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The Association of Happiness for All Mankind

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Moving on *from...* *Who We Really Are*





Living Happily the Rest of Your Life

Excerpted from *The Handbook to Perpetual Happiness*, pp. 428-431 by A. Ramana

Real Happiness is realized and lived as your true and natural state when you simply abide in the Self, or in the Heart as the Heart, which is your unity or oneness with Real God, and the only Real Heaven. Until you do awaken to the Heart, and are able to remain steadily in the Self, with your mind dissolved in the all-inclusive Mind of God, you must continue to live and relate responsibly in the world, in ordinary communication with life, and with the people in your world, in order to remain happy. You must work and live and love and share and be very ordinary. In fact, when your mind finally merges with the One Mind of God, your actual experiences in this world, or any world, are really no different. The only difference is, they are no longer separate experiences, they are the experiences of the Self, or in the Self. Whereas, before your awakening in the Self you felt separate from the rest of life, and from God, always seeing, feeling and believing yourself to be your body. After awakening to the Self, you know you are not your body. You are the bodiless, timeless Awareness (or pure Being), the Very Self, which is the context out of which the concept of space-time arises, and in which the world and all it contains exists. Your existence is pure Existence Itself, which is Real God. You then simply observe all that is occurring as actually occurring within you, not "outside" in a separate world.

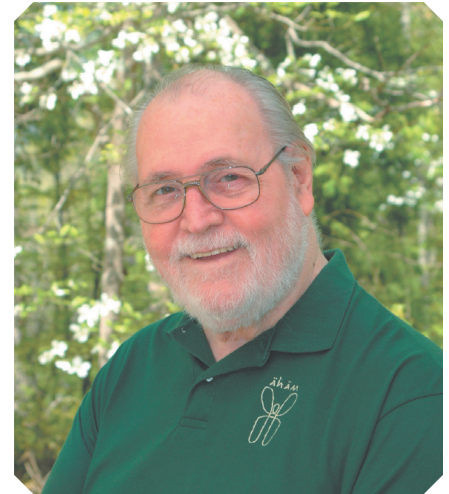
So-called "other people" are seen as merely states of being occurring within your own consciousness, or within your own encompassing being, just as waves are occurring in the one encompassing ocean. And your body-mind and its conditioning, or what has been or was your own particular personality, your personal being, is now realized and "seen" as merely an individual expression of the one all-inclusive Supreme Being, with which you are now consciously one. And which you always have been, even though unconsciously. And of which all individuals are also mere expressions, whether or not they are yet aware of this truth.

Until you awaken as the Self, or as long as you are still identified with the sense of being a separate entity, or "self," it is important to your peace of mind for you to realize that you cannot overcome this world. This world is a projection out of your body-mind and will appear to exist, to have solid objective reality, as long as you appear to have objective and subjective existence as an entity living in it, but separate from it.

True Happiness and Peace can only occur when you Awaken and live consciously in the world, but not of the world, as Jesus taught. For you, as a separate entity, can never overcome this world. The Lord God, the Supreme Self of all

oneselves, has already overcome the world.

God in His Conscious Manifestation as the Buddha, as Jesus Christ, as Bhagavan Sri Ramana Maharshi, and as other Enlightened Beings, has demonstrated that He has overcome this world. These Great Beings are more than examples, They are Expressions of this Truth. So merge into the Lord, the Very Self, or into One of His Expressions, like a river empties its waters into the ocean. Then you will be eternally Happy, and at Peace. This is not death of the Self, but only of the ego, or the sense of separateness. It is freedom from being the "doer."



Up to the moment that this consciously occurs with you, you must honor or respect the world's principle of apparent duality or opposition, and the necessity of working with it for good, rather than resisting it and trying to "overcome its apparent evil." This tendency to resist the evil or wrongness of life is a continuous struggle, which can become an insidious pattern and process that is not only energy depleting, but also a hindrance to your peace and happiness.

At the world's level, you must understand "position and opposition," and live free from positions, or being stuck in the sense of "right and wrong". You must wear positions lightly, like loose fitting garments you can easily slip off, and not like your skin that you resist shedding, or that only drops when the body dies.

