

Realization



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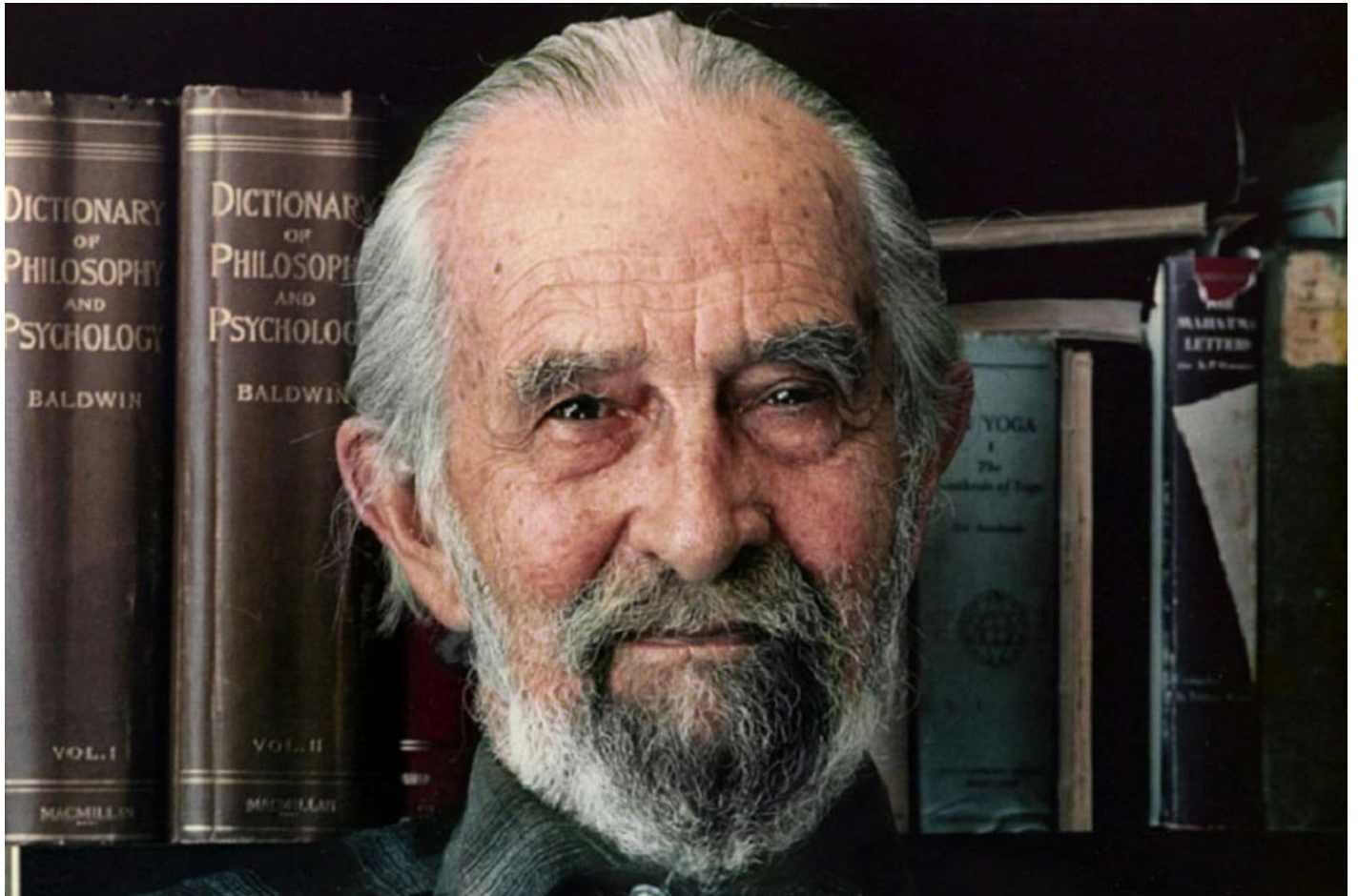
Poem

I Am Disarmed

By Patriarch Athenagoras I

I'm no longer afraid of anything, because love banishes fear.

August 2, 2018



Article

Recognition, an Inversion of Consciousness

By Franklin Merrell-Wolff

Recognition and Liberation are attained by turning the attention toward the subjective pole and away from the objective content of consciousness. The effort must be to attain a consciousness without objective content. Such a consciousness may be likened to a light in a space that contains no objects.

April 1, 2018



Autobiography

The Master of Ganeshpuri

By Paul Zweig

A gifted writer visits Muktananda at his ashram in India.

January 3, 2018



Interview

The End of the Spiritual Search

An interview with Scott Kiloby by Iain McNay.

December 30, 2017



Autobiography

The Awakening

By Scott Kiloby

Scott Kiloby describes his awakening.

December 28, 2017



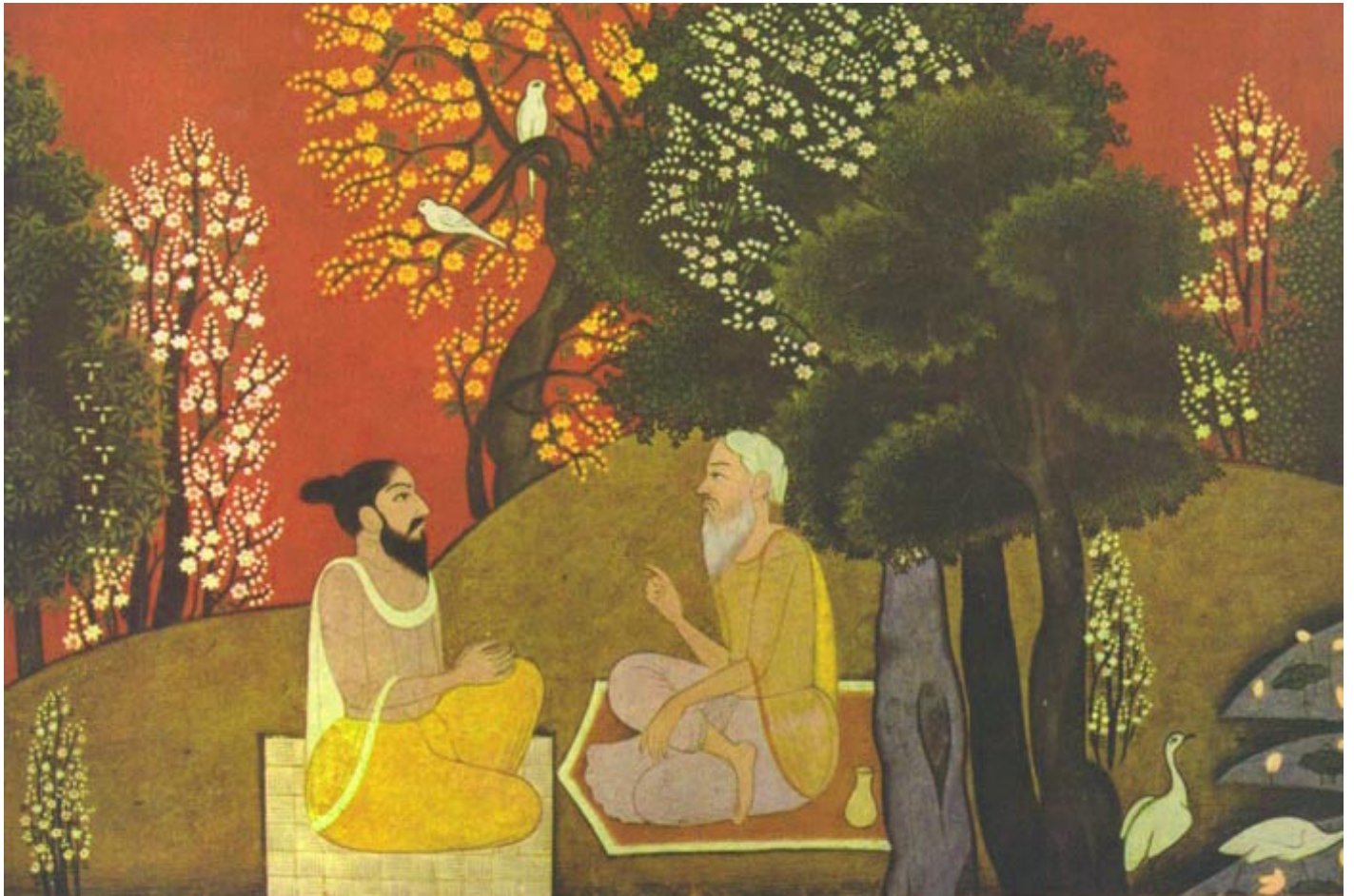
Autobiography

The Bright Yellow Circus

By Paul Zweig

An extraordinarily gifted writer describes how he was changed by his guru, Muktananda.

December 22, 2017

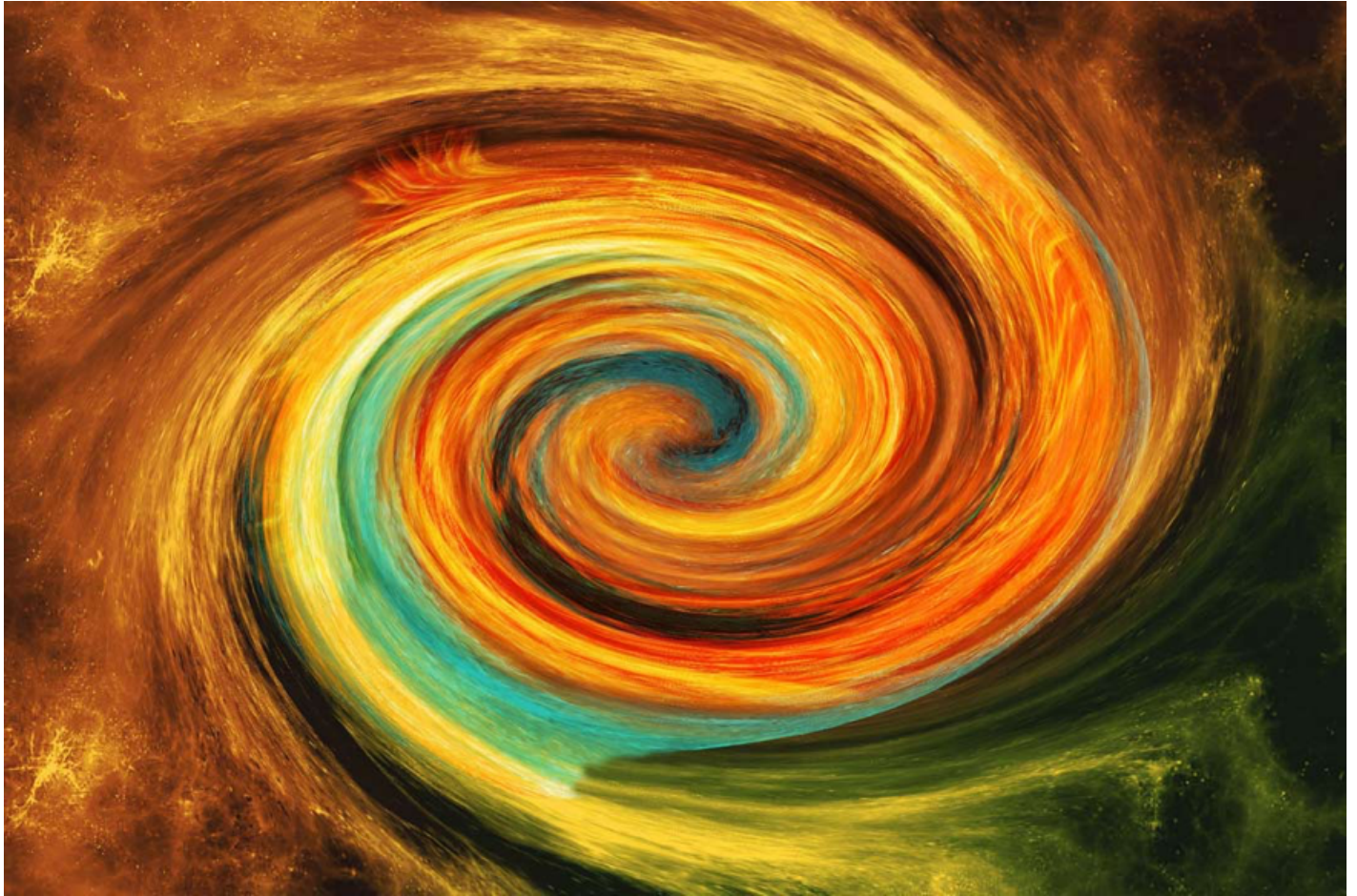


Scripture

Mandukya Upanishad

A comparison of ten complete translations.

