

## ***Introduction***

*By Regina Dawn Akers*

I began listening to Ramana Maharshi as an inner teacher on February 12, 2009. Here is how Ramana came to be my teacher:

First of all, I had never been a student of his and I never imagined that I would be. I knew next to nothing about Ramana Maharshi. But around January 25<sup>th</sup>, I was feeling that I had hit some kind of plateau and I was not progressing on the spiritual path like I had in the past. In fact, I felt I was losing the connection with Holy Spirit and ego was growing stronger in my mind. So I said a prayer and asked Holy Spirit to send me something that would take me to the next step.

On January 30<sup>th</sup> I felt spontaneously guided to buy a book by Ramana Maharshi. The book came within a few days but I did not feel guided to read it. I glanced at it, but found it very difficult to understand. I had no real attraction to his teaching.

Ramana's book sat on the coffee table near where I meditate for a week or so, then on February 12<sup>th</sup> the picture of Ramana that is on the cover of the book seemed to come alive. It seemed to breathe. I ignored this for a bit, but the feeling of aliveness kept growing. So finally I asked, "What do you want to tell me?" And the "Commentary on Mind," the first message given on February 12<sup>th</sup>, 2009 came. He seems to have come in answer to my prayer that I be taken to the next step.

*All of the messages given by the Inner Ramana are archived and taught at [www.reginadawnakers.com](http://www.reginadawnakers.com).*

*Throughout this book, Inner Ramana is the teacher. Regina Dawn Akers is the student or questioner.*