All that you have come to understand so far in this teaching, especially Self-Inquiry, will keep you living free in the Heart as the Heart. ♥

Front Page Photo: Ramana and participants in AHAM's 30th Anniversary Celebration on August 24, 2008 with "Maggie," the magnolia tree, which was presented as a "long-awaited" (15 years) gift to Ramana. Photo by AHAM graduate Jim Dillinger Photography <devotionalimages.com>

Blessed Assurance

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



While serving in the August Intensive Self-Inquiry Training, something came up as a gift for me in a group process. On the last day of the training, we were sitting in a large circle and each one was taking turns moving around the circle doing the Self-Inquiry. I was the last one in the circle to take a turn. What came up in the moment was an experience of the responsibility of being sure everyone got the "purity" of the Self-Inquiry before leaving for home. As I moved through the process out loud, the feelings of "wanting to be assured that it was all ok" and "looking for approval" came up. This was being seen and accepted fully from Awareness and then released in this Presence of Love. What a gift! The word "assurance" came up and was fully realized from within.

Since then, I see in my computer dictionary that "assurance" means: 1. a declaration that inspires or is intended to inspire confidence, 2. confidence in your ability or status, 3. freedom from uncertainty, 4. making something certain or overcoming doubt.

In his book Your Forgotten Self, David Ord has shared, "As Jesus grew in his awareness of his oneness with God, he experienced a certainty that he was totally accepted." This seems to be a Blessed Assurance that is being felt as we investigate or inquire into our True Self Nature and simply relax into what's always, already here. Here, there is no more guilt or apology for being. In our willingness to see what is arising in the moment and letting it be just as it is, we are free to be who-we-really-are and all is washed clean.

To conclude, here is a loving reminder by Edward Carpenter. (I remember the first time Ramana shared this message with me, and the deep relief that was felt at the time.)

I accept you all together
as the ocean accepts the fish that swim in it.
There is no need apologizing
for anything that you have done,
for you have been nowhere yet,
nor done anything,
that I have not supported you. ♥





I Am... the Watcher

*As you go about your busy-body life,
I watch.*

*As your body-mind plays its silly games,
I watch.*

*As your ego struts its Napoleonic stuff,
I watch.*

*As you struggle to awaken,
I watch.*

*As you take each hesitant step,
I watch.*

*As you step into the light,
I watch.*

*As your journey unfolds,
I watch.*

*As you turn homeward,
I watch.*

*As you return to the Center,
I watch.*

*All is well.
Sleep now.
I watch.*

I AM... the Watcher



By Ava Scism
Gainesville, FL

August 2008 Self-Inquiry Retreat/ Training Graduate



Heart Note



Heart Note is our newest addition to the HEART to HEART. It is a page devoted to life stories of AHAM graduates who have been using the Teaching in their everyday lives. If you have a story to tell about how the living of the Teaching has worked in your life, please send it in to <ahampublications@aham.com> Subject: Heart Note.

An Experience in Acceptance and Grace

As many of you know, this body that I have been given to travel in, in time and space, has not functioned well for some years. Doctors have continuously placed time limitations on it, and I have always remained functioning in this body in spite of their diagnoses and prognoses. Through this journey, I experienced great relief and physical healings at times through alternative medicines, including acupuncture, massage, Reiki, homeopathy, and others to the point that I studied all of these modalities to help others who were suffering. I watched many people experience healing in their bodies as I practiced these modalities, yet the disease in my body was getting progressively worse.

AHAM revealed to me who I AM, this True Self without time and space, and emphasized that I am not my mind and I am not my body. They taught me the simple process of Inquiry to not forget that I am forever in Pure Awareness, and to use Inquiry when my EGO wants to be the boss of this body-mind (which is always). Through all of AHAM's conscious principles, programs, and deepening the ability to remain in Awareness, the ability to be a conduit for the healing of "others" bodies increased. We all know that there are no "others," however I observed miracles happening. Yet, I was coming closer to dropping this body. AHAM taught me that what I resist will persist. Therefore I became accepting of this body's dis-ease and let go of any fears of dropping the body. What an awesome relief to let go of the fear and suffering.

