



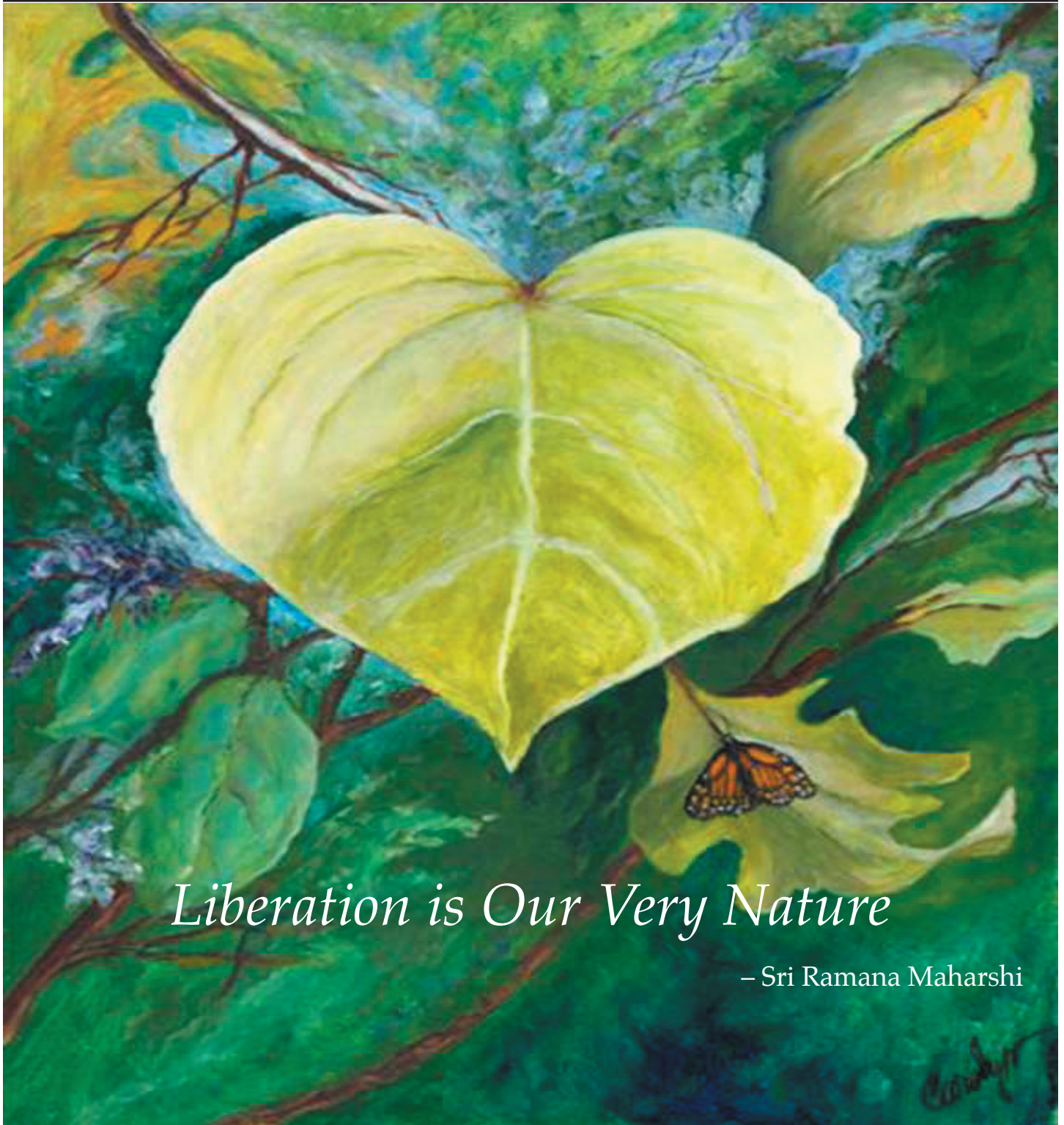
# HEART to HEART

*Consciousness speaking to Consciousness*

Vol. 29 No. 10

The Association of Happiness for All Mankind

July 2008



*Liberation is Our Very Nature*

– Sri Ramana Maharshi



## Breaking Identification with the Body-Mind is Freedom

By A. Ramana from *Living Free*, pp. 20-24

**Questioner:** A person with a history of much inner and outer turmoil submitted a question. This is someone who confesses to having caused a lot of other people in his life a great deal of personal grief, but who today says he has made a total change in his life from the way he once was and wants to make amends. It was important to him to give us his question. He feels that many people, in the same place or state of mind in which he once was in, are experiencing the same things he's concerned with.

