



Vol. 29 No. 9

The Association of Happiness for All Mankind

June 2008

Honoring "Father"



Blessed indeed is the man who hears many gentle voices call him father!

—Lydia M. Child

Happy Father's Day



Heart of the Matter



Fathers and Father's Day



A. Ramana

I remember my dad worked very hard to support my mom and me; his work was mostly at night. I remember him for this fact, how most of my life he slept days. All his life he longed to find a good day job, but he never could make it, because he didn't have the education necessary for a good paying day job. So, he became a deputy constable and worked mostly doing either guard duty, or as a night watchman. I remember and love him dearly for his steadfastness and dedication to our family, and providing for my mother and me. – A. Ramana

Father's Day History

Father's Day is the 3rd Sunday in June. The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day church sermon in 1909. Having been raised by her father, Henry Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. †Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

In 1924, President Calvin Coolidge proclaimed the third Sunday in June as Father's Day. Roses are the Fathers Day flowers: red to be worn for a living father and white if the father has died.

Quotes About Dads

"It no longer bothers me that I may be constantly searching for father figures; by this time, I have found several and dearly enjoyed knowing them all." – *Alice Walker*

"None of you can ever be proud enough of being the child of SUCH a Father who has not his equal in this world – so great, so good, so faultless. Try, all of you, to follow in his footsteps and don't be discouraged, for to be really in everything like him none of you, I am sure, will ever be. Try, therefore, to be like him in some points, and you will have acquired a great deal." – *Victoria, Queen of England*

"That is the thankless position of the father in the family – the provider for all, and the enemy of all." – *J. August Strindberg*

"It is a wise father that knows his own child." – *William Shakespeare*

"It doesn't matter who my father was; it matters who I remember he was." – *Anne Sexton*

"One father is more than a hundred schoolmasters." – *English Proverb*

"To be a successful father . . . there's one absolute rule: when you have a kid, don't look at it for the first two years." – *Ernest Hemingway*

"A man knows when he is growing old because he begins to look like his father." – *Gabriel García Márquez*

"I cannot think of any need in childhood as strong as the need for a father's protection." – *Sigmund Freud*

"It is much easier to become a father than to be one." – *Kent Nerburn, In Letters to My Son: Reflections on Becoming a Man, 1994*

"Be kind to thy father, for when thou wert young; Who loved thee so fondly as he? He caught the first accents that fell from thy tongue, and joined in thy innocent glee." – *Margaret Courtney*

"If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right." – *Bill Cosby* ♥



♥ Love Note From The Heart ♥

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



As this article is being written, I am sitting in my mother's home and *being with* her through my stepfather's passing. My father and mother separated and divorced when I was sixteen, and my stepfather then came on the scene. I was not happy about this "replacement" and showed it in different ways when he came to live with us. We have talked and even laughed about this over the years, and most recently before he passed. Actually, we were so connected that he reached out to me in his final days for a way to go Home, in Peace. It was such an honor to be with him in this way.

During the Memorial Service, while the stories were being told about my stepfather, a whole other dimension of this man was revealed. He was not a man who went to church or followed a "path" spiritually, but it was revealed that his life exemplified one of kindness and giving at every turn. It was clear, that I truly did not know him, as he lived. There still was a "veil" of the rebellious little teenager that covered over what is True. Wow, what a blessing he gave me.

So, as I was being with the writings in this issue of those who lived One with God, it was revealed how this "veil" over what is Absolutely True can be there and we may not even know it. These remarkable Beings have come into our lives to shake us awake to our true nature. Let us honor those who have come before us, and those who are in our lives now, who have contributed to whatever is necessary to remove the veil and live the Truth in daily life situations. And, very importantly, now and always, let us honor who we are *as* this Truth ... that the "Father" lives and moves and has His Being in us all, Loving us simply as we Are, and, our Innate Intelligence is eternally guiding us with Infinite Wisdom and Truth. ♥

*It's the old shell trick with a twist;
I saw God put Himself in one of your pockets.
You are bound to find Him.
– Tukaram*





Honoring “Father”



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



Rumi

“On a day when the wind is perfect the sail just needs to open and the world is full of beauty. Today is such a day.”

