



HEART to HEART

Consciousness speaking to Consciousness

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The Association of Happiness for All Mankind

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Living *From* LovingKindness



"I have learned silence from the talkative; tolerance from the intolerant and kindness from the unkind. I should not be ungrateful to those teachers."

~ Kahlil Gibran 1883

Heart of the Matter

Honoring and Respecting One Another

From *Consciousness Being Itself* by A. Ramana excerpted from pp. 261-267



Ramana on Portico at AHAM's India Ashram

Questioner: Something that you brought up this morning in our meeting that I've been with since then is about honoring and respecting each other. As I've been being with it, and just watching it, it was like telling a child to respect, or to be respectful, and they don't know what you mean, or what "respect" is, so they don't really get it.

Ramana: When we do not honor one another – whether seen or not – we are not really honoring ourselves. Whether we see it or not in the moment, everyone in our space is an aspect of ourselves. The habit of projecting is very strong, and also very long-held. The tendency to look at things objectively from the mind, from identification with the body-mind as "self," onto that which appears "outside" in Consciousness with a form, and to see all that as "other," as separate or different, is very strong.

Bhagavan says it this way: "If we have form, then the world is going to have form." So, being identified with the body-mind as "I" or "self" we look upon these forms as "others," and then the entire series of duality, the whole gamut of dual polarities, all the opposites, the potential of these opposites are also present – such as acceptance and non-acceptance, love and non-love, respect and disrespect.

Often disrespect is a form of fear, or insecurity. It is a form of cloaking, a method or a mode of concealing, a way of coping with fear in the form of insecurity. So, rather than feel insecure, we will show disrespect.

That's how we sometimes cloak a statement that we want to make, something we want to say, but we don't have a very strong sense of security in saying it. So we will cloak it in humor, or say it in a disrespectful way, rather than taking the bull by the horns and openly expressing our true perception, or our real feeling in the moment, and consciously going to the Source and saying what needs to be said.

Such patterns build up over time, and energy builds in those patterns that are incomplete, in their lack of free expression. When there is something that we don't freely express, but nonetheless we do feel it, then it is an incompleteness, and energy builds up in that incompleteness. Then that person himself, or perhaps someone that represents or reminds us of that person, may say something that triggers off that energy pattern and we blow up, often way out of proportion to the triggering incident of the moment.

Feeling uncomfortable with the insecurity or doubt, as it builds up, we project it on those around us, rather than take responsibility for it being in us, and thus clearing it in us. Then we just continue in that pattern of not looking at our own sense of insecurity, or uncertainty, or doubt, and therefore not clearing it in ourselves, but instead reseeding it.

When a state of unconsciousness and irresponsibility is lived as the basis of our communication and so-called relationship, which is not *really* communication or relationship but is avoidance of relationship and avoidance of true communication, then, no real harmony can exist. What *apparent* harmony is occurring is happening with great effort, and causing a continuous strain on the one who's holding the unconscious pattern of behavior.

(Continued)

Honoring and Respecting One Another cont.

The strain is also generally felt in the environment by everyone else, but they don't necessarily know what's causing it.

Participating in AHAM's Conscious and Clear Living Program, makes it easier to see how important it is to clear whatever feeling, emotion, thought, or attitude we may be having in ourselves, that has been triggered off by someone else in *any* situation. You can see the importance of "going to the source," which means clearing it quickly in ourselves, and then going to the person who is the apparent outer cause of our upset, and coming into a clear communication with that person without projecting the upset on them, or making them feel wrong for *our* upset.

When done correctly, this process frees all the energy that has built up as an incompleteness, and allows true harmony and peace to prevail. It allows the naturalness of being to prevail, and eases the contraction of separateness, which is the true meaning of and the real feeling of love. Love is the equalizing and harmonizing power in the universe.

