

## Related Messages

Although *The Teachings of Inner Ramana* appears to begin with a message that came to Regina Dawn Akers on February 12, 2009, there were precursors to that first message. The first message that pointed in the direction of *The Teachings of Inner Ramana* came many months before on April 10, 2008. Here are excerpts from that earlier message:

Mantras can be helpful for a time. They keep your mind focused on your true desire so that it cannot wander off and be focused on something else. This is what is called mind training. ... Your mantra is a silent saying, and the words themselves are not important at all. What is important is the vibrational memory they invoke. ...

The first mantra that you shall use is "I Am that I Am." This mantra is a reminder to the mind that you exist. You exist in every situation and at all times, and never is the truth of your existence threatened. ... Your mantra is given as a reminder of what is true and what is false. ... It is merely a vibrational tuning, which reminds you of what is true. In remembering the truth, you also recognize that which is false.

She also received this message on May 19, 2008:

It is time to put all thinking aside now. ... I am no longer the one you call Teacher. The time for teaching has ended. Teaching is for the intellect, and the intellect is now full with what it needs to know. My job is no longer the role of teacher, because you are no longer in a place of needing to learn. My only job now is guide, ... It is time to Listen to Me in every pin-point of a moment. ...

"I am that I am" continues to be your friend and ally, because "I am that I am" is a reminder that occupies the mind. It is helpful to keep the mind occupied with a useful reminder, because that keeps the ears perked up and listening for only Me.

Be willing to also use the mind to ask questions, such as "What am I to do?" or "What is there for me to see?" Do not [think to find] answers to your questions. Only ask, and let the answers come from the wind ... If you expect nothing more distinct than the indistinctness of the wind, you shall know what to do now, and all else shall be added to you by the wind.

In the two days prior to the first message of *The Teachings of Inner Ramana*, Regina received these brief "single, quiet thoughts", which are published in *Thoughts of Awakening: 365 Thoughts for Contemplation*.

#230: "I am that I am" is open. It is as open as the sky. It has no end. It continues forever. This is the best idea of you. This is the truth without definition.

Do not put thought to this idea. Merely let it be thought, repeated, by the mind. And

after it is thought, rest the mind without thinking, and then let this thought be thought again.

#231: I have asked you to rest the mind. This is not a little request. To rest the mind frequently will bring the most insight. To rest it little will bring the least.

The mantra "I am that I am" is a gift of awakening. Cherish it as a gift, and you give love to your reality.