Jalaludin Rumi (1207-1273) born in Afghanistan, is considered one of the greatest poets known to history. His influence throughout the Islamic world for over seven hundred years and more recently in Western countries is astounding. There are several accounts of the momentous event in Rumi’s life, his transformation, which began in 1224 when he met Shams. Shams, a wandering dervish from Tabriz, was on a quest for the one spiritual companion to whom he could bequeath his spiritual legacy. One night in 1248, Shams disappeared, never to be seen again. Rumi realized, finally, that his beloved Shams was within him and it was He that was writing his poetry. Rumi says to us in a poem, *“Love is the cure, for your pain will keep giving birth to more pain until your eyes constantly exhale love as effortlessly as your body yields its scent.”* Love is the essence of Rumi, love became his very being, love is the impetus of all his poetry. Rumi sings fantastic promises that do not disappoint the sincere student. *“Stand with dignity in the magnificent current of my words and they will carry you into God’s arms.”*

*If you put your heart against the earth with me,
In serving every creature,
Our Beloved will enter you from our sacred realm
And we will be, we will be
So happy.*

St. Francis of Assisi

“No one lives outside the walls of this sacred place, existence.”

Francis Bernardone (1182- 1226) of Assisi, Italy, is the most beloved saint of the Western world. His love for nature and his hymns to the sun, moon, earth, and birds have captured the hearts of millions. The Crusades brought Francis to the Middle East, and there are accounts that St. Francis was in contact with Rumi’s master, Shams, while Francis was in Damascus. He returned home and began a new life, on fire with love for God. He began to devote himself to helping the impoverished and the afflicted.

*I would not leave this earth until God promised me
that my hands could always touch
the face of anyone who suffered.*

Francis would leap about and dance and become ecstatic. It is said of Francis that his love for God at times made him so wild that few understood him. In many churches around the world one of the happiest Sundays is St. Francis Day, when people bring their animals to the church to be blessed. St. Francis’s life was a great blessing to all. His spiritual beauty, power and compassion will always offer us guidance.

*God came to my house and asked for charity.
And I fell on my knees and cried,
“Beloved, what may I give?”
“Just Love,” He said.
“Just Love”*



Hafiz

"God revealed a sublime truth to the world when He sang. "I am made whole by your life. Each soul, each soul completes me."

Shams-ud-din Muhammad hafiz (1320-1389) is the most beloved poet of Persians and is considered to be one of history's greatest lyrical geniuses. When Hafiz was about sixty, it is believed that his beloved master, Muhammad Attar, granted Hafiz his deepest most constant desire—union with God. Hafiz's forty-year spiritual consecration bequeathed to history some of the most profound mystical verse in print. It is said of Hafiz that he wrote with a sweet, playful genius unparalleled in world literature...for through his works he continues to sing beautiful and wild love songs to this world from God.



*If God invited you to a party and said,
"Everyone in the ballroom tonight will be my special guest,"
how would you then treat them when you arrived:
Indeed, indeed!
And Hafiz knows that there is no one in this world
Who is not standing upon His jeweled dance floor.*

St. John of the Cross

"My soul is a candle that burned away the veil; only the glorious duties of light I now have."

