



Vol. 29 No. 8

The Association of Happiness for All Mankind

May 2008



*Honoring  
the  
Divine Mother  
in All*

*“Everything in nature bespeaks the mother. And the mother, the prototype of all existence, is the eternal spirit, full of beauty and love.”*

*- Kahlil Gibran*

**Happy Mother's Day**



## Mothers and Mother's Day

Our mother, of course, is biologically the one who gave us birth and has generally fulfilled the primary role in the raising of us. This does not take away, however, from the important role our father has played in our lives, at least in the case of many if not most of us. But, with so many of us, it is our mother who has cared for us and who spent the greatest amount of time in caring for us, whereas our father spent more of his time away from home working, so as to provide for the family.

I don't consider myself really qualified to write anything having an important effect regarding mothers, or even motherhood. I loved and appreciated my mother, especially her cooking, and that's about it. So, to do the asked for job of writing "something significant" for Mother's Day, I have done a small amount of research and chosen quotations of several female writers about mothers and motherhood, including some who are rather well known or famous. – A. Ramana



- "No woman can call herself free until she can choose consciously whether she will or will not be a mother." – Margaret Sanger
- "Motherhood is neither a duty nor a privilege, but simply the way that humanity can satisfy the desire for physical immortality and triumph over the fear of death." – Rebecca West
- "My mother could make anybody feel guilty – she used to get letters of apology from people she didn't even know." – Joan Rivers
- "The best way to keep children home is to make the home atmosphere pleasant – and let the air out of the tires." – Dorothy Parker
- "No matter how old a mother is, she watches her middle-aged children for signs of improvement." – Florida Scott-Maxwell
- "Sometimes when I look at all my children, I say to myself, 'Lillian, you should have stayed a virgin.'" – Lillian Carter, at the 1980 Democratic Convention, where her son was nominated for a second term as US President
- "A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." – Teneva Jordan
- "Mama exhorted her children at every opportunity to 'jump at de sun.' We might not land on the sun, but at least we would get off the ground." – Zora Neale Hurston
- "At work, you think of the children you have left at home. At home, you think of the work you've left unfinished. Such a struggle is unleashed within yourself. Your heart is rent." – Golda Meir
- "And so our mothers and grandmothers have, more often than not anonymously, handed on the creative spark, the seed of the flower they themselves never hoped to see – or like a sealed letter they could not plainly read." – Alice Walker
- "Why do grandparents and grandchildren get along so well? They have the same enemy – the mother." – Claudette Colbert
- "There was never a great man who had not a great mother – it is hardly an exaggeration." – Olive Schreiner
- "A mother's arms are more comforting than anyone else's." – Diana, Princess of Wales

**Happy Mother's Day to all Mothers – everywhere and every when! ♥**

## ♥ Love Note From The Heart ♥

By Elizabeth MacDonald, AHAM's Assistant Spiritual Director and Senior Trainer



While preparing for this issue and reading the stories and words of women saints and sages, a deep gratitude flowed through me for their pure dedication and commitment to seeing God in and as all. And, no matter what came up in their lives to oppose them, their courage and strength came forth to meet the challenges of the day. This is so inspiring and has paved the road for us all.

By the example of our birth mothers and of our "spiritual mothers" we are nourished from the depth of our Being. This Love, freely given and received, then comes forth into our lives as pure

Compassion and Kindness, inspiring all to live from what is true.

The question that comes up for us to consider, "Are we allowing the personality of our birth mother and our conditioned past cover over what is real and true?" Utilizing AHAM's teaching now ... and telling the truth about it ... "what is my experience?" Let it all be just as it is, from the Light of Pure Awareness... *being* what is true, here and now.

This is the challenge we may be given – as an opportunity to remain awake as Pure Awareness or be identified with the body-mind. Our mothers can bring up to us deep conditioned patterns. She was with us as a child through all of our traumas, especially our first one ... birth. So, what a blessing for us to be able to "see through" whatever may still be there to snag us. It's up to us to utilize this opportunity.