Even in accepting the journey of this body, there were times when the EGO would creep in, usually at my weakest point, and say to me, "What are you doing wrong?"; "Why is it that healing can take place through you for everyone else, but not for you?"; "Why am I being punished?" (An old tape from my Baptist up-bringing!)

*As I was reading Eckhart Tolle's book, *A New Earth*, and participating in AHAM's Friday night discussions with Ramana, Eckhart talked about breathing. He discussed how breathing is one way of generating consciousness, and how one cannot think and be aware of the breath at the same time. Eckhart says, "Being aware of your breath forces you into the present moment – the key to all inner transformation. Whenever you are conscious of the breath, you are absolutely present." I heard Ramana say this time and time again, however, this time, there was a deep awakening. I realized that since the dis-ease of this body affected the lungs with difficulty breathing, I was in a perfect situation of being forced to focus on my breathing. The dis-ease in the body is a blessing, not a punishment. In Reality, it is neither. It just "is!" As I began to experience deep gratitude for life being perfect "as it is" in the moment, the dis-ease in the body began to shift. The energy began to change, and I could feel a healing taking place. I experienced grace and acceptance at a deeper level and let go of the old tapes of the mind that wanted to hold on to this as being something "bad."*



For the first time, I understand what Paul meant when he said in II Corinthians 12: 7-9, "To keep me from becoming conceited because of these surpassingly great revelations, there was given to me a thorn in my flesh to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may be made perfect in me." ♥

By Karen Henderson,
Woodford, VA



You're on Your Own, You Know!

Excerpted from David Robert Ord's *Your Forgotten Self* pp. 109-112

To experience your divine nature in your everyday life requires you to *believe in yourself without apology*. This is something we all have enormous difficulty doing.

Why is it so difficult to believe in yourself?

Simply because you feel *guilty* whenever you risk being yourself. You're so used to apologizing for yourself, you dare not be yourself with nothing held back.

On the surface, guilt appears to come from doing wrong. But this is far too shallow an understanding of guilt. You can see it's too shallow when you think about how people often feel guilty even when what they are doing isn't wrong but simply in conflict with someone else's expectations.

What does it take to become an individual? You have to stake your claim in the world. "Mine!" is one of the early declarations a child makes as it plays with toys among other children.

But what happens when you begin to assert your rights as an individual and claim the freedom to be yourself?

"What on earth are you doing?" a parent demands of you. You have been caught deciding something for yourself, and what arises is a sensation of being "caught out." This feeling of being caught out is the feeling we know as guilt. Guilt goes hand-in-hand with the freedom

to choose your own life instead of being what someone else wants you to be.

Self-Consciousness Produces Guilt

We are faced with a terrible choice. Either we insist on being ourselves and set ourselves up for rejection. Or, afraid of the repercussions, we hold back from doing what we really want to do and consequently fail to let our natural gifts flower.

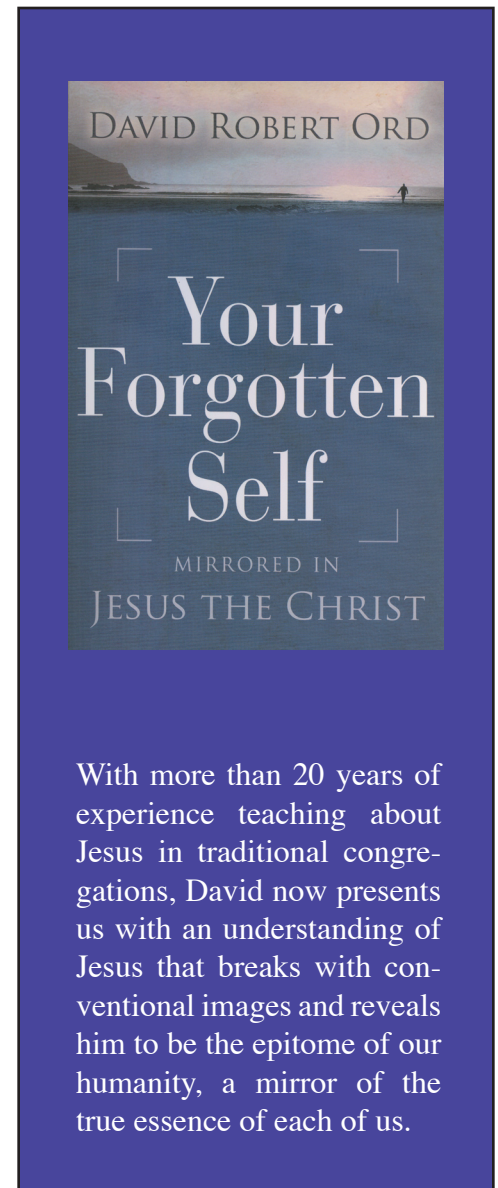
Simply by being yourself, you feel unacceptable. Just by wanting to make your mark on the world, you become alienated. A failure to recognize this as the source of guilt is why so many people feel guilty so much of the time. Just to *exist* often makes us feel guilty!

