



# HEART to HEART

*Consciousness speaking to Consciousness*

Vol. 30 No. 3

The Association of Happiness for All Mankind

December 2008



*Celebrating  
Our Oneness  
with  
God*

*To receive the Spirit  
is to have our eyes opened to something  
that has always been true of us."*

– David Robert Ord



## God's Present Love

From *There Is Neither I, Nor Other Than I, there Is Only...* p. 193 by A. Ramana

If God is not loving one and all right NOW, in this present moment, then God has never loved, nor will He ever love "me" or any "other" being or person. The Truth is, *God is love itself*. Therefore, God is always *loving*. Otherwise, God would have to cease being Himself (which is absurd). That which is the Truth is not true one moment and untrue the next. Truth is *ever true, eternally true, even NOW*. Facts change but not the Truth. And the Truth is, *God is Love*. Therefore, He is loving "me" and "everyone" NOW, even when we appear to be wicked, naughty, mean, ugly, and unlovable.

It is important that "I" accept that no matter how unloving, unlovely, or unlovable "I" or "anyone" else may ever be, God is *always* loving – here and now – and when "we" least "deserve" or expect it!

GET THIS: The paradox of God's Love is His pure Presence, which is the very *sense* of Presence *Itself*. God's Presence is the *here and now* sense of Presence, which is simply the state of *our own* pure presence, without or beyond thought. It is our being present NOW *as* pure Being, or pure Consciousness. It is abiding in the Power and *pure sense* of NOW – meaning *this moment, this instant!* In fact, there is no separate-self or "person."

When we abide as the thoughtless Awareness of pure Being *in this here-and-now instant moment* – ever prior to (or beyond) time and space, free of or transcending past and future – we are abiding in what is, in fact, the Realm of Love, which is True and Real God. So, the Truth is, God is *ever present* as pure Love itself, *in this instant*. ♥



Ramana and Teresa O'Connor

It may be a fact that is very difficult for "me" to accept another "person" as he or she is presenting or expressing himself or herself in a given moment or situation. However, the person's behavior does not in the least affect God's love and acceptance of "him." My understanding and acceptance of this fact (which is the Truth) will set me free from guilt about my own unloving, unlovely and unlovable attitudes, actions, and behavior.



Ramana with Dan and Jenny Ngo

[Click here for Interview with Ramana with Never Not Here host Richard Miller](http://www.aham.com/nevernothere/ramana.html)  
<<http://www.aham.com/nevernothere/ramana.html>>

## Awakening Lovingkindness

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

*It's a bit embarrassing to have been concerned with the human problem all one's life and find at the end that one's life one has no more to offer [by way of advice] than this; Try to be a little kinder. – Aldous Huxley*



Here we are at the end of 2008 and moving into 2009. We may hear people say, "Where did the time go?" Yes, where did it go? It's already holiday time again.

Because I usually spend winters at our home in India, last Christmas was my first here in Asheboro since 1992. We had such a lovely holiday season here that we invite you to come and celebrate Christmas with us this year.

As we complete this year and bring in the New Year in a conscious way, it came up to focus on Lovingkindness. Sharon Salzberg shares from her book of the same name:

*The Dalai Lama has said; "My religion is kindness." If we all adopted such a stance and embodied it in thought and action, inner and outer peace would be immediate, for in reality they are never not present, only obscured, waiting to be discovered. This is the work and the power of lovingkindness, the embrace that allows no separation between self, others, and events—the affirmation and honoring of a core of goodness in others and in oneself.*

Awakening into who-we-really-are and living life from this perspective, rather than the limited body-mind's perspective, is the core of AHAM's Teaching. I recently visited with our Association in Consciousness group in Roanoke, Virginia, and gave a number of introductory sessions. Together, we investigated what it really means to live from the Heart, and asked ourselves, "How would this show up in our lives?" The answers were varied, but it all came down to what Sharon is sharing here...*the affirmation and honoring of a core of goodness in others and in oneself....Cultivating the good means recovering the incandescent power of love that is present as a potential in all of us.*

How would we *cultivate the good*? In The Sacred Art of Lovingkindness Rabbi Rami Shapiro speaks of Thirteen Attributes of Lovingkindness:

*Moses asks to see God's glory, how godliness is manifest in the world (Exodus 33:18). God agrees, saying, "I will make all My goodness pass before you" (Exodus 33:19). God passes before Moses and calls out each aspect of goodness in turn: (1) realizing the divinity of self, (2) realizing the divinity of other, (3) cultivating creativity, (4) engendering compassion, (5) finding grace, (6) acting with equanimity, (7) creating kindness, (8) bringing forth truth, (9) preserving kindness, (10) forgiving iniquity, (11) forgiving willfulness, (12) forgiving error, and (13) cleansing yourself of delusion.*

Rabbi Shapiro suggests that we focus on and contemplate one of these Thirteen Attributes of Lovingkindness each week. What a beautiful way and a perfect time of the year to honor this core of goodness in everyone, and celebrate our oneness with God!