January 19, 2000



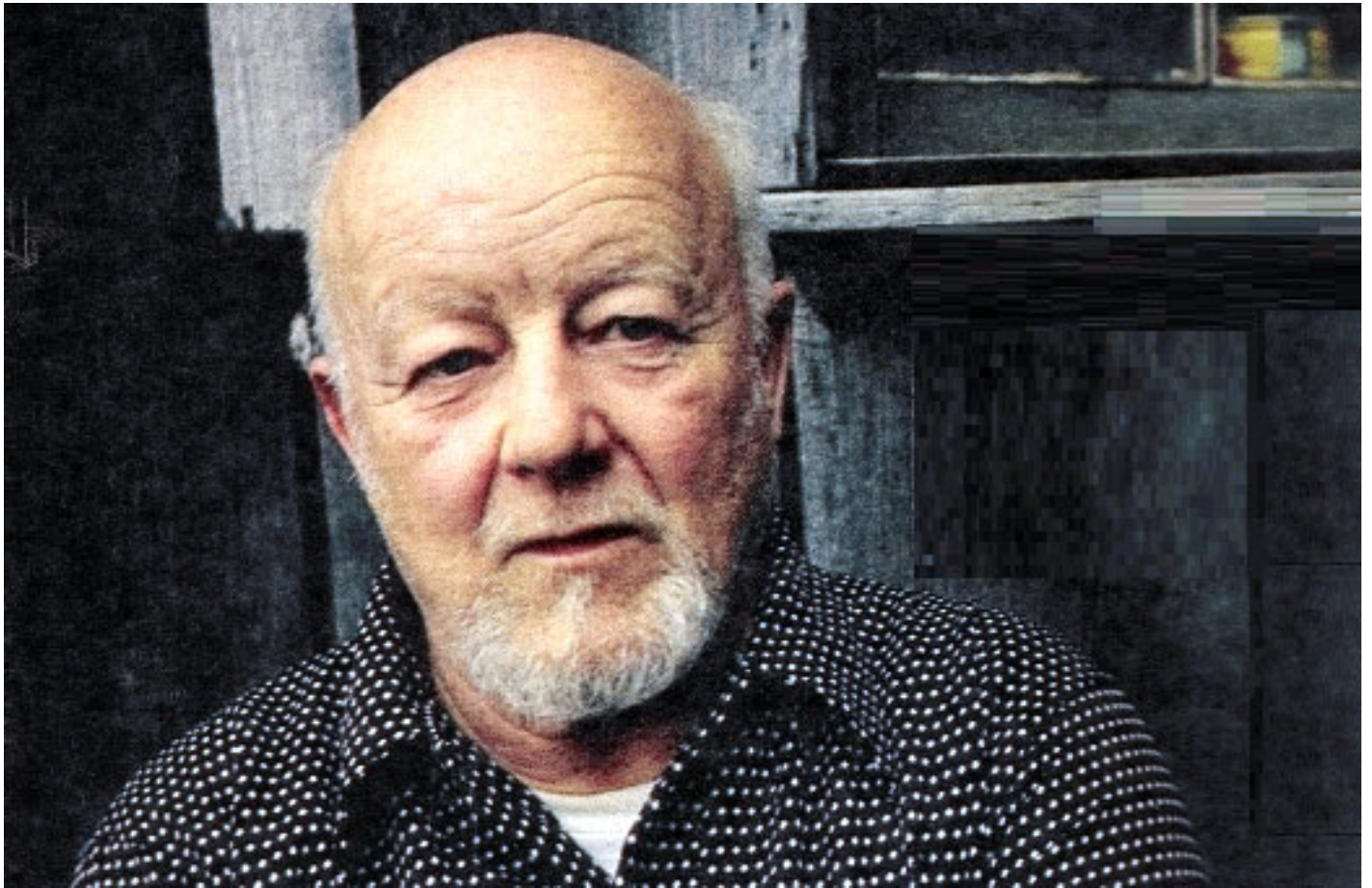
Experience

Self-Realization is the Opposite of that Black Hole

By Adiguru Padmé

The highest form of Mystery I ever had/felt/am

June 29, 2017



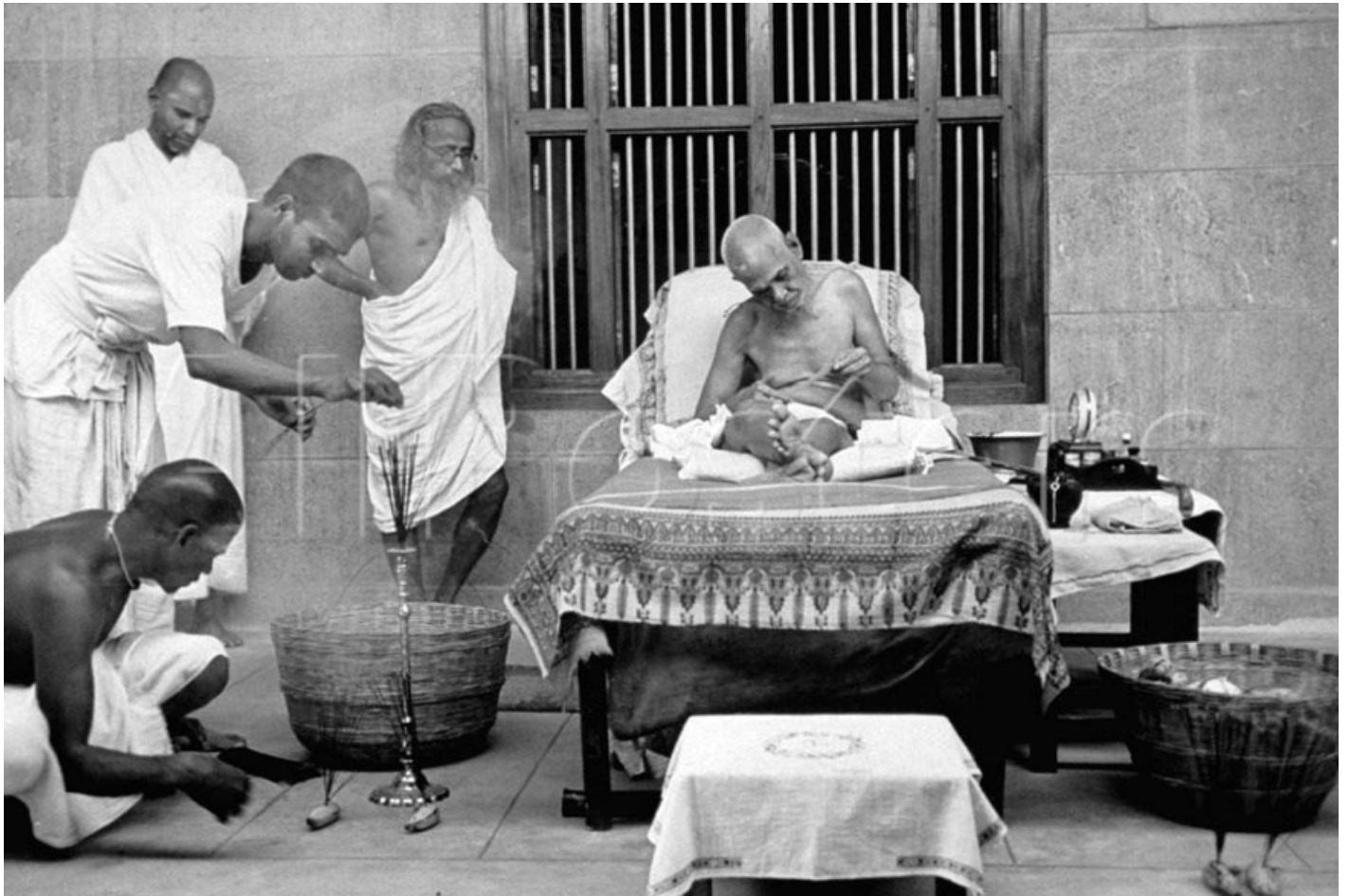
Autobiography

Three Accounts of My Awakening

By Richard Rose

Richard Rose describes his moment of Self-realization.

June 24, 2017



Book Excerpt

Ramana Talks About Aurobindo

By David Godman

Swami Madhavtirtha recalls a conversation in which Ramana Maharshi explained the differences between his teachings and Sri Aurobindo's.

September 28, 2001



Book Review

The Autobiography of an Indian Monk
by Shri Purohit Swami

Reviewed by Laura Olshansky

The first autobiography of a yogi ever written, and the only one that received editorial assistance from a Nobel laureate in literature.

September 10, 2000



Article

Awakening vs. Liberation

By Ed Muzika

After experiencing nirvikalpa thousands of times, the author was deeply disappointed because he was still the same person.

June 14, 2017



Sadhana

The Question of the Importance of Samadhi in Modern and Classical Advaita Vedanta

By Michael Comans, PhD

Do Advaitins believe that samadhi is necessary for liberation?

March 4, 2004



Sadhana

The Nectar of Immortality

By Sri Nisargadatta Maharaj

You must be possessed by this idea of finding out what this "I-am-ness" is, just as you would not rest until you found the source of a smell emanating from some place.

October 18, 2001



Sadhana

The Quintessence of My Teaching

By Sri Nisargadatta Maharaj

You know you are. How do you know it? And with what did you know it?
This is the sum total of my teaching needed to put you on the right track,
its very quintessence.

October 3, 2001



Sadhana

Awareness

By Jiddu Krishnamurti

That intelligence comes into being only when we are passively aware of the whole process of our consciousness, which is to be aware of ourselves without choice, without choosing what is right and what is wrong.

June 8, 2017



Sadhana

Meditation is the Ending of All Experience

By Jiddu Krishnamurti

Meditation is the total inaction which comes out of a mind that sees what is, without the entanglement of the past.

