

Meals

South Indian vegetarian food is served to Ashram guests and invitees ONLY. Reverse-osmosis filtered drinking water is served in the Dining Hall during meal timings.

Centres related to the Ashram

Sri Ramanasramam, Tiruvannamalai, is dedicated to preserving and promoting Bhagavan's teachings and legacy. Over time, devotees have established centers worldwide to share his wisdom. These centers, led by sincere devotees, focus on conducting satsangs (spiritual discourses) based on Bhagavan Sri Ramana Maharshi's teachings and celebrating his special days and significant events. A Ramana Satsang is a group of devotees of Sri Ramana Maharshi who gather together to strengthen their experience of the presence of Bhagavan, deepen their understanding of his teachings, and receive inspiration from fellow seekers on the path of practice as taught and lived by Bhagavan. Today, there are Ramana Satsang Groups spread across India and other parts of Asia, Australia, Europe, North and South America. To continue the spiritual experience, you can join fellow Ramana devotees at the local satsang group in your area. The list of centers are on the website under 'Satsangh'.

Contact Address

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TIRUVANNAMALAI - 606 603
Tamil Nadu, India
Phone: 04175-236624

For Accommodation: <https://stay.gururamana.org>

For Parayana: <https://parayana.gururamana.org>

For Donations: donations@gururamana.org

For Bookstore: bookstall@gururamana.org

For Website/support: itsupport@gururamana.org

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(also available in nine other languages)



to visit Ashram's Official YouTube Channel
www.youtube.com/sriramanasramam



to visit Ashram's Official Instagram page
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to buy books, audio/video & photos online
<https://bookstore.gururamana.org>



to listen to "Voice of Arunachala" 24x7 radio station; also available as Android & Iphone App for free download
www.gururamana.org/Resources/radio-station



Mountain Path App - Iphone
<http://surl.li/mpyre>



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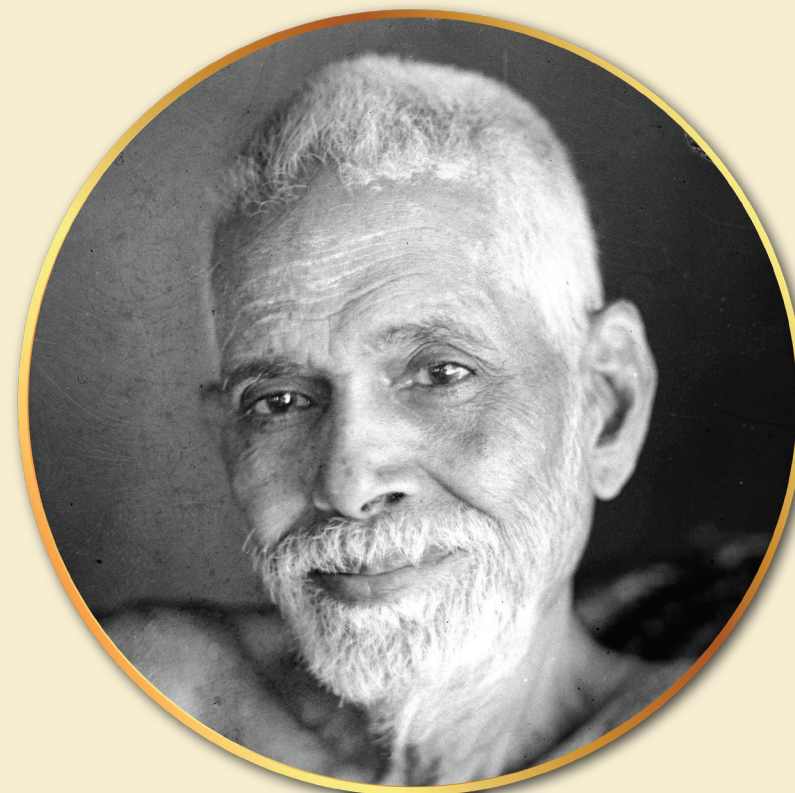
SRI RAMANASRAMAM

TIRUVANNAMALAI

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SRI RAMANA MAHARSHI (1879-1950)

Sri Ramana Maharshi is one of the leading spiritual lights of the 20th century. Known as The Sage of Arunachala, He is the very embodiment of Self-Realisation, the ultimate goal of human existence. Sri Ramana Maharshi is a befitting medicine for the malady of modern man.