It is inappropriate to harbor the sense of resentment or revenge toward *anyone*, or to want them to suffer. It will *always* come back to you. The Bible says, "Do not be deceived; God is not mocked, for whatever a man sows, that he will also reap." (Gal. 6:7)

Have you ever noticed when you have said something to someone, and the other person is not responding favorably to it, but in fact is reacting, and you know they're feeling that way but they're not saying so? You might even ask, "Did my saying that offend you?" and maybe they don't feel comfortable acknowledging that it did, so they say instead, "Oh no, that's OK, it's really nothing." In spite of their statement, you can feel that there really *is* something wrong, that something *is* going on with them. If *you* can feel that with someone, rest assured that people can feel it if you do the same thing. They can feel there is something wrong when you're not saying what you are really feeling.

So, again you can see that here is where *everyone* can get clear and free by telling the truth about how we feel, if we can all just be honest and open about it in the

moment. Always be honest and truthful, but without making the other person wrong, or making him feel wrong. Say what you mean, and mean what you say.

But don't tell the "truth" with the intention of using the truth as a club to hit or beat someone with. Don't use "telling the truth" as justification to disable someone with harsh or candid "facts," when you know they are not themselves open or willing to "tell it like it is."

Use the truth only as a positive tool, as a way and means of enabling another person to express more openly, and more freely, and for you yourself to be more open and more free in your communications and relationships.

In this newsletter, under "Words of Wisdom," there is a very significant short story, which I recommend that you read. It's called "The Rabbi's Gift." The story has to do with having respect for others, with everyone respecting everyone else.

Basically, the principle of it is this: to the extent that we honor, acknowledge and respect the very highest in one another, or respect our own true nature and that of everyone else – which is God, or the true Self expressing as each one of us – rather than seeing ourselves as "other" and separate, and also seeing each one as being "other," and as being separate (this is where disrespect occurs) then all our relationships will be transformed. A major change for the better will occur within us, and within everyone with whom we relate! ♥



Love Note From The Heart

Being LovingKindness

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



In our AHAM community, for this year, we are focusing on awakening “lovingkindness” in our relationship with Life. Self-Inquiry awakens us to the true nature of who-we-really-are: Pure Love.

Yet this is just the start. Many withdraw from life and do not make the next difficult step: bringing this radiance of Love into our Life. In the Buddhist tradition it is called “loving-kindness.”

There appears to be two phases of awakening. Nisargadatta Maharaj makes the distinction beautifully:

When I look inside and I see nothing...that is Wisdom.
When I look outside and I see I am everything...that is Love.
In between these two my life moves.

So, in this next step of awakening, this “Everything” that I AM is completely embraced in loving-kindness. “Everything” includes this configuration called “Elizabeth,” and all of what appears to be her past conditioning. Actually “Everything” begins and ends with “me.”

When we get into an airplane, the stewardess directs us to the oxygen mask as a way to protect ourselves when needed in flight. If we recall the procedure, she always asks us to put it on ourselves first, before putting it on our child, etc. The reason is obvious.

If we follow this procedure and bring “lovingkindness” to ourselves first, two things begin to occur: a Self-Blessing begins to flower within us, gently bringing to the surface any body-mind conditioning that appears as an “I-me-my-mine” separate from Self. When this is seen fully, from the Light of Pure Awareness, the experience dissolves into this embrace of Love. Naturally, this Radiance of Love is free to move into all of our relationships.

In the book “Lovingkindness” by Sharon Salzberg, she has an entire chapter on “Relearning Loveliness” that emphasizes this point. She says, “Through lovingkindness, everyone and everything can flower again from within. When we recover knowledge of our own loveliness and that of others, self-blessing happens naturally and beautifully.”

This “self-blessing” is truly a SELF-blessing.

Ramana says it in these words: “Acknowledge and respect the very highest in one another, or respect our own true nature and that of everyone else – which is God, or the true Self expressing as each one of us.”

