



HEART to HEART

Consciousness speaking to Consciousness

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The Association of Happiness for All Mankind

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The Truth is...



There is Enough!



Prosperity-Consciousness

Excerpted from *The Handbook to Perpetual Happiness*, pp. 310-312 by A. Ramana



Our true nature is pure Consciousness, which is the source of prosperity. Prosperity consciously known and intentionally flowing from this true Source is never altered, threatened or diminished.

When we awaken to Non-dual Consciousness, or to our Oneness with Spirit, Nature, Humanity

and the Inner Self that spiritual Awakening brings with it the direct insight and understanding: "I am already, always – or always, already – connected with the Infinite, Creative source of all supply. The abundant riches of the universe are now present for (my) appropriation and distribution, to creatively express (my) divinity in the world."

A word of encouragement: You only have to awaken to or truly learn Prosperity-Consciousness *once!* When this *does* occur as a true insight, it transforms your very being and reverses the polarity of your mind from a context of poverty-consciousness to prosperity-consciousness. This must be your *direct experience*, not just your philosophical belief, or intellectual understanding *about* it. You must actually *realize* it. You must *feel it intuitively and intimately for yourself*, not just believe it. Once this occurs, you will always have it with you, regardless of outer events or appearances in the world or in your life to the contrary. Once prosperity-consciousness is *truly* awakened within you, then it is present with you – to be appropriated by you – any time that it is necessary.

The method or means by which prosperity-consciousness can be converted into money or other negotiable forms of value, is through the generation of creative ideas. Our ideas, and/or our conscious creativity are (or can be) used or exchanged for money, or for other items of value and personal benefit.

The "Creative Imagination Exercise," discussed in Chapter Two of this book is one of the most direct methods of tapping your own unlimited potential for generating creative ideas which can be turned into cash. Or turned into ways and means of earning money that are *enjoyable* to you. One of the primary principles of prosperity-consciousness is that you earn money doing *only* what is *enjoyable to you*, as well as beneficial to others in society.

Poverty-consciousness is working at what you don't like out of the sense of *necessity*, or just to "make money," or "just to live." It is working at whatever you do out of the sense of "have to," rather than out of the sense of "I want to," or "I like what I am doing."

Poverty-consciousness is the belief in and fear of lack. It is the denial of self-worth. It is the denial of the truth that prosperity actually rises out of *you*, or your own consciousness, and is unlimited. It is acceptance of the lie of lack, or insufficiency, which is produced from the outer appearance or the fact of limitation and shortage. These are actually only temporary conditions, regardless of how long you have experienced them, for they are not your true state, or true nature.

Poverty-consciousness is even present in people who have plenty of money. It is a state of mind that does not necessarily depend on outer material circumstances, or physical facts, but rather is based on fear. You may have a substantial amount of money, and/or other valuable possessions, and still have poverty-consciousness.

For example, if you are continually concerned or worried about the possibility of loss, decline, or depreciation of what you do have, this is poverty-consciousness. Or if you worry about the state of the country's or the world's economy. Or if you are fearful or overly concerned about future developments in your business, or your need for operating capital. Or about the outcome of your investments, etc. – If you are chronically concerned about any of these, then you are living in or demonstrating a version of poverty-consciousness. Or, you are at least subject to it – which is the same thing.

Think of the word "fear" as an acronym (F-E-A-R) meaning, "False Evidence Appearing Real." Jesus said, "*Judge not by appearance*," (John 7:24). When we judge by the appearance of lack or shortage in our life, or in the world and its economy, even when it is our current experience, we are still judging according to the unreal, or the false, as appearing real. This is poverty-consciousness, which is actually unreal, because Prosperity-Consciousness is our real or true nature. ♥

For 35 years, Ramana has been sharing the Truth to those ready to hear It. We invite you to celebrate the anniversary of the birth of his body on Saturday, November 1, which is also All Saints Day.

