



HEART to HEART

Consciousness speaking to Consciousness

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Living *From* Truth



Heart of the Matter

The Highest Truth is in the Silence

By. A. Ramana

This is a transcription of a morning talk given by Ramana on September 28, 2004 following morning meditation.

Sri Bhagavan Ramana Maharshi was known for teaching the Highest Truth in the silence. It might be questioned how that type of communication is recognized. How is it understood? How, by those who are “listening” to the teaching if they are not themselves abiding in the silence? Just consider this. And, when I say, “consider it” to the best of your ability don’t think about it; just be with it; just be with the question. It is actually true that the Highest Truth is only communicated in the silence. But to one who is addicted to thought, whose ego is strong, fully intact, and therefore living in the mind, the mind which is noisy, how can they “hear” the communication of the truth that is imparted in silence?

Only by making the mind quiet, by remaining still, can this silent communication occur. This silent communication is more of the nature of feeling; it’s feeling the quality of one’s own being. Let go into the feeling of your own I AM. See, the truth is, when I use the term, “Your own I AM,” the truth is it’s not “yours,” meaning it’s not yours exclusively. The I AM is inclusive, for in the I AM there is no “other.” There’s no “I” and “not-I.” In the I AM all is I AM. It requires the actual releasing, the letting go, the dropping of the notion “I am” as an individual, or apparent individual. For in order for the I AM (all capital letters, which is Pure Being) to be re-recognized (again known, totally known, fully known) it means that the sense of “mine” – of “I,” “me,” “my,” “mine” – becomes extinct. In this Pure I AM there is no “I” that is this Pure I AM, and there’s no “other” outside of this Pure I AM. Again, don’t think about any of this. These words are not to be thought about; they are to be experienced. They are just pointers, just indicators to that quality that is the Truth, and this Truth is the Silence of our own true Being.

So Bhagavan taught in the silence by being this Pure Quality of I AM, as this Pure Quality of I AM, and there was no “I” there being That. He was simply radiating That, constantly. So just to sit in his Presence caused this very same quality to be activated within the devotee, the seeker, in him/herself, as him/herself. This same quality is capable of being activated this moment – right here now, in this company – for this I AM is the Truth of us all, in this moment. Again, don’t think about it. Just listen to the words as pointers, as indicators of this quality, and choose to let go; choose to be consumed by this quality, this stillness, this silence, this bliss....

This quality is ordinarily concealed; it is usually hidden by one’s identification with the body and mind as being the

Self. But it doesn’t have to be – if you’re not identified with the body and mind as being the Self. If you stay in the remembrance of this quality, of this presence, keeping it foremost in consciousness, choosing it over body-mind identification, then you can “wear” the body-mind like a loosefitting garment, and instantly slip free from it when events and situations “allow” you to. But that’s actually not a correct statement; that’s putting you at the effect of events. What’s important is to look and see to what extent we do put or place ourselves at the effect of events, and that ordinarily we actually do live our lives at the effect of events

occurring in the world (which in fact is the one cause of sorrow and suffering), but which are only occurring in the mind. The world itself is only occurring in the mind; the mind is apparently occurring by surreptitiously drawing its light and substance from the Self, the pure I AM.

The I AM is the one Reality. It is the single universal, infinite and eternal Being that is before the apparent “I am” (as the sense of individuality) is. “I am” as a sense of individuality, gives rise to the sense of “I-am-an-individualbody,” and the appearance of this world in which the appearance of this body is occurring. But

all of this is entirely subjective; it has no objective reality. It is only appearing in this universal I AM-ness, the One Reality. To the best of your ability feel this, rather than analyze and think it. Just simply feel I AM, and know that the feeling I AM, as you let go into it, as you associate with it, as you honor it for what it is, is infinite and eternal.

The lights go out momentarily, and there is a brief pause...

See, in that moment when the lights went out, the light of Consciousness did not go out. In that flash of apparent darkness, forms disappeared, but awareness did not. We are all, then and now, still aware.