June 7, 2017

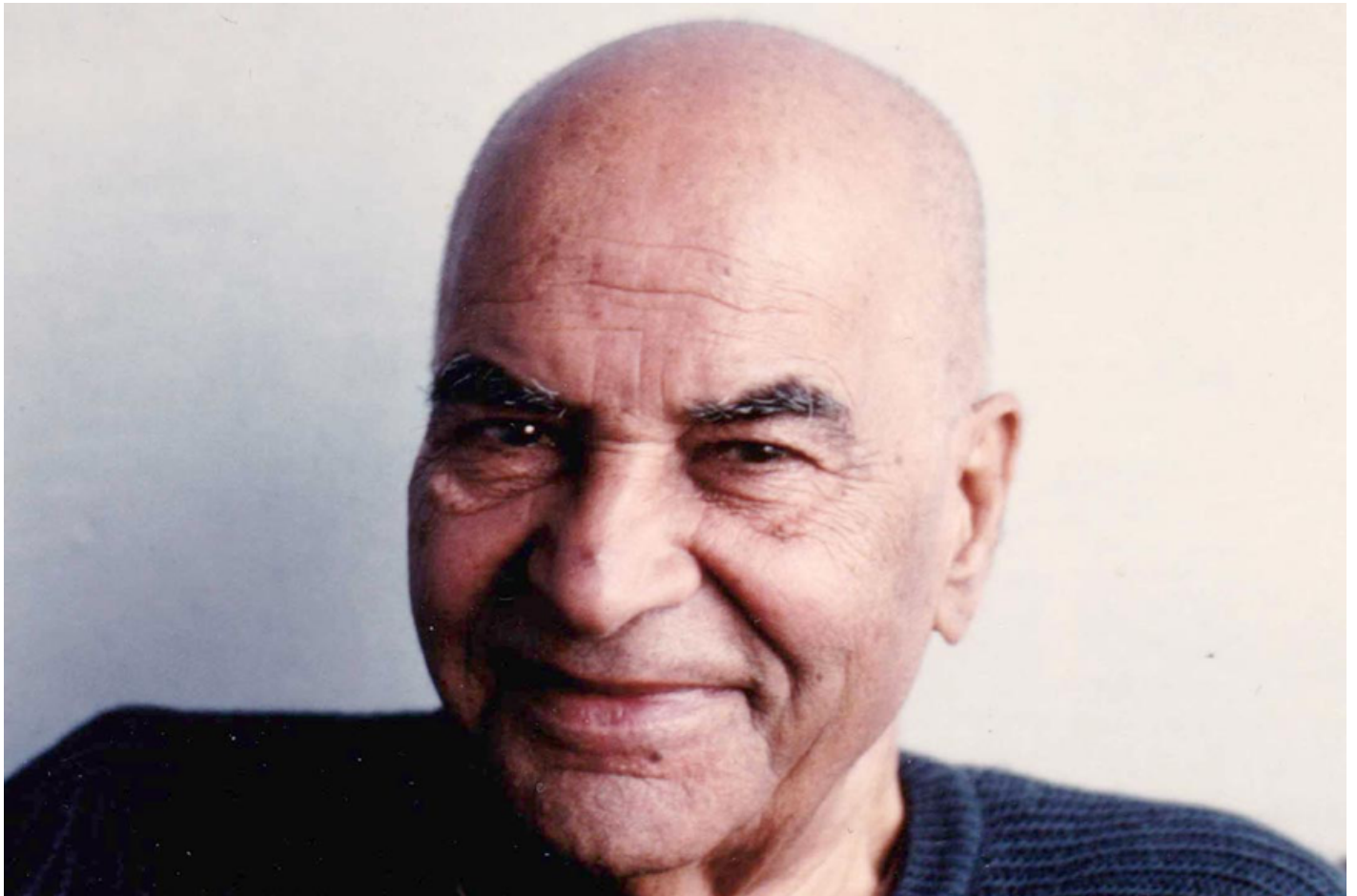


Experience

Kundalini Signs and Symptoms: The Complete List

By El Collie

June 6, 2017



Experience

Two Former Students Compare Memories of Their Guru, Papaji

By Arjuna Ardagh and Andrew Cohen

Arjuna Ardagh and Andrew Cohen talk about their experiences with
H.W.L. Poonja.

June 6, 2017



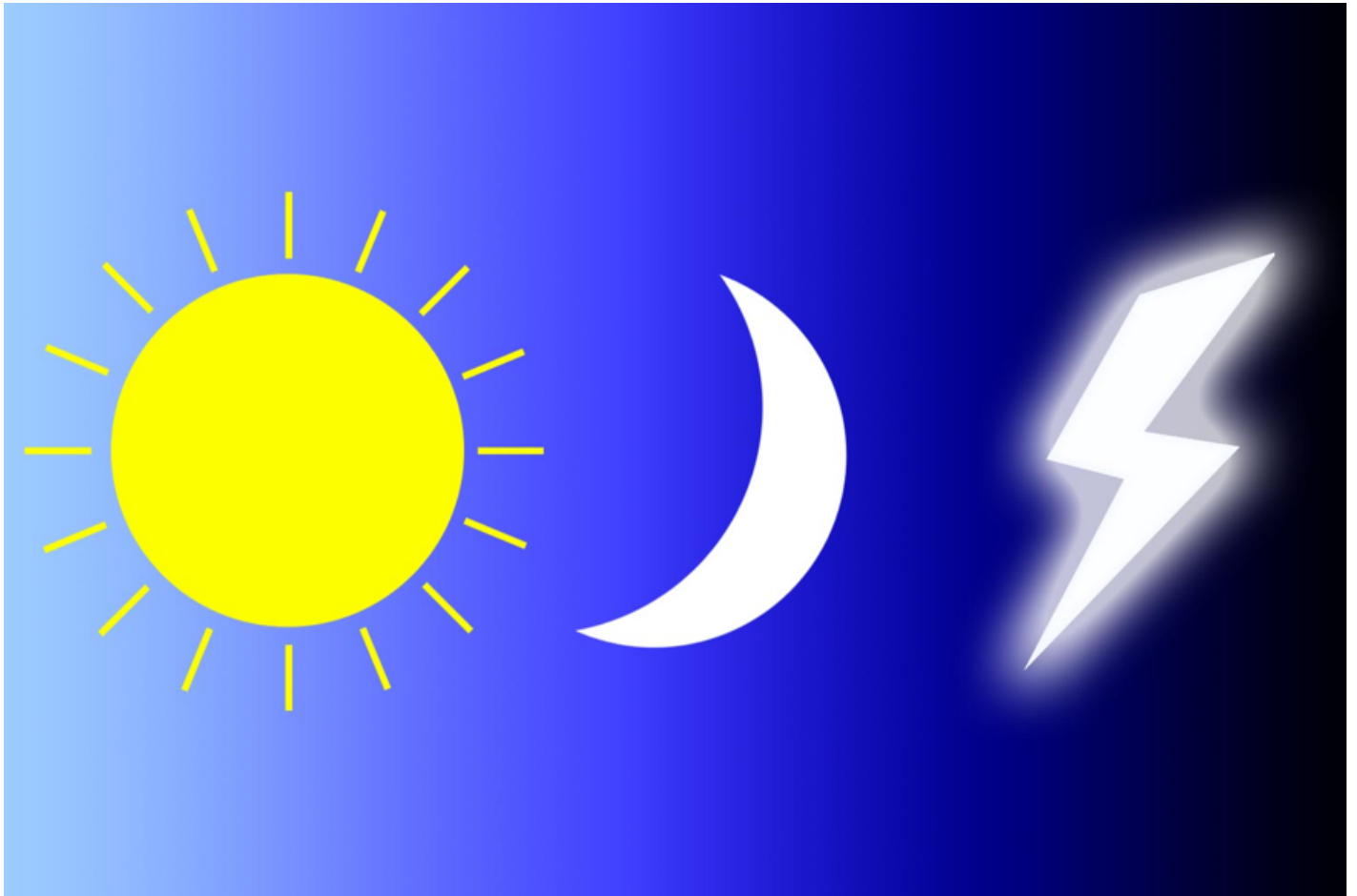
Classic

The Vijnana Bhairava

Translated by Paul Reps and Lakshman Joo

This great classic text of Tantric Shaivism describes 112 ways to catch sight of Reality beyond the mind.

June 3, 2017



Experience

The Yoga of Three Enlightenments

By Petri Einiö

Consciousness is the sunlight of our soul; Awareness, the moonlight;
Kundalini, the cool balancing energy.

December 28, 1999



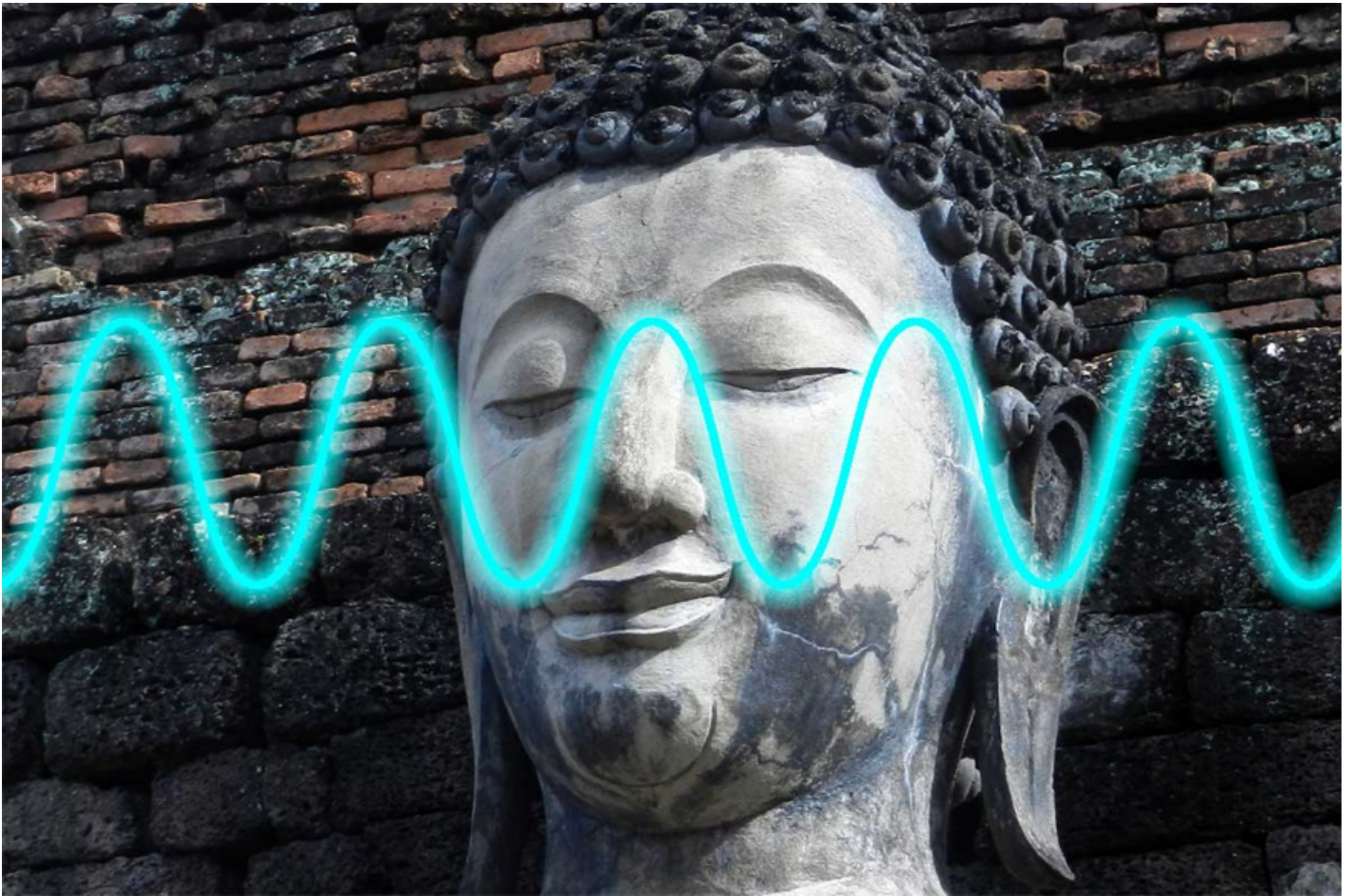
Experience

My Meeting with Ramana Maharshi

By Mercedes de Acosta

She was a Hollywood socialite. He was the most revered sage in India.
Here's what happened when they met.

