

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 hours.

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 exclusively on conducting satsangs (spiritual discourses) based on Bhagavan Sri Ramana Maharshi's teachings and celebrating his special days and significant events. 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'. <https://www.gururamana.org/Satsangh/satsangh-centres>

Contact Details

THE PRESIDENT
SRI RAMANASRAMAM
TIRUVANNAMALAI - 606 603
Tamil Nadu, India

For Website: <https://www.gururamana.org>

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

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

For Search: <https://search.gururamana.org>

** A Ramana Satsang is a group of devotees of Sri Ramana Maharshi who gather together solely 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.

Follow us online! →



Get connected - visit a satsang near you or start one!
<https://www.gururamana.org/Satsangh/satsangh-centres>



to visit Ashram's Official Facebook page
www.facebook.com/sriramanamaharshi
(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 subscribe to Ashram's Official WhatsApp Channel
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to buy books, audio/video & photos online
<https://bookstore.gururamana.org>



to listen "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>



Mountain Path App - Android
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to download Ashram's Tamil Parayana App - Iphone
<http://surl.li/mpixc>



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to access past issues of 'The Mountain Path'
www.gururamana.org/Resources/mountain-path
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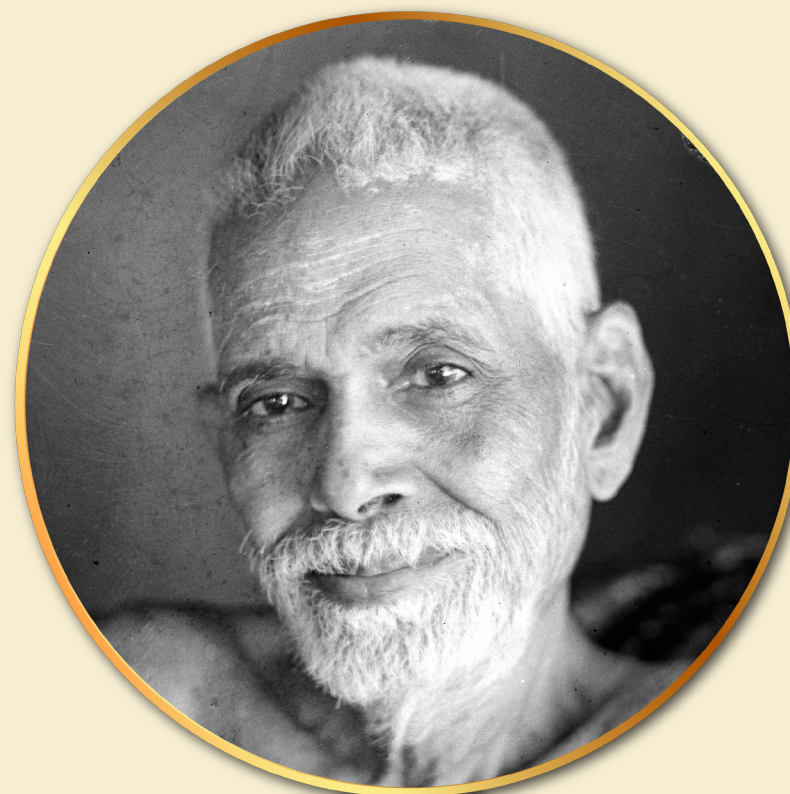
SRI RAMANASRAMAM

TIRUVANNAMALAI

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www.gururamana.org



SRI RAMANA MAHARSHI (1879-1950)

Throughout human history spiritual giants have emerged on rare occasions, embodying the highest truth and guiding followers by the very conduct of their lives. Bhagavan Sri Ramana Maharshi is one such spiritual giant. Known as The Sage of Arunachala, He is the very embodiment of Self-Realisation, the ultimate goal of human existence.



A visit to Sri Ramanasramam

“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. Thus, devotees and aspirants who attune themselves to his silent teaching can derive considerable spiritual benefit from a visit to the Ashram. These notes are intended to guide such visitors.

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.	Chanting of the Vedas in front of Bhagavan’s Shrine
9:30 a.m.	Puja at Mother’s Shrine followed by puja at Bhagavan’s Shrine
10:00 a.m.	Narayana Seva (Sadhu feeding)
11:00 noon 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.	Chanting of the Vedas in front of 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.**

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 such as Aradhana, Jayanthi, Deepam, full moon, eclipse etc. Please see notice board or website for details.

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

Office: 8:30 to 12 pm; 2:30 to 6 pm.

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. This is considered as disrespectful as wearing them.

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. Wearing lungis, shorts and other beach-like wear are signs of disrespect.

Please note that visitors who are improperly dressed may be denied entry.

Code of Conduct at the Ashram

As this is an Ashram, one needs to be sensitive to the needs of the fellow devotees; therefore, please act respectfully and follow the few traditional and customary rules. We trust that devotees come for a period of quiet study, reflection, and meditation only. Please find alternative places for sight-seeing, meeting relatives and friends, or transacting other personal business.

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

Visitors wishing to visit places associated with the life of Bhagavan may ask 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. Please be advised that 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 from town centre.

Accommodation at the Ashram

Please note: Accommodation at the Ashram is limited, and is solely for Bhagavan’s devotees.* No visitors are permitted to stay for long periods, but usually for only three days and 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.

Genuine seekers will undoubtedly experience the profound, tangible peace that permeates the Ashram. To fully benefit from this divine presence and realize the spiritual truths taught and lived by Bhagavan, make the most of your time here. While there are no charges for boarding and lodging, voluntary donations are gratefully accepted both online and offline.

*** Note: Any visitors coming to Tiruvannamalai to attend satsangs or meetings with one or more of the various gurus, teachers or for other reasons, and are not here for the sole purpose of deepening in their own experience and understanding of Bhagavan Sri Ramana Maharshi’s teachings, are requested to search for accommodation elsewhere.**