St. John of the Cross (1542-1591), was born in a town northeast of Avila, Spain. Like St. Teresa, his family had been Jewish and were *conversos*—"forced Christians." His verses reveal profound, tender experiences of divine communion. When St. John was twenty-five years old, a decisive event occurred in his life. He met St. Teresa and was remarkably affected, one could say transformed, by her. She was in her fifties and emanated great spiritual power and insight. It was said that they fell in love (in the purest sense) with each other. In 1577, as a result of the attempted reform of the Carmelite order and his alliance with St. Teresa, he was kidnapped and imprisoned at Toledo. It was during this period of debased confinement and torture by his fellow priests that he miraculously composed some of his greatest poetry. For much of the nine months St. John was in prison, he was confined to a tiny cell, actually an unlit closet in which he could not even stand up. One night in prayer, asking God for the strength to endure his confinement and torture, St. John had this remarkable experience or vision. He heard a duet in which God and he were the singers: *"I am dying of love darling, what should I do?" And the Beloved responded, "then die my sweetheart—just die. Die to all that is not us; what could be more beautiful."* This is speaking of an important transformative juncture through which we will all pass. *"My soul is a candle that burned away the veil,"* says St. John, the veil being that which separates us from God. The veil being the false, the untruths we believe, that we must someday die to, before we are *born*.

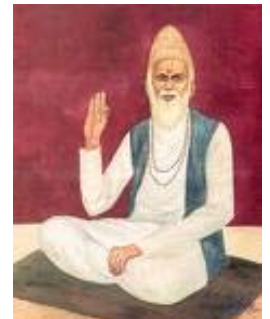


*Quiet yourself.
Reach out with your mind's skillful hand.
Let it go inside of me
And touch God.*

Kabir

"The fish in the water that is thirsty needs serious professional counseling."

For five hundred years the poems of Kabir (1440-1518) have been recited and sung throughout India. Some present-day readers of Kabir liken him to something of a tough guy, a Zen-bruiser, a divine smart-aleck, but there are many dimensions of this great Master that one can bring to light, including his rarely revealed tenderness and his delicious freeing humor. Kabir was born in Varanasi, in North India. He was a disciple of a famous Hindu guru, Ramananda. The glorious role of the mystical poets is to help us accept God more as he is—and ever less than our prejudices and fears want Him to be. The people who can get close to such a saint have to go through an ego-dying process.



*With a begging bowl in hand a man with amnesia knocks on his own door.
My guru cured me of that profound illness;
God asking God for forgiveness or alms. ♥*



Words of Wisdom



Honoring "Father"



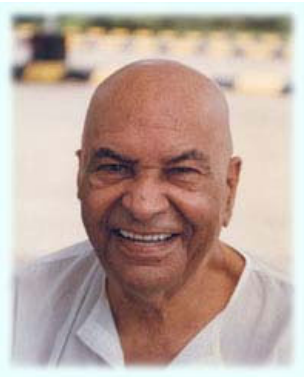
"Pure knowledge is not imparted by another; it comes unmasked. It is the one that is listening: it is your own true nature."

– Nisargadatta Maharaj



"If you really want to know who I am, you have to be as absolutely empty as I am. Then two mirrors will be facing each other, and only emptiness will be mirrored. Infinite emptiness will be mirrored: two mirrors facing each other. But if you have some idea, then you will see your own idea in me."

– Osho



"When we use the word "I", there is ego. Then there is the mind, then there is a body, then there are senses, then there are sense objects, and then all manifestation arises."

– Papaji - Sri H.L. Poonja



"I AM is a feeling of permanent awareness. The very center of consciousness is the feeling of I AM. I may forget who I am, where I am, what I am, but I cannot forget that I Am. The awareness of being remains, regardless of the degree of forgetfulness of who, where, and what I am."

– Neville



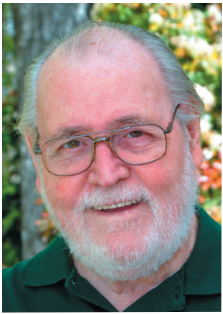
"As long as you are unable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you."

– Eckhardt Tolle



"Many people excuse their own faults but judge other persons harshly. We should reverse this attitude by excusing others' shortcomings and by harshly examining our own."