February 10, 2000



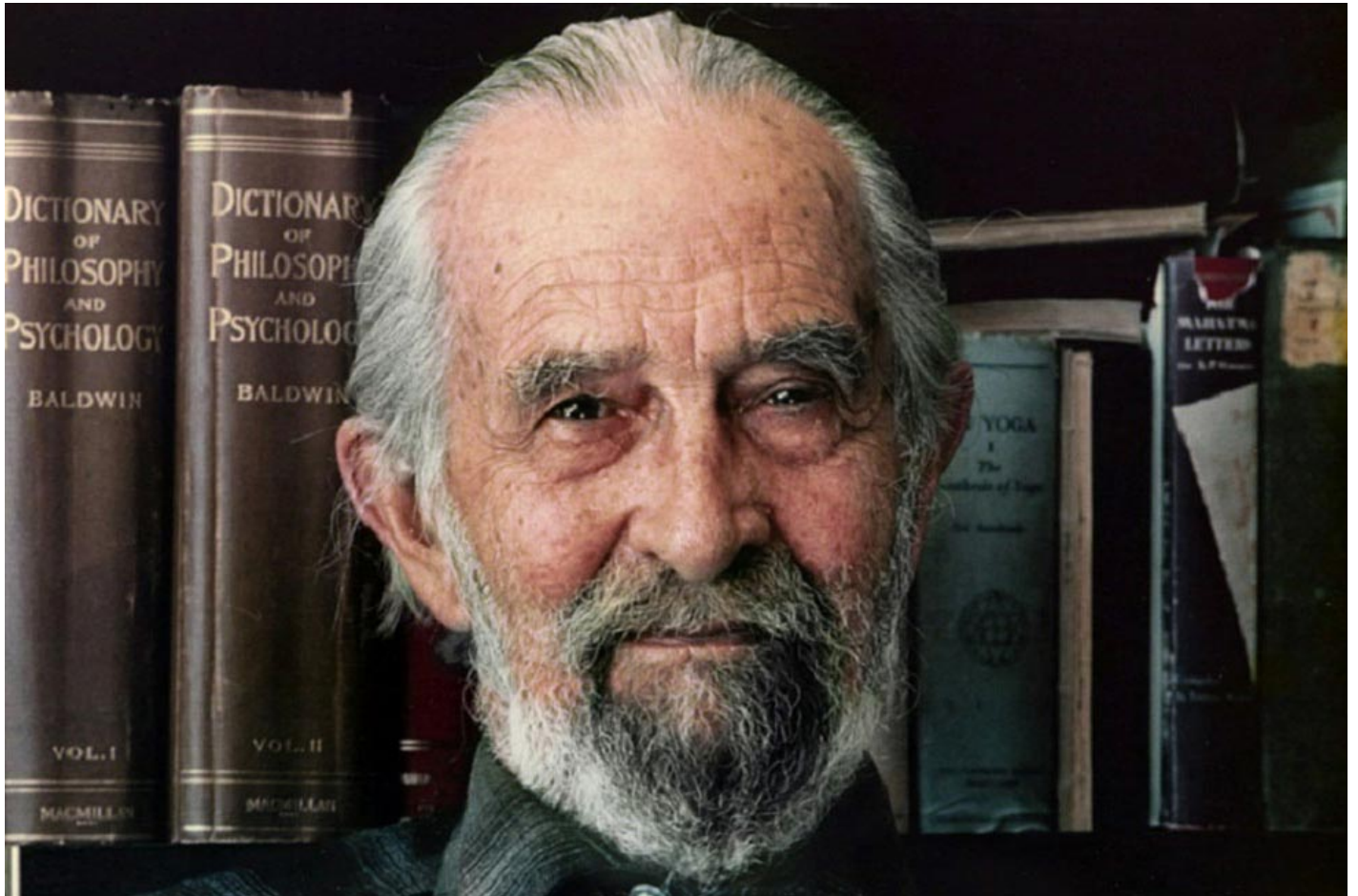
Experience

How Will I Know If I'm Really Meditating?

By John S. Anderson

After struggling for years to learn to meditate with traditional techniques, the author was so discouraged he gave up. Then he tried neurofeedback.

June 30, 2000



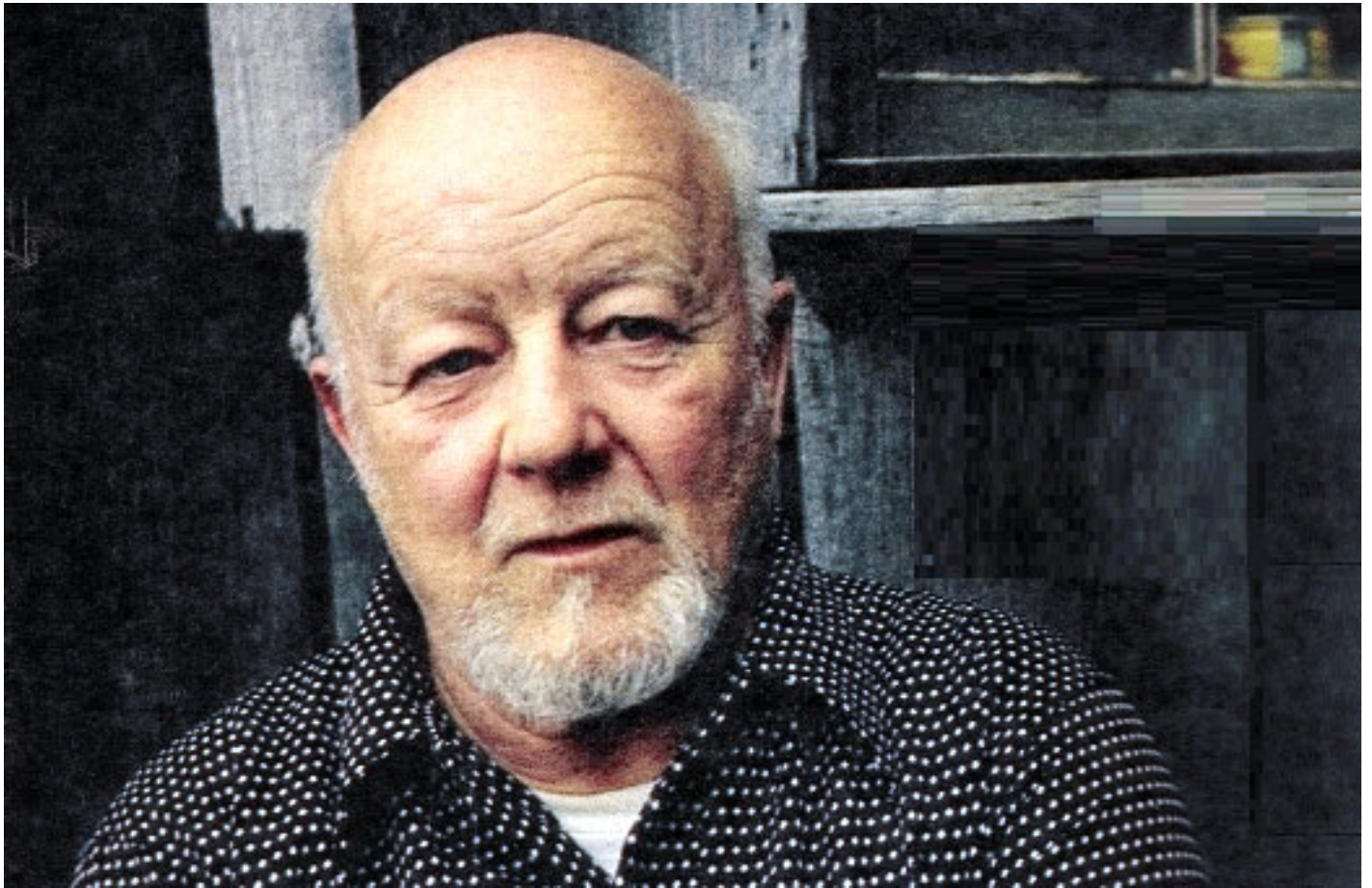
Experience

My Awakening

By Franklin Merrell-Wolff

I saw that genuine Recognition is simply a realization of Nothing, but a Nothing that is absolutely substantial and identical with the SELF. This was the final turn of the Key which opened the Door.

May 31, 2017



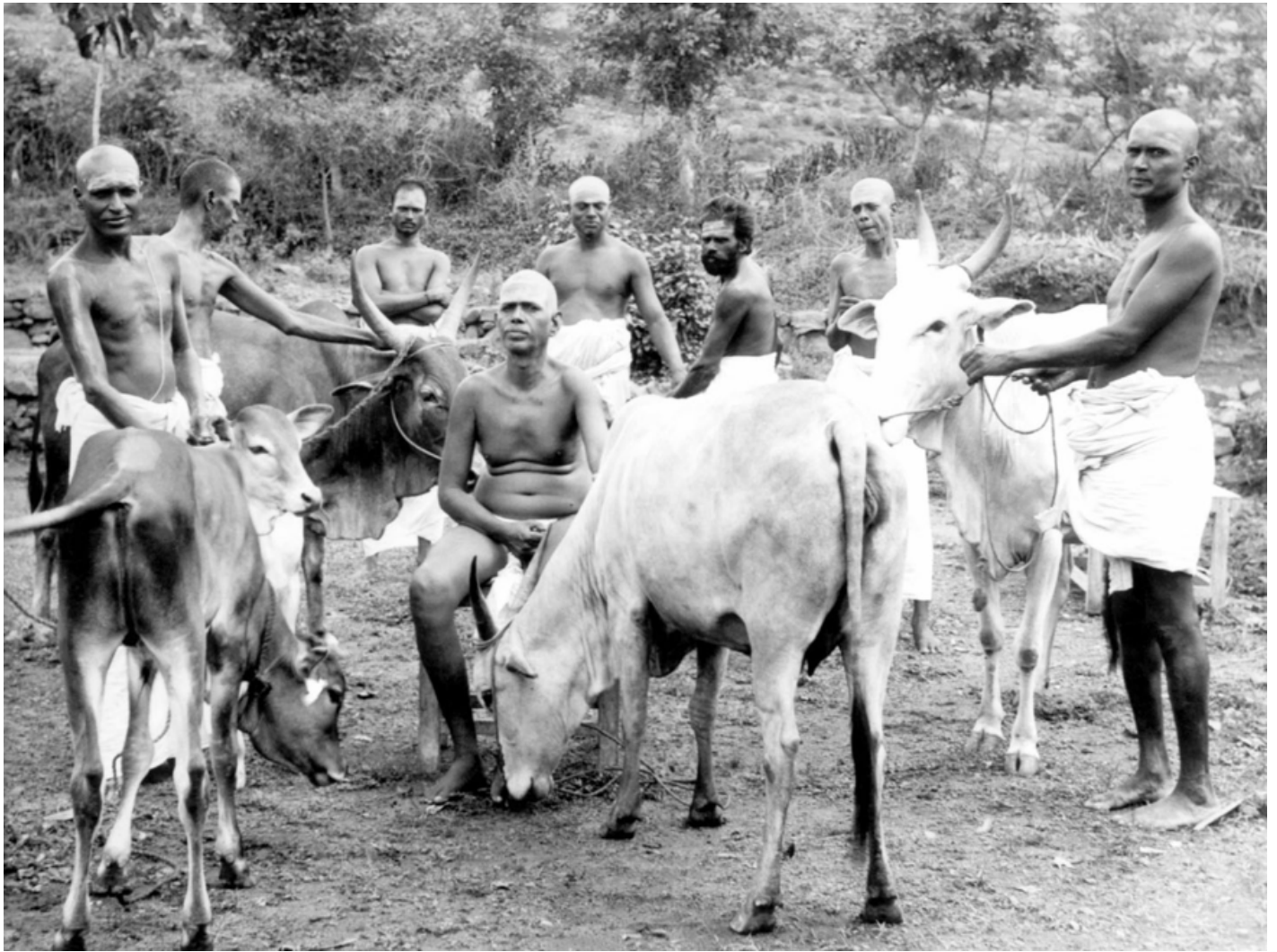
Sadhana

A Method of Going Within

By Richard Rose

By watching the mind from points of view that are behind the mind, we
can recognize our essential self.

May 30, 2017



Sadhana

Control of Mind vs. Destruction of Mind

By Ramanananda Swarnagiri

A silent mind will not lead to Self-realization unless awareness of 'I' is present.

May 30, 2017



Classic

Ellam Ondre (All Is One)

By Vaiyai R. Subramaniam

Ramana Maharshi said, "If you want liberation, write, read, and practice the instructions in Ellam Ondre."