In exactly the same manner, Awareness is prior to forms. Awareness is not dependent upon forms; forms are dependent upon Awareness. But if we’re identified with the forms, we can easily lose sight of the Awareness. So, we could say that the Self created that event in this moment to draw attention to the Truth. Every event can and will draw attention to the Truth, if the event is used for the purpose of knowing the Truth and if one will only re-cognize, again know, the Truth in each moment, in each event. For it is always available; it has never been not present. The underlying presence of Truth is that of our own Being, which is this infinite and eternal I AM. It’s not the “I-am



(Continued)

The Highest Truth is in the Silence cont...

the-body," or "I am this or that." It is the Pure, simple "I AM."

What's important is to never lose sight of this realization, never forget it. That means cease identifying with the mind as the basis of the Self. The mind is a covering of the Self, an apparent covering. It only appears to cover the Self. Like a snake appearing in a rope being mistaken, the mind is mistaken for the Self. The mind is a reflection of the Self that is mistaken for the Self. The light of Pure Consciousness allows for this reflection to be mistaken.

The Self is the sky (the apparent space), the substance, as well as the light by which the substance is perceived. The mind is that which contains the world as a subjective expression of itself, not as an objective reality. It all is occurring in the mind. Forms are only appearances in the mind. These appearances are superimposed on the Self, and the Self is taken to be these appearances, these forms.

Again, don't think about this; just BE. Allow the transforming quality of the Truth to make its presence known by releasing you from identification with body and mind. Allow the energy of the Self to reverberate in and as this Presence, in this company, so that the transformation is occurring. Be in this experience; whether it is intellectually understood or not at this moment. In due time it will make itself known intellectually. It will be seen, understood. But right now just be in the quality. Be with the feeling of this uninterrupted quality of peace, in the core of Being itself. And let it radiate and be felt in the body, bringing the body into alignment with this radiating Peace, this stillness of Being.

This is called, "Let go and let God." Let go of the mind, let go of the "I-am-the-body" notion. Let go of thought, and simply rest in this Pure I AM-ness, the Self. Since the Supreme Lord, Real God, abides in the heart and core of all beings, this inquiry into the very nature of one's own Being, one's own Self, is the highest form or expression of worship.

Remain steady in this inquiry, steady in this abidance, in this devotion to the Highest Truth. Be alert to this quality, to this Presence of I AM, to its radiating, healing, transforming quality.

"Transforming" means "the ending of the trance" – of believing that form is the basis of the Self, which it is not. Formlessness is the basis of the Self. So in this quality, remaining alert in this quality, observe the activities occurring in this apparent world, the events going on in this apparent world, events occurring to this body, and the mind, in this apparent world. Observe them, but observe them from the basis of this formless awareness, ever recognizing that it's all only an appearance occurring in this quality of Being, the One Reality, the Pure, Infinite and Eternal I AM.

Constantly remember there is only one intention, one purpose, only one thing to do, and that's keep attention on the I AM. More correctly, withdraw attention into the I AM and recognize it as the I AM. In this process reduce all thought to the One thought which is the thinker, the thought

"I" – if or when thought rises. Each and every time thought rises, reduce the thought to the primal thought, the original thought "I" and then withdraw this "I" into the I AM. Let it melt, let it merge, let it dissolve, absolutely, in the Pure Being, the I AM, the Self, the Heart and Core of Being. No matter what the thought might be, it cannot be there without "I," so reduce the thought to "I" and withdraw the "I" into the I AM. That's the One Process. Stay with this process constantly, remembering this process constantly. This is the method, the direct way to enlightenment....