–Paramahansa Yogananda



A. Ramana

Who Sees? ... A Conscious Poem

By A. Ramana

(Reprinted from July 1991 issue of HEART to HEART)

*When I see beauty, it comes out of me.
When I see deformity, that too is from me.*

*I am the cause of all that I see.
Effect is what's seen, the cause is in me.*

*I am the cause of all seen by me,
By conceiving and naming that which I see.*

*I must agree to then disagree.
Both of these issue, from out of me.*

*When I disagree, I have first agreed,
I cannot but agree to disagree.*

*Regardless of what – and how many – I see,
It is all out of one, the one that is me.*

*I am the one, which does "many" see.
There is no "many" apart from the one "I," which
sees.*

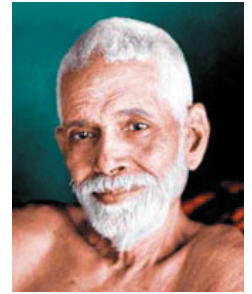
*Who is it that sees? Who says, "I am he or she?"
There is only the one, which is seer and seen.*

*The Self is the All, the All is what's seen,
There is no All, apart from Me.*

*I Am in all, and all is in Me.
There is no other apart from Me.*

*Yes, I Am is. All, and all Is Me.
There is no "other," there is no "me."*

*I am the seer, and I am the seen,
There's only the seer, there's no other to see. ♥*



Sri Ramana Maharshi

Five Verses On The Self

(this was the last poem that Bhagavan wrote)

That person who the Self forgets,
The body for the Self mistakes,
Who rebirths countlessly retakes,
At last to find and be the Self,
'Tis as if from a dream he woke
Of wandering about the world.

That person "Who am I?" who asks
And "Where am I?" who seeks to know,
Though as the Self he there exists,
Is like unto a drunken man
Who asks his own identity
And wants to know his whereabouts.

When truly body's in the Self
The one who thinks the Self's within
The senseless body, is like one
Who thinks the figure of the screen
The basis is, instead of that
The figure on the screen appears.

Can any ornament exist
Without the gold of which it's made?
Where body's found apart from Self
The ignorant think body Self.
The *Jnani*, he who knows the Self,
Perceives the Self as Self alone.

The One Self, the Reality,
Eternally exists alone.
The *Adi-Guru*, is even he,
First of all Teachers, only showed
In Silence the Reality,
Who else by speech can it convey? ♥



When God Created Fathers

By Erma Bombeck

When the good Lord was creating fathers, He started with a tall frame. And a female angel nearby said, "What kind of father is that? If you're going to make children so close to the ground, why have you put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending, or even kiss a child without a lot of stooping."

And God smiled and said, "Yes, but if I make him child size, who would children have to look up to?"

And when God made a father's hands, they were large and sinewy.

And the angel shook her head sadly and said, "Do You know what You're doing? Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on pony tails or even remove splinters caused by baseball bats."

God smiled and said, "I know, but they're large enough to hold everything a small boy empties from his pockets at the end of a day yet small enough to cup a child's face."

Then God molded long, slim legs and broad shoulders.

The angel nearly had a heart attack. "Boy, this is the end of the week, all right," she clucked. "Do You realize You just made a father without a lap? How is he going to pull a child close to him without the kid falling between his legs?"

God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull a sled, balance a boy on a bicycle or hold a sleepy head on the way home from the circus."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer. "That's not fair. Do You honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?"

And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to "ride a horse to Banbury Cross" or scare off mice at the summer cabin, or display shoes that will be a challenge to fill."

God worked throughout the night, giving the father few words, but a firm authoritative voice; eyes that see everything, but remain calm and tolerant.

Finally, almost as an afterthought, He added tears. Then He turned to the angel and said, "Now are you satisfied that he can love as much as a mother?"

And the angel shutteth up! ♥



My Father

When I was ...