Happy Holidays!! ♥

Click here for Interview with Elizabeth with Never Not Here host Richard Miller  
<<http://www.aham.com/nevernotthere/elizabeth.html>>



## Love... the Form of God

Excerpts from *Absolute Consciousness* pp. 72-78

**T** rue surrender is love of God for the sake of love and nothing else, not even for the sake of liberation.

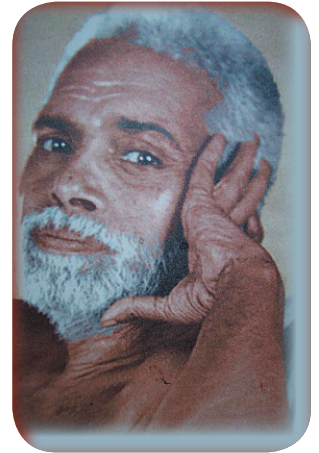
When you talk of love, there is duality, is there not? – the person who loves and the entity called God who is loved? The individual is not separate from God. Hence love means one has love toward one's own Self.

Only if one knows the truth of love, which is the nature of Self, will the strong entangled knot of life be untied. Only if one attains the height of love will liberation be attained. The experience of Self is only love, which is seeing only love, hearing only love, feeling only love, tasting only love, and smelling only love, which is bliss.

God does not reside in any place other than the Heart. Be sure that the Heart is the Kingdom of God.

God is not only in the heart of all, He is the prop of all. He is the source of all; their abiding place and their end.

All proceed from Him,  
have their stay in Him and  
finally dissolve into Him.  
Therefore he is not separate.



## Awakening the Heart

From *Love Without Conditions* by Paul Ferrini pp. 74-75

**O** nce upon a time, you rejected your creative partnership with God. Now you are ready to reclaim it. Once upon a time you entertained the idea that you could be unlovable in God's eyes. Now you reclaim your eternal love communion with Him.



When you accept God back into your life, your whole experience of the world and all the beings in it changes. You are a father and a mother to every child who approaches you, a son or daughter to every elderly person. You are a friend to friend and friendless alike. And you are a lover to the one who remembers he is loved and to the one who has forgotten.

There is no place where your loving presence and testimony to God's love is not needed. All are crying out for your gentle words. All would drink from the cup that quenched your thirst. ♥



# A Special Christmas Story



## What A Blessed Life

*True Story - submitted by Pastor Rob Reid who says "God does work in mysterious ways."*

The brand new pastor and his wife, newly assigned to their first ministry to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve. They worked hard, repairing pews, plastering walls, painting, etc., and on December 18 were ahead of schedule and just about finished.

On December 19th a terrible tempest - a driving rainstorm hit the area and lasted for two days. On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high. The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home.

On the way he noticed that a local business was having a flea market type sale for charity, so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church. By this time it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus, 45 minutes later. She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area. Then he noticed the woman walking down the center aisle. Her face was like a sheet. "Pastor," she asked, "where did you get that tablecloth?" The pastor explained. The woman asked him to check the lower right corner to see if the initials, EBG were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria. The woman could hardly believe it as the pastor told how he had just gotten the tablecloth. The woman explained that before the war, she and her husband were well-to-do people in Austria. When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. He was captured, sent to prison and she never saw her husband or her home again.

The pastor wanted to give the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home. That was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return. One older man, whom the pastor recognized from the neighborhood, continued to sit in one of the pews and stare. The pastor wondered why he wasn't leaving. The man asked him where he'd gotten the tablecloth on the front wall because it was identical to one his wife had made years ago, when they lived in Austria before the war - and how could there be two tablecloths so much alike? He told the pastor how the Nazis came, how he forced his wife to flee for her safety and he was supposed to follow her, but he was arrested and put in a prison. He never saw his wife or his home again in the 35 years in between. The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island, to the same house where the pastor had taken the woman three days earlier. He helped the man climb the three flights of stairs to the woman's apartment, knocked on the door and saw the greatest Christmas reunion he could ever imagine. ♥



*"To receive the spirit of God is to have our God-Consciousness activated." - David Robert Ord*



Holiday Greetings



*The AHAM Staff  
Wish All  
A Peaceful  
Holiday Season*



*Please join us for our Christmas Celebration on Sunday, December 21  
and New Year's Eve "Bringing in the New Year" Celebration Wednesday,  
December 31. Contact the Center for information. 336-381-3988*