Having steeped the body-mind in this quality of Pure Being, Pure I AM-ness, familiarizing yourself with it, recognizing it for what it is, make the commitment, resolve in yourself to ever remember this quality, to maintain this quality in your awareness at all times, regardless of what otherwise is occurring. Let your attention come from this awareness; not from the body-mind. Recognize this quality as the basis of your Being. Don't cover or conceal this quality with the body-mind and give yourself over to it, to the illusion that it (the body-mind) is the basis of reality, for it is not. This thoughtless, faceless, formless Essence, this Presence that is I AM, that is without beginning and without end – it is the Being, the Self, the Truth, the One Reality. Never forget it. Always remember it, even when engaged in activity. Always remember this underlying Essence. Not only is it underlying, it even permeates; it pervades throughout all activity as the very basis for which activity can exist. Simply understand, karma, destiny, fate, all required action pertain only to the body-mind not to the Self. So the Self remains one and the same, underlying, prior to, and beyond all fated action and activity, all required action and activity. Just always remember this underlying pure I AM-ness in the face of all activity, so that what is being required of you does not disturb your memory, your re-cognition, your re-cognition of this underlying quality, so that you only play the "role" of being the actor in the events. Don't be the events. Don't be forgetful of the true Self, while in the events.

Bhagavan often said, "Action or activity is not the problem; it's identification with being the doer of the action or the activity." Always remember the Self, and let all activity and actions occur on their own. You just be the observer, the witness. Yes, it's happening in the mind and to the body, but you're not the body-mind.

Your body will not always be here. You, the I AM, will be always present. You will only be identified with this realm or world as long as there's still the body-mind alive. You, as the Self, are the underlying essence that is prior to and beyond all realms, that permeates all realms. In fact, realms are only concepts. They too are in the mind. You are prior to the mind, therefore prior to all realms. You are the one Reality. You are the one Truth. Everything else is only an illusion, a concept. Remain firm in this Awareness, and be eternally happy. Namasté. ♥

Love Note From The Heart

Living Life from the Heart

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

Excerpted from *Living from the Heart... It's All About Love*; pp. 95-98



That which Is, the Pure Awareness, is going on between the words, between the movement of thought or the movement of the body. Pure Awareness is what is still and present eternally. It is always awake, always aware, always present. Pure Awareness is entirely conscious of what's occurring in the moment. When we can come from That, in every moment, we don't miss a thing. We catch what's going on, and are guided wisely from the Heart for the good of all concerned. We are choosing from the perspective of the Whole and no longer from an individual "piece."

Many of us are into problem solving and trying to figure it all out, rather than just going into the Heart and seeing what's so. It is all there. The wisdom and the insights are there. Following these insights may be scary because maybe you may not have followed the heart before, and you don't know what's next. But somehow intuitively we know it's real, we know it is what is true for us. We don't compromise that, and we follow that. It will give us the strength to go through the changes that we need to go through to complete what we're here to complete.

So it makes life very simple when we come from the Heart in our day-to-day lives. Initially it makes for a little adjustment, but after a while everything falls into place. It is just right and true. Feel this simplicity... from the Heart's perspective.

Giving our attention to the Heart may seem as though all our responsibilities get left behind. But exclusive attention on the Heart is *inclusive* of everything else. We become more aware, more conscious, and more creative, because we're not limiting ourselves in any way. We're not missing things. We're picking up on things. It actually works much better.

Participant: so then would you say that transformation is the result of this entire process?

Elizabeth: Yes, a radical transformation is what occurs when you're able to make that 180-degree shift in awareness, from being at the effect of things coming and going in your life, to That which is prior to it, behind all that's coming and going. You're now able to function consciously in life. Things go on, responsibilities are taken. Actually, you're able to be more efficient and more creative because you're not stuck in any limitations of fear or desires that arise. This is the complete transformation. This is *Living from the Heart*.

Namasté. ♥

Teachings of Bhagavan Ramana

Silence is the True Teaching

From *Be As You Are* pp 109-111

Questioner: How does this silent power work?

Bhagavan: Language is only a medium for communicating one's thoughts to another. It is called in only after thoughts arise. Other thoughts arise after the "I"-thought rises and so the "I"-thought is the root of all conversation. When one remains without thinking one understands another by means of the universal language of silence.

Silence is ever-speaking. These words I am speaking obstruct that mute language. For example, there is electricity flowing in a wire. With resistance to its passage, it glows as a lamp or revolves as a fan. In the wire it remains as electric energy. Similarly also, silence is the eternal flow of language, obstructed by words.

