



## Ramanalayam

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As Spiritual Aspirants, often we seek  
a place to quietly remain focused on  
the Self, without external agitations,  
to be in the presence of The  
Supreme. Ramanalayam offers a  
sanctuary for Ramana Devotees and  
Spiritual Aspirants such a place in  
Jaffna, Sri Lanka.

Visitors are welcome to assist in  
humanitarian activities and regular  
chores, or as volunteers at the Ashram...

## “Who AM I?”

The answer to the question “**Who Am I?**” leads towards discovering our true identity, according to **Ramana Maharishi**. He is a saint of Thiruvannamalai who led many devotees, world over, in the pursuit of **Self-Realization**. Maharishi, as a realized youth of 16, sought refuge in the hills of **Arunachala** in Thiruvannamalai and never ventured elsewhere for the remaining of his bodily existence - forever abiding in the grace of the Supreme. Arunachala was for him, the living embodiment of his Divine Father. Ramana remains a universal Sathguru for countless beings across all religious persuasions.

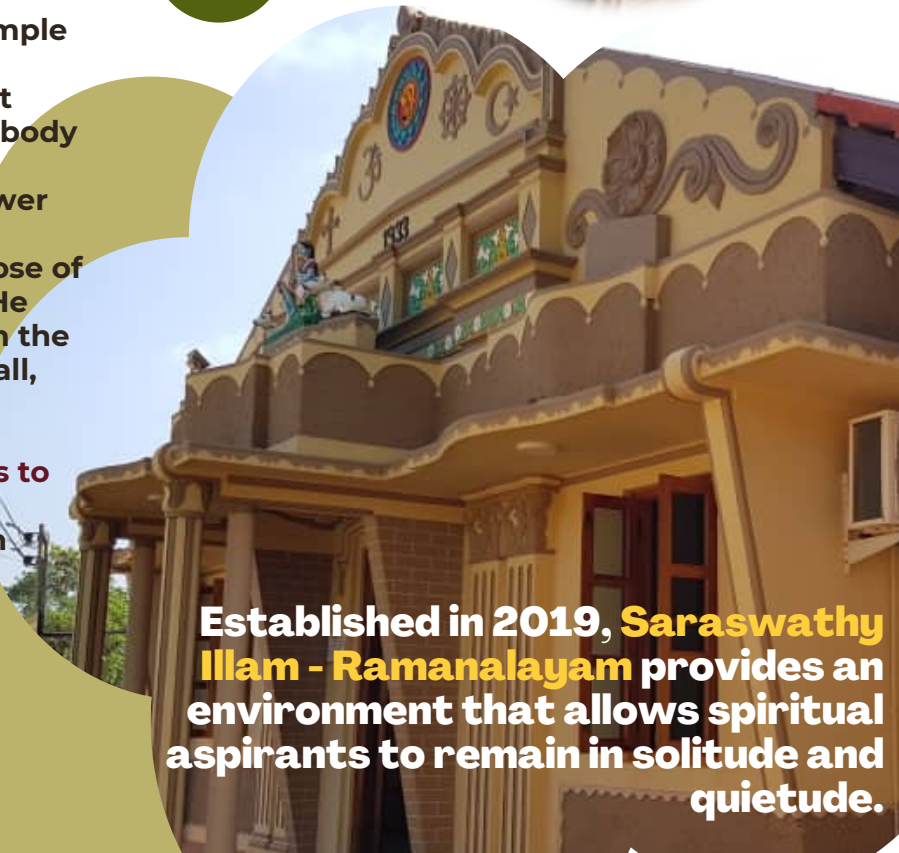
Maharishi’s instructions are simple and direct; examine your true identity, negating the constant association with the transient body and mind. “Ask yourself the question, **Who Am I?** The answer will transform your life permanently. That is the purpose of your life”, said the Maharishi. He showed us, realization through the **Gnana marga** was possible to all, even in contemporary times.

The **sole purpose of our birth** is to **realize the Self**. All else, are activities that perpetuate birth after birth.

Saraswathy Illam  
Ramanalayam, Sri Lanka

Ramana’s home in Sri Lanka

**A Spiritual Sanctuary  
for Quietude...**



Established in 2019, **Saraswathy Illam - Ramanalayam** provides an environment that allows spiritual aspirants to remain in solitude and quietude.





## At the Ashram

The Ashram welcomes visitors to partake in its activities. It provides limited accommodation and meals. Visitors can stay for up to 5 days and longer for volunteers. Enjoy the presence of Ramana Maharshi to the full.

## Spiritual Activities

Apart from daily pujas in the morning and evening, there are daily opportunities for Satsangs and Book readings.

A Spiritual gathering is held every first and third Sundays of the month at the Ashram, for Ramana Devotees and Elders, which includes pujas, Satsangs and a sumptuous lunch.

From time to time, regular, in-house, Spiritual Retreats are held to explore the Maharshi's teachings and works, and on topics related to Advaita philosophy.

## Our humanitarian activities:

### Saraswathy Scholarship Program

Selecting 5 primary schools in the vicinity of the Ashram, some 220 scholarships are offered to students in grades 1 to 5. These students come from recently resettled families, affected by the prolonged war in the country. This program is ongoing since 2021.

### Livelihood program for women

School drop-out girls and single mothers who are financially vulnerable are provided with professional sewing classes at the Ashram. Around 20 girls and women have benefitted from this program to date.

### Value Education Program

Targeting children between the ages of 6 and 12, a weekly education program is implemented at the Ashram to inculcate Spiritual and Human Values. Exposure to just and noble values has been wanting since the end of the war in 2009. Around 35 children attend these classes regularly.

### Medical and Eye Clinics

Monthly medical check-ups are held at the Ashram by qualified doctors, free of charge. In addition, annual Eye Clinics have also been held in the past 2 years. Over 149 people have been tested with corrective glasses provided to 44 and cataract operations (free of charge) performed on 30.

# What happens at the Ashram...

## Daily Schedule

- 04:00 am: Yoga/Meditation
- 07:00 am: Morning Milk Pooja
- 08:00 am: Breakfast
- 09:00 am: Morning Satsang
- 13:00 pm: Lunch
- 15:30 pm: Evening Tea
- 16:00 pm: Group Reading (Tamil)
- 16:30 pm: Group Reading (English)
- 17:30 pm: Evening Pooja
- 18:00 pm: Parayana & Meditation
- 19:00 pm: Evening Meal
- 20:00 pm: Evening Satsang
- 21:00 pm: Lights Off