Being Lovingkindness in our daily lives is our challenge. As we accept it now, we can truly witness in this lifetime “Love as the equalizing and harmonizing power of the universe.” ♥

The bud stands for all things,
Even for those things that don't flower,
For everything flowers, from within, of self-blessing;
Though sometimes it is necessary to reteach a thing its loveliness,
To put a hand on the brow of the flower,
And retell it in words and in touch, it is lovely
Until it flowers again from within, of self-blessing.
– Galway Kinnell



Teachings of Bhagavan Ramana

Ramana's Love for Animals

Lakshmi the Cow

A villager had a dream in which he was told to offer his next calf to Ramanasramam. brought his cow and the calf to Bhagavan. The jungle around the Ashram was thick time and there were cheetahs. The Ashram people were perplexed and refused the but the villager was taking his dream seriously and would not take the calf away. mother cow had to remain with the calf to feed her. Finally, the cow and the calf were trusted to a devotee in the town. The calf became the famous cow Lakshmi. She grew and had three calves within a few years. She would come daily to the Ashram to have her meals, graze on the Ashram land, enter the Hall and sit contentedly near Bhagavan. the evening, she would go back to the town as other women did. Once Lakshmi came into the Hall. She was pregnant at that time. It was after lunch time when Bhagavan was reading the newspapers. Lakshmi came near and started licking the papers. Bhagavan looked up and said: "Wait a little, Lakshmi." But Lakshmi went on licking. Bhagavan laid his paper aside, put his hands behind Lakshmi's horns and his head against hers. Like this they stayed for quite a long time. I stood nearby looking at the wonderful scene. After some ten minutes or so, Bhagavan turned to me and said: "Do you know what Lakshmi is doing? She is in Samadhi."



I looked at her and tears were flowing in streams down her broad cheeks. Her breathing had stopped and her eyes were fixed on Bhagavan. After some time Bhagavan changed his position and asked: "Lakshmi, how do you feel now?" Lakshmi moved backward, as if reluctant to turn her tail towards Bhagavan, walked round the Hall and went out.

– Shantammal, *Eternal Bhagavan*

Animals Treated as Equals

I looked around. Squatting on the floor or sitting in the Buddha posture or lying prostrate face down, a number of Indians prayed – some of them reciting their mantras out loud. Several small monkeys came into the hall and approached Bhagavan. They climbed onto his couch and broke the stillness with their gay chatter. He loved animals and any kind was respected and welcomed by him in the ashram. They were treated as equals of humans and always addressed by their names.



Sick animals were brought to Bhagavan and kept by him on his couch or on the floor beside him until they were well. Many animals had died in his arms. When I was there he had a much-loved cow who wandered in and out of the hall, and often lay down beside him and licked his hand. He loved to tell stories about the goodness of animals. It was remarkable that

none of the animals ever fought or attacked each other. – Mercedes de Acosta, *Here lies the Heart*

The Maharshi Nurses Newborn Squirrels

In the roof of the Old Hall, squirrels would build nests. Once, some newborn squirrels dropped on Bhagavan's sofa. Their eyes remained yet unopened and the size of each baby may not have been more than an inch; they were very red in color with fresh flesh, absolutely tender to touch. The mother squirrel ignored them. Now what to do? How to feed and attend to such tender things? The baby squirrels were in the palm of Bhagavan. Bhagavan's face glowed with love and affection for them. While there was a question mark in the faces of those who surrounded Bhagavan, He Himself was happy and cheerful. He asked for some cotton to be brought. He made a soft bed for them. He also took a bit of cotton and squeezed it to such a tiny end, the end portion looked like a sharp pin. He dipped it in milk and squeezed milk into the tiny mouths. At regular intervals, Bhagavan repeated this act of compassion. He tended them with great care and love till they grew up and ran around. They did not run away, only ran around their "Mother." Kinder far than their own mother! ♥

–V. Ganesan, *Moments Remembered*

Words of Wisdom

The Rabbi's Gift

The Different Drum Version by Dr. M. Scott Peck

The story concerns a monastery that had fallen upon hard times. Once a great order, as a result of waves of anti-monastic persecution in the seventeenth and eighteenth centuries and the rise of secularism in the nineteenth, all its branch houses were lost and it had become decimated to the extent that there were only five monks left in the decaying mother house: the abbot and four others, all over seventy in age. Clearly it was a dying order.