- Four years old: My daddy can do anything.
- Five years old: My daddy knows a whole lot.
- Six years old: My dad is smarter than your dad.
- Eight years old: My dad doesn't know exactly everything.
- Ten years old: In the olden days, when my dad grew up, things were sure different.
- Twelve years old: Oh, well, naturally, Dad doesn't know anything about that. He is too old to remember his childhood.
- Fourteen years old: Don't pay any attention to my dad. He is so old-fashioned.
- Twenty-one years old: Him? My Lord, he's hopelessly out of date.
- Twenty-five years old: Dad knows about it, but then he should, (because he has been around so long).
- Thirty years old: Maybe we should ask Dad what he thinks. After all, he's had a lot of experience.
- Thirty-five years old: I'm not doing a single thing until I talk to Dad.
- Forty years old: I wonder how Dad would have handled it. He was so wise.
- Fifty years old: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.



– Author Unknown



God Knows Best

by Helen Steiner Rice



*Our Father knows what's best for us,
So why should we complain ...
We always want the sunshine,
But He knows there must be rain.*

*We love the sound of laughter
And the merriment of cheer;
But our hearts would lose their tenderness
If we never shed a tear.*

*Our Father tests us often
With suffering and with sorrow;
He tests us, not to punish us,
But to help us meet "tomorrow."*

*For growing trees are strengthened
When they withstand the storm;
And the sharp cut of the chisel
Gives the marble grace and form.*

*God never hurts us needlessly,
And He never wastes our pain;
For every loss He sends to us
Is followed by rich gain.*

*And when we count the blessings
That God has so freely sent;
We will find no cause for murmuring
And no time to lament.*

*For Our Father loves His children,
And to Him all things are plain;
So He never sends us "pleasure"
When the "soul's deep need is pain."*

*So whenever we are troubled,
And when everything goes wrong,
It is just God working in us
To make "our spirits strong."*





Teachings of Bhagavan Sri Ramana Maharshi



*Happiness is your nature.
It is not wrong to desire it.
What is wrong is seeking it
outside when it is inside.*

*Nearly all mankind is more or
less unhappy because nearly
all do not know the true Self.
Real happiness abides in Self-
knowledge alone. All else is
fleeting. To know one's Self
is to be blissful always.*

*Reality is simply the loss
of ego. Destroy the ego by
seeking its identity. Because
the ego is no entity it will
automatically vanish and
reality will shine forth by itself.*

*Nobody doubts that he exists,
though he may doubt the
existence of God. If he finds
out the truth about himself and
discovers his own source, this
is all that is required.*

*Self is only Being - not being
this or that. It is Simple
Being. BE, and there is the
end of ignorance.*

*Good thoughts keep off
bad thoughts. They must
themselves disappear before
the state of realization.*



*Real attainment is to be
fully conscious, to be aware
of surroundings and the
people around, to move
among them all, but not to
merge consciousness in the
environment. One should
remain in inner independent
awareness.*

*The mind is only a bundle of
thoughts. The thoughts have
their root in the I-thought.
Whoever investigates the True
"I" enjoys the stillness of bliss.*

*See who is the doubter, who
is the thinker. It is the ego.
Hold it; the other thoughts
will die away - the ego will
be left pure. See the source
from where the ego arises
and abide in it. That is pure
consciousness.*

*Realization is our true nature.
It is nothing new to be gained.
What is new cannot be eternal.
Therefore there is no need to
be doubting whether we would
gain or lose the self.*

*Turn the mind inward and
cease thinking of yourself as
the body; thereby you will
come to know that the self is
ever happy. Neither grief nor
misery is experienced in this
state.*

*Realization is to get rid of the
delusion that you have not
realized.♥*

♥ 30th Anniversary Celebration ♥

Dear Friends,

This is AHAM's 30th Anniversary year! Our official celebration will be held August 22-24, 2008. Mark your calendar and make plans to attend the AHAM Center in Asheboro, North Carolina to celebrate this historic event. The theme is: "A Celebration of Awakening to the Truth.

Five years ago on the occasion of AHAM's 25th Anniversary, Ramana pointed out the significance of our coming together as a community to celebrate and share in gratitude the tremendous value of AHAM in our lives and the lives of those we touch.