What one fails to know by conversation extending to several years can be known instantly in silence, or in front of silence – Dakshinamurti and his four disciples are a good example of this. This is the highest and most effective language.

Questioner: Bhagavan says, "The influence of the jnani [one who has realized the Self] steals into the devotee in silence." Bhagavan also says, "Contact with great men [mahatmas] is one efficacious means of realizing one's true being."

Bhagavan: Yes. What is the contradiction? *Jnani*, great men, *mahatmas* – do you differentiate between them?

Questioner: No.

Bhagavan: Contact with them is good. They will work through silence. By speaking their power is reduced. Silence is most powerful. Speech is always less powerful than silence, so mental contact is the best.

Questioner: Does this hold good even after the dissolution of the physical body of the jnani or is it true only so long as he is in flesh and blood?

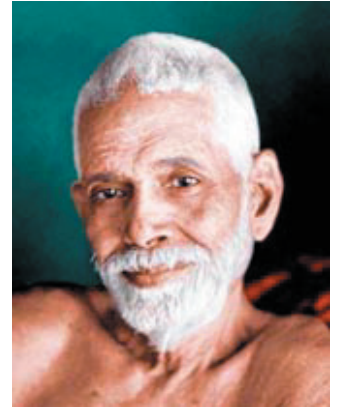
Bhagavan: Guru is not the physical form. So the contact will remain even after the physical form of the Guru vanishes. One can go to another Guru after one's Guru passes away, but all Gurus are one and none of them is the form you see. Always mental contact is the best.

Questioner: Is the operation of grace the mind of the Guru acting on the mind of the disciple or is it a different process?

Bhagavan: The highest form of grace is silence. It is also the highest *upadesa* [teaching].

Questioner: Vivekananda has said that silence is the loudest form of prayer.

Bhagavan: It is so for the seeker's silence. The Guru's silence is the loudest *upadesa*. It is also grace in its highest form. All other *dikshas* [initiations] are derived from *mouna* [Silence], and are therefore secondary. *Mouna* is the primary form. If the Guru is silent the seeker's mind gets purified by itself.



Questioner: Sri Bhagavan's silence is itself a powerful force.

It brings about a certain peace of mind in us.

Bhagavan: Silence is never-ending speech. Vocal speech obstructs the other speech of silence. In silence one is in intimate contact with the surroundings. The silence of Dakshinamurti removed the doubts of the four sages. *Mouna vyakhya prakatita tattvam* means the truth expounded by silence. Silence is said to be exposition. Silence is so potent.

For vocal speech, organs of speech are necessary and they precede speech. But the other speech lies even beyond thought. It is in short transcendent speech or unspoken words [*para vak*].

Questioner: Can everyone benefit from this silence?

Bhagavan: Silence is the true *upadesa*. It is the perfect *upadesa*. It is suited only for the most advanced seeker. The others are unable to draw full inspiration from it. Therefore they require words to explain the truth. But truth is beyond words. It does not admit of explanation. All that it is possible to do is to indicate it.

Questioner: It is said that one look of a mahatma is enough, that idols, pilgrimages, etc., are not so effective. I have been here for three months, but I do not know how I have been benefited by the look of Maharshi.

Bhagavan: The look has a purifying effect. Purification cannot be visualized. Just as a piece of coal takes a long time to be ignited, a piece of charcoal takes a shorter time, and a mass of gunpowder is instantaneously ignited, so it is with grades of men coming into contact with mahatmas. The fire of wisdom consumes all actions. Wisdom is acquired by association with the wise [*sat sanga*] or rather its mental atmosphere.

Questioner: If the search has to be made within, is it necessary to be in the physical proximity of the Master?

Bhagavan: It is necessary to be so until all doubts are at an end. ♥

Self-Inquiry Instruction in Canada

Coming May 2nd

Vancouver Island's 5th Annual Intensive Self-Inquiry Training/Retreat

AHAM's 8-day Intensive Self-Inquiry Training/Retreat will be held at Ocean Resort on Vancouver Island, BC, Canada on May 2-10, 2009.