**His question:** "Can AHAM's teaching and techniques really make a difference in me forgiving others, and in forgiving myself for all the trouble I've caused others, and gotten myself into? And, can I really be free from a life of anger, pain and guilt?"

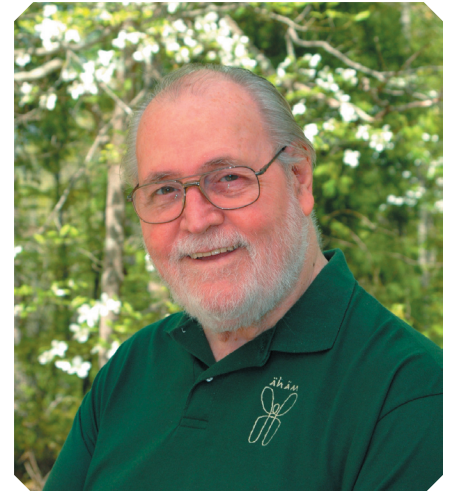
**Ramana:** Yes. As a matter of fact, it's probably the most direct way that you can, if you really grasp the significance of AHAM's teaching.

If you have caused another person injury, loss or harm, then first you must fully accept that "the law is no respecter of persons." "As you sow, so shall you reap." And, "Not one jot or one tittle will pass from the law until all is fulfilled." This is from the Bible. The law that is meant here is the law of karma, the law of cause and effect as it pertains to bodies apparently living in this world.

So, if you have perpetrated injury in any manner, if you have intentionally harmed, injured, or caused loss or suffering to another living being, the truth of the matter is, there is no "other" being in consciousness, apart from *your own* consciousness of them. All beings literally exist in your *own* consciousness. They are creations of your own mind.

Now, we may not believe it, or even be able to see this. The reason we're not able to see it is very simple, it's because we're identified with the body as being us, or our Self. We think that we are our body. The truth is, we *have* a body, but *we are not* the body. We must really get this! We *have* a body, *we are not* the body.

It's like the man who went to visit an automobile factory, got into an automobile as it was being manufactured, somehow became amnesiac, rode out with the automobile, and now thinks he's the car. Now, everywhere the car goes, he thinks that's him going there. He's got to be really careful not to go fast down potholed streets, because "that's going to damage my springs." And to not get too close to other cars because "it's liable to scratch my paint, or dent the fenders of my body."



In a similar sense, we've become identified with the body as though we *are* the body. The body is our possession; we are the possessors. Can a possessor be the possession? No, that's ridiculous. We *are* consciousness; we don't just *have* consciousness. What was born was consciousness, primarily. It was later that identification with the body took place, usually sometime after its birth. But we were *already* the consciousness. We were already Pure Awareness. Now if, through our ignorance, we have identified with the body, and then we think that our actions are based only on our own individual judgment that they are entirely our own and the effect on anyone else is "their" problem – that's living from, and in, ignorance. And one day, sooner or later, we're going to have to pay a big price in suffering for all that we have perpetrated while living in that state of ignorance. In fact, many of the people serving prison time are, in all due respect, there because of this ignorance.

(Continued on next page)

No one intentionally would put himself or herself in prison. But, in a manner of speaking, we are *all* putting ourselves in prison, in a prison of our own making, by our ignorant identification with our body-mind as being our Self. And so, in this sense, it doesn't make any difference if you live behind bars or if you live in a mansion, holding a high position in the world. If you live seemingly free in the world, but are identified with your body as being your Self, you're nonetheless imprisoned by this limited idea or mental concept that you're identified with.

The truth is, you are consciousness. The duration of consciousness is only as long as the body's duration is, but the pure Awareness, out of which consciousness rises as I AM, is itself infinite and eternal. Awareness is the Self, the nature of the true being that you are, which is not different from that of the Supreme Being, normally called God. So, when we realize that we are consciousness, and not the body, then we start truly having penance, or atonement for our ignorant beliefs and acts of the past.

