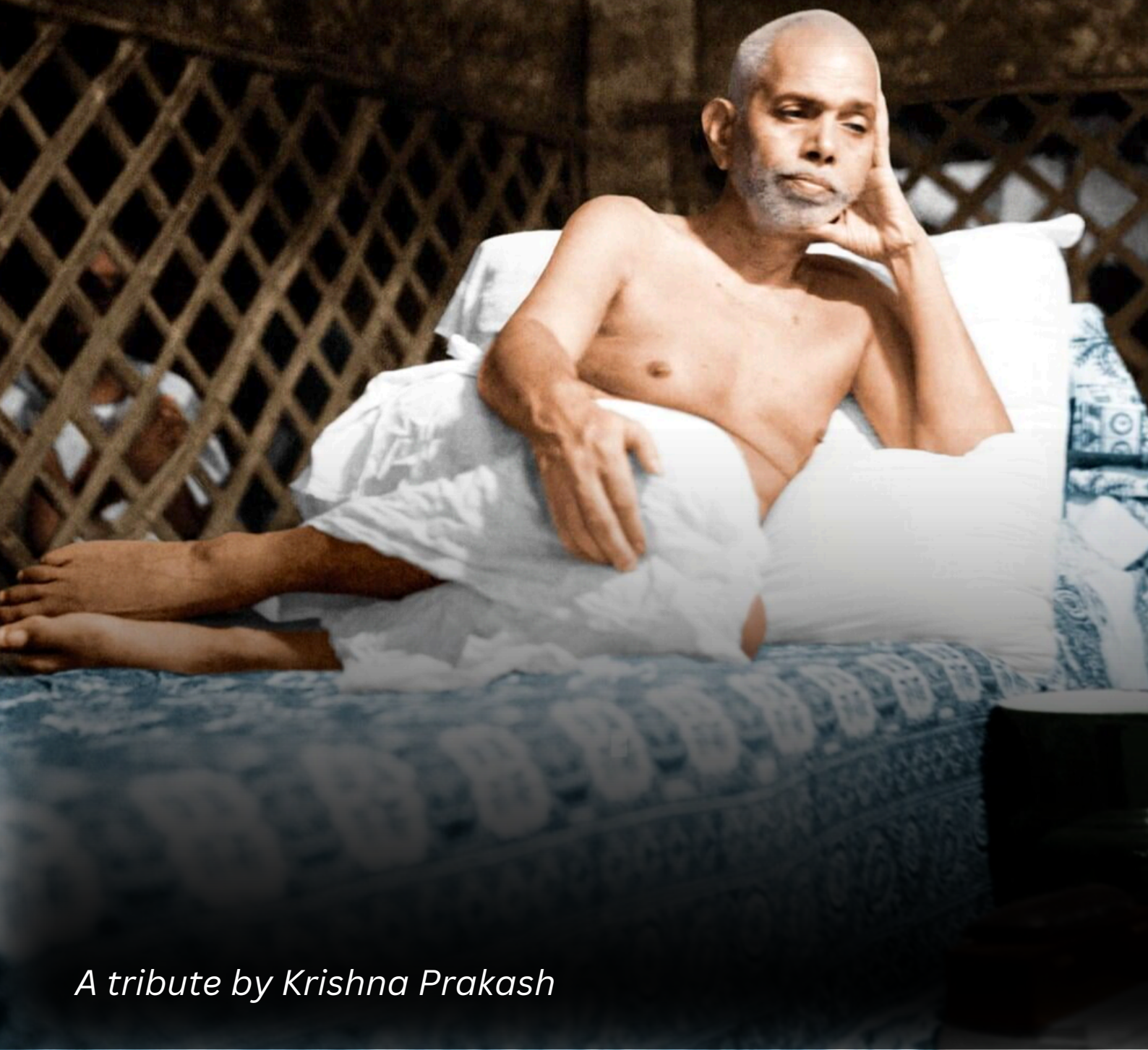


*Reflections at the feet of*

**Bhagawan**

**Ramana Maharshi**



*A tribute by Krishna Prakash*

In December 2025, I had shared two reflective posts on LinkedIn exploring the deeper dimensions of *Sankalpa*, *Self-attention*, and *Silence*, as illuminated by the teachings of *Bhagawan Ramana Maharshi*.

The response to those reflections revealed a shared longing to revisit these truths in a more contemplative and consolidated form.

On the sacred occasion of ***Bhagawan Ramana Maharshi's birth anniversary***, this booklet is being released as a natural continuation of that inquiry.

It is offered as a quiet remembrance, drawing inspiration from Ramana Maharshi and from the living Indic lineages that have shaped my own understanding.

What follows is not a scholarly exposition, but a sincere reflection on how *Sankalpa* was understood, refined, and ultimately transcended in the light of Ramana's silent teaching.