Self-Inquiry - the transformational process for "Awakening to the True Self."
Experience what it's like to abide in deep, endless peace and fulfillment.

"I received much more than I expected. I am feeling much more calm, relaxed, and happy. More able to be in the present."
- Dale Chandler, Victoria, BC, Canada

"I am experiencing peace and unconditional love. I feel blessed. To me, Self-Inquiry is the most direct way to the Source."
- Kimberly Orr, Comox, BC, Canada

Free Introductory Sessions: March 18th at Ocean Resort in Oyster Bay and March 9th and April 13th at Locals Restaurant in Courtenay, BC.

Presented by AHAM – the Association of Happiness for All Mankind, and the Ocean Resort, "Where Stillness Speaks"

*For more info, or to register, contact Marion Ann at Ocean Resort.
Phone: 250-923-4281. Or, call Lucas at 250-923-7774*

Websites: www.aham.com and www.oceanresort.ca

Upcoming Self-Inquiry Retreat/Trainings at AHAM Center, Asheboro, NC:
March 14-22 and June 13-21, 2009. 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.

Heart Note

Heart Notes are stories from AHAM graduates living the teaching of Self-Inquiry in their ordinary lives in the workplace, at home, etc. You are invited to share your experience of how Self-Inquiry has been significant for you. Please email your story to <ahampublications@aham.com> attention HEART to HEART.

Have you ever felt so at home in a new environment that it felt a bit strange? As I complete my fifth month of the temporary (six month) work-study program here at AHAM in Asheboro, NC, it's hard to believe that this time has gone by so quickly. And yet, it feels as if I've always been here.

From my first visit to AHAM on a sunny afternoon in late May of 2007, the warmth of the staff and the clarity of the teaching captured my attention and wouldn't let me go. That first visit here included lunch with Ramana — a meeting I will always remember. After a delicious meal, my friend, Mieke, and I (both of us long-time spiritual seekers) sat at the table and pretty much grilled Ramana. Who was he? What did he know? How did he measure up to Eckhart, Adyashanti or my own beloved Swamiji?

It was curiosity more than anything that had brought us here; what might we find in Asheboro, NC, of all places, at a center dedicated to the teachings of Ramana Maharshi?

As a serious spiritual seeker, I had spent over 20 years studying with a traditional orange-robed, South India-born teacher. For three of those years, I, along with 45 other adult students, participated in an intensive residential program in Northern California, under the tutelage of H.H. Swami Dayananda Saraswati, a revered and traditional teacher of Advaita Vedanta. I had certainly heard of Ramana Maharshi and Swamiji had even taught from several of Bhagavan's texts.

And then I met this Ramana— a being so unlike the image Mieke or I had about what a spiritual teacher should look or sound like, that we were both a bit taken aback. As I sat there at the table with Ramana, I became aware that my background as a student of Vedanta had created within me a sense of authority (or arrogance) regarding Vedic teachings. The only problem was that in spite of my commitment and all the years of spiritual study, I didn't feel much happier or clearer about myself that day than when I began 30 years ago.

And then, right there at the lunch table, Ramana showed me the truth of what I had been seeking. I discovered then that, as he said, I knew about my Self, but didn't really know my Self. Until that moment, I had never so clearly experienced or seen who I (and all of us) truly am.

Another thing that happened at the table that day was that my mind became totally silent — and stayed that way for an entire week! Something had happened and all I knew was that Ramana "had" something — something I desperately wanted for myself.

It didn't take long for me to return to AHAM for what was then called an Awareness Weekend. Shortly after that, I was fortunate enough to participate in that summer's ISIT (Intensive Self-Inquiry Training) with Elizabeth. To say that my mind was blown by the clarity of the ISIT training would be a serious understatement. I knew then that all my years of study and meditation (Vipassana) practice had brought me to this. I could barely contain my excitement . . . all the pieces were finally falling into place.