There is Always, Already Enough

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



Prosperity Consciousness was one of the first programs we offered to the public after beginning AHAM in 1978. On weekends Ramana taught us how to awaken "prosperity-consciousness." In our Homestudy, we learned to tith 10% of our income, *first*, before our expenses. I remember silently saying a prayer before spending money: "Divine Love blesses and multiplies all that I am and all that I have; all that I give and all that I receive." Before long a shift occurred and the Fullness of Abundance awakened. We have tithed since the beginning days in AHAM and, even during the appearance of "not enough," miracles continued to happen to "keep the doors open."

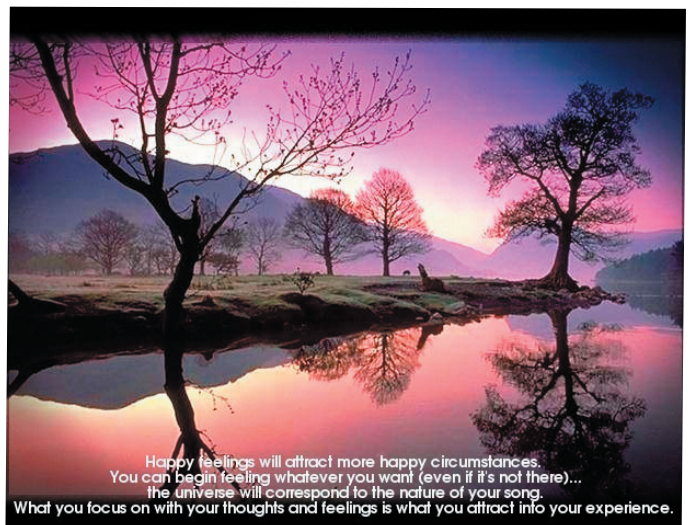
Ramana shares that "*Prosperity is our natural state of being*" and "*when we awaken to our Oneness with Spirit, Nature, Humanity and the Inner Self, that spiritual Awakening brings with it the direct insight and understanding; I am already, always – or always, already – connected with the Infinite, Creative Source of all supply.*" Living from this Truth in spite of the appearances is clearly up to us. We have a choice as to where we put our attention in the moment. We can focus on "not enough" or shift to this Truth.

Jesus says in Matthew 6:19- 21 – "*Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven ... for where your treasure is, there will your Heart be also.*" He is also guiding us to find the true "treasure" within the Heart of Being.

Sri Bhagavan correspondingly shares: "*...what is acquired will also be lost in due course. It can never be permanent. The only permanent thing is Reality and that is the Self.*" He has given us the way to remain awake to this Reality in the face of whatever arises...turning attention within through Self-inquiry and abiding in Prior Awareness.

Very unreasonable events are happening around us in our world. If there ever was a time to adhere to the Truth that these awakened sages have given us, now is that time. It is truly up to us to remain awake to and follow the Truth from within our own Heart ... following Its strength and Guidance. We have a Heart to Heart Network that has been established for over 30 years in our AHAM community. As we turn attention inward, the Heart is connecting us all in this Network of the Truth... "*I am already, always connected with the Infinite, Creative Source of all supply*" and "*there is always, already enough.*"

We invite you to seal this Truth in expression by joining those who tith to AHAM. To do so, connect with our Executive Director, Charlotte, at <cat09@aham.com>. ♥



What is Permanent and Real?

From *The Teachings of Sri Ramana Maharshi in His Own Words* pp. 222-224

Reality is only one and that is the Self. All other things are mere phenomena in it, of it and by it. Seer, sight and seen are all the self only. Can any one see or hear without the Self? What difference does it make if you see or hear anyone close up or at a great distance? The organs of sight and hearing are needed in both cases. So is the mind. None of them can be dispensed with. In either case you are dependent on them. Why then should there be any glamour about clairvoyance or clairaudience? Moreover, what is acquired will also be lost in due course. It can never be permanent. The only permanent thing is Reality and that is the Self. You say, "I am," "I am going," "I am speaking," "I am working," and so on. Hyphenate the "I-am" in all of them. Thus: "I-AM." That is the abiding and fundamental Reality. This truth was taught by God to Moses: "I-AM That I-AM"; "Be still and know that I-AM God," so "I AM" is God.