Begin to start forgiving yourself for the actions you perpetrated while you were ignorant of your true Self. Forgive yourself, and forgive those you think have harmed you. In this regard, follow the teaching of the Master Jesus, in what is called the Lord's Prayer. "Forgive us our debts (or trespasses) as we have forgiven our debtors, or those who have trespassed against us." When you realize your true nature, then with regard to those who have harmed you, you will naturally forgive them of their trespasses, as you know that God has forgiven you. Do this now, within yourself.

Look at it this way: Once you come to the realization that your actions have been harmful, selfish, greedy or unkind (due to traits that are not of a loving, giving or compassionate nature) – by seeing that you've been indulging in the past in these negative, destructive qualities and behaviors – when your seeing of this happens, and you begin to genuinely have remorse for your past actions, then you can begin to forgive yourself.

However, *you must first recognize* this behavior to be wrong and injurious to *all* people, yourself included. Begin to recognize this since you have to pay the considerable price of this self-imposed feeling of limitation and/or constant sense of bondage. See now that this kind of behavior has also been very harmful to you, not just to the other people concerned.

In truly forgiving yourself, you will be able to come to

the simple, yet conscious realization that, "You can't make a mistake yesterday." Get this. You can't make a mistake yesterday, because there is no yesterday; there is only the ever-present here and now. And you can only live in this ever-present here and now, like you can only live when and as you breathe, as breathing is occurring only now. You can't breathe yesterday, or tomorrow, you can only consciously live and breathe in this moment, which is the ever-present here and now. ♥

## Living Free



The primary purpose of *Living Free* is to provide everyone with some basic information on AHAM's Teaching and its practical use in all areas of one's life. *Living Free* is a compilation of practical questions presented to A. Ramana, an awakened teacher, during Sat Sanga (association with someone who is already Self-realized). Included in the book are the "Seven Basic Truths" of how our world is actually created in our own consciousness and "Seven Steps to Completion", given in AHAM's Teaching, which, when used correctly, will free you from both major and minor upsets and problems in your life. This is a book that can be read over and over again.

## True Freedom

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



As many of you know, Ramana is giving a series of talks on Friday evenings based on Eckhart Tolle's newest book, "A NEW EARTH." Last Friday evening the focus was on Chapter Two, "Ego: The Current State of Humanity." While the trainer and Ramana were discussing this topic, Ramana said something that stood out to me ... "There is no freedom in this world."

In the past I have heard Ramana say many times, "There is no happiness in this world," which emphasizes not looking to the people, places and things of the world for our happiness. This was the first time I have heard him say it this way, "There is no freedom in this world."

So, what if we were looking for freedom in this world? Here are some things that came up: We would be waiting for permission to creatively express what is true for us. We would be staying at a job that is not fulfilling to be sure we have enough money to pay the bills. We would be continuing in an incompatible relationship out of fear of being on our own. We would be looking for a confirmation of who-we-really-are from someone we feel is wiser than we are. We would be holding back how we truly feel about a situation to not "rock the boat." We would generally not tell the truth about what is really so for us. We would not be open and honest with those around us. This is just what came up for me when asking this question. What comes up for you?

It may not be easy for us to really tell ourselves the truth about seeing the many ways we look for freedom in this world. But, the truth about it is, once we do investigate and see what's true, through Self-Inquiry, a shift can happen where we are no longer caught in this insanity...we are set free. It is truly in our hands to make this shift. Jesus said it this way, "You will know the truth and the truth will set you free."

Freedom is not something that is conditional. It is not based on what is happening or not happening in the world. Freedom is our Natural State. We don't have to earn it, work for it, deserve it ... Freedom is who-we-really-are. Any idea that we have that says otherwise is what we call "ego" ... "a state of affairs when the Self comes to identify with the body-mind ... thinking "I-am-this-body-mind." ... Who is thinking this thought? ... I AM ... Who am I? ... feel and follow this "I-I" inward ... relax into the clear, free space of the Heart ... rest in What's True and be free, Here and Now. ♥





## A Conscious Prayer ... Sharing Our Love

By A. Ramana

*We invite you to use this conscious prayer during your meditation times to support the uplifting of consciousness in the world.*

From the Presence and Power of Awareness dwelling within the center of our being, we radiate Wholeness, Peace, Love, Harmony, and Balance.

Recognizing the underlying Oneness of all beings, we now expand our attention to include all people in our city in this Feeling Mood of Love, Peace, Wholeness, and Harmony.