# AHAM's Pilgrimage



AHAM Ashram Entrance

## 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

For information on pilgrimages, contact the AHAM Center at 336-381-3988



View of Arunachala from Main House of AHAM Ashram



Panneer Holding Bananas from AHAM Ashram's Banana Tree



AHAM USA and India Staff

## Cooking & Eating with Awareness

By Kamala Devi, Author of *The Conscious Cookbook*

*"Eating light, wholesome foods prepared with love in a comfortable setting will nourish you completely."*

Self-inquiry, abiding in and as the Heart of Being, naturally brings thought-free awareness. Body and mind are seen as objects within awareness, rather than defining "Who am I?" Without thought, which leads us into the past or the future, we are simply present, with attention free in the moment. Actions are appropriate, with no sense of being the "doer." They flow naturally and gracefully as we remain present and alive to life. Even the mind, consciously used as a tool for planning and calculating, keeps us present. We have clear purpose and effective results when a mental or physical task is carried through to conclusion.

Food is one of the major concerns in our daily lives. After breathing and talking, eating is probably the most frequent activity. It is interesting that we cannot do these three things at exactly the same time. One interrupts the other.

Consciously chosen food is our best medicine. Eating well is good preventive medicine. In the very first chapter of the Bible, God says that he has given every seed-bearing plant and tree to be our food. The medicinal qualities of many of our foods are suggested by the colour and structure of the plant or fruit. For example, in a slice of carrot, we can see a resemblance to the eye, tomatoes have four chambers like the heart, while walnuts have structures very like the brain.

For energy and mental clarity, foods eaten fresh and uncooked-living foods, are the best of all. The energy of sun and water enables plants to grow, and this power comes through the food to us. Prana or life-force, expressing itself physically and mentally, depends on sunlight, clean air, pure water, good food and adequate rest.

The plant kingdom provides food that the body can utilize most efficiently - especially foods which are grown in their natural climate and eaten in their natural season. A "vegetarian" diet is

most conducive to peace of mind, bringing a higher vibration to consciousness and a non-violent attitude to all forms of life. The word "vegetable" comes from the Latin word *vegetus*, meaning whole, sound, fresh or lively.

Studies have shown that a high percentage of grains and pulses are grown to feed animals which will be slaughtered for food. As "climate change" and "carbon emission" have become issues of global concern, a movement away from meat consumption would give depleted grazing land a chance to regenerate and a chance for the underprivileged of the world to access basic foods.

### Cooking and Eating as Spiritual Practice:

In cooking with consciousness, love and service unite to the benefit of all. So, be sure to avoid cooking or eating when you are emotionally upset or angry. Negative attitudes and thoughts produce acid in the body. Instead, take the time to find peace within and restore equilibrium. Food is nourishing and digestible when it is prepared with reverence and eaten with gratitude. Let a calm atmosphere prevail in the kitchen. Move in harmony with any others who are helping in the work. Before using a food processor or other noisy machine, let them know that you will be making a noise for a few moments. Joyful chants or songs "blend" nicely in the kitchen.

Home grown and organic vegetables and fruits can be lightly rinsed before preparation. Purify "bought" produce by washing more thoroughly to remove dirt and spray residue.

How to Cook and Eat with Awareness?

1. Be fully present, letting go of concerns and thoughts that take attention away from the task. Washing the hands at the beginning of preparation is a way to bring this to remembrance. If

a verbal prayer or mantra is part of your spiritual practice, pray or recite quietly or silently.

2. Assess available ingredients and be clear about what you are going to prepare. Mentally, or on paper, make a plan of preparation, based on time needed for everything to be ready to serve at the same time.

If you have a large family or guests coming to stay, you will find it easier to manage meals by preparing a menu plan and a list of the necessary purchases to be made.

3. Balance the meal selection by considering colours of foods and textures, as well as food value. Include at least one dish that is served raw.

4. Prepare a variety of vegetables and just one starchy carbohydrate or protein ingredient. Fruits, nuts, seeds and dairy or soy products go well together.

5. Present the prepared food in an attractive way without being too contrived or taking too much time. Fresh flowers and herbs make beautiful garnishes.

Eating is a time to give attention to the taste of the food. With a simple prayer or moment of silence, prepare for the intimate experience of putting food in the mouth, chewing and swallowing. Most importantly, remember that all food comes from "Mother Earth." Those tending the gardens of the world are not the richest among us. Appreciate the energy that has gone into providing and preparing the meal. **Give thanks!** ♥







## Impossible Broccoli Pie

From *The Betty Crocker Cookbook* pg. 165

### Ingredients:

- 2 packages (10 ounces each frozen chopped broccoli)
- 3 cups shredded Cheddar cheese (12 ounces)
- 2/3 cups chopped onion
- 1-1/3 cups milk
- 3 eggs
- 3/4 cup buttermilk baking mix
- 3/4 tsp salt
- 1/4 tsp pepper

### Directions:

Heat oven to 400 degrees. Grease pie plate, 10x1-1/2 inches. Rinse broccoli under running cold water to thaw; drain thoroughly. Mix broccoli, 2 cups of the cheese and the onion in plate. Beat milk, eggs, baking mix, salt and pepper until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 25 to 35 minutes. Top with remaining cheese. Bake just until cheese is melted, 1 to 2 minutes longer. Let stand 5 minutes. Garnish with tomato slices if desired.