It's this dilemma of how you can be yourself and also connect with others that Jesus addressed when he said, as the Greek might literally be translated, "The kingdom of God is *within and among you*."

As Jesus grew in his awareness of his oneness with God, he experienced a certainty that he was totally accepted. It was this sense of being accepted by God that drove his detractors crazy. How dare he believe he had God's approval?

But those who managed to tolerate the pain of this exposure experienced a piece-by-piece dismantling of their

guilty worlds – a pre-requisite for the flowering of the Christ reality in all our lives, which involves being true to ourselves.





Life in the World

Excerpts from *The Teachings of Bhagavan Sri Ramana Maharshi in His Own Words* pp. 88-91

Once anyone decided to proceed from theory to practice on the basis of Bhagavan's teachings, the question was apt to arise how that affected his life in the world. Hinduism does not necessarily enjoin physical renunciation for active spiritual seekers, as did, for instance, the original teaching of Christ or Buddha. On the contrary, the state of the householder is honored and the path of right action is a legitimate path. In fact, the classical system in ancient India was that a man should retire into the homeless state only after he had fulfilled his duties as a householder and had an adult son or sons to replace him.

However, the doctrine of non-duality, together with the path of Self-Inquiry, which is based on it, has been traditionally recognized as suitable to the world-renouncer. It was therefore natural that Bhagavan's followers often asked him whether they should renounce the world.

Bhagavan: Why do you think you are a householder? The similar thought that you are a *sannyasi* (one who renounces the world) will haunt you even if you go forth as one. Whether you continue in the household or renounce it and go to live in the forest, your mind haunts you. The ego is the source of thought. It creates the body and the world and makes you think of being a householder. If you renounce, it will only substitute the thought of renunciation for that of the family and the environment of the forest for that of the household. But the mental obstacles are always there for you. They even increase greatly in the new surroundings. Change of environment is no help. The one obstacle is the mind, and this must be overcome whether in the home or in the forest. If you can do it in the forest why not in the home? So why change the environment? Your efforts can be made even now, whatever be the environment.

Questioner: Is it possible to enjoy samadhi (absolute or pure awareness) while busy with worldly work?

Bhagavan: It is the feeling "I work" that is the hindrance. Ask yourself: "Who works?" Remember who you are. Then the work will not bind you. It will go on automatically. Make no effort either to work or to renounce; your effort is the bondage. What is destined to happen will happen. If you are destined to work, you will not be able to avoid it; you will be forced to engage in it. So leave it to the Higher Power. It is not really your choice whether you renounce or retain.

When women carrying jars of water on their heads, stop to talk, they are very careful, keeping their mind on the water jars. Similarly, when a sage engages in activity, his mind remains fixed in the Self and his activity does not distract him.

Questioner: I believe celibacy is necessary even for a householder if he is to succeed in Self-Inquiry. Am I right?

Bhagavan: First find out who the wife and husband are. Then the question will not arise.

Questioner: What is the significance of the life of a spiritual-minded householder who has to devote all his time merely to earning a living and supporting his family and what mutual benefit do they get?