In the deep woods surrounding the monastery, there was a little hut that a rabbi from a nearby town occasionally used for a hermitage. Through their many years of prayer and contemplation, the old monks had become a bit psychic, so they could always sense when the rabbi was in his hermitage. "The rabbi is in the woods, the rabbi is in the woods again," they would whisper to each other. As he agonized over the imminent death of his order, it occurred to the abbot at one such time to visit the hermitage and ask the rabbi if by some possible chance he could offer any advice that might save the monastery.

The rabbi welcomed the abbot at his hut. But when the abbot explained the purpose of his visit, the rabbi could only commiserate with him. "I know how it is," he exclaimed. "The spirit has gone out of the people. It is the same in my town. Almost no one comes to the synagogue anymore." So the old abbot and the old rabbi wept together. Then they read parts of the Torah and quietly spoke of deep things. The time came when the abbot had to leave. They embraced each other. "It has been a wonderful thing that we should meet after all these years," the abbot said, "but I have still failed in my purpose for coming here. Is there nothing you can tell me, no piece of advice you can give me that would help me save my dying order?"

"No, I am sorry," the rabbi responded. "I have no advice to give. The only thing I can tell you is that the Messiah is one of you."

When the abbot returned to the monastery his fellow monks gathered around him to ask, "Well what did the rabbi say?" "He couldn't help," the abbot answered. "We just wept and read the Torah together. The only thing he did say, just as I was leaving – it was something cryptic – was that the Messiah is one of us. I don't know what he meant."

In the days, weeks and months that followed, the old monks pondered this and wondered whether there was any possible significance to the rabbi's words. The Messiah is one of us? Could he possibly have meant one of us monks here at the monastery? If that's the case, which one? Do you suppose he meant the abbot? Yes, if he meant anyone, he probably meant Father Abbot. He has been our leader for more than a generation. On the other hand, he might have meant Brother Thomas. Certainly Brother Thomas is a holy man. Everyone knows that Thomas is a man of light. Certainly he could not have meant Brother Elred! Elred gets crotchety at times. But come to think of it, even though he is a thorn in people's sides, when you look back on it, Elred is virtually always right. Often very right. Maybe the rabbi did mean Brother Elred. But surely not Brother Phillip. Phillip is so passive, a real nobody. But then, almost mysteriously, he has a gift for somehow always being there when you need him. He just magically appears by your side. Maybe Phillip is the Messiah. Of course the rabbi didn't mean me. He couldn't possibly have meant me. I'm just an ordinary person. Yet supposing he did? Suppose I am the Messiah? O God, not me. I couldn't be that much for You, could I?

As they contemplated in this manner, the old monks began to treat each other with extraordinary respect on the off chance that one among them might be the Messiah. And on the off off chance that each monk himself might be the Messiah, they began to treat themselves with extraordinary respect.

Because the forest in which it was situated was beautiful, it so happened that people still occasionally came to visit the monastery to picnic on its tiny lawn, to wander along some of its paths, even now and then to go into the dilapidated chapel to meditate. As they did so, without even being conscious of it, they sensed the aura of extraordinary respect that now began to surround the five old monks and seemed to radiate out from them and permeate the atmosphere of the place. There was something strangely attractive, even compelling, about it. Hardly knowing why, they began to come back to the monastery more frequently to picnic, to play, to pray. They began to bring their friends to show them this special place. And their friends brought their friends.

Then it happened that some of the younger men who came to visit the monastery started to talk more and more with the old monks. After a while one asked if he could join them. Then another. And another. So within a few years the monastery had once again become a thriving order and, thanks to the rabbi's gift, a vibrant center of light and spirituality in the realm.♥

Prayer of St. Francis of Assisi



An Alternative Version

Lord, make me an instrument of your peace,

I AM an instrument of Your Peace,

Where there is hatred, let me sow love;

Where there is hatred, I AM Love;

Where there is injury, pardon;

Where there is injury, I AM pardon;

Where there is doubt, faith;

Where there is doubt, I AM Faith

Where there is despair, hope;

Where there is despair, I AM Hope

Where there is darkness, light;

Where there is darkness, I AM Light

Where there is sadness, joy;

Where there is sadness, I AM Joy

O Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand; to be loved as to love.

