

The course on *Upadeśa-sāra* comprises 15 lessons. A detailed description of the topics covered in each lesson is provided below.

### **Lesson 1: Introduction**

- Invocation
- Life history of Bhagavān Ramana Maharshi
- Introduction to the text
- The context of *Upadeśa-sāra*

### **Lesson 2: Role of Karma (Verses 1–2)**

- Action is inert
- Factors involved in actions
- Results are impermanent
- Fall through action
- Barriers to progress

### **Lesson 3: The Means to Liberation (Verse 3)**

- Introduction to Karma-yoga
- Bondage of karma
- Change the focus and purpose
- Dedication of actions unto God
- Acceptance of results from God

### **Lesson 4: Pūjā – Practice of Worship (Verses 4–5)**

- Introduction to Bhakti-yoga
- Pūjā, Japa and Cintana – Gradation
- Pūjā and connecting to God
- World is God

### **Lesson 5: Japa – Repetition of Mantra (Verse 6)**

- Introduction to Japa
- Japa and its subtleties

### **Lesson 6: Cintana – Contemplation (Verses 7–9)**

- Two types of Cintana based on quality
- Two types of Cintana based on content
- Culmination of Bhakti

### **Lesson 7: The Culmination of all Sāadhanās (Verse 10)**

### **Lesson 8: Prāṇa and Mind (Verses 11–12)**

- Abidance in the Self
- Restraint of prāṇa
- Quietude of the mind
- The Source of power

**Lesson 9: The Two States of the Mind – Manolaya and Manonāśa (Verses 13–14)**

- Suspension and Destruction of Mind
- Means to suspend and destroy the Mind

**Lesson 10: The Exalted Yogin and the Vision of Reality (Verses 15–16)**

- The State of the Exalted Yogin
- The Vision of the Reality

**Lesson 11: Inquiry into the Mind (Verses 17–18)**

- Path of Inquiry
- The 'I' thought is the mind

**Lesson 12: The Rise and Fall of the Ego (Verses 19–20)**

- Inquiry into the source of ego
- Fall of the Mind – 'I' thought – ego
- Destruction of ego and the glow of the Self

**Lesson 13: The True Self (Verses 21–23)**

- Ceaseless shine of the Self
- I am the one Existence
- Inseparable Existence–Consciousness Am I, the Self

**Lesson 14: Vision of Lord is the Vision of Self (Verses 24–26)**

- Individual and the Totality
- Vision of the Lord
- Vision of the Self

**Lesson 15: Knowledge, Realisation, Bondage and Liberation (Verses 27–30)**

- Self-realisation
- Bondage and Realisation
- Means to Realisation