May 20, 2000



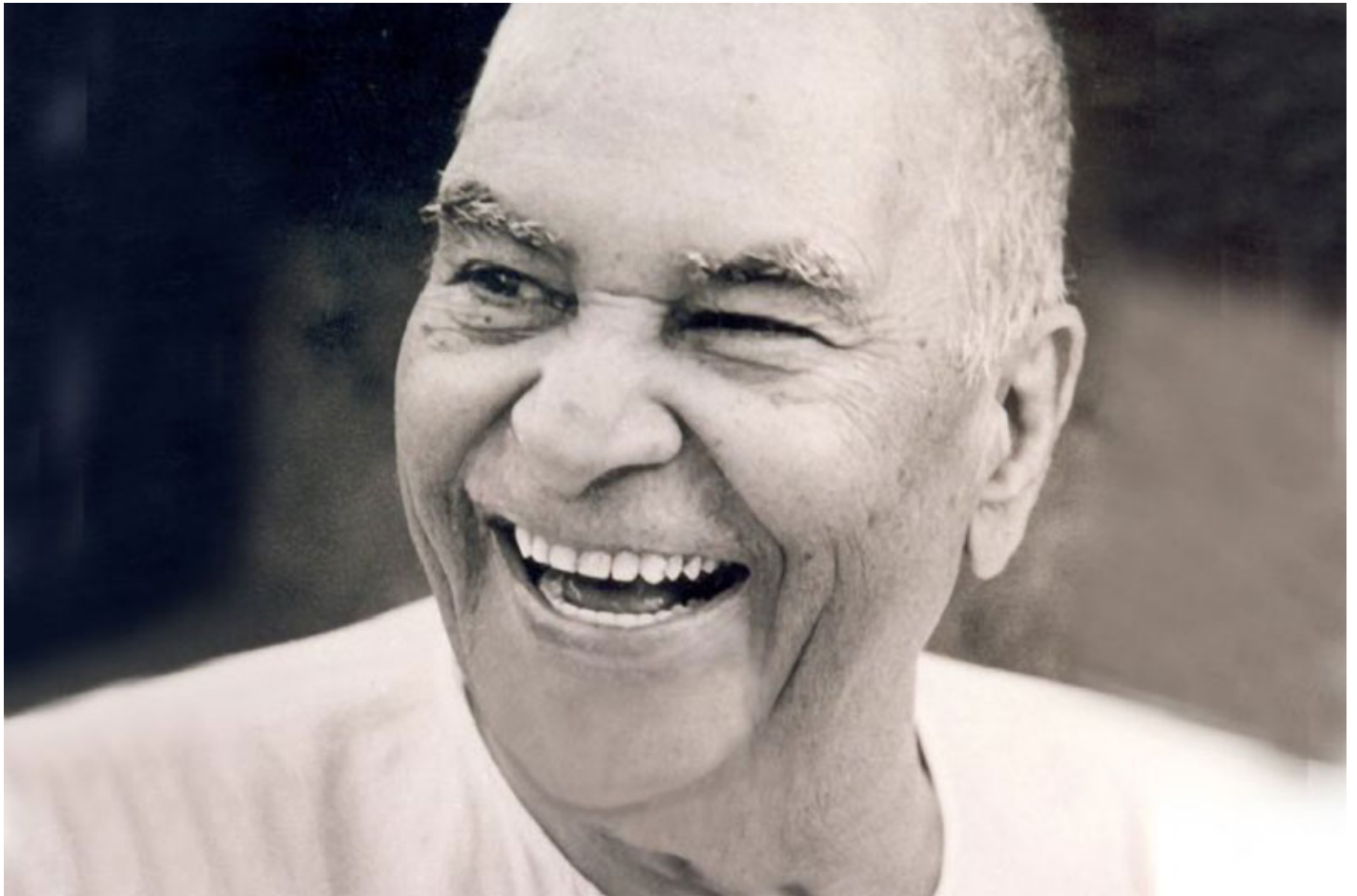
Classic

Vivekachudamani

Translated by John Henry Richards

The great Advaitin classic attributed to Adi Shankara.

May 16, 2000



Dialog

Who are you? An interview with H.W.L. Poonja

by Jeff Greenwald

Papaji explains how to get an immediate glimpse of enlightenment.

October 24, 2001



Commentary

The Ashtavakra Gita

by J.L. Brockington

Its history, context, main ideas, and significance.

May 26, 2017



Article

Papaji's first meeting with Ramana Maharshi

by David Godman

H.W.L Poonja (Papaji) describes what happened when he asked Ramana Maharshi to show him God. Sri Ramana said God cannot be seen, but as he spoke, Papaji's heart center opened.

September 23, 2001



Article

How to dissolve energy blocks

by Freddie Yam

Nothing can withstand consciousness.

May 22, 2017



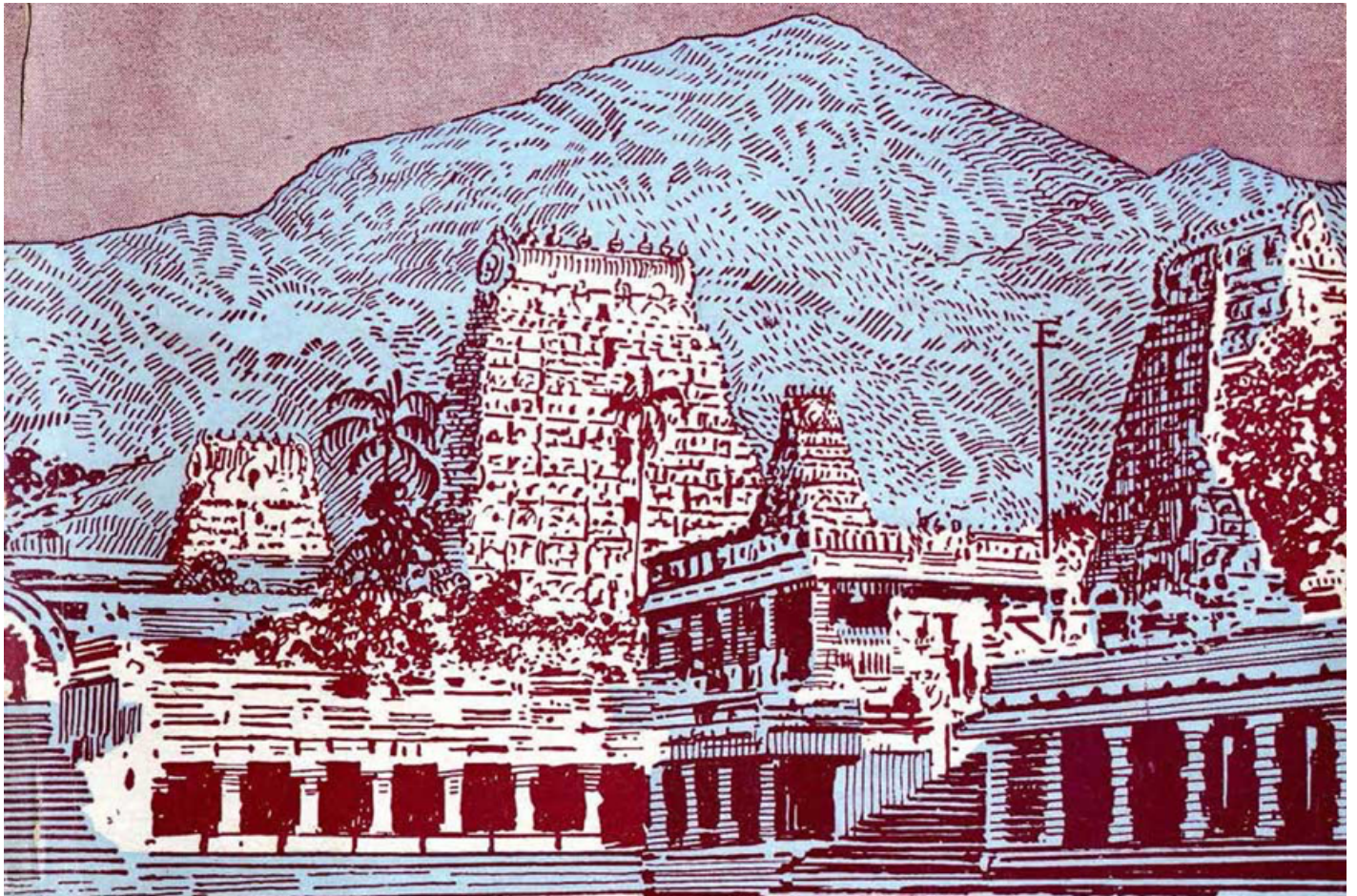
Dialog

Ultimately, knowledge is ignorance

by Sri Nisargadatta Maharaj

The so-called birth is the appearance of ignorance which prevails till the so-called death.

May 22, 2017



Reference

The Mountain Path

Links to all back issues.

May 21, 2017



Sadhana

Talks with Annamalai Swami

by Annamalai Swami

Dialogs with Annamalai Swami, a Self-realized expert on Self-enquiry who was a direct disciple of Ramana Maharshi.

May 18, 2017



Article

Enlightenment and cosmic consciousness are completely unrelated

by Jed McKenna

It's possible to have one without the other, and there are millions of cases of mysticism and cosmic consciousness for every case of enlightenment.

May 18, 2017



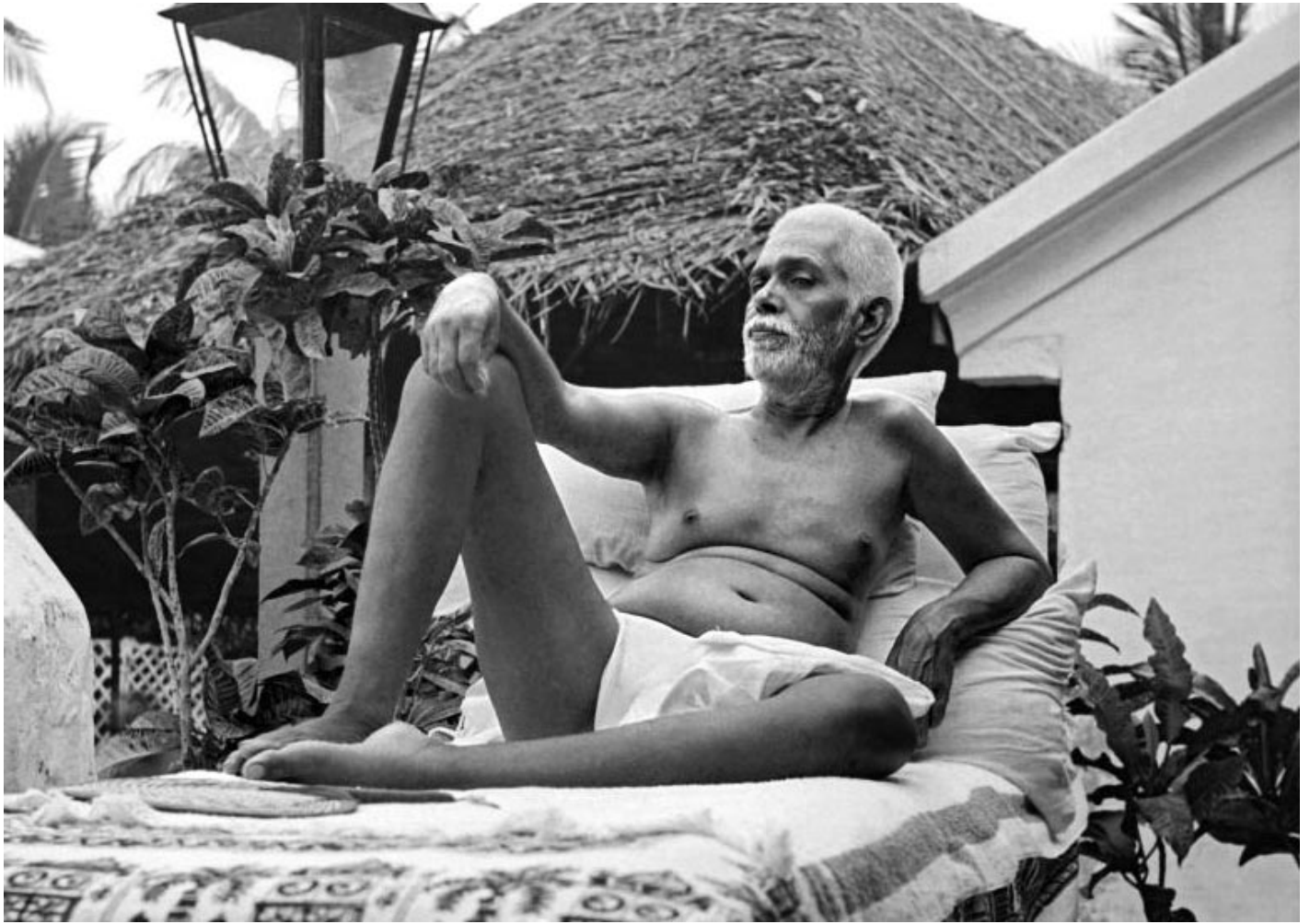
Sadhana

Hints for Self-Enquiry

by Annamalai Swami

Helpful hints from somebody who really knows how because he really did
it.