For it is in giving that we receive; it is in pardoning that we are pardoned; and, it is
in dying that we are born to eternal life.♥

Shredded Brussels Sprouts with Cream

Makes 4 to 6 servings

Here is a method of preparing Brussels sprouts that usually pleases even those who profess not to like them. It is a great side dish for any holiday dinner. If you don't have ghee or don't know how to make it, sauté the Brussels sprouts in coconut oil (very healthy if it's cold-pressed and virgin and if you don't use high heat). Add fresh rosemary to the Brussels Sprouts for about the last minute of cooking so as to preserve their nutrients. This recipe is absolutely DIVINE!

This recipe comes from a wonderful Ayurvedic cookbook, *Heaven's Banquet*, by Miriam Hospodar, ISBN:0-525-94383-8

Step One

1 Pound (685 g) Brussels sprouts

Step Two

2 Tablespoons ghee or butter

Pinch of hing (optional)

Step Three

1 Cup (240 ml) thick coconut milk or crème fraîche

Salt

Black pepper

(Note: Hing is also known as *asafetida* – pronounced *ahs-a-fet-idah* – is a favorite spice in Ayurvedic cooking, Can be used as a substitute for garlic and onion, but who'd want to replace them?)

1. Trim the stem ends from the Brussels sprouts. Shred by slicing crosswise across the leaves. Remove any thick parts of the stem.
2. Melt the ghee or butter in a large skillet or wok. Add the hing and the shredded sprouts and sauté over medium heat, stirring constantly, until just barely tender.
3. Add the coconut milk or crème fraîche. Cook over high heat for 1 to 2 minutes, stirring constantly, until the cream is distributed and slightly reduced. Season to taste with salt and plenty of pepper.

Variations

Add cooked peeled chestnuts or toasted cashews to the finished dish.

Add a little rosemary to the ghee or butter in Step 2.

Replace the Brussels sprouts with shredded cabbage. ♥

Self-Inquiry Instruction at AHAM

November, 2008 Intensive Self-Inquiry Training(I SIT) Graduates (This is the first half of the Self-Inquiry Series)



"Deep engagement with the process and what is being revealed to me about myself as I practice the Inquiry. Suffused with gratitude."

– Bob McGahey,
Burnsville, NC



"I received a step-by-step process presented in a careful, thoughtful way to detach from the mind's chatter and turn attention to the Self. I experience great peace during this practice – and realize I AM what I've been seeking."

– Ellen Cameron,
Indian Harbor Beach, FL



"I am now experiencing a true sense of peace, I AM, and I am aware. I accept my true sense of being. I am also experiencing fulfillment, completion, and love of myself."

– Marion Ann Berry,
Campbell River, B.C.,
Canada



"I am experiencing the Peace of Being. I am experiencing the Bliss and certitude of being the Self. I am incredibly grateful to have realized who I AM and to have learned the method for practicing Self-Inquiry, the direct method for realizing the Self."

I felt that Ramana, the trainers, visitors, and staff truly supported me, my goals in taking the retreat, and the other participants each moment. I felt this from the initial interview to my first moments on the grounds to now (and beyond.)"

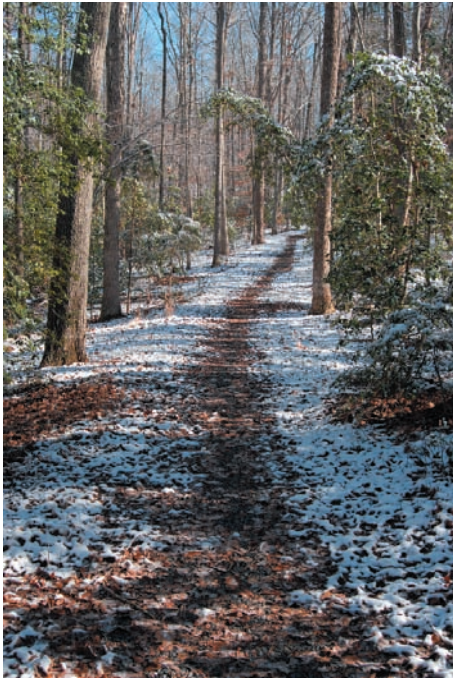
– Reggie O'Rourke,
Holly Springs, NC



Upcoming Self-Inquiry Retreat/Training March 14-22, 2009. May 2-10 on Vancouver Island, BC, Canada. 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.

