daily contemplation
- Q&A culled from RMCL Satsanghs
- Incidents from Bhagavan's life
- Spiritual stories
- Devotees' experiences
- Bhagavan's verse/ quotes explained



Sahasradeepam on the occasion of the Ramana Shrine opening anniversary celebration



## Who is Ramana?

Namo Ramana!

To celebrate the glory of Ramana in infinite ways was the vision and passion of Sri A. R. Natarajan, Founder President of the Ramana Maharshi Centre for Learning. Thus, the celebration takes place through publications and workshops, seminars and satsangs, and through poetry, music, dance, and drama. The following lines from Ganapati Muni's verse, translated into Kannada, were his favourite, which he would often sing aloud:

*“Ātmarūpi Śrī Ramanana vaibhava tōruva rītige kone ihudō?”*

“Is there an end to the varied ways in which one can express the magnificence of Ramana, who is the embodiment of the Self?”

In November 1907, Muni surrendered to Ramana, who was residing in the Virupaksha Cave and was, until then, silent. From him, Muni received the scintillating, unique, and piercing instruction that marked the culmination of his tapas, his penance:

**“Find out from where the ‘I’-thought arises and merge at its source—that is tapas.”**

The young sage, known as Brahmana Swami, whom Muni rechristened as Ramana, but not merely as Ramana. On that very day, Muni wrote individually to his many dear disciples: “My Master, my Guru, I have found. He is no ordinary sage. To me, to you, and to all, he is **Bhagavan Sri Ramana Maharshi**. Let the whole world know him as such.” And thus, he is known. Looking back, one may say that this was the first historic “newsletter” of the Ramana Movement.

The Muni declared to all that this was the **Maharshi**, the seer par excellence, who revealed the direct path of Self-enquiry and laid it open to every sincere seeker of truth. He is **Ramana Sadguru**, the dear friend on the Selfward path, walking alongside us and lighting every step of the inner journey. He is **Ramana**, the most intimate, the best beloved. He is **Sri**—all that is auspicious, all that is beautiful—which is the Self itself. He is **Bhagavan**, God, the all-knowing, benevolent protector. As all this we see him; as all this we enjoy his presence and his bounty.

—Dr. Sarada Natarajan

## Q & A from Satsanghs

### What is an ideal condition to practice Atma Vichara?

Meditating during Brahmamuhūrtham is one of the most conducive times to practice Atma Vichara. During Brahmamuhūrtham, the entire nature cooperates with us to be still and turn inwards, making it ideal for satsangha. Even when Bhagavan was undergoing cancer treatment, his attendants, concerned about his health, would request him to rest longer and not wake up in the wee hours of the morning at 3:30 a.m. Bhagavan would gently reply that he could not miss Brahmamuhūrtham. And yet, in the following verse, Bhagavan clearly pinpoints which is the best satsangh of all:

*sādhu uṇavu sāra uḷam sār telī vicāratāl (UNA, verse 2)*

It is the association with the sage that is the most ideal condition to bless an earnest seeker with the practice of self-enquiry. He elaborates the same idea in verse 4, when he says:

Heat is removed by the cool moon,  
Poverty by the celestial wish-fulfilling tree,  
Sin by the Ganga;  
But all these, beginning with heat, are removed  
By the mere sight (darshan) of incomparable Sadhus

—Nandakumar Ji,

Talks on **Ulladu Narapadu Anubandam**. For the full talk on Verse 2, click on the link below.

<https://youtu.be/89OYN3gZUBA>



Lighting of Kartigai deepam at the Shrine



## Bhagavan's first upadesa

It was the year 1898. For two long years, Azhagammal had been searching for her son, Venkataraman, who had left home after writing a cryptic note stating that he had gone in search of his Father and that no one should look for him. But a mother's heart cannot accept such finality. She spent those two years searching for him, often disappointed by false reports of someone claiming to have seen him here or there.

Finally, when she received confirmed news that her son was now the renowned Brahmana Swami in Tiruvannamalai, she rushed there with great hope and determination, intent on coaxing and cajoling him to return home with her. Alas, when she finally saw him, her heart broke in agony. She found him seated on a stone dais at Pavalakundru, in a state of extreme neglect—his hair matted, his body covered in dust, his nails long, and clad only in a dirty codpiece. A mother's heart was torn apart.

Her pleas fell on deaf ears; her cries made him walk away; her wailing only seemed to harden his resolve. At last, seeing her distress, the onlookers pleaded with him on her behalf—to say something, if not in speech, then at least in writing. Thus came Bhagavan's very first upadeśa. Though it did not console her in the way she had hoped, it made one thing abundantly clear: he was no longer her son Venkataraman.

### The Upadeśa

*The Ordainer controls the fate of souls in accordance with their past deeds. Whatever is destined not to happen will not happen, try as you may. Whatever is destined to happen will happen, do what you may to prevent it. This is certain. Therefore, the best course is to remain silent.*

Watch the 20-minute production of **Ramana Prabha** (Ep: 7), where Azhagamma begs Bhagavan to come back

<https://www.youtube.com/watch?v=IZELdaTOJYU>

## Ramananjali Offering

karuNApUrNA sudhAbdhe kabalita ghana  
vishwarUpa kiraNAvalyA |  
aruNAchala paramAtman aruNo bhava  
chittakanjasuvikAsAya

Ocean of Nectar, full of grace, O Self Supreme, O Mount of Light! Whose spreading rays engulf all things, Shine as the Sun which makes the heart-lotus blossom, fair.