A visit to Sri Ramanasramam

Ashram Daily Schedule

5:30 a.m.	Ashram Opens
6:00 a.m.	Chanting of Aksharamanamalai
6:45 a.m.	Chanting and Milk Offering to Bhagavan in the Samadhi Hall
7:00 a.m.	Breakfast in the Dining Hall*
8:00 a.m. onwards	Chanting of the Vedas in Bhagavan's Shrine followed by puja at Mother's Shrine and Bhagavan's Shrine.
10:00 a.m.	Narayana Seva (Sadhu feeding)
11:00 a.m. to 2:00 p.m.	Mother's Shrine & Samadhi Hall: CLOSES
11:30 a.m.	Lunch in the Dining Hall*
4:00 p.m.	Tea or hot milk served in the Dining Hall*
4:00 p.m.	Reading in Tamil in the Auditorium
4:30 p.m.	Reading in English in the Auditorium
5:00 p.m. onwards	Chanting of the Vedas in Bhagavan's Shrine followed by puja at Mother's Shrine and Bhagavan's Shrine.
6:00 p.m.	Tamil Parayana (Monday - Saturday)
7:00 p.m.	Dinner in the Dining Hall*
8:30 p.m.	Ashram closes

* For guests and invitees only. Punctuality is requested — Please line up at least 10 minutes before starting time.

Shrine: 5:30 a.m. to 11:00 a.m. — 2:00 p.m. to 8:30 p.m.

Meditation Hall: 4:30 a.m to 9:00 p.m

Office, Accommodation & Donation:

7:30 a.m to 12:30 p.m. — 2:00 p.m. to 6:00 p.m.

Bookstore: 8:00 to 11 am; 2:00 to 6 pm.

Library: 8:30 a.m. to 11:00 a.m — 2:00 p.m. to 5:00 p.m.

* The Sri Chakra Puja in the Mathrubhuteswara Shrine (Mother's Shrine) is performed between 4:00 - 7:30 p.m. every Friday, on full moon days, and on the first day of each Tamil month. The daily schedule is subject to change on special days.

“They say that I am going away, but where can I go? I am here.” – Bhagavan

Bhagavan attained Maha Nirvana on April 14, 1950. Sri Ramanasramam bears testimony to his eternal Spiritual Presence. Devotees and spiritual seekers often vividly feel this presence by tuning in to the power of the silence that pervades in the Ashram, across its shrines and hallways. The notes are intended to guide such visitors.

Dress Code

In keeping with Indian tradition, please respect the sacredness of Arunachala and Tiruvannamalai by dressing appropriately and behaving respectfully. All temples, shrines, and ashrams in the area deserve your consideration. Before entering the Ashram, kindly leave your shoes and sandals at the designated area of the shoe stall (which is free) outside. Please do not carry them inside the Ashram buildings.

Ladies: If not wearing a saree, salwar-kameez/churidar or other appropriate Indian clothes, please wear western clothing that is loose, sleeved and not transparent. Please make sure that the chest, shoulders and legs are covered.

Men: If not wearing a dhoti, kurta or other appropriate clothes, please wear a sleeved shirt (not an under shirt/sleeveless vest/baniyan) over long pants. Do not wear lungis, shorts or beach-wear.

Visitors who are improperly dressed may be denied entry.

Code of Conduct at the Ashram

Please be sensitive to the needs of fellow devotees and act respectfully. We trust that devotees come for a period of quiet study, reflection, and meditation.

Please maintain silence and refrain from social interactions with others when in the Temple, Shrine & Meditation Halls. Please, SWITCH OFF or “SILENCE” your mobile phones at all times when within the Ashram.

Visitors wishing to visit places associated with the life of Bhagavan may request the office for guidance. It is advisable to begin giripradakshina early in the morning to avoid the midday heat. The cool breeze and serene atmosphere add to the spiritual experience. You can also do the giripradakshina during the evenings. It is best to avoid going alone at night though it is generally safe.

Though giripradakshina of the hill is permitted, climbing the hill is strictly prohibited. Climbing the hill beyond Skandasramam is an offence punishable by Indian law.

Travel Connections

The town of Tiruvannamalai is about 200 km southwest of Chennai, 100 km west of Puducherry, and about 200 km southeast of Bengaluru. It is well connected by buses and lies on the Villupuram-Katpadi branch line of Southern Railways. The Ashram is about 3 km from the railway and bus stations, and 2 km southwest of the Main Temple and the town centre.

Accommodation at the Ashram

Accommodation at the Ashram is limited, and is solely for Bhagavan's devotees. Visitors are not permitted to stay for long periods, but usually for only three days and a maximum of five days. The allotment of rooms is entirely at the discretion of the management. Rooms are available to suit single person, couples and families. They are simply furnished, including an overhead fan, screened windows and doors, and an attached bathroom. Solar or electric heated water for bathing is available. No Wifi or air conditioning is provided in the rooms.

Visitors coming for personal work, business, social interactions with family and friends, attending satsanghs with other gurus or teachers are requested to search for accommodation elsewhere.

Genuine seekers will undoubtedly experience the profound, tangible peace that permeates the Ashram. While there are no charges for boarding and lodging, voluntary donations are gratefully accepted both online and offline.