Makes 6 servings ♥



## NUTRITION NUGGET

By Doug High, AHAM Graduate; Asheboro, NC  
<[www.naturalhighs.biz](http://www.naturalhighs.biz)>

### Don't Buy Dead Yogurt

When buying yogurt, look for the LAC seal (Live and Active Cultures).  You may need a magnifying glass or portable electron microscope to find it on the package. Or, look for these words on the package: "Active yogurt cultures," "Living yogurt cultures," or "Contains active cultures." If the package simply says, "Made with active cultures," don't waste your money. It's as meaningful as saying "made with milk."

Why do you want live and active cultures? Because it's the live bacteria in yogurt – the probiotics – that provide health benefits such as: increased cellular immunity by increasing our NK (natural killer) cells and increasing antibodies when we have an infection. They also improve digestion, have anti-cancer properties, and can increase "good" cholesterol while reducing the "bad" cholesterol.

The fewer ingredients in yogurt, the better. Plain yogurt with just two ingredients is best. The more ingredients, the less nutrition, and usually more calories.

Lastly, don't sweat the fat in yogurt; it's good essential fat, but if your mind has a fat phobia, go for "low-fat" rather than "no-fat," because the latter will likely contain that nasty Olestra (aka, Olean) which is known to cause the body to lose vitamins A, D, E, and K (the fat soluble ones) as well as causing digestive upset, cramps and diarrhea. Yummy.

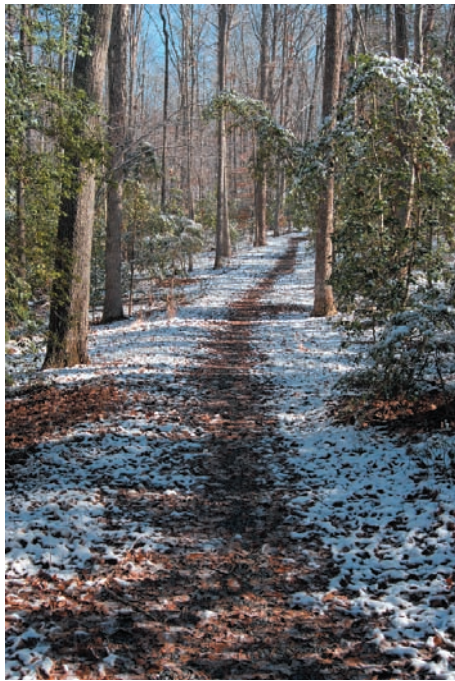
Reference: *The 150 Healthiest Foods on Earth*, Jonny Bowden PhD, Fair Winds Press 2007 | Gloucester MA, ISBN 1-59233-228-5



# Awaken to Awareness Retreats



**Enjoy any season  
of the year**



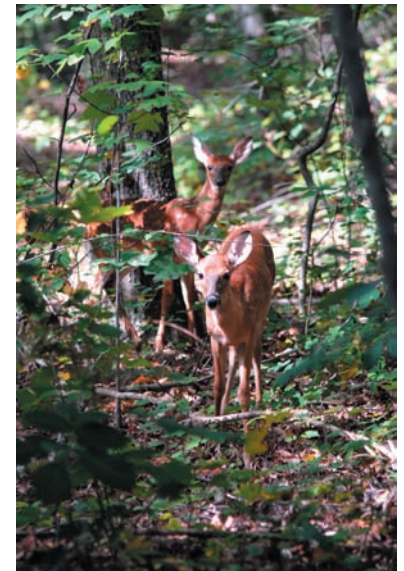
**AHAM Meditation Path**



**AHAM Path**

## Why not "give yourself" a?

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.



**Fawn's Visiting on  
AHAM's Property**

*"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*

Contact the Center soon.

Upcoming Awaken to Awareness Retreats: December 12-14, 2008 and January 23-25, 2009. 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



## Heart Watch

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

## Daily Messages

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

Here's an example:

The world is (said to be) God's creation, to those that delight in it, regarding it as real; but it should be regarded as of the stuff of the mind by those that seek to know the Truth (of the Self) in order to become free (from bondage).

## Experience Meditation on the Telephone

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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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