We also include all beings in our state or province in this mood, in this Feeling of Oneness.

Expanding our Attention, we include all beings in this nation in this loving feeling of Harmony and Unification.

Expanding still further, we include all beings in the world in this Mood of Healing, this feeling of Wholeness.

Now feeling the fullness of this Mood of Oneness, we include all beings in the entire universe in this state of complete Wholeness, Peace, Love, Harmony, and Balance.

From this Consciousness, we now focus our Attention on each and every Request for Completion everywhere, including our own Requests. We see all people's requests being spiritually, emotionally, and physically manifested for the Highest Good of all concerned.

Focusing our Attention on the positive outcome of each request, we radiate the Feeling of Completion to one and all . . . throughout the world.

Beginning the return of our Attention to the present place, we focus on and feel the Highest Good for our nation.

Drawing Awareness still closer, we focus our Attention on the feeling of the Highest Good for this state or province.

Returning toward this present place, we focus this Completion Feeling, holding the Mood of the Highest Good for our city.

Now we draw our Attention fully back to this present place, while we continually remain as the clear space for this Feeling Mood of Peace, Love, Wholeness, Harmony, and Balance to express and radiate to all with whom we come in contact.

**And So It Is...**





## A Liberating Question

*The following article was excerpted from the pamphlet The Liberating Question which was a supplement to The Mountain Path, published by Sri Ramanasramanam.*

**Bhagavan:** "You say I. Tell me, who is this 'I'?"

**Brunton:** I puzzle over his words. An idea suddenly flashes into my head. I point a finger towards myself and mention my name.

**Bhagavan:** "And do you know him?"

**Brunton:** "All my life!" I smile back at him.

**Bhagavan:** "But that is only your body! Again I ask, "Who are you?"

The Maharshi continues, "Know first that 'I'."

When we stop to think of it, we realize that it is absurd that we wish to know everything around us, but are unaware of ourselves; that we talk of understanding others without understanding ourselves. Here a question may arise. What makes us think that we don't know ourselves? Of course we know ourselves. I mean, if anyone were to ask me the question, "Who are you?", The reply would come "Sarada." Even as in the example I cited, Paul Brunton points to himself. Then why do I feel that I don't know myself – or rather, to put it more correctly, that I am not fully aware of myself. There is this feeling in everyone of us, that there is something more to us than what we are aware of. I am not talking only of those among us who have a religious background, who have been rooted in the belief that our true nature is immortal, all pervading and blissful and not limited. That, we have already said, is an unknown quantity even for those of us who firmly believe in it. I am talking of something which is the daily experience, acknowledged or unacknowledged, of each and every one of us. And this is our sense that we, i.e., the "I" in us is not limited to our body

and mind with which we normally associate it, and by which we tend, by habit, to limit it.

You may wonder what makes me assert so categorically that this is everyone's experience. Well, here are the facts. To begin with, the very expressions: "my body," "my mind," are an indication that "I" am something to which the body and mind belong, of which the body and the mind are a part, but only a part – even as I would say "my hand" as being a part of my body. This may be dismissed as a peculiarity of language, but this was just a minor example.

Now I come to our daily experience. Everyday we experience, for some time, a state in which our mind is quiescent, and so, for the time, non-existent, and our body is as good as dead, in that we are absolutely unaware of it. This is the state of deep sleep. In that state, neither the body nor the mind exists for us, but we continue to exist. Therefore, it is the most logical and obvious conclusion that there is a part of us or something about ourselves which exists independently of our body and mind. However, this is an aspect of ourselves which, though we experience daily, we are not conscious of. It is only in recollection that we are aware of it – not directly. So here is a part of us which we have not known or experienced. This is a fact which many of us are not conscious of. Those of us who acknowledge it, who are conscious of it and give it a little thought must necessarily begin to wonder, even if we have the slightest bit of natural curiosity, "Hey, what is this part of me which I am myself unaware of? Who am I in my entirety?"