It became my habit after that, to attend Interlude and have lunch on alternating Sundays. After several months of this — as I was about to head back to Chapel Hill — Charlotte asked, "When are you going to stop all this driving back and forth, and just be here?" While it would be months before the answer to that question would become clear, the tears that welled up in response were revealing enough for me to know that it was time to listen to this call and this draw to AHAM.

And so now I'm here, living the dream of a committed spiritual seeker — one who is, in truth, no longer seeking. In coming to AHAM, I'm truly, and finally, coming home to my Self.

Lest anyone who's never spent time here other than in a program think that being here might be a cakewalk, please let me divest you of that notion. In many respects, it's

been extremely challenging. As much as I've wanted to be here, the long hours in the kitchen, doing work I wouldn't necessarily choose to do, being with people whose habits were "bothersome" to me, have been a real test — and a wonderful opportunity for Self-Inquiry and the Forgiveness Process.

After all this, it's fairly challenging to quantify the changes "I" have undergone over this past year and a half since meeting Ramana, Elizabeth, Charlotte and all the other incredible people who have made AHAM so life-changing. Perhaps the best I can do now is express my appreciation for everyone and everything that has created this beautiful opportunity for me and so many others to awaken to who we really are.

I know everyone's answer to that is that I created it — and yet I continue to be amazed by the vision of AHAM and the clarity with which Self-Inquiry — as it is taught here — reveals the truth. I'm grateful to be here now, to have this opportunity to see again and more deeply, the truth of myself. I've come to love the opportunity to support the people who come here for programs, Sundays, personal retreats, or just for lunch. It's truly heartwarming to see so many seekers coming for the trainings, the love, and the freedom that is so palpable here.

And while I'm not 100% certain what will happen after this six month period ends, I do know that thanks to AHAM, the grace of Bhagavan, and all who have created and supported this work, I am filled with a depth of joy and peace that were previously unavailable to me. I know that will always be with me as long as I Inquire and surrender into the truth of what is, moment to moment. ♥

*Thank you,
everyone.*

*Lina Landess
Chapel Hill, NC
(Extended her
temporary
residency for another 6 months)*



The Deeper Truth of Self-Esteem

"Self-esteem is holding the highest regard and respect for Self as who I AM." – A. Ramana

(The following excerpt is from Nisargadatta Maharaj's *I AM THAT*, pp. 384-385)

Maharaj: What is wrong with not knowing? You need not know all. Enough to know what you need to know. The rest can look after itself, without your knowing how it does it. What is important is that your unconscious does not work against the conscious, that there is integration on all levels. To know is not so very important.

Questioner: *What you say is correct psychologically. But when it comes to knowing others, knowing the world, my knowing that I do not know does not help much.*

Maharaj: Once you are inwardly integrated, other knowledge comes to you spontaneously. At every moment of your life you know what you need to know. In the ocean of the universal mind all knowledge is contained; it is yours on demand. Most of it you may never need to know – but is yours all the same. With knowledge, so it is with power. Whatever you feel needs to be done happens unflinching. No doubt, God attends to this business of managing the universe; but He is glad to have some help. When the helper is selfless and intelligent, all the powers of the universe are for him to command.

Questioner: *Even the blind power of nature?*

Maharaj: There are no blind powers. Consciousness is power. Be aware of what needs be done and it will be done. Only keep alert – and quiet. Once you reach your destination and know your real nature, your existence becomes a blessing to all. You may not know, nor will the world know; yet the help radiates. There are people in the world who do more good than all the statesmen and philanthropists put together. They radiate light and peace with no intention or knowledge. When others tell them about the miracles they worked, they also are wonderstruck. Yet, taking nothing as their own, they are neither proud, nor do they crave for reputation. They are just unable to desire anything for themselves, not even the joy of helping others. Knowing that God is good they are at peace. ♥

Quotes of Nisargadatta Maharaj from *Prior to Consciousness*

To establish oneself firmly in the awareness "I am," it is not necessary to think "I am, I am." Is it necessary to think you are sitting here? You know that you are sitting here. Whatever name and form there is belongs to that material and that material is not you. Do you analyze the problem and with the firm conviction decide that you are not the material? When the material disintegrates what does the name refer to? Does it have any significance? Only one in ten million goes to the crux of the matter, analyzes what it is, comes to a conclusion, and gets liberated, all by himself. The one who gets liberated is the consciousness, there is no entity.