# Karthikai Deepam at Tiruvannamalai

03.12.2025

On the sacred day of Karthikai Deepam, when the flame atop Arunachala was lit, it felt especially meaningful to pause and reflect on the teachings of Bhagawan Ramana Maharshi.

Arunachala has always stood not merely as a mountain, but as a living presence.

For countless seekers, Ramana Maharshi embodied its silent instruction, pointing unwaveringly to the truth that liberation does not lie in accumulation, but in dissolution.

Beginning these reflections at his feet was not a choice, but a natural alignment



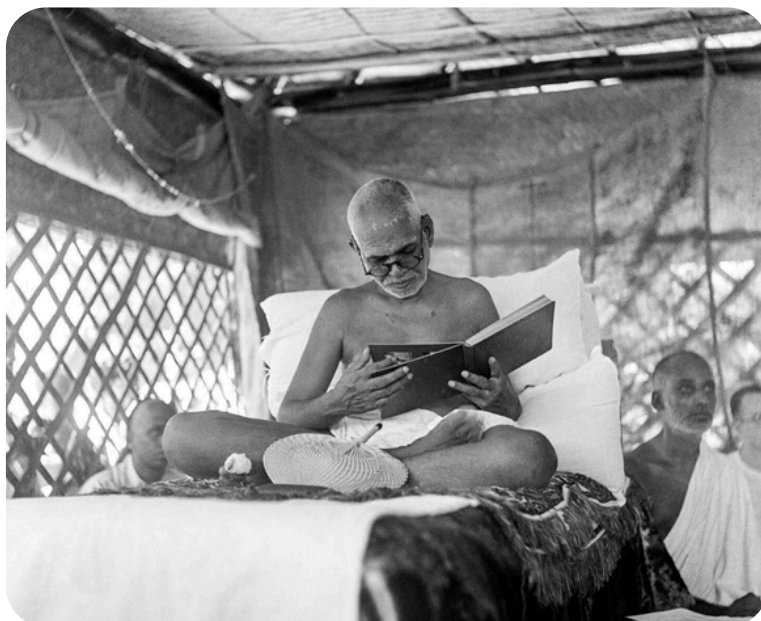
# Sankalpa: Beyond Personal Intention

Sankalpa is often understood as a personal resolve, an intention directed toward change or fulfilment.

Yet, in Indic living traditions, Sankalpa was never treated as a goal in itself.

On this occasion, I reflected on how Ramana Maharshi, along with two lineages deeply connected to my own journey, offered distinct yet converging perspectives on Sankalpa.

What follows is a paraphrasing of their wisdom, as it revealed itself through study, practice, and contemplation.





# Bhagawan Ramana Maharshi

## Sankalpa and the Question of the 'I'

Ramana Maharshi did not reject Sankalpa outright. He recognised its utility in steadying the restless mind. Yet, he never allowed attention to remain with intention.

His inquiry was direct and uncompromising:

“எண்ணம் யாருக்கு எழுகிறது?”

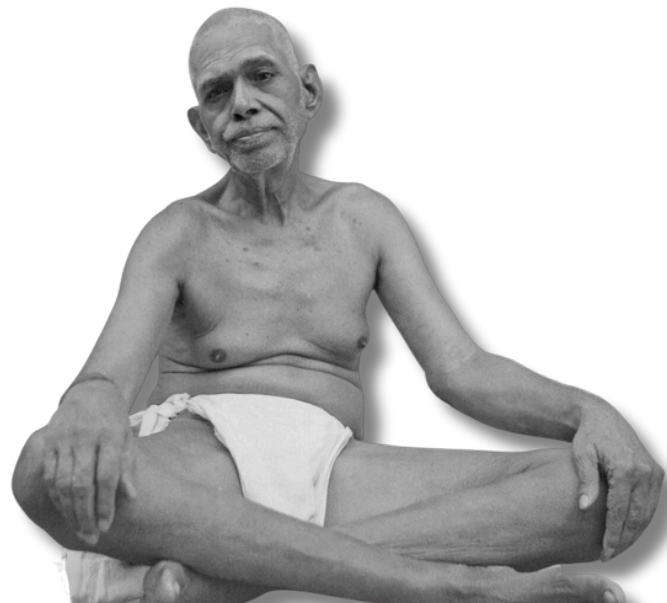
To whom does this thought arise?

With this single question, Sankalpa was turned inward.

What began as a resolve gradually matured into Self-attention. And when attention rested steadily at its source, Sankalpa lost its relevance.

In Ramana's vision, Sankalpa did not culminate in achievement, but dissolved in Silence.

***Sankalpa → Self-attention → Silence***



# Swami Satyananda Saraswati

## Sankalpa as Conscious Direction

In the Bihar School of Yoga tradition, Sankalpa was understood as a conscious directive, placed into a mind that was deeply relaxed, alert, and receptive.