Every day we share in AHAM's mission to spread the Truth of AHAM by living it - in order to transform the suffering of all mankind. This 30th Anniversary year we have the special opportunity to reaffirm and energize our commitment by celebrating three decades of love and transformation, all with conscious company!

We look forward to the AHAM family coming together to joyfully celebrate the 30th Anniversary of the realization of Ramana's vision and our participation in it. We invite you and your family for what is being planned as a fun, relaxing and rejuvenating weekend. Details about this event will be coming to you during the weeks ahead.

If you would like to contribute your time, contribute financially, or share any special talents you have been blessed with in order to enrich our celebration of AHAM's 30th Anniversary, contact Vivian Zelig at the AHAM Center: <viv09@aham.com>. Send checks to AHAM - 4368 NC HWY 134, Asheboro, NC 27205 Att: Vivian/30th Anniversary. ♥

One in the Heart in Truth and Love,

The 30th Anniversary Celebration Committee:

*Vivian Zelig
Donna Dittman Hale
Michele Bordelon
Carol Stewart-High
Steven Jacobson
Adjoa Aiyetoro
Beverly Stevenson*





Special Announcements



"A New Earth" with A. Ramana

A. Ramana, AHAM's Founder and Spiritual Director, himself an Awakened Spiritual Teacher, will be guiding interested spiritual seekers into the direct experience of Self-Awakening and Abidance as effectively presented by Eckhart Tolle in his excellent book, "A New Earth."

Everyone is welcome!

This is a very special ten-week telecommunication program! Your one-hour phone call each week is your only cost. You may start any week you can, but then please continue every week thereafter, to maintain the conscious flow.

Reading the entire book completely, and then reading each chapter again the week just before its scheduled presentation, is the only "tuition."

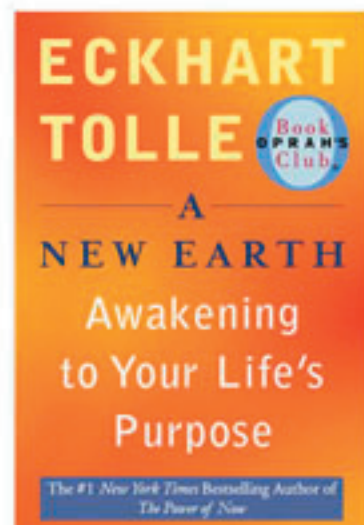
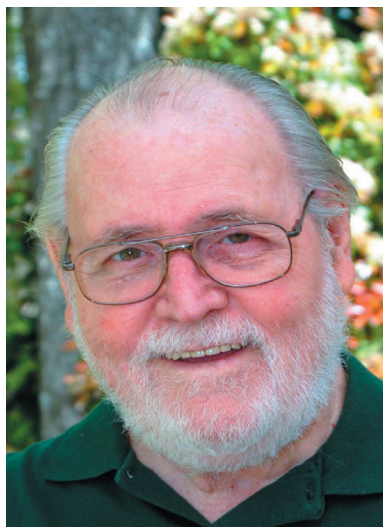
The program begins at 8:15 PM sharp! (EST USA) on Friday, May 30, and extends weekly through Friday, August 1.

For further information, or to participate, please contact the AHAM Center.

Phone (336) 381-3988 or email generalmail@aham.com. (In the "Subject" line please insert "Eckhart Tolle Program").

Space is limited, so a reservation is required at every session; and it is recommended that you phone in or email early.

Also, on the evening of each program, please call in to the special phone number at 8:10 PM (EST USA) to be certain of being on time, and thus be accepted for the call! ♥



AHAM Meditation Center invites you to treat yourself to a relaxing and inspiring weekend ...

Awaken to Awareness Retreat

Choose: June 20-22, July 4-6 or Aug. 15-17, 2008

Perfect for "getting away from it all" into deep peace, solitude, and relaxation ...

Learn how easy and simple meditation can be with personal guidance into the experience of Self-Inquiry - "the eyes open or closed" meditation - and ...