Lyrics: Bhagavan Ramana Maharishi

English Translation: Prof. K. Swaminathan

Music: Smt. Sulochana Natrajan

For the full song, click on: [https://youtu.be/-sGru\\_N1Gzg?si=sWEHe7GI9Tnsh4NH](https://youtu.be/-sGru_N1Gzg?si=sWEHe7GI9Tnsh4NH)



The beacon of light lit at the Shrine

SILENCE IS TRUTH.  
SILENCE IS BLISS.  
SILENCE IS PEACE.  
SILENCE IS THE SELF.



# The Month that Went by

## Four Days of Celebrating Grace: Ramana Shrine Opening Celebrations

The month of December holds special significance for Ramana devotees, as it marks the birth month of Bhagavan Ramana Maharshi. It is especially meaningful for the Ramana Maharshi Centre for Learning (RMCL), as our **Ramana Shakti Peetham**—the Ramana Maharshi Shrine and Meditation Hall—was inaugurated on **December 5, 1982**, fulfilling Sri A. R. Natarajan's vision of creating a physical space in Bengaluru for imbibing the living presence of Ramana. Constructed in the form of Arunachala, the Shrine stands as an oasis of peace, open to all who seek inner stillness.

This year, the Karthigai Deepam and Shrine Winter Festival were celebrated over four days, from December 3 to December 6.

On December 3, devotees gathered to witness the lighting of the beacon on Arunachala, participate in the lighting of the Karthigai Deepam at the Shrine, listen to bhajans rendered by RMCL artistes, and undertake the Arunachala giri pradakshina around the Shrine.

On December 4, devotees chanted the Ramana Sahasranamam composed by Jagadeeshwara Shastry, followed by the Sahasranama Puja.

The Shrine anniversary, celebrated on December 5, was marked by a captivating dance presentation by Vincent Paul and Divyashree Vincent from the Ramananjali repertoire. Their performance, imbued with devotion and grace, filled the atmosphere with joy and touched the hearts of all present.



Sri Vincent Paul and Smt. Divyasree Vincent

The celebrations culminated on December 6 with the much-awaited Sahasradeepa Utsava, during which more than 1,000 lamps were lit under the leadership of Uma Sripathy and her team. The evening also featured a musical offering titled **“Om Namo Bhagavate Sri Ramanaya”** by Dr Ambika Kameshwar. She spoke eloquently on the glory of the Ramana Mantra, presenting compositions by various poet-saints corresponding to each letter of the mantra, drawn from the Ramananjali treasure chest. For each sacred syllable, she chose a fitting song and offered a deeply evocative interpretation, allowing listeners to enter the mantra's inner beauty.

She was accompanied by Dr Vaishnavi Poorna, Ujwal Jagadeesh, and Revathi Sankar. Vidwan Vijayaraghavan accompanied on the violin, Vidwan Umayalapuram Kalyanaraman on the mridangam, and Master Viraj on the khanjira and special effects. The event was further graced by the presence of Swami Durgaprasadananda of Swami Sivananda Ashram.

While Bhagavan's presence is always felt, but on special days, his compassion doubles and each and every devotee present could feel both his power and peace.

Enjoy the bhajan by clicking on the link:

<https://www.youtube.com/live/JI4p5gCRmVA>



Sahasradeepotsava celebrations





## The Birth of Bhagavan

As the deity of Bhuminatheshwara entered the womb of the temple premises at Tiruchuzhi, out emerged from the womb of Azhagamma, the child destined to deliver humanity from the throes of samsara. It was December 30, the day of Bhagavan's physical manifestation as Venkataraman. However, it took another 16 years for the inner light to manifest, for Venkataraman to transform into Bhagavan Sri Ramana Maharishi.

He is **Bhagavan**: The lord of all.

He is **Ramana**: The one who abides in bliss and is the source of joy to one and all.

He is **Maharshi**: A peerless sage.

He is the light that came to dispel the darkness of mankind.

Like Sri Krishna, who, as soon as he was born, displayed his godliness to his parents, Devaki and Vasudeva, Bhagavan Ramana too, as soon as he was born, exhibited his divine manifestation. And thus, the old blind midwife was able to witness an all-encompassing light that suffused the birthing room.

Click on the link below to enjoy the nine-minute dance drama from **Ramana Charitram: Angles of Vision**, produced by RMCL, that beautifully depicts the birth of Bhagavan Ramana and the light that the blind lady witnessed.

<https://youtu.be/pvTlUVjmAUK?si=RmiLo6llkrHq9BL9>

## Bhagavan's Jayanthi Celebrations

The 146th birth anniversary of Bhagavan Sri Ramana Maharshi was reverently celebrated on December 30 at the Ramana Shrine. The atmosphere was filled with devotion and joy as devotees gathered in large numbers to offer prayers and participate in special pujas conducted in Bhagavan's sannidhi.