You must come to a firm decision. You must forget the thought that you are the body and be only the knowledge "I am," which has no form, no name. Just be. When you stabilize in that beingness it will give all the knowledge and all the secrets to you, and when the secrets are given to you, you transcend the beingness, and you, the Absolute will know that you are also not the consciousness. Having gained all this knowledge, having understood what is what, a kind of quietude prevails, a tranquility. Beingness is transcended, but beingness is available.

That "I am" is a concept is to be understood while the concept is there. Once it merges in the original state, who (or what) is there who wants to know? The illusory entity has disappeared. ♥

Red Cabbage and Peas with Cumin and Mustard Seeds

By Susan V. Jackson, MS; from *Fat Free Vegan Kitchen*

1/2 large head red cabbage (about 6 cups shredded)
canola oil spray
1 teaspoon cumin seed
1/2 teaspoon mustard seed
1/8 - 1/4 teaspoon asafetida (optional--or use 1 tsp. minced garlic)
1 1/2 cups frozen green peas
1/8 teaspoon red pepper (or to taste)
1/2 teaspoon salt
1 tablespoon water
quick squeeze of lemon juice

Core the cabbage and slice it very thin. Heat a deep skillet or wok. Once it's hot, spray it lightly with canola oil and sprinkle the cumin and mustard seeds across its surface. Toast them for about 1 minute and add the asafetida. Add the peas and stir well, scraping the spices up from the bottom. Add the cabbage and sprinkle it with the red pepper and salt and stir well. Add 1 tablespoon of water and quickly cover. Reduce heat to low and cook for 8-10 minutes, stirring every couple of minutes. It's done when the cabbage is to the tenderness you like. Squeeze a little lemon juice over the top, stir, and serve.

Makes 3-4 servings. Per serving: 50 Calories (kcal); 1g Total Fat; (10% calories from fat); 3g Protein; 8g Carbohydrate; 0mg Cholesterol; 329mg Sodium; 3g Fiber. Weight Watchers 1 Point. ♥



Awaken to Awareness Retreats

Enjoy Any Season of the Year



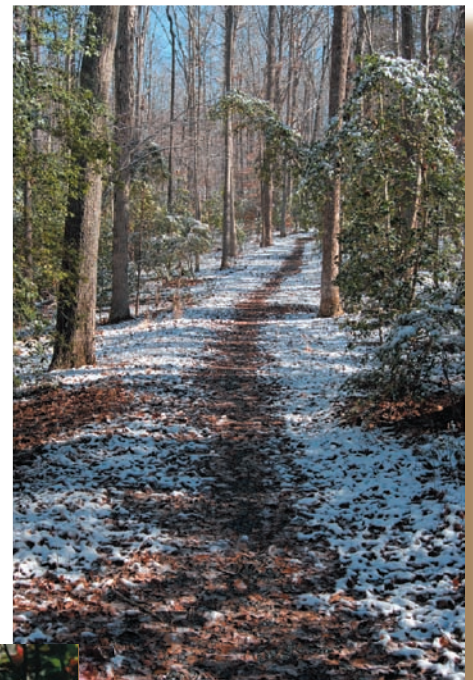
AHAM's Reflection Lake

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

- Wendy Smith, Lawrenceville, GA

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.



AHAM Meditation Path

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by
Jim Dillinger Photography
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AHAM's Rose Garden

Upcoming Awaken to Awareness Retreats: March 6-8 and April 3-5. 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



Barbara Steinacker (front) and Jan Sundell (second from front) enjoy breakfast at Sri Ramanasram, Tiruvannamalai, South 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: →

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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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.



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.

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Please contact <ahampublications@aham.com> for your suggestions or comments. Feel free to share this publication with your friