

Ramaa Krishnan

... was born and raised in India. Although educated as a Chartered Accountant, an unusual meeting with a Spiritual Master at an early age introduced another dimension into her life and philosophy. She thereafter spent several years reading and understanding Hindu philosophy and attending lectures and workshops by Indian scholars on related topics.



Her husband's work led them to live in Bangkok, Thailand and Tel Aviv, Israel. During this time, Ramaa used every opportunity to study cultures and beliefs and arrived at a deeper understanding of the underlying human faith.

She arrived in the US in 1998 and has since embarked upon a project of integrating the intellectual strengths of the West with the intuitive gifts of the East.

She now teaches meditation and lessons in self-awareness by drawing on her understanding of the psycho-spiritual wisdom of the Eastern Chakra System. Ramaa's teaching style is based in her knowledge of Hindu philosophy, combining analogies from Indian mythology and folklore with her personal experiences from around the modern world. In 2012 Ramaa completed a two year certification program in Analytical Psychotherapy from the Carl Jung Institute in order to deepen her understanding of the human psyche, and now incorporates this knowledge into her work with groups and individuals.

"Let your faith be bigger than your fear"

~unknown

What Our Petals Are Saying

~ "What an absolute treasure in small-town Wilmette. Wonderful guidance, instruction and materials towards a spiritual path."

~ "I've never learned from anyone as profoundly talented as (Ramaa), including boarding school, university, business school and every other opportunity which has been presented to me. She is a gift to those whose lives she touches, in a way that defies words."

~ "Ramaa has taught me to focus on the abundance in my life. Her unique perspectives have allowed me to become conscious of the moment, learning to view each negative as an opportunity for change and growth. I am happier, more relaxed, resulting in a more loving, calm, respectful and supportive household. I absolutely encourage anyone with a child, a job, dishes to do, or errands to run to enroll in these sessions."

~ "I feel incredibly blessed to have a woman as fabulous as Ramaa in my life. I have taken several classes with her, as well as a few private sessions. Ramaa has given me more insight than any teacher or counselor has ever done. She is able to relate to me (and others) through her mesmerizing stories, her illuminating words and her wisdom. Ramaa's classes offer more than just meditation techniques; they are a tool for obtaining a calmer more peaceful outlook in life."

"Be the change you wish to see in the world"

~Mahatma Gandhi



full bloomed lotus

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full bloomed lotus

center for self-awareness



*Release your fears,
realize your dreams©....*

Our offerings are designed to return your awareness back to yourself: back to your body through yoga, back to your essence through Meditation and back to your soul's truth through our classes offering inner work.

Center for Self-Awareness

Our Offerings

Full Bloomed Lotus started off in the home of its founder, Ramaa Krishnan, as informal gatherings where Ramaa shared her wisdom and perspectives from the land of her birth, India, and taught other moms like herself how to apply these to the demands of present day life and situations.

Over time, Ramaa relocated her groups first to a studio on Washington in Wilmette and now to a new studio a few doors down on Green Bay Road. Her offerings have continued to grow over the years to include several tools and teachings that enable people to remain anchored in their divine identity and to empower them to make choices accordingly. By addressing not just the mind, but the body and one's energy as well, you can release your fears, and realize your dreams.



THE LOTUS FLOWER

In Eastern spirituality, the lotus, or the water lily, is a very sacred flower, symbolizing the evolution of human consciousness. Rising from the depths of the river bed, it makes its way up intentionally, working through the murky waters and battling against the upheavals of the river's ebb and flow, all the while aiming to come up and unite with the sun's light. This is much like the journey of the sincere seeker who rises through the mind's confusing images, emotions and messages, while battling the challenges from the environment, all with one single goal: to be one with the Light, yet still remaining rooted in the very environment one is rising from. The full bloomed lotus, therefore, is one who has attained such a posture and stands tall and completely open despite earthly challenges.

MEDITATION

Full Bloomed Lotus has many offerings to develop your Sadhana. Whether you are new to meditation or looking to deepen your practice, Ramaa will guide you on your journey. **The Rainbow Ladder** is the first step and a prerequisite to many other meditation offerings and course work at Full Bloomed Lotus. Our **weekly drop-in meditations**, guided by Ramaa, offer insight into common experiences that unite us spiritually. Additionally, we provide **recorded guided meditations** for your home practice. We also offer workshops and private appointments to introduce **children and young adults** to simple meditation and mindfulness practices.

BODY

Bring your awareness back to your physical body with offerings focused on **Intentional Yoga**, Healing with **Reiki**, and **Sacred Sensuality**, where we can develop a sense of comfort and confidence in our own sexuality.

SOUL

We offer ongoing study groups to continue the inner work and develop a deeper understanding of your life's journey. Under Ramaa's guidance, students advance through Full Bloomed Lotus' School of Self Awareness to delve deeply into **books rich with wisdom** such as the **Bhagavad Gita**, explore generations of **family karma**, release stuck energy to experience new chakra openings, find playtime with your **inner child**, and create a deep, loving and lasting relationship with Self. Each course offering is a journey within. With Ramaa as your guide, learn how to apply your discoveries into the context of your life situations past and present.



MINDFULNESS IN THE CLASSROOM

We are now expanding and bringing the teachings into the local elementary schools to introduce children to the magic of Presence and how to access it.

PRIVATE SESSIONS

Let Ramaa's knowledge and insight help guide your inner journey and create your daily Sadhana (discipline). Appointments are available for individual sessions to **Understand Your Stories** as well as for **MBTI** (Myers Briggs Type Indicator) @ **Interpretation**. Online booking is available for these appointments.

RAMAA'S JOURNAL

Sign up to receive Ramaa's journal entries, where she shares her thoughts and insights on her own journey toward living an authentic life. Please enjoy the pages as a source of comfort that we are all divine spirits having very human experiences.

SPECIAL EVENTS

From time to time we host events such as angel and tarot card readings, Mother's day yoga/meditation, and Reiki shares and education, and other activities to support conscious living.

Our Offerings change seasonally.

*Please visit our website to see our **Current Schedule** and to **Sign-up** for a class or our newsletter.*

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