May 15, 2017



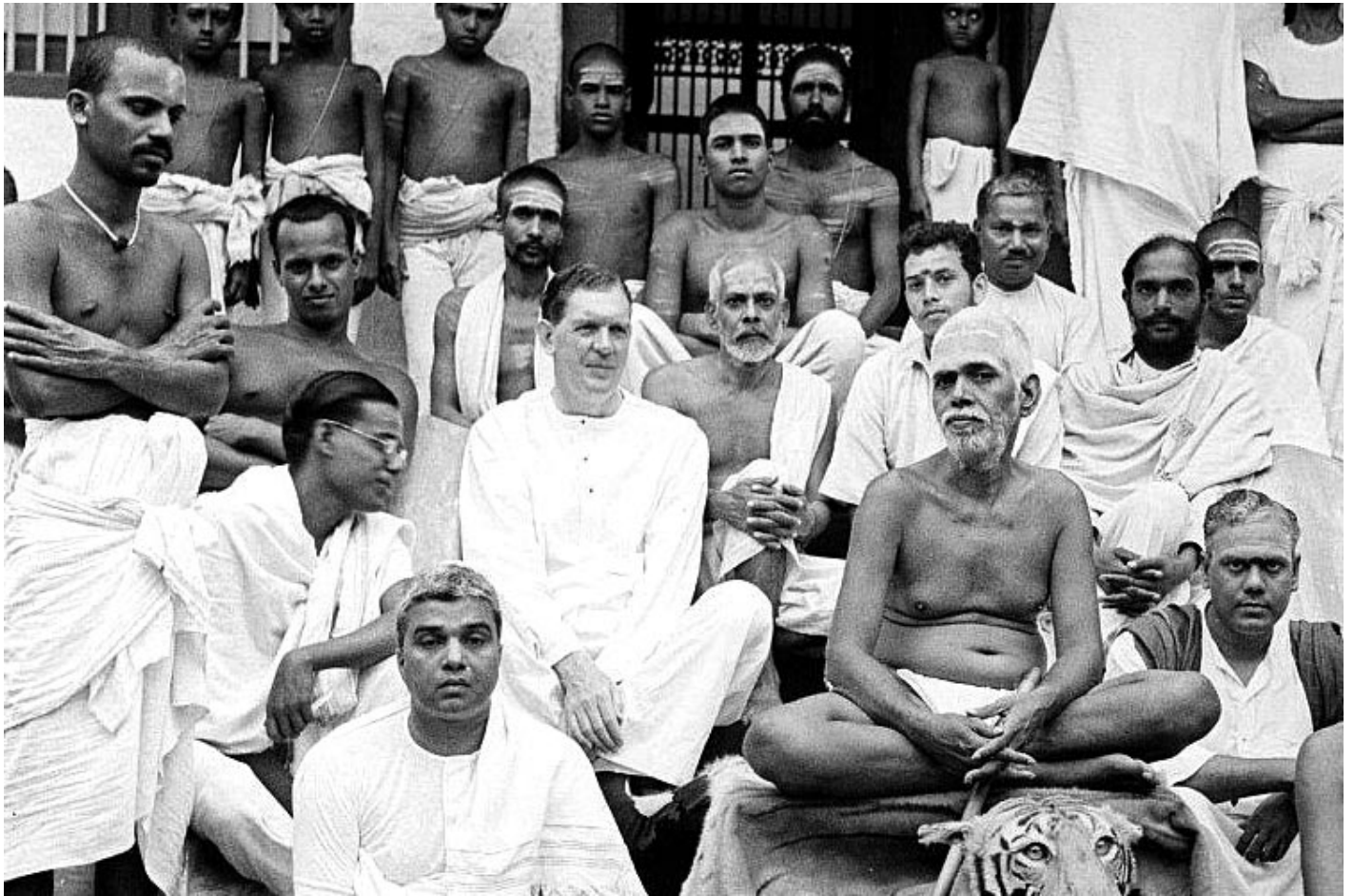
Advice

The Key to Self-Realization

by Major Alan W. Chadwick

The key to Self-realization is practice, practice and practice only.

May 15, 2017



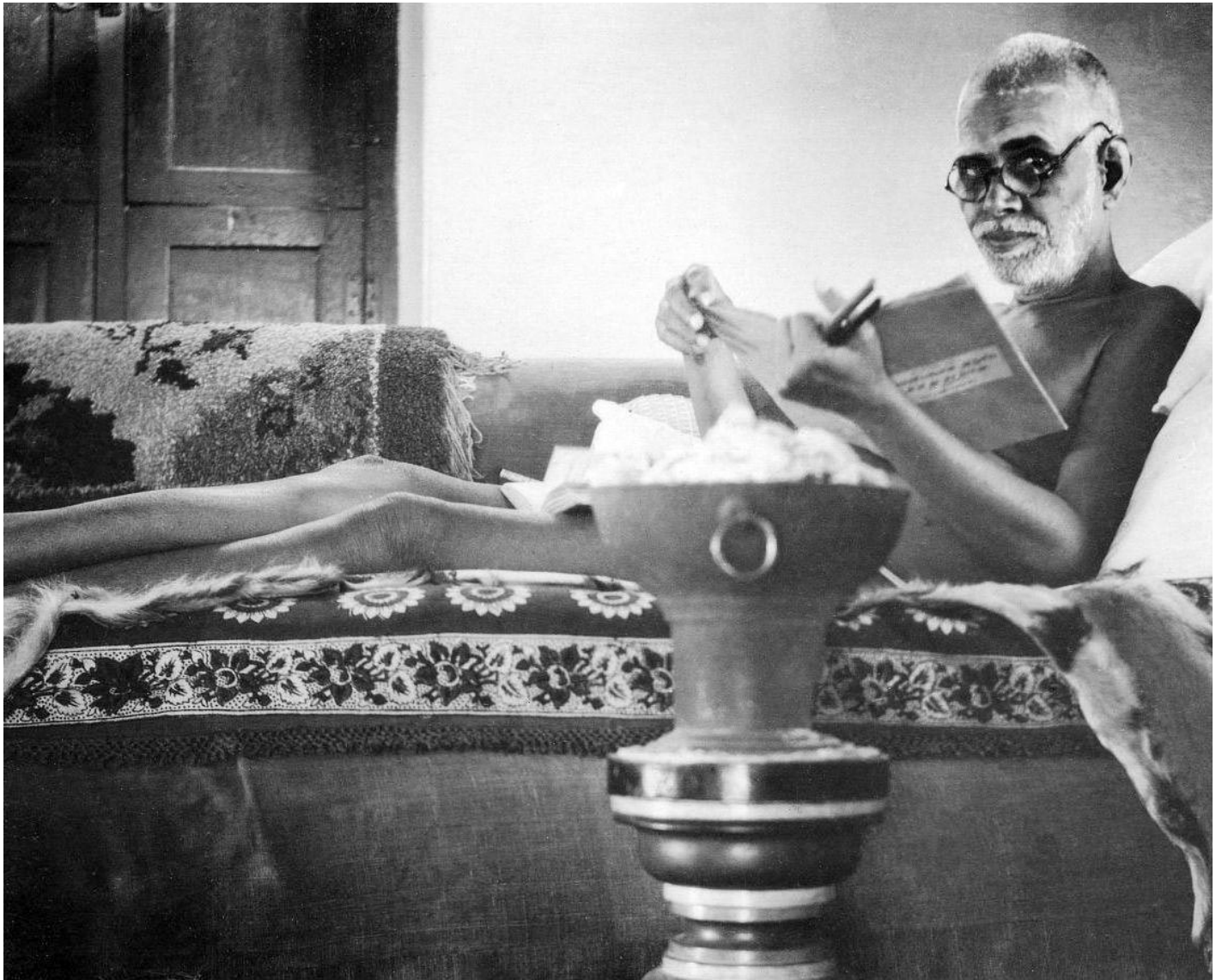
Advice

No More Is Needed

by Major Alan W. Chadwick

The little pamphlet *Who Am I?* says everything you need to know to become Self-realized.

May 15, 2017



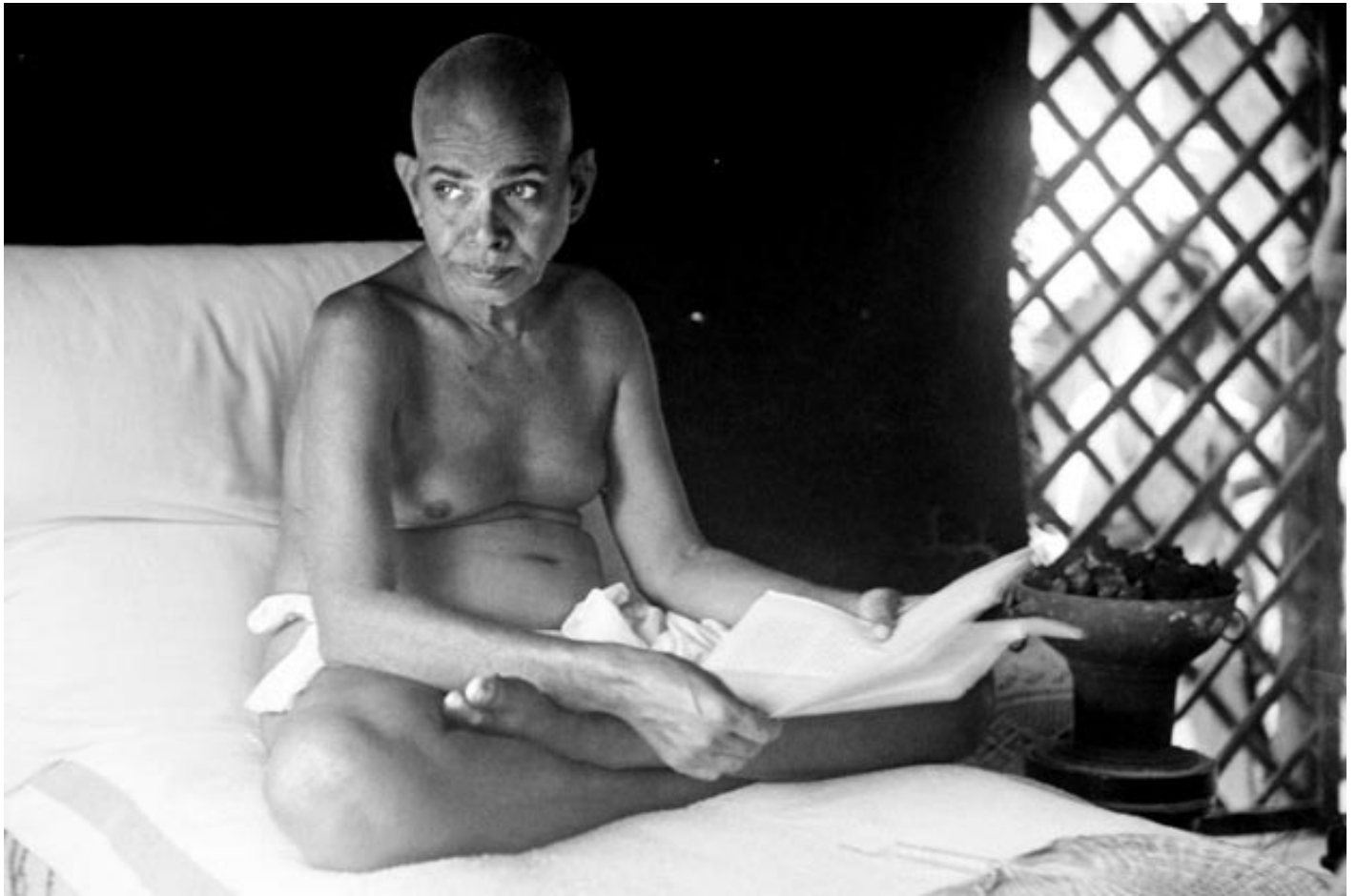
Sadhana

Advice About Self-Enquiry

by G.V. Subbaramayya

For going within, there is no map and there is no guide.