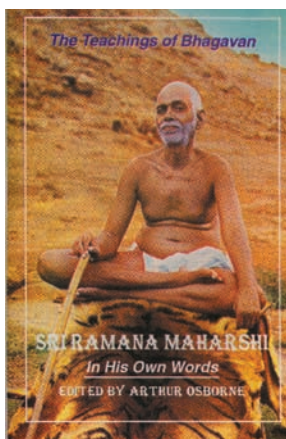
From what has been said up to here it will be seen that Self-Realization is the most simple and natural thing, in fact the only simple and natural thing, simply the state of being that which is, and yet it is a state most rare, unknown to the saints, glimpsed briefly by the mystics. "Among thousands who strive to be perfect there is perhaps one who knows Me as I-Am." (*Bhagavad Gita*, VII-3). Unfortunately, it is a sign of our times that attainment of this supreme state is falsely claimed by many. The aspirant needs to discriminate.

Once attained, the Supreme State must be the same by whatever path and whatever religion it was approached, being, by its very nature, beyond differentiation.

Once attained, the state of Self-Realization is the same by whatever path and in whatever religion it may be approached. There are three aspects of God, according to one's approach to Realization. They are: *Sat* (Being), *Chit* (Consciousness), *Ananda* (Bliss).

The aspect of Being is emphasized by *jnanis* (realized beings) who are said to repose in the Essence of Being after incessant search and to have their individuality lost in the Supreme.

The Consciousness aspect is approached by yogis who exert themselves to control their breath in order to steady the mind and are then said to see the Glory (Consciousness of Being) of God as the one Light radiating in all directions.



The Beatitude aspect is approached by devotees who become intoxicated with the nectar of love of God and lose themselves in Blissful experience. Unwilling to leave this, they remain forever merged in God. ♥

To order a copy of this book go to
ahampublications@aham.com



Power of Generosity



From *Loving-Kindness* by Sharon Salzberg pp.154-156

If you knew, as I do, the power of giving, you would not let a single meal pass without sharing some of it. – The Buddha

A meditation master from Thailand's forest tradition came to visit the United States several years ago. After just a short time here, he said rather bemusedly, "In Asia the classical sequence of the teachings and practice is first generosity, then morality, and then meditation or insight. But here in the United States, the sequence seems to be meditation first, then morality, and after some time, as a kind of appendix, there is some teaching about generosity. What's going on here?"

Generosity is the inception of the path. The Buddha himself always started with new practitioners by teaching them *dana*, the practice of generosity. This method has remained as the classical tradition of Buddhist teaching. It is often true that we Westerners prefer the enticement of transformative meditative states; we understand the need for effort toward that end and are willing to put it forth. However, the actual springboard for those meditative states is the cultivation of generosity and morality. These qualities, which we consider more mundane, allow those other states to unfold most gracefully and easily.

Generosity has such power because it is characterized by the inner quality of letting go or relinquishing. Being able to let go, to give up, to renounce, to give generously – these capacities spring from the same source within us. When we practice generosity, we open to all these liberating qualities simultaneously. They carry us to a profound knowing of freedom, and they also are the loving expression of that same state of freedom.

The Buddha said that no true spiritual life is possible without a generous heart. *Dana* is the very first of the ten *paramis*, or qualities of the awakened mind. The path begins here, and the Buddha began his teachings here, because when we practice generosity, we begin to know a very beautiful quality of joy, a sheer, unhindered delight flowing freely. Giving brings happiness at every stage of its expression. We experience joy in forming the intention to be generous; we experience joy in the actual act of giving some-

thing; and we experience joy in remembering the fact that we have given.

Once when I was teaching in Australia, in my discourse on *dana* I talked about a personal resolve I've taken. When a strong urge comes up in my mind to give something – even though the next fifty thoughts may be, "Oh, no, I can't do that. I might need it!" – I give it. Even if fear or other considerations come up, my resolve is to honor that first impulse and to give. One of the students came up to me at the end of the retreat and said that, in honor of that resolve, he wanted to give me some money to give away. He told me that when I got back to the States, when I first landed in California, I should give money to the first people I saw who needed it. I thought maybe he was going to give me thirty or forty dollars, but he gave me hundreds of dollars to give away.

I left for the United States, landed in San Francisco, and the next day I went up and down Telegraph Avenue in Berkeley looking for people to give money to. I wasn't giving away just a dollar; I was giving away ten dollars and twenty dollars. It was an amazing day, just walking around looking for people who needed something. It was such an unusual thing to do that it broke down a lot of barriers between people. There were people literally dancing down the street behind me. It was the most amazingly joyous day for me as well. It is a great happiness to be able to give.♥

We Invite you to do at least one "random act of generosity" and delight in giving from a grateful and generous Heart. This is "dana" in full expression.



An Act of Tithing



TITHING

By

Carol Stewart-High, an AHAM Graduate, Asheboro, NC

I have been a tither for over forty years. I have never counted the amount I have tithed in those years; I expect it would be a significant amount of money. I have never counted the cost. There is nothing I could have purchased with the money I have tithed that would be as valuable to me as the relationship with the Creator that has become the heart of my tithing.

I started tithing in my 20s. I give 10% of my gross income every month. My tithe is given before any money is directed toward bills or other financial obligations. Often there has been the “problem” of not having enough money to last for the month. I have learned to ask myself how much God I have left over at the end of my money. Every time it comes to 100%.

Tithing when I have sufficient money has not been as spiritually satisfying as when I have “gambled” and given my tithe seemingly from a supply of money that was not sufficient to handle the tithe and my bills. During those times, miraculous things would demonstrate the 100% of God that is always left over at the end of “my” money – anonymous donations left in my mail box; or additional hours at work; finding money in a pants or coat pocket. Always there has been enough. And over the years, the amount of my gross income has never decreased.

Rami Shapiro, in *The Sacred Art of Lovingkindness*, makes the comment, “It is when I have to limit my own spending to help you financially that we can truly speak of generosity. . . A portion of what [we] receive must be purified from the concept of personal ownership.” It is God’s money, both coming in and going out. We are giving it to God, no matter what the “Pay to” line on the check may say. God’s willingness to share abundance with us is infinite. When our bank balance is anemic, it is because our willingness to receive the abundance is limited.

I tithe more than money. I also tithe time and talent. I give 10% of my time to others; also of my professional training. Somehow the resources shared in this way have a quality of sweetness not present in the other 90% of my activities in this area.

The questions for me are, “Whose money is it anyway?” And “To whom am I giving?” There is no “other” to give to. It is all one big circle of giving/receiving. Why would anyone not want to participate? ♥





Tithing and Dana - The Practice of Generosity

Bhagavan Sri Ramana Maharshi, who introduced Self-Inquiry in its present form to the world, never charged or expected anything for his pure Teaching. He did allow the ashram management or staff to accept money and other things of value on behalf of the operation of the ashram. In AHAM we choose to follow Sri Bhagavan's example, not charging for our teaching, but rather living from your generosity and recognition of the value of its pure Teaching in your life.

AHAM and its training in Self-Inquiry and in the practices that support one's ability to use Self-Inquiry most effectively in daily life is now supported entirely by a combination of the Western custom of tithing and the Eastern custom of support for spiritual teaching known as *Dana* (a Sanskrit word meaning "by your kindness and generosity"). The practice of tithing and/or "*Dana*" invites one to reflect upon and truly consider what is *really important* in our lives, the fundamental consciousness *of the very essence of one's life*. When we have benefited from both the purity and practicality of AHAM's teachings, it is appropriate to direct some portion of our financial resources to *support the Teaching*. AHAM's teaching is offered to people in the world community regardless of their financial circumstances. Donations by everyone in the spirit of generosity, according to their ability to contribute and their appreciation of the true worth of the teaching, ensure that the availability of the teaching remains universal.

Both tithing and *Dana*, when genuinely lived as a *foundation principle of one's spiritual life*, assists each of us in recognizing and practicing our natural interconnectedness with God, the very Source of being and *prosperity itself*. So, as life gives generously to us, we – with love, gratitude and appreciation – give generously back to life. We feel that we joyously "belong" to what we support, and what we support *truly nourishes us*.

For those attending any scheduled AHAM program – i.e., workshops, guided meditation programs, structured individual or group retreats, etc., the programs themselves are offered *without tuition or fees*. There is a charge for the actual cost of lodging, meals, transportation and program supplies. *Dana* is then given by the participant in true regard and respect, as an expression of one's genuine appreciation for what he or she has received from attending the particular program or function just completed, and also in anticipation of its future benefit. People are often moved to send in additional money once they return home and realize the depth of what they have received. It is understood that to support the Teaching and the Conscious Teacher is to support oneself.

"Because Dana is a 'practice,' with awareness and honesty we allow ourselves to experience how liberating and happiness-producing it feels to let go, and where it is painful, because it is challenging to let go... Dana is not giving someone a tip, like to a waiter or a bellman, nor is it (actually) in exchange for receiving the Dharma (Teachings). It is a way in which we can express gratitude and practice our kindness, generosity and 'letting go' with awareness." (K. Masters and S. Armstrong, Insight Meditation Society)



Your Heart Is the Treasure

The following article is taken from Matthew 5:39-48 and Matthew 6: 7-33 of the Bible. It is from Jesus' Sermon on the Mount.

You have heard that it was said, "An eye for an eye and a tooth for a tooth."³⁹ But I say to you, Do not resist one who is evil. But if any one strikes you on the right cheek turn to him the other also;⁴⁰ and if anyone would sue you and take your coat, let him have your cloak as well;⁴¹ and if anyone forces you to go one mile, go with him two miles.⁴² Give to him who begs from you, and do not refuse him who would borrow from you.

⁴³"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you,⁴⁵ so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.⁴⁶ For if you love those who love you, what reward have you? Do not even the tax collectors do the same?⁴⁷ and if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same?⁴⁸ You, therefore, must be perfect, as your heavenly Father is perfect.

6⁷ "And in praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words. ⁸Do not be like them, for our Father knows what you need before you ask him.

⁹ "Pray then like this:
Our Father who art in heaven,
Hallowed be thy name.
¹⁰Thy Kingdom come,
Thy will be done,
On earth as it is in heaven.
¹¹Give us this day our daily bread;
¹²And forgive us our debts,
As we also have forgiven our debtors;
And lead us not into temptation,
But deliver us from evil.
¹³For thine is the kingdom
The Power and the Glory
Forever and forever
Amen.

¹⁹ "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal,²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. ²¹For where your treasure is, there will your heart be also.

²⁵ "Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing?

²⁶ "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And which of you by being anxious can add one cubit to his span of life? ²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin;²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? ³¹Therefore do not be anxious, saying, 'What shall we wear?' ³²For the Gentiles seek all these things; and your heavenly Father knows that you need them all. ³³But seek first his kingdom and his righteousness, and all these things shall be yours as well." ♥



Statue of Jesus placed near walkway on AHAM property. Come visit us and be with it as you sit on the bench across from it.



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 <aahampublications@aham.com> Subject: Heart Note.

Asking what if anything I have gained or benefited by my involvement with AHAM.

I will boil it down to this. AHAM, through great effort and dedication, can take novice or advanced spiritual seeker alike and provide direction, point the way, make clear, help maintain focus and get us back home to the realization of who and what we really are. The realization that we are all but one Heart (Self). This one Heart (Self) includes ALL, encompasses ALL, is aware of ALL. It simply is all. This timeless, boundless, Pure Awareness being without beginning or end just keeps rolling on and on and on. Rolls on now and "now" never stops. To know this and to know this is what I AM is at the same time quite profound, liberating and humbling. It is wonderful to be free in this heart, free of unnecessary worry, not to be overly concerned about trivial disturbances. Things that once seemed overwhelming just don't seem to be that big a deal now. Now just being free to be grateful, to be accepting, to be loving; in other words to JUST BE. Just be with whatever comes at any given moment.