Experience what it's like to abide in deep, endless Peace.

Enjoy quiet meditation trails on 40 acres of tranquility at the AHAM Meditation Training and Retreat Center in Asheboro, NC.

What people are saying about the Awaken to Awareness Retreat:

"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, Greensboro, NC**

"I am relaxed, yet energized. I'm experiencing the feeling of God within, something I have missed for a long time. I am so glad I attended this retreat program. The meditation I learned was the answer for me. It was a perfect weekend." - **Sharon Burkitt, Greensboro, NC**

Choose one of these upcoming weekend retreats:

- **June 20-22, July 4-6 or August 15-17, 2008** (Each program begins at 4:30pm on Friday with an Orientation and Tour, and ends around 2:30pm on Sunday.)
- **\$100** Fee covers two nights of lodging and all meals and snacks. A free-will donation is gratefully received for the actual program.
- Pre-registration required at least 5 days prior to retreat.

To register or for more information, call the AHAM Center.
Phone: 336-381-3988. Ask for Stan Davis or Charlotte Twardokus.

Space is limited, so call now and Discover "Who You Really Are?"



AHAM Meditation Training and Retreat Center
Asheboro, NC 27205
Email: stan09@aham.com



Marinated Tofu

Source Unknown

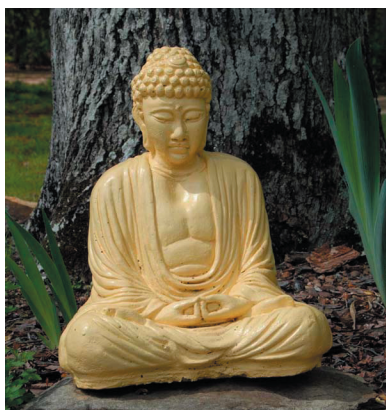
Prepare 2 pounds tofu in the following way. Press the slices of tofu under a chopping board weighted down with something heavy while you prepare the marinade ingredients.

Marinade:

- 1 cup water
- 1/2 cup olive oil
- 1/2 lemon
- 1 cup red wine
- 1 cup tamari (soy sauce)
- 1 tsp salt
- 1/3 cup portabello mushrooms
- 2 tsp dried oregano
- 2 cloves garlic, sliced finely
- pinch of ground cloves

Bring all of the above to a boil and simmer for five minutes, then allow to cool a little. Cut the tofu into 3/8 inch slices. Put them into the hot marinade for some hours, two at least. Oil a baking tray and lay the tofu slices on it, straight out of the marinade. Bake at 375 degrees for 15 minutes or until golden brown and firm on top. Turn over and bake the other side similarly. Alternatively, the slices can be cooked on the barbecue or under the broiler. They are now deliciously savory and can be further cut into strips to add to casseroles or soups. They are ideal for the lunch box. If you wish to broil or barbecue the tofu on skewers, cut into large cubes one inch instead of slices and marinate for a while. The marinade can be kept in the refrigerator and reused. ♥

Buddha in AHAM Garden



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 Subject: Daily Messages

Here's an example:

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; Subject: Heart Watch Request

As long as there are tendencies towards sense-objects in the mind, the inquiry "Who am I?" is necessary.

– Sri Ramana Maharshi



Upcoming Events



June:

20 - 22

Awaken to Awareness Retreat

21 - 29

Intensive Self-Inquiry Training Retreat (Awakening to the Self You Really Are)

July:

4 - 6

Awaken to Awareness Retreat

23 - 27

Neutralizing Your Negative Past (Prerequisite: Self-Inquiry Training Retreat)



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

Awaken 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.

"The weekend retreat at AHAM was a sacred experience for me. I realized how powerful the silence was when my best friend and I shared a room without talking to each other. The energy at AHAM supported this endeavor, and we both discovered that we could be silent for extended periods of time a great feat in and of itself."

– C.S.

Richmond, VA