Awaken to Awareness Retreats

Enjoy Any Season of the Year



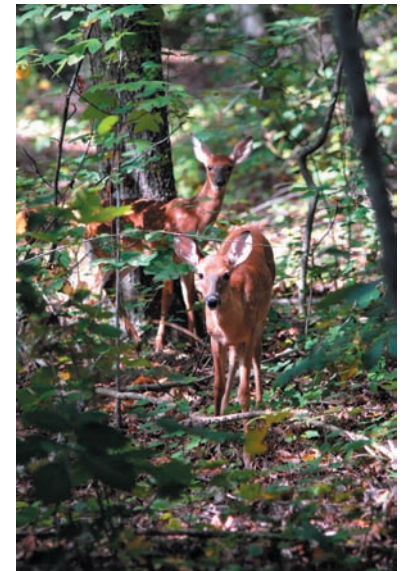
AHAM Meditation Path



AHAM Path

Why Not "Give Yourself a 2?"

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

"Everyone in our society would absolutely benefit from AHAM's Awaken to Awareness Retreat."

- Wendy Smith, Lawrenceville, GA

Contact the Center soon.

Photos by Jim Dillinger Photography

Upcoming Awaken to Awareness Retreats: February 13-15, and March 6-8, 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.

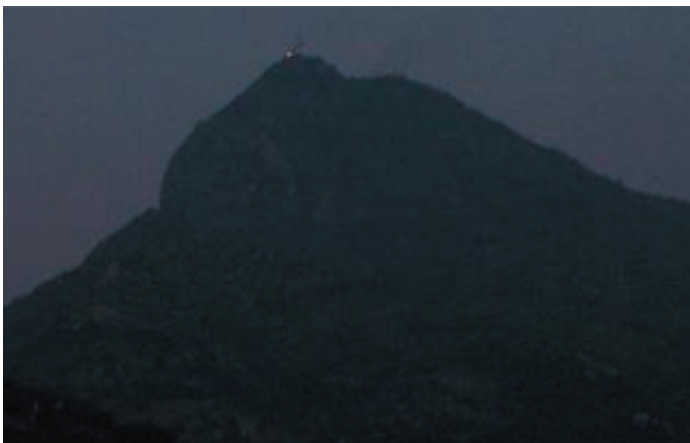
AHAM India Ashram Celebrations



AHAM Ashram Front Gate l-r: Kelly Santillo, Jan Sundell, Barbara Steinacker, Jewell Jordan front row l-r: Esther Fisher and Gerry Landrum Kanan, the auto-rikshaw driver in background



Celebrating Christmas with AHAM India Staff and their families



Deepam: Lighting of Arunachala



Informal Sat Sanga with Ramana on AHAM Ashram Portico



Christmas at AVS School which AHAM supports



AVS School Staff with AHAM folks l-r: Vivian Zelig, Ramana, Saroja, Faye Davis, Frank Schneider, and Jan Sundell sitting on floor

Heart Sharings

*This poem was written by a terminally ill young girl
in a New York hospital.*

Slow Dance

Have you ever watched kids
On a Merry-go-round?

Or listened to the rain
Slapping on the ground?

Ever follow a
Butterfly's erratic flight?

Or gazed at the sun
Into the fading night?

You better slow down
Don't dance so fast.

Time is short
The music won't last.

Do you run through each day
On the fly?

When you ask, "How are you?"
Do you hear the reply?

When the day is done
Do you lie in your bed?