This said; to slip out of this awareness, to become unconscious of it, to not realize this reality; this is to leave wide open the door for the duality, separation, misery or whatever other chaos the mind of this man can dream up, and boy, can I be quick to buy it sometimes. But why would I want to buy into any more falsehoods, illusions or anything less than the ultimate Truth once the Truth has been revealed? Why, when in fact, this Truth is so readily accessible, clear and easy to see and know.

Well, when thinking I am this man (body), I am this mind, this position, these things I have or don't have. These traits and tendencies that seemingly can control what and who I think I am. To identify with this stuff and to allow this imposter-"the ego" to superimpose the "soleistic," self-serving, self-gratifying, self-limiting, self-important strategies that separate this perceived individual from the SELF of which I truly am. It is like to be put into or forced to live in a box. Well, this box might as well have been sent from hell and back it can go. I don't need it, I don't want it and I know that in reality this box does not even exist - so why live in it? Why choose to live in that which does not exist? To this box, to and from nowhere; I say thanks, but no thanks. I choose to not suffer from this attention deficit disorder anymore. I choose to draw attention back into that in which I Am Awareness. This PURE AWARENESS, which is prior to all else.

AHAM has given me the tools, training and inspiration to realize that if I use the process and inquire sincerely enough, consistently enough and persistently enough I can and will remain living in that in which I AM- PURE AWARENESS.

Thank you, AHAM in general. I am so grateful to you and the entire staff for your selfless giving, endless support, programs and all your hard work. Thank you, my fellow AHAM folks for all your sharing in classes, Interludes AIC (Association in Consciousness, etc.....The many expressions of sharing being so beneficial to all. Thank you to my wife, Karoline, for your unconditional love and support in this.

In closing I really don't have the combination of words to express my gratitude. This whole thing has been and is such a great ride. The circumstance leading me to AHAM (thank you, my dear sister, Cindy Pasternak), bearing witness to all the love, honesty and just letting go is so stabilizing. The many wonderful people that I have had the pleasure to become acquainted with; it just all came together and cracked this man's heart wide open and that was no easy task.

Finally, this conscious company thing; yes it is true. ♥

IT'S ALWAYS BETTER WHEN WE'RE TOGETHER
ALWAYS BETTER TOGETHER
ALWAYS

Love,
Patrick Carney
LaGrange, IN





Aduki Bean Sauce

From *The Angelina Home Kitchen* by Leslie McEachern pg. 200
Yields 4 cups. Cooking time : 1 hour and 15 minutes.

Ingredients:

1 cup aduki beans	1 small red onion, peeled
6 cups cold water	1 bay leaf
6 slices fresh ginger, each about the size of a quarter	2 Tbsp mirin
3 plump cloves garlic	1 Tbsp toasted sesame oil
2 cloves	Sea Salt

Directions:

Sort through the beans, discarding any broken ones or stones. Rinse in a strainer under cold running water and drain. Place the beans and 6 cups cold water in a heavy 3-quart saucepan over high heat. Bring to a boil. Lower the heat and add the ginger and garlic. Stick cloves into the onion and add it to the pot along with the bay leaf and mirin. Cover the pan and allow to simmer for 1 hour. Uncover the pan and season with salt to taste. Remove the onion, bay leaf, and ginger slices. Continue to cook 15 to 20 minutes longer until the sauce thickens. Stir in sesame oil and serve. ♥

NUTRITION NUGGET

By Doug High, AHAM Graduate; Asheboro, NC
<www.naturalhighs.biz>

Yummy, "sinful," nutritious, foods

Often when the topic of nutritious foods comes up, guilt, denial, anger, shame, and disappointment often join in with comments such as: Oh, you meant twigs and berries, or Rabbit food, or Do you mean that disgusting Tofu?

Nutritious eating in no way means boring, bland, or bizarre. When we eat whole foods (unprocessed – untouched by chemists or nutrient-removal equipment) we not only get the vitamins we need, but also the phytonutrients, flavonoids, carotenoids, and anti-oxidants we need to sustain healthy living.