Its power lay not in repetition or desire, but in the condition of the inner field. When the nervous system settled and the mind became transparent, Sankalpa integrated naturally.

Transformation followed not by force, but by alignment.

***Sankalpa → Integration → Transformation***



# Swami Poornananda Natha of Sri Sailam

## Sankalpa as alignment with Grace

In the Siddha tradition of Swami Poornananda Natha, Sankalpa was not imposed upon the mind.

It arose from inner preparedness, devotion, and clarity. Here, intention was not an act of will, but a movement of śakti.

When alignment was complete, effort receded and grace took precedence.

***Sankalpa → Alignment → Grace***



## Where these streams converged

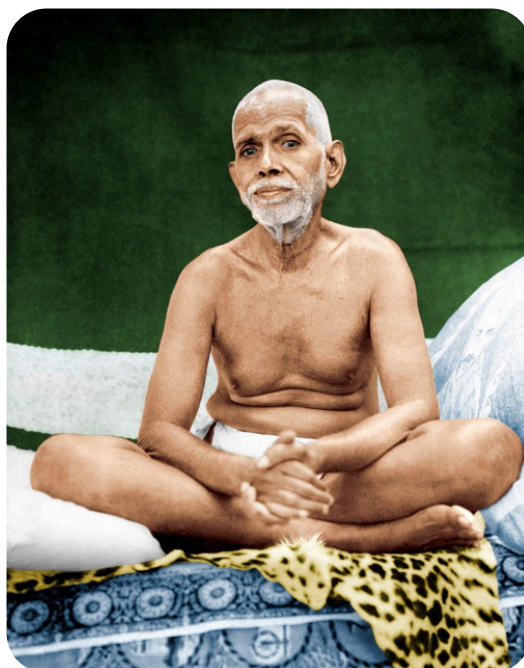
In reflecting on these lineages through the lens of Ramana Maharshi's teachings, it became clear that Sankalpa was never meant to be clung to.

It was neither:

- a wish
- an affirmation
- nor a motivational statement

It was a direction of consciousness, relevant only until the mind became sufficiently quiet, receptive, and aligned.

What followed was not manifestation, but silent unfolding.





## Sankalpa as medicine, not nourishment

In the Ramana–Muruganar tradition, Sankalpa was treated as medicine.

Muruganar captured this truth with remarkable simplicity in Guru Vachaka Kovai (Verse 1146):

நோய் இருக்கும் வரை மருந்து தேவை  
நலம் வந்தபின் மருந்து தேவையில்லை

As long as illness exists, medicine is required.  
When health is restored, medicine falls away.

This mapped a precise inner journey:

**Intention → Purification → Self-attention → Silence**

When the Self was recognised as health, Sankalpa completed its role and quietly withdrew.



# Silence as Revelation

Ramana Maharshi repeatedly reminded seekers that Silence was not something to be created.

It was what remained when false identifications dissolved.

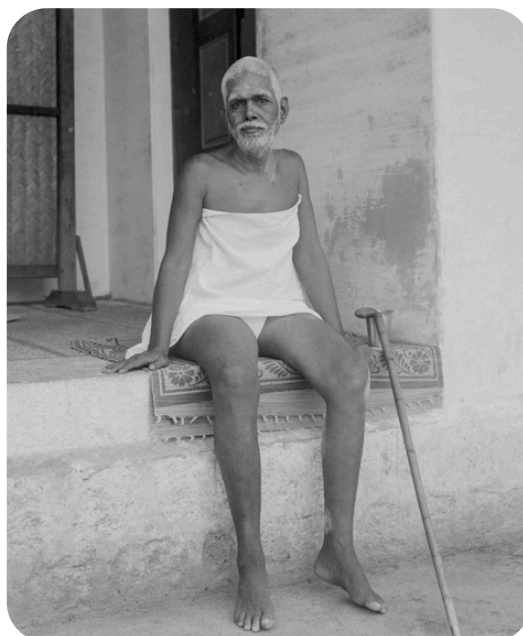
Silence was not absence.

Silence was presence without distortion.

What Self-inquiry revealed through direct questioning, preparatory disciplines made accessible by stilling the mind and nervous system.

In this way, Silence was never produced.

It was revealed.





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In 2019, Shrimath Yoga entered the HALL OF FAME in TripAdvisor for securing CERTIFICATE OF EXCELLENCE for 5 consecutive years since 2015.

In 2020 we were awarded the TRAVELLER'S CHOICE that's offered only to the top 10% hospitality properties of the World.

Do feel free to write directly to our students reviewers and get to know about their experience on studying at Shrimath Yoga.

Jai Ma!



This booklet is offered as a humble remembrance on Bhagawan Ramana Maharshi's birth anniversary.

If these reflections resonated, may they serve as a quiet invitation to turn inward, to question gently, and to rest attention where effort naturally subsides.

At the feet of Arunachala, all intentions / Sankalpa eventually return to Silence.