May 14, 2017



Tirade

Sadhu Natanananda's Ferocious Lecture About Self-Enquiry

by V. Ganesan

His face was red with rage. "What a fool you are!" he told me. "What do you think you have come to Bhagavan for?"

May 14, 2017



Booklet

**Glimpses of the Life and Teachings of Bhagavan
Sri Ramana Maharshi**

by Felicia R. Scatcherd and Frank Humphreys

A short booklet that contains letters by the first Western devotee of Sri
Ramana Maharshi, Frank Humphreys.

May 13, 2017



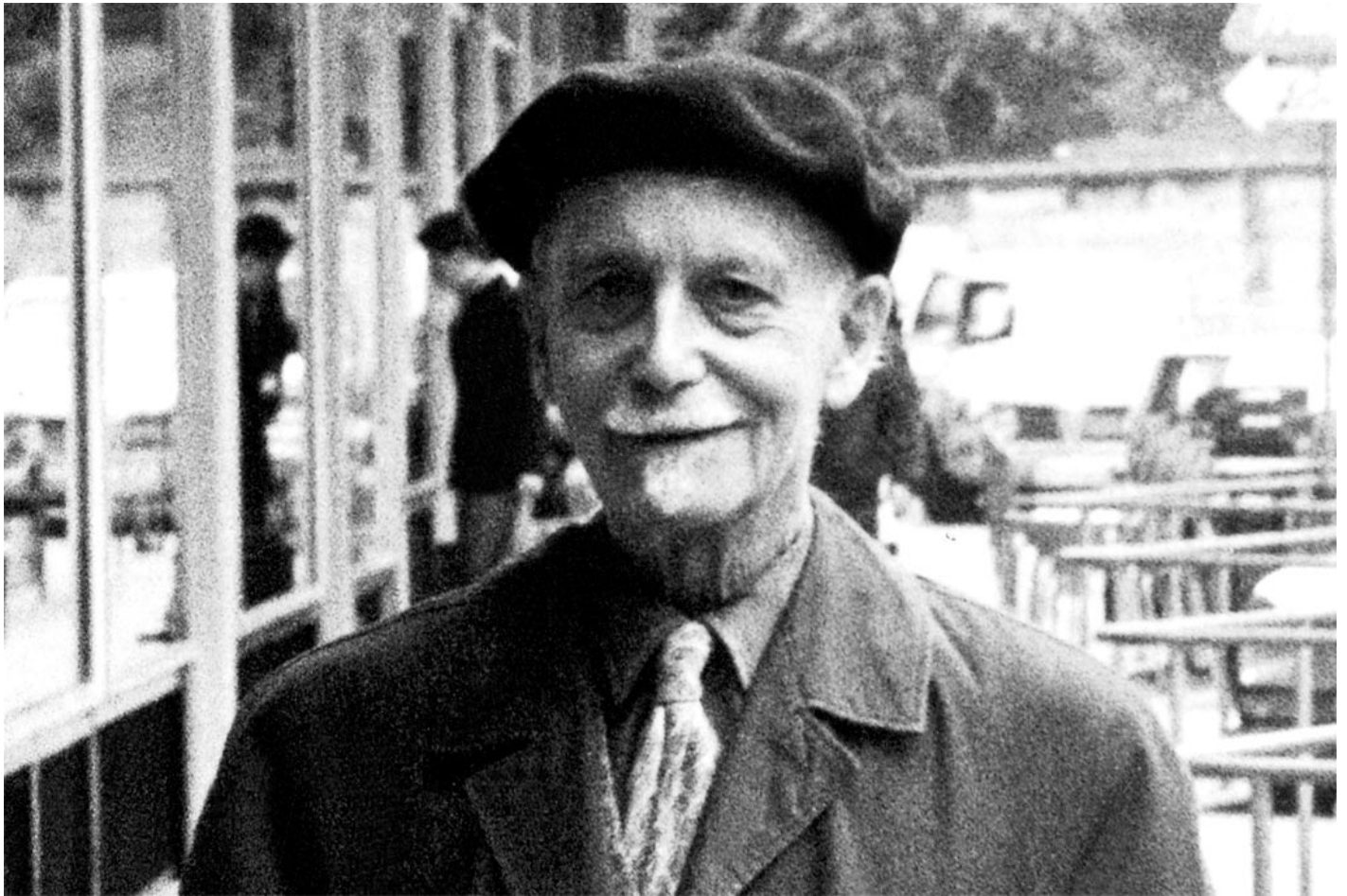
Sadhana

A Few Notes on Self-Enquiry

by Paul Brunton

He who would attempt to know his Overself must learn to retire into his mind as a tortoise retires into its shell.

May 12, 2017



Experience

The Sage Who Never Speaks

by Paul Brunton

A presumably true story by Paul Brunton from his famous best selling
book, *A Search in Secret India*

May 11, 2017



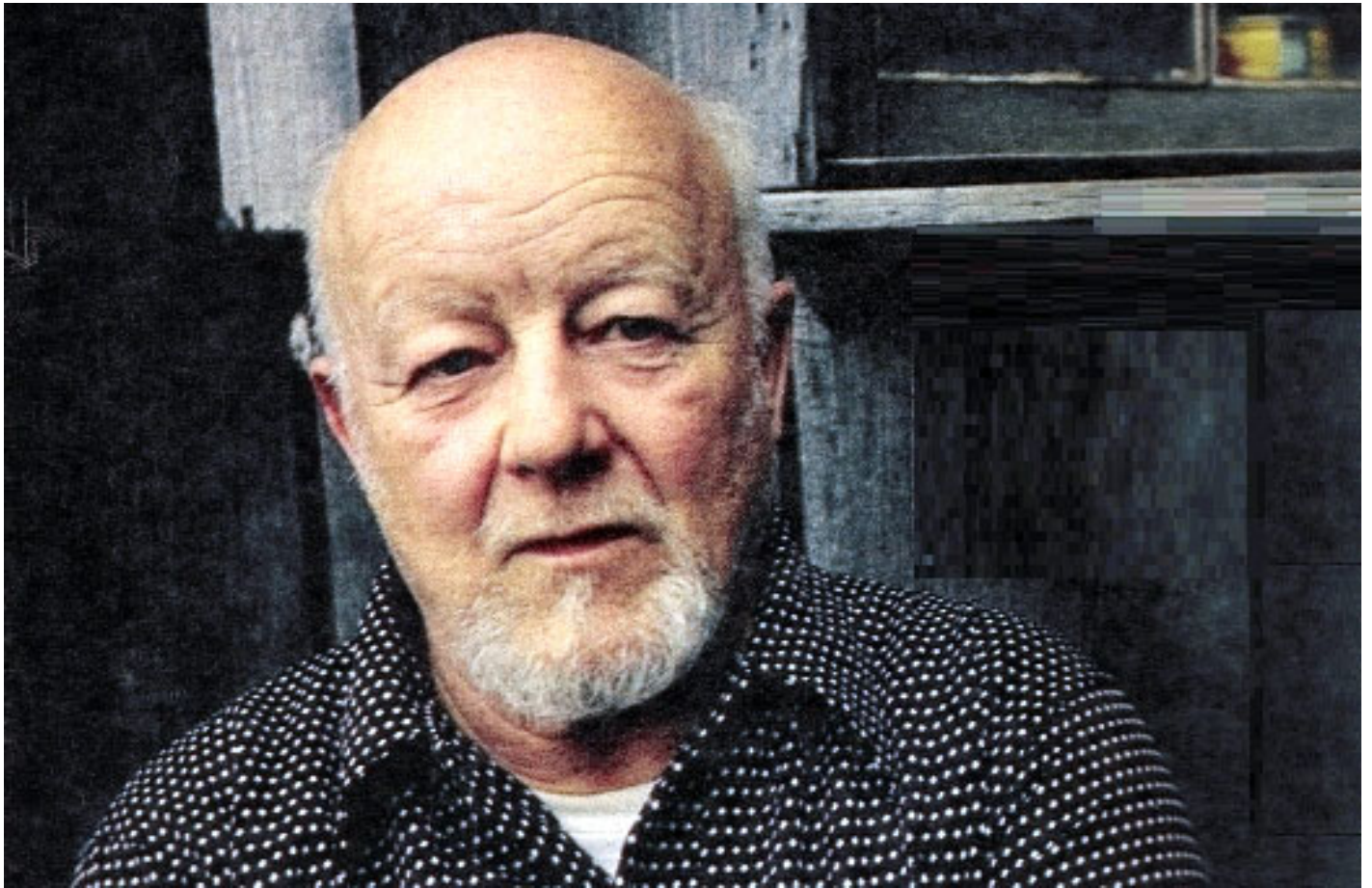
Article

The Cloud of Unknowing, Chapter 68

Author Unknown

In the Cloud of Unknowing, complete darkness becomes blinding spiritual light.

May 10, 2017



Article

Triangulation and Jacob's Ladder

by Richard Rose

The mind cannot be studied with the mind. It must be observed from some point outside of, and yet superior to, the mind.

May 7, 2017



Experience

Gopi Krishna's Awakening

by Gopi Krishna

Suddenly, with a roar like that of a waterfall, I felt a stream of liquid light entering my brain through the spinal cord.

May 6, 2017



Instructions

How to do Self-Enquiry

by Sri Sadhu Om

Sri Sadhu Om's book on Self-enquiry is usually regarded as the definitive instruction manual for that practice. He was Sri Ramana Maharshi's direct disciple and Muruganar's literary executor. This article contains the entire chapter on technique from his book. In our opinion, these are the most thorough and authoritative instructions in existence for Sri Ramana's method.