Douglas E. Harding, in pointing out the relevance of Bhagavan's teaching today, says: "The main reason for Maharshi's widespread and contin-

ued appeal in the West is his insistence on asking: 'Who am I?' This is the really crucial question for the modern world. It crops up everywhere, not merely in philosophical and religious circles. Young people are particularly concerned, as never before in history, with the problem of personal identity and the meaning of their own existence. A fair proportion of these young people (and some older ones too) are really serious about this all important question. They feel it is not merely for asking, but for answering also. It is not for them a rhetorical question or incantation, nor a pious formula expressing some vague aspiration, but a matter to be settled, *now*. Life is short and precarious, and it would be negligent to die before one had made time to ask who it is that is alive. If this question isn't interesting and central and urgent, what question is? ♥



Paul Brunton (1898-1981) was a British philosopher, mystic, and traveler. He left a successful journalistic career to live among yogis, mystics, and holy men, and studied a wide variety of Eastern and Western esoteric teachings.



## Liberation Is Here And Now

From *Be As You Are: The Teachings of Sri Ramana Maharshi* pp. 20-21

**Questioner:** *How shall I reach the Self?*

**Bhagavan:** There is no reaching the Self. If Self were to be reached, it would mean that the Self is not here and now and that it is yet to be obtained. What is got afresh will also be lost. So it will be impermanent. What is not permanent is not worth striving for. So I say the Self is not reached. You are the Self, you are already that.

The fact is, you are ignorant of your blissful state. Ignorance supervenes and draws a veil over the pure Self which is bliss. Attempts are directed only to remove this veil of ignorance which is merely wrong knowledge. The wrong knowledge is the false identification of the Self with the body and the mind. This false identification must go, and then the Self alone remains.

Therefore realization is for everyone; realization makes no difference between the aspirants. This very doubt, whether you can realize, and the notion "I-have-not-realized" are themselves the obstacles. Be free from these obstacles also.

**Questioner:** *How long does it take to reach mukti (liberation)?*

**Bhagavan:** Mukti is not to be gained in the future. It is there forever, here and now.

**Questioner:** *I agree, but I do not experience it.*

**Bhagavan:** The experience is here and now. One cannot deny one's own Self.

**Questioner:** *That means existence and not happiness.*

**Bhagavan:** Existence is the same as happiness and happiness is the same as being. The word *mukti* is so provoking. Why should one seek it? One believes that there is bondage and therefore seeks liberation. But the fact is that there is no bondage but only liberation. Why call it by a name and seek it?

**Questioner:** *True – but we are ignorant.*

**Bhagavan:** Only remove ignorance. That is all there is to be done. All questions relating to *mukti* are inadmissible. Mukti means release from bondage which implies the present existence of bondage. There is no bondage and therefore no *mukti* either.

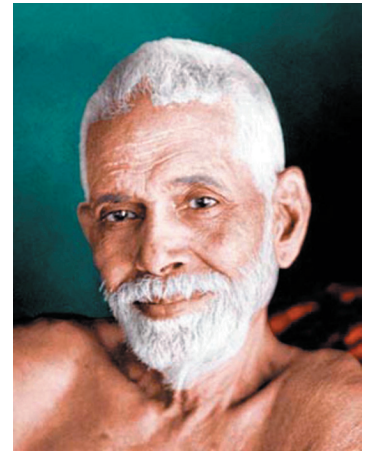
**Questioner:** *Of what nature is the realization of Westerners who relate that they have had flashes of cosmic consciousness?*

**Bhagavan:** It came as a flash and disappeared as such. That which has a beginning must also end. Only when the ever-present consciousness is realized will it be permanent. Consciousness is indeed always with us. Everyone knows "I am." No one can deny his own being. The man in deep sleep is not aware; while awake he seems to be aware. But it is the same person. There is no change in the one who slept and the one who is now awake. In deep sleep he was not aware of his body and so there was no body-consciousness. In the wakeful state he is aware of his body and so there is body-consciousness. Therefore the difference lies in the emergence of body-consciousness and not in any change in the real consciousness.

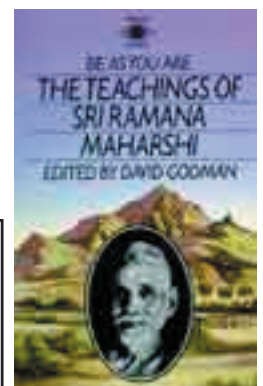
The body and body-consciousness arise together and sink together. All this amounts to saying that there are no limitations in deep sleep, whereas there are limitations in the waking state. These limitations are the bondage. The feeling "The body is I" is the error. This false sense of "I" must go. The real "I" is always there. It is here and now. It never appears anew and disappears again. That which is must also persist forever. That which appears anew will also be lost. Compare deep sleep and waking. The body appears in one state but not in the other. Therefore the body will be lost. The consciousness was pre-existent and will survive the body.