Take the time this Mother's Day to *be with* Mom and enjoy this relationship from Prior Awareness, being *as we are*, loving and embracing whatever may arise. ♥

*Mom,*

*For all you have done*

*For the gifts you have given*

*For the love you have shown*

*In the life we are living*

*I thank you, with the whole of my Heart.*

- Andrew Tawney





## Celebrating Women Who Have Made a Difference



*"Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. Money will come if we seek first the Kingdom of God - the rest will be given."*

– Mother Teresa



*"Who you are, in truth, who everyone is, is whole and perfect and beautiful. And if that can be recognized, then it is possible that self-torture can stop!"*

– Gangaji



*"Inquire: 'Who am I?' and you will find the answer. Look at a tree: from one seed arises a huge tree; from it comes numerous seeds, each one of which in its turn grows into a tree. No two fruits are alike. Yet it is one life that throbs in every particle of the tree. So, it is the same Atman (Self) everywhere."*

– Anandamayi ma



*"The greatest mistake we can make is to believe that we can direct our actions, whereas all we can do is to feel the repercussions and reactions to which they give rise."*

– Lizelle Reymond



*"When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space."*

– Pema Chodron (Buddhist Nun)



### Blessing of St. Clare

*"May you always be with God wherever you may be and may God be with you always."*

*Always be lovers of your souls and those of all your sisters. And may you always be eager to observe what you have promised the Lord."*

–St. Clare of Assisi



# ♥ Expressions of the Divine Mother ♥

The following is excerpted from *Love Poems From God*  
compiled by Daniel Ladinsky, published by Penguin Group, N.Y., N.Y.

**Rabia of Basra** (c. 717–801) is without doubt the most popular and influential of female Islamic saints and central figure in the Sufi tradition. When Rabia was quite young, she became separated from her parents – perhaps they died – and while wandering homeless, she was literally stolen and sold into slavery. Because of her remarkable beauty, a famous brothel bought her for a large sum, and it is believed she lived and was forced to work as one might in a brothel for many years. She wrote, “What a place for trials and transformation did my Lover put me, but never once did He look upon me as if I were impure. Dear sisters, all we do in this world, whatever happens, is bringing us closer to God.”

From her own words:

I know how it will be when I die,  
My beauty will be so extraordinary that God will worship me,  
He will not worship me from a distance,  
for our minds will have wed,  
our souls will have flowed into each other.  
How to say this: God and I  
Will forever cherish  
Myself.



**St. Catherine of Siena**, Italy (1347 – 1380) was said to have been profoundly interested in every human being that ever came before her. She devoted herself to relieving the mental and emotional suffering of the hundreds who sought her out; her words and her touch bestowed a soothing grace.

The following is in her own words:

I first saw God when I was a child, six years of age.  
The cheeks of the sun were pale before Him,  
And the earth acted as a shy girl, like me.

Divine light entered my heart from His love  
That did never fully wane,  
Though indeed, dear, I can understand how a person's  
Faith can at times flicker,  
For what is the mind to do  
With something that becomes the mind's ruin;  
A God that consumes us  
In His grace.

I have seen what you want;  
It is there,  
A Beloved of infinite  
Tenderness.



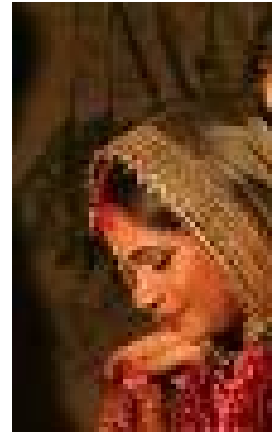
**Mirabai** (c. 1498– 1550) is the most renowned woman poet-saint of India, her songs sung by Hindus, Muslims, and Sikhs alike. She was born a princess in the area of Rajasthan. She was a fierce champion of human rights, especially women's rights, and with a shocking wit and penetrating insight would often expose the ridiculous aspects of politics, orthodox religion, the caste system and chauvinistic oppression. Her songs often glorified the ascetic's life, she composed her poems / songs in the ancient tradition of classical Indian poetry.

From her own words:

He left His fingerprint on a glass the earth drinks from.