May 1, 2017



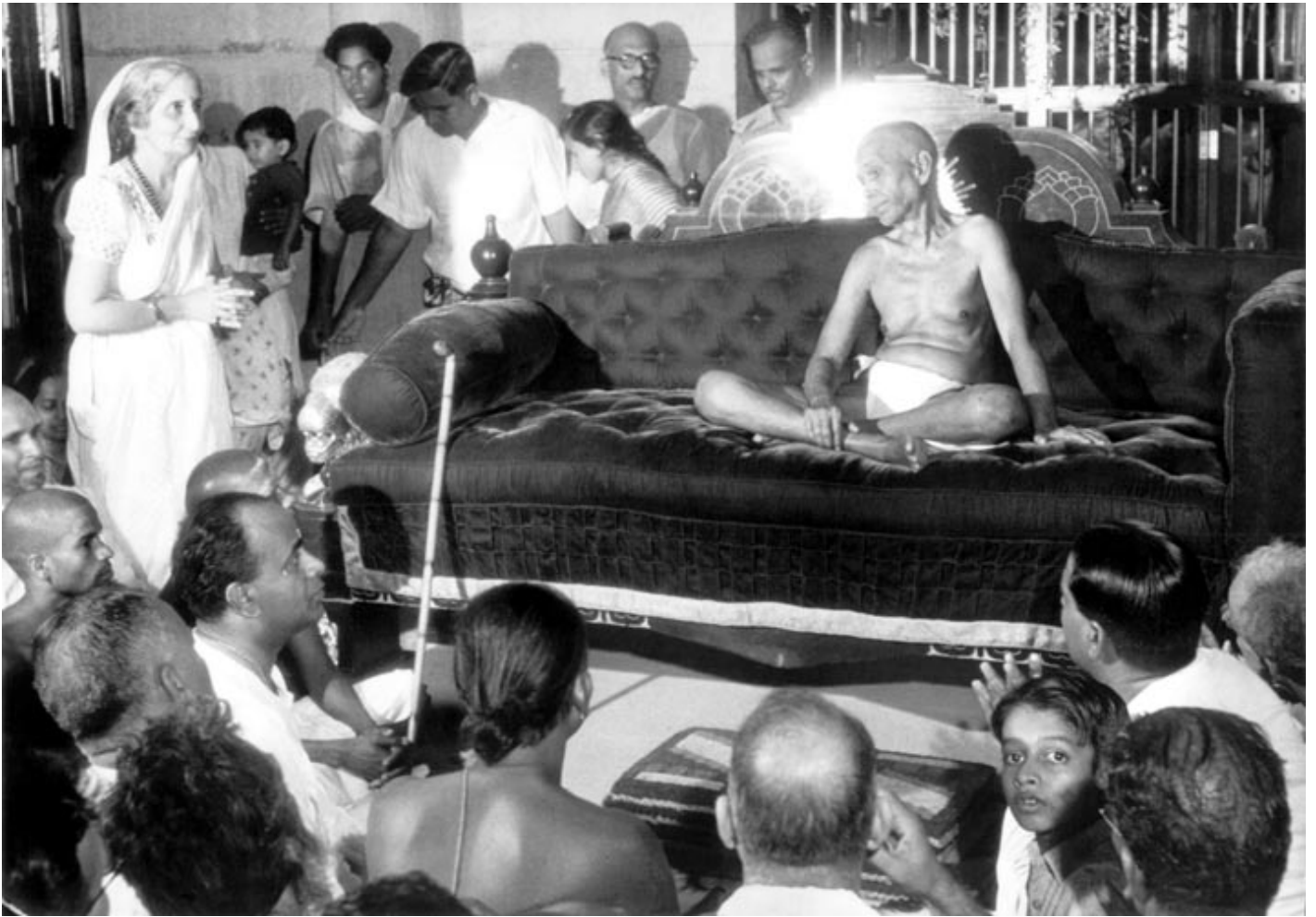
Experience

My Awakening

by Jan Frazier

Spiritual teacher Jan Frazier describes how she woke up.

April 29, 2017



Reference

Ramana photo gallery

by the Editors

This gallery contains more than 1500 photos of Sri Ramana Maharshi.

April 9, 2017



Dialog

Nisargadatta's Method

Edited by Jean Dunn

In this dialog, Nisargadatta Maharaj gave a brief, clear summary of the method of spiritual practice that he recommended.

October 7, 2016



Experience

Eckhart Tolle's Awakening

by Paula Coppel

In this interview with Unity Magazine, Eckhart Tolle describes his experience of awakening.

October 4, 2016



Experience

My Awakening

by Adyashanti

Spiritual teacher Adyashanti describes the day he awakened.

September 12, 2016



Interview

The Experience of No-Self

by Stephan Bodian

In this 1986 interview, former nun Bernadette Roberts describes the state of no-self, a stage she reached twenty years after enlightenment, where consciousness and self are absent.

September 12, 2016



Article

Higher Consciousness Healing

by Tara Springett

Higher consciousness healing is a simple, fast, easy method for overcoming pain, fatigue, and psychological problems.

September 7, 2016



Poem and commentary

The Listener

by Ilie Cioara

The listener is a false intruder. Real listening is done with an open heart
and all-encompassing attention.

September 6, 2016



Article

Signs of an Awakened Kundalini

by Swami Vishnu Tirth

How can you tell if your kundalini is active? A noted shaktipat guru lists 18 signs.

September 3, 2016

Article

My initiation and the science of shaktipat

by Swami Shivom Tirth

Swami Shivom Tirth, a noted shaktipat guru, describes how he received shaktipat from another noted shaktipat guru, Swami Vishnu Tirth, in 1960.

September 2, 2016

Article

Shaktipat

by Paul Zweig

Paul Zweig's brilliantly written description of transmission from Swami Muktananda.

August 31, 2016

Article

My Awakening

by Devrah Laval

How one woman used the question "Who am I?" to wake up.

August 28, 2016

Article

Three Stages of Existence

by Adiguru Padmé

Adiguru Padmé outlines the three stages of existence – Experiencing, Knowing, and Being – and the two events that separate them, Enlightenment and Self-realization.

June 22, 2016

Article

How to Stop Headaches Caused by Meditation

by humanbeing

Headaches and pressure in the head are common problems for meditators. This article explains the cause and describes an easy, effective method for getting rid of them.

January 7, 2016

Article

How to Stop Thoughts

by **Freddie Yam**

People imagine that they are always conscious when they're awake, but in fact they are usually lost in thought. Once you notice this you can learn to be conscious. When you are conscious, thoughts stop.

November 28, 2015

Experience

Am I Conscious Now?

by **Susan Blackmore**

People imagine that they are always conscious when they're awake, but if you observe yourself carefully you'll see that you're conscious only when you look to see if you are.

November 22, 2015

Experience

When Kundalini Breaks the Last Block

by **A.D.**

Kundalini activity made the author happy and healthy for over a year — until the night it broke through the last block and entered his head, causing a devastating neurological illness.

May 5, 2000

Book Excerpt

The Most Effective Cure for Kundalini Psychosis

by **Mantak Chia**

Kundalini sometimes makes people crazy because it gets trapped in the head. A Taoist energy practice called "the microcosmic orbit" can prevent this from happening or fix it after it occurs.

October 16, 2015

Book Excerpt

How Dada Gavand Woke Up

by **Dada Gavand**

Dada Gavand describes with remarkable precision exactly what he did

that led to his waking up. This is one of the clearest and most informative depictions of spiritual practice that has ever been written.

June 16, 2014

Reference

Ashtavakra Gita

Our main reference page on the *Ashtavakra Gita*.

June 23, 2014

Scripture

Ashtavakra Gita

Translated by John Richards

Some people consider this poem to be the greatest work of Advaitin literature ever written.

December 10, 1999

Biography

Rebirth of a Madwoman: The Resurrection of Byron Katie

by Dan Millman and Doug Childers

The biography of a woman who inadvertently used clinical depression for sadhana and wound up as a spiritual teacher.

June 14, 2014

Article

Quit Your Pain

by Mark Matousek

A well-written, sympathetic introduction to Byron Katie and her work.

June 14, 2014

Interview

An Interview with Suzanne Segal

by Lynn Marie Lumiere and John Lumiere-Wins

Shortly before her death, in this long interview, Suzanne Segal said the purpose of her life had been to suffer fear for ten years without a sense of a personal self so she could tell people that such a thing is possible.

“The presence of the fear never for a minute brought back a personal reference point. It never for a minute obstructed the view of the Vastness for Itself.”

June 13, 2014

Poem

Moon Eyes

by David Spero

It begins, “My heart falls over itself in silence / and wraps itself in the fondest way before first dawn...”

May 22, 2014

Poem

Untitled #3

by David Spero

It begins, “Descending, You undressed me in the night. / You took my Body and held It against Yours, coaxing me into the silence that I know You love...”

May 22, 2014

Poem

Untitled #4

by David Spero

It begins, “There is something that stands shining / at the end of your life. / Against all odds you will come to it...”

May 22, 2014

Book Excerpt

Self-Remembering in the Rockies

by Thomas J. Anderson

In this excerpt from his book *All-Amareakin*, Tom Anderson recalls a nine

day road trip that began with Self-remembering and ended with samadhi.

May 17, 2014

Book Excerpt

Self-Remembering

by P.D. Ouspensky

Gurdjieff's foremost disciple explains self-remembering and recalls his first attempts to practice it.

May 17, 2014

Poem

Black Ant

by Jan Frazier

An ant finds God in a toilet.

April 10, 2014

Experience

What Does He Mean To Me?

by Wolter A. Keers

The author recalls how Sri Ramana Maharshi's presence helped him understand who he really is.

February 10, 2014

Experience

Sri Ramana Maharshi's Moment of Realization

by the Editors

What did Sri Ramana do to realize the Self?

February 4, 2014

Experience

The Day My Kundalini Woke Up

by Freddie Yam

He cried tears of joy for three days.

December 5, 1999

Experience

Killing the Ego: Does it Hurt?

by Laura Olshansky

After years of meditation, her ego is slipping away.

December 8, 1999

Poem

I Need to Feel You Every Moment in My Heart

by Charlie Hopkins

One of our favorite poems.

May 18, 2000

Poem

Prayer Body

by Charlie Hopkins

It begins, "My eyes were empty graves I dug with my own hands...."

February 25, 2000

Instructions

Instructions for Self Enquiry

by Annamalai Swami

One of Ramana Maharshi's closest devotees explains that self-enquiry must be done continuously for long periods of time in order to be effective.

January 23, 2014

Experience

Nothing Existed Except the Eyes of the Maharshi

by N.R. Krishnamurti Aiyer

Ramana Maharshi's gaze ignited a college professor's Kundalini, opened his heart center, and stopped his thoughts.

October 29, 2001

Experience

The I Flashed Forth

by Anonymous

A visitor to Sri Ramana's ashram has his first direct experience of the Self.

June 12, 2000.

Interview

An Interview with Byron Katie

by Sunny Massad

Everything now feels like heaven to a woman who was depressed for years, and she calls this state "love."

October 23, 2001

Experience

My Awakening

by Osho

An unusually vivid description of what it feels like to become enlightened.

September 20, 2000

There's a lot more stuff on this site. To find it, follow links from the menu bars at the top of this page.

[The Mountain Path](#)



Join the discussion...

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OR SIGN UP WITH DISQUS ?

Name



Tom Yeshe • 8 months ago



Reply • Share



bart tolli • 3 months ago

I have one exceedingly important comment, "Holy Shit". No really, what a wealth of great information. But I would need many lifetimes to process all of it. When you see God in every aspect of the Perfection that exists on this Planet, and you see that all of Man's efforts are hopeless to change what ignorant men do not want to know about that Perfection, then you begin to awaken to the mission that we all have. Oh, and they forgot Meher Baba.

Reply • Share

ALSO ON REALIZATION.ORG

How to dissolve energy blockages

1 comment • a year ago



Rafael Stoneman — I like the focus of this article. It points to the deepest truth.

Gopi Krishna's Awakening

1 comment • a year ago



sunnync — I truly wish that Gopi Krishna's book had not been one of the first western books on a personal Kundalini ...

Links to Issues of The Mountain Path

2 comments • 2 years ago



Realization.org — You're welcome! Google indexed all these issues within about 24 hours after we posted the links. Amazing!

Enlightenment and Cosmic Consciousness are Completely Unrelated

3 comments • a year ago



Enlightenment Myth — From someone who met real Jed. Books are fiction. Reality is the best teacher, if one can see with Clarity.

This website contains hundreds of pages of information for people who want to become enlightened.

Reading can be a hindrance.

You can contact us in our [forum](#) or write to our [email address](#).

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