There is no one who does not say "I am. The wrong knowledge of "I am the body" is the cause of all the mischief. This wrong knowledge must go. That is realization. Realization is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage.

The ultimate truth is so simple. It is nothing more than being in the pristine state. This is all that need be said. ♥



*Be As You Are* available from  
AHAM Publications.  
[www.aham.com/bookstore/  
index.html](http://www.aham.com/bookstore/index.html)



## ♥ Self-Inquiry Instruction at AHAM ♥

*"Wow! I got all of it! But first I had to get rid of it all. I became empty so as to become filled. Sometimes you don't know what you have until it is gone."*  
– R.C., La Grange, IN

*"I no longer have to be at the effect of anything. There is a sense of trust, of being loved, loving and being love itself."*  
– S.P., Quebec, Canada



*"A received a firm hold on the Self-Inquiry process, knowing there is loving, conscious support as I proceed, and feeling safe – an amazing new feeling. I am overflowing with gratitude."*  
– M.E., Chapel Hill, NC

*"What a joy to realize that I can live my life from my true Self, not tomorrow, but Now; not for a moment, but all the time. The carefully designed program allowed for a deep and complete experience at each step."*  
– L.W., Carborro, NC

Upcoming Intensive Self-Inquiry Retreat/Trainings: August 2-10 and November 8-16, 2008. Registration cut-off is 30 days prior to program. Call the AHAM Center at 336-381-3988 or email <ahamcntr@asheboro.com> to register or for more information.





## In the Path of Ramana



*After an Intensive fourth day of discovering I AM in all its purity, my friend Mary and I decided to take a stroll in Ramana's Grove. We kept our silence and agreed through gestures to take the usual path. We had covered but a fourth of the distance following our familiar trail, when Mary saw one path forking off into the woods. Destination Unknown. Excitedly, she pointed to this path less traveled and, secure in her company, I nodded.*

*We had but taken a few steps when we discovered amidst the trees in the wild about Seven bushes of the most beautiful flowers in all shapes and colors. These were not wild flowers but from the "real world" as we have labeled it. They had been planted and well cared for. This reminded me of the seven of us who signed up for this intensive course. All the flower shrubs close together yet each of them were different and beautiful in their own way. It was not surprising that Mary had drawn my attention to this trail for it was she who had shared her discovery of AHAM and graciously brought me along on this course.*

*We all took a turn from our regular driveways and highways into this path for whatever reason, a risk no doubt, but it paid off. Here in the wild we are all blossoming, radiant, beautiful and well cared for. Taking in the beauty of these plants and blossoms to our hearts content, we stepped back into our regular path and continued. Soon Mary discovered some other fascinating plants. Shaped like umbrellas and hidden below the leaves were some beautiful cream white flowers that were bigger than dogwood. These plants looked like regular wild shrubs along our path but surprised us with those beautiful white blossoms. Our awareness was so present that, what we would have ordinarily overlooked, now drew our attention and offered us pure delight. This experience in silence offered me the insight that, some times we fail to recognize the hidden beauty and purity within the people in our everyday encounters, but if we live in awareness we are surely in for a treat!*



*Soon this experience had our radars and antennas way up. We discovered many more along that trail, and "lo and behold" there were giant trees in full bloom deep in the forest floor. Our inner beauty attracted us to the beauty that surrounds us and we were joyous.*

*Softly keeping in rhythm with the stream and rolling along we came to a quiet bench. We took up the invitation, sat and celebrated our awareness with the quiet and still presence of Mother Nature. On our return as we were reflecting upon our journey, the Divine within smiled. It offered us a reflective pond aptly titled "Reflection Lake" to remind us to continue to look within and be aware as we continue our journey onward.*

*I thank Ramana, the AHAM staff, and particularly Elizabeth, Jan, and Stan for guiding us along. ♥*

*Namastè !*

*Love,  
Usha  
Durham, NC*



Photos of AHAM's Rock Garden by  
Jim Dillinger Photography  
website: [devotionalimages.com](http://devotionalimages.com)