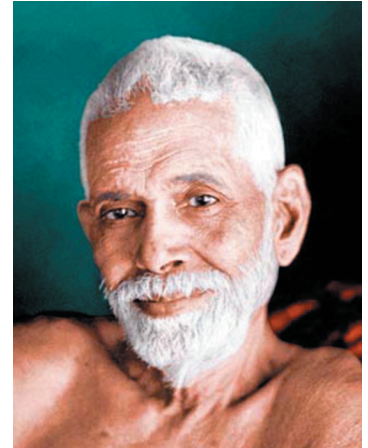
Bhagavan: The discharge of his duties by a householder such as this, who works for the support of his family, quite unmindful of his own physical comforts in life, should be regarded as selfless service rendered to his family, whose needs it is his destiny to meet. It may, however, be asked what benefit such a householder derives from the family. The answer is that there is no benefit for him from the family as such, since he has made the discharge of his duties to them a means of spiritual training and since he finally obtains perfect contentment by realizing the supreme Bliss of Liberation, which is the ultimate goal of every path and the supreme reward. He therefore stands in need of nothing from the members of his family or from his family life.

Questioner: Can I engage in spiritual practice even while remaining in the life of the world?

Bhagavan: Yes, certainly; one ought to do so.

Questioner: Isn't life in the world a hindrance? Don't all the books advocate renunciation?

Bhagavan: The world is only in the mind. It does not speak out, saying: "I am the world." If it did, it would have to be always present even in your sleep. Since it is not present in sleep, it is impermanent. Being impermanent, it has no reality. Having no reality, it is easily subdued by the Self. The Self alone is permanent. Renunciation is non-identification of the Self with the non-self. On the disappearance of ignorance, the non-self ceases to exist. That is true renunciation. ♥



It is the feeling "I work" that is the hindrance.



Avocado Lime Pie

By Cali. Photo by Danielle. Found on website allrecipes.com/recipe/avocado-lime-pie

Ingredients:

- 1 cup sieved avocado pulp
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon grated lime zest
- 1/2 cup fresh lime juice
- 2 egg yolks
- 1 pinch salt
- 1 recipe pastry for a 9-inch single crust pie

Directions:

Combine sweetened condensed milk, lime zest, lime juice, lightly beaten egg yolks, and salt; blend until mixture thickens. Stir in avocado pulp. Pour filling into pie shell.

Chill pie several hours. Garnish with whipped cream, and serve. ♥



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:

Question: What is the way to get rid of other thoughts?

Bhagavan: They can only be removed through the powerful effect of the inquiry, "To whom have these thoughts come?" and then abiding in the Self.



Awaken to Awareness Retreats



Reflection Lake

Why not "give yourself" a 2 - 5 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.

Enjoy any season of the year



Meditation Path

"This is a beautiful, peaceful location filled with kind, loving people. Any retreat here will surely be a benefit to all who attend."

*– Suzanne Rutherford
Beaufort, NC; July, 2008*

Suzanne has since taken the Self-Inquiry Retreat/Training in August, 2008.



Front Yard

Upcoming Awaken to Awareness Retreats: October 24-26 and November 21-23, 2008. Registration required at least one week prior to program. Call the AHAM Center at 336-381-3988 or email <ahamcntr@asheboro.com> to register or for more information.

♥ Self-Inquiry Instruction at AHAM ♥

July, 2008 Neutralizing Your Negative Past (NNP) Graduates (This is the second half of the Self-Inquiry Series)

"I feel like I am walking on new legs by neutralizing everything. I take full responsibility for whatever is happening. No words are enough to describe the gratitude and love I feel."

– Saroja Poilblan
Gatineau, Quebec, Canada

1

"I am grateful for the healing process. There is insight in how the world is in the mind with respect to experience. I can now stop the story which leads to suffering."

–Stuart Edmondson
Charlotte, NC

2



"The NNP Program ends the identification of being at the effect of other people, situations and life history."

– Gerry Landrum
Columbia, MD

3

"Happy to state that I really wouldn't have this life any other way. It is perfect just the way it is!"

–Michele Bordelon
Virginia Beach, VA

4

Upcoming Neutralizing Your Negative Past Training: October 29 - November 2, 2008. (Pre-requisite: Self-Inquiry Retreat/Training.) 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.

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In loving service,

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