Every religion has studied it.  
Churches and temples use the geometry of those lines  
To establish rites and laws and prayers  
And our ideas of the universe.

I guess there is just no telling how out of hand  
And wonderfully wild  
Things will get  
When our lips catch up to  
His.



**St. Teresa of Avila** (1515 – 1582) is undoubtedly the most influential female saint in the Western world, and she has made great contributions to spiritual literature and poetry. She was a woman of tremendous courage who is rightfully credited with remarkable political and religious reform achieved against the strongest – and most insidious – chauvinistic forces. She said, "I found completeness when each breath began to silently say the name of my Lord."

From her own words:

Just these two words He spoke  
Changed my life,  
"Enjoy me."

What a burden I thought I was to carry" –  
A crucifix, as did He.

Love once said to me, "I know a song,  
Would you like to hear it?"

And laughter came from every brick in the street  
And from every pore  
In the sky.

After a night of prayer,  
He changed my life when  
He sang,  
"Enjoy Me."



Everything in nature bespeaks the mother. The sun is the mother of the earth and gives it its nourishment of heat; it never leaves the universe at night until it has put the earth to sleep to the song of the sea and the hymn of the birds and brooks. And this earth is the mother of trees and flowers. It produces them, nurses them, and weans them. The trees and flowers become kind mothers of their great fruits and seeds. And the mother, the prototype of all existence, is the eternal spirit, full of beauty and love. ♥

- Kahlil Gibran



## Prayer for Recovery

From *Bhagavan Ramana & Mother* p.16

*Bhagavan had sought divine intervention for changing the course of events. Bhagavan invoked the power of Arunachala, as the conqueror of death, to cure His mother's fever and also for making her eternal. Bhagavan's love for the mother and his total reliance on Arunachala is seen in every single line of these verses.*

*"Oh Lord, in the form of the hill  
You are the remedy for the endless chain of births  
For me your feet alone are the refuge  
Your duty it is to remove my mother's suffering and govern her.*

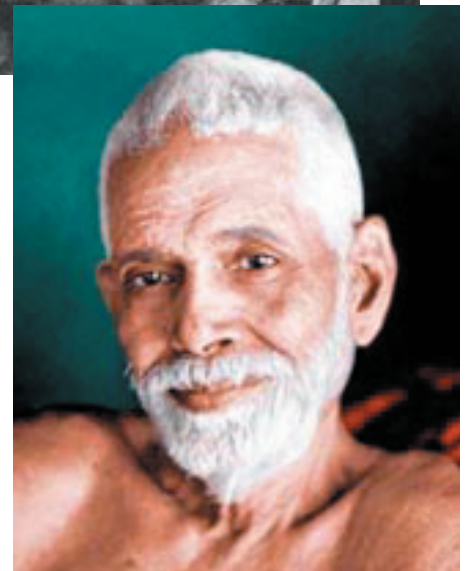
*Oh Conqueror of Time  
Your lotus feet are my refuge  
Let them protect my mother from death  
What is death if scrutinized?*

*Arunachala, blazing fire of knowledge  
Burn away the dross  
Absorb my sweet mother in you  
What need would there be, then, for cremation?*

*Arunachala, dispeller of Maya's veil,  
Why then the delay in curing my mother's delirium?*

*Oh Mother, of those who seek refuge in you  
Is there a better shield than you form fate's blows?*

*In this prayer we find something special. Bhagavan addressing Arunachala as "Mother" instead of as "Father" as he always used to do. ♥*





## Definitions of "Mums" from a Child's View

### Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out there when we were getting born.

### How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me, he just used bigger parts.

### What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string, I think.

### Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she liked me a lot more than other people's moms like me.

### What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

### What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

### Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats alot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn't have her thinking cap on.

### Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goof-ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than dad.

### What's the difference between moms and dads?

1. Moms work at work & work at home, and dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's. Moms have magic because they make you feel better without medicine.