## Dilled Pasta Salad

From *The Betty Crocker Cookbook* p. 275

- 1/2 cup mayonnaise or salad dressing
- 1/4 cup dairy sour cream
  - 1 tablespoon snipped fresh dill weed
  - or 1/2 teaspoon dried dill weed
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
  - 2 cups uncooked rotini or spiral macaroni, cooked and drained
- 1/2 cup sliced ripe olives

Mix mayonnaise, sour cream, dill weed, salt, mustard, and pepper in 2-1/2 quart bowl. Add remaining ingredients. Toss. Cover and refrigerate at least 3 hours. Makes 8 servings (about 2/3 cup each) ♥



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### Yellow Tree Outside AHAM's India Ashram



### 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:

### 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

**Question:** When my mind wanders during meditation, in spite of my attempts to control it, should I give it up?

**Bhagavan:** One need not abandon meditation, thinking that it is the nature of the mind to wander. Whatever one practices becomes natural. If control is practiced persistently, that will become natural.

*You are cordially invited to ...*



# **AHAM's 30th Anniversary**

*A Celebration of Awakening to the Truth*

**August 22-24, 2008**



**Join the Celebration with  
Ramana, Elizabeth and the AHAM Staff.  
Bring your friends and family.**

***Festival of the Heart***  
(Saturday Afternoon)

***Heart Spa***  
Massage, Reflexology, Reiki, and more

***Children's Activities***  
Puppet Show, Story time, and Games

***Community Sing-A-Long and Music by***  
***"The Goodtimers"***

***Food***

***Rest and Relaxation***

***Fellowship and Sharing***

***Interlude with Ramana***

***and more***

*If planning to stay at the Center or Motel, be sure to reserve by July 23rd. Call the AHAM Center at 336-381-3988 or email Charlotte at <cat09@aham.com>. If not needing accommodations, please confirm your intent to attend by August 9th.*



## 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.

Read the book up to the chapter for the week just before its scheduled presentation.

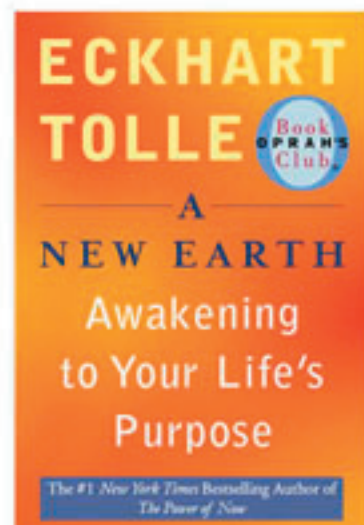
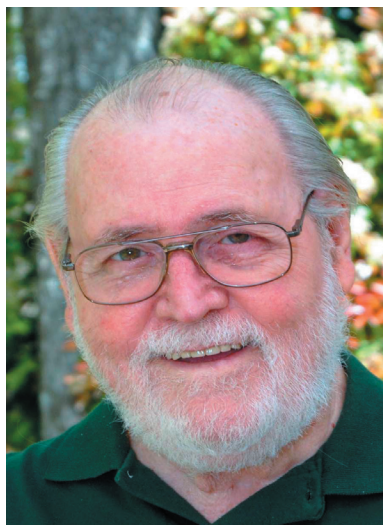
The program begins at 8:15 PM sharp! (EST USA) on Friday, May 30, and extends weekly through Friday, August 1.

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

Phone (336) 381-3988 or email [generalmail@aham.com](mailto: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: Aug. 15-17 or September 5-7, 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 37 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:**

- **August 15-17 or September 5-7, 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



# Upcoming Events



## July:

- 4 - 6 Awaken to Awareness Retreat
- 23 - 27 Neutralizing Your Negative Past (Prerequisite: Intensive Self-Inquiry Training/Retreat)

## August:

- 2 - 10 Intensive Self-Inquiry Training/Retreat
- 15 - 17 Awaken to Awareness Retreat
- 22 - 24 AHAM's 30th Anniversary Celebration

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### Flowers from AHAM's India Ashram Garden



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

### Awaken to Awareness Retreat

Why not "give yourself" a 2 day retreat time of abiding in Pure Awareness? This is simple, effortless "being meditation" at AHAM's tranquil, 37-acre meditation Retreat Center. The "Awaken to Awareness Retreat" 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.

Contact the Center soon.

"I am able to experience 'I AM' during meditation. I found when I relaxed and didn't try to 'force' my mind to be still, it helped."

– Jennie C.  
 Asheboro, NC



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