The morning began with soulful bhajans on Bhagavan, sung with great fervour, followed by **Ramana Sahasranama** archana and prasadam. The bhajans were led by Smt. V. Radha, accompanied by Ujwal Jagadeesh and Revathi Sankar.

The celebrations continued in the evening with "**Asti Bhāti Priyam**", a Ramananjali musical offering featuring select verses from **Ramana Tiruvembavai** by Muruganar Swami and **Empavai** by Sadhu Om Swami. The music, composed by Smt. Sulochana Natarajan and Dr Rajkumar Bharathi were rendered by Smt. V. Radha, along with students of RMCL and the Japamalasara School of Music and Dance. The programme concluded with Maha Prasadam.

The day left devotees deeply touched and grateful for the opportunity to commemorate at the Shrine the sacred day of Bhagavan's advent.



## Jayanthi Celebrations



## December Events: RAISE

**RAISE (Ramana Art-form Intervention for Self-Awareness and Excellence)** is a special outreach programme for children, through which the Centre reaches out to government and underprivileged schools. The program trains children in Theatre Arts and presents music, dance, drama, arts and crafts, and storytelling as tools of transformation. These art forms form the core of the **Theatre Arts for Holistic Development (TAHD)** methodology, conceived by Dr Ambika Kameshwar.

Through this methodology, the Centre reaches an average of 1000 to 1200 children every year, with five schools participating annually. The program aims to nurture self-awareness, confidence, creativity, and excellence in young minds through experiential learning.

This year's presentations were held on December 9 for KECS High School, with 250 students participating. This was followed by performances by Geddalahalli Government Higher Primary School—the Kannada medium students on December 11 and the English medium students on December 12, with 250 children performing on each day.

Every child in each class is given an opportunity to perform. Costumes, makeup, jewellery, and refreshments are provided by the Centre, and the children are brought to the Ramana Maharshi Heritage Auditorium for their performances. This year, sweaters were also gifted to every participating child, adding warmth to the celebrations.

The spirit of celebration continues, with a few more school presentations planned. Events are being scheduled for January, alongside the National Seminar and the Annual Days of the Music and Dance classes

### Some moments captured from the RAISE program





# Your Dates with Ramana

## Ramana Maharshi Heritage Campus, Sanjay Nagar

- **Jan 21**, Wednesday, 6:30 pm: **RAISE**  
'Bhakti' - A theatre presentation by students of KECS Higher Primary School

## 49th National Seminar and Cultural Festival on the Life and Teachings of Sri Ramana Maharshi with Self-enquiry Workshop

- **Jan 23**, Friday 6.30 pm: Abounding Auspiciousness Ramana Kalyani, **Talk by Dr Ambika Kameshwar**, Director RASA, Chennai and **Musical Feature** by the students of RMCL
- **Jan 24**, Saturday: **Self-enquiry Workshop** (Understanding the mind, self-enquiry theory and practice) conducted by N. Nandakumar, Venkatesh Deshpande, Dileep Simha; , **Ramananjali music** and **Ramana Maha Shakti—A Mega Dance Drama** by the artistes of RMCL and RASA (Chennai)
- **Jan 25**, Sunday: **Self-enquiry Workshop** (Exploring and transcending identities, Interactive sessions and practice) conducted by Sri N. Nandakumar, Sri Venkatesh Deshpande, Dr Sarada, Dr Ambika Kameshwar, Sri Dileep Simha, **Dashavatara Ramana—A** dance drama by the young artistes and students of RMCL

Note: Registration for the Self-enquiry Workshop is on a first-cum first-served basis.

No Registration Fee.

Seminar and Cultural Programs are open to all

## At Ramana Maharshi Shrine, Mekhri Circle

- **Jan 26**, Monday: **National Seminar and Cultural Festival** - Kannada Session
- **Feb 15**, Sunday: **Maha Shivaratri**

Come and be a part of the upcoming events and celebrations at RMCL.

ramana maharshi  
centre for learning

Ramana Maharshi Centre For Learning

ORGANISOR OF INDIAN HERITAGE FESTS AND CONTESTS since 1979...

presents

The 3rd Online Global Contest

**RAMANANJALI RICHAA AWARDS 2025**  
**Ramanotsavam Season 2**

Music | Dance Essay | Drama  
Classical | Devotional Chanting | Painting

For all age groups

Win Awards, Titles, Performances & Interaction with Eminent artistes. Last rounds Telecast on Ayush TV

Selected videos will be posted on Ayush TV and Ramanacentre Bengaluru Youtube Channel

No Registration: Fee  
Contact : 9187077750  
email : ramananjali@ramanacentre.com

Collaboration  
AYUSH TV  
RASA Web Channel

PUBLISHED BY DR SARADA NATRAJAN FOR  
RAMANA MAHARISHI CENTRE FOR LEARNING

EDITORIAL BOARD  
LALLITHA VISWANATHAN  
DR. SARADA NATRAJAN  
REVATHI SANKAR