One food that is virtually loaded with these substances is...are you ready for this?...chocolate. Yes chocolate, but not those nasty chocolate candy bars that contained refined sugar, wax, and saturated fat. I mean high-cocoa content, genuine, dark 70% chocolate.

Many know that vine-ripened tomatoes contains lycopene which has great anti-cancer properties, especially for prostate and lung cancer. But the lycopene works even better if the tomatoes are consumed with fatty foods such as nuts, avocados, or olive oil. Tomatoes also contain lutein which is highly beneficial for the eyes.

Now, here comes the good part. In *The Journal of the National Cancer Institute*, in 1995, reported that a Harvard study of 47,000 men showed that men who ate "ten servings or more per week of tomatoes, tomato sauce, tomato juice, and even pizza had 45% fewer prostate cancer than men who ate only two servings per week. Personally I would recommend that your pizza have a whole wheat crust and no processed meats such as sausage or pepperoni.

Let's hear it for chocolate and pizza! Seriously!

Reference: *The 150 Healthiest Foods on Earth*, Jonny Bowden PhD, Fair Winds Press 2007 | Gloucester MA, ISBN 1-59233-228-5.



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

"The Awaken to Awareness Retreat is a great first step in becoming aware that distractions reside within and not without. I am experiencing strength and confidence that I have what I need."

*– Paula Davis
Greensboro, NC*



Front Yard

Upcoming Awaken to Awareness Retreats: November 21-23, and December 12-14, 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.



Making a Connection



We are saddened by the passing of Brown Dog, AHAM Center's dog. Brown Dog was not only a watch dog, but a companion to Gracie (Linda Swanson's dog), a guide to anyone going down to the lake and around the meditation trail, and a good friend. He will be truly missed by all who knew him.

Thank you Linda for taking such loving care of Brown Dog during the duration of his illness. ♥



From left to right:
Gracie and Brown Dog



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

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:

To become aware of the Real Self, since He is ever-present within the Heart of every one, would be very easy if the notion that the body and the world are real should become utterly extinct.

Experience Meditation on the Telephone

Learn to bring stillness & peace
into your life

Every Sunday

Call (712) 338-8000 + code 2398#
A FREE one-hour phone call
with guided meditation,
sharing, fellowship, and
answers to your questions.

Call begins at 7:30 pm EST
(Call in 5-minutes early)

Try it *This* Sunday



Presented by:
AHAM Meditation Retreat Center
Asheboro, NC

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The Pilgrimage



Pilgrimage – is it my time?

What is a pilgrimage and why would one consider a pilgrimage? For me it was the first glimpse of a photo of Arunachala that said – I will go there, not even knowing what there was or what it meant. Once it has arisen for you, everything you need to make the journey is already there waiting for you.

This pilgrimage, going to the Holy Hill Arunachala in India and Ramanasramam, where Bhagavan Sri Ramana Maharshi spent most of his life, is going (coming) home, to the core, to the root. For those that can, are called to, it is highly beneficial to one's spiritual practice. There is nothing to be found or experienced on a pilgrimage except focused attention on the Self, the inner most being of oneself.

AHAM has been bringing pilgrims to Arunachala and Bhagavan Ramana for about 15 years. When one comes as a devotee of Arunachala and Bhagavan Ramana to pay homage and give thanks for the gift of Inquiry and spiritual practice bestowed by this lineage (shared in AHAM's teaching), one cannot but touch the core of one's Being.

In a verse in the Arunachala Mahatmyam, translated from Sanskrit into Tamil by Sri Ramana Maharshi says:

"Arunachala is truly the holy place. Of all holy places it is the most sacred! Know that it is the heart of the world. It is truly Siva [God]! It is his heart-abode, a secret kshetra [holy precinct, a sacred field]. In that place the Lord ever abides – the hill of light named Arunachala."

Each day begins for me with facing Arunachala, expressing my love and gratitude for it is truly the door to freedom, peace and contentment and I am ever grateful. These doors are always open to welcome the AHAM family home to Arunachala.

Love, Jan and the AHAM India Staff



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