With the next hundred chores
Running through your head?

You better slow down
Don't dance so fast.

Time is short
The music won't last.

Ever told your child,
"We'll do it tomorrow?"

And in your haste,
Not see his sorrow?

Ever lost touch,
Let a good friendship die,

Cause you never had time
To call and say, "H?"

You better slow down
Don't dance so fast.

Time is short
The music won't last.



Anne DeLaVergne

March 5, 1944 to January 21, 2009

We are saddened by the passing of Anne DeLaVergne, a member of AHAM's spiritual family, who died from lung cancer. We celebrate your conscious release and freedom from the body. You continue to live on in the Heart.

As a Sponsor, Anne gave a lot of love, patience, caring and willingness that helped all the sponsees that she had. She held a Loving Space for whatever came up in these relationships, assisting, greatly, in their conscious transformational process.

[This is from Anne's words]

"Swimming in the ocean of Love and Awakeness, I am dedicated to Being who I AM.

I do feel fear, yet it doesn't stop me anymore...choosing awareness and acceptance at every moment as I experience life as it is happening.

I am laughing a lot and enjoying life." ♥

Poem continued...

When you run so fast
To get somewhere

You miss half the fun
Of getting there.

When you worry and hurry
Through your day,

It is like an Unopened gift...
Thrown away.

Life is not a race
Do take it slower

Hear the music
Before the song is over. ♥

Making a Connection



**Butterflies on AHAM's
Second Property in India**



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 everyone, 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



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AHAM's electronic-HEART to HEART Publication – published monthly by AHAM, Inc.

This monthly electronic publication is the continuation of AHAM's original paper-printed magazine also titled HEART to HEART, which was in existence for several years shortly after the development of AHAM in 1978. Its main purpose is to spread the teaching of AHAM, which is primarily Self-Inquiry, and the Pure Teaching of Sri Bhagavan Ramana Maharshi. Self-Inquiry is the core and central theme of AHAM's own pure teaching.

It is AHAM's ongoing spiritual mission to assist one and all in transcending and ultimately eliminating all emotional pain, suffering, conflict, contradictions, and confusion seen and felt in their lives and in the world, which is caused by identifying with the body-mind and one's ego appearing in the world of time and space. It is to bring about real and lasting peace, freedom, and happiness for all who are ready and willing to receive it.

AHAM is here to share the Highest Truth – that there is not now, never has been, nor will there ever be a single, separate, individual being. There is always only this One Self, or One Reality, appearing as all the apparent "others" and revealing this One Self to Itself.

The e-HEART to HEART is also a wonderful way for readers to be connected with AHAM and its pure teaching, especially if you cannot come to the AHAM Center in the USA, or to our ashram in India.

This message has always been what we have to share, whether in the original paper printed version or now in this electric or e-version. The purity of the teaching has never changed, nor will it ever as far as Ramana, its founding spiritual director is concerned.

This is a free publication. However, your donations, gifts, or contributions to its continuation are very welcome and assist us in the operation of our two centers. Please feel free to pass this publication on to friends, and send us any questions you may have regarding either AHAM or your spiritual practice (*sadhana*). Please give us permission to print both your question and our answer in the e-HEART to HEART. All comments and suggestions are always welcome.

E-mail us at <ahampublications@aham.com> Past issues, from this one, may also be found on our website: <<http://www.aham.com>> For even earlier editions, email us. There may be a slight service charge for older issues prior to this year's issues. Please ask for details.♥



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Note: It has often been difficult to contact the artists or copyright owners of the art, recipes, or photos in the newsletters. Please consider it a compliment that your work has been selected.

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In loving service,
AHAM Publications



THE ASSOCIATION OF HAPPINESS FOR ALL MANKIND (AHAM) is a non-profit organization, incorporated in the state of North Carolina. AHAM offers a unique spiritual system and process of meditation called Self-Inquiry, which ultimately leads to the radical experience of Enlightenment or Self-Realization. AHAM has been serving the worldwide spiritual community with its curriculum of conscious-transforming programs since August 1978.

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