### What does your mom do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

### If you could change one thing about your mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on her back.



*"Life is not measured by the number of breaths we take, but by the moments that take our breath away!"*

*"To the world you might be one person, but to one person you just might be the world."*

**HAPPY MUM'S DAY!!! ♥**

- Source Unknown





## Beefless Stew

From *Linda McCartney's Home Cooking* pg. 86

1 Large onion, chopped  
 4 Medium carrots, chopped  
 4 Medium potatoes cubed  
 2 Cloves garlic, crushed  
 2 Sticks celery, chopped  
 1/2 Red pepper, chopped and seeded

4 Tablespoons butter or margarine  
 4 Vegetable burgers, cubed  
 1-16 oz Can chopped tomatoes  
 1 Cup vegetable stock or water  
 2 Tablespoons soy sauce  
 Salt and freshly ground pepper to taste

Prepare the vegetables, then melt the butter in a large saucepan and lightly brown the onion. Add the other vegetables and saute for a few minutes. Then add the vegetable burgers and brown for 3 minutes over a gentle heat. Add the tomatoes and enough vegetable stock just to cover the mixture.

Season with soy sauce, salt and pepper, cover the stew and simmer for 30-40 minutes or until thick and well cooked. Take care to add extra vegetable stock or water if the mixture seems dry.

55 minutes to make

Good source of vitamin A, B group vitamins, calcium and potassium. Serves 4



### Heart Watch

Every four hours, during our Heart Times, one of our staff sits in silent meditation in our sanctuary and consciously envisions a successful conclusion of the particular need of each person for whom a request has been made. If you would like to have a request placed in our Heart Watch book, then phone, mail, or e-mail your prayer request to the AHAM Center. [ahamcntr@asheboro.com](mailto:ahamcntr@asheboro.com); Subject: Heart Watch Request

### Daily Messages

AHAM sends out Daily Messages for transforming the mind and realizing the true nature of the Self, or real God, based on the Teaching of Sri Ramana Maharshi. If you wish to receive these FREE daily messages, Monday to Friday, simply e-mail your request to the AHAM Center at: [ahamcntr@asheboro.com](mailto:ahamcntr@asheboro.com) Subject: Daily Messages

Here's an example:

**The moment you start looking for the Self and go deeper and deeper, the real Self is waiting there to take you in.**

**– Sri Ramana Maharshi**



# Upcoming Events



## May:

- 4 - 6 Spring Fling
- 9 - 11 Awakening to Awareness Retreat (closed)
- 22 - 25 Awakening to Awareness Retreat
- 14 - 18 Neutralizing Your Negative Past (Pre-requisite Intensive Self-Inquiry Retreat/Training)

## June:

- 20 - 22 Awakening to Awareness Retreat
- 21 - 29 Intensive Self-Inquiry Retreat/Training (Awakening to the Self You Really Are)
- 23 - 29 Sat Sanga Week
- 27 - 29 Sat Sanga

### AHAM Meditation Center Grounds



For information on any of our programs,  
 contact the AHAM Center at:  
[<ahamcntr@asheboro.com>](mailto:ahamcntr@asheboro.com)  
 Subject: Program Information

## Awakening to Awareness Retreat

Why not "give yourself" 2 to 5 days retreat time of abiding in Pure Awareness? This is simple, effortless "being meditation" at AHAM's tranquil, 37-acre meditation Retreat Center. The "Awareness Retreat Experience" is perfect for those wanting to "get away from it all" and to experience deep peace, solitude, and relaxation. Enjoy our quiet meditation trails and beautiful Reflection Lake. There is personal guidance into the experience of Self-Inquiry – "the eyes open" meditation that can be used by anyone, anytime, and anyplace. Experience this, and much more of AHAM's transformational teaching... all in a very "laid back" and relaxed format.

A retreat experience can be scheduled to fit your schedule. It is also already offered on selected, specific weekends. Contact the Center soon.

*"I am experiencing a deep connection and an ever new relationship with my true spiritual-being and recognizing that as the Reality of 'Who I really am.' In just two days, I now have inner peace, serenity and contentment as well as excitement, joyfulness and some powerful insights and practices."*

*– Josef "Sepp" Klein,  
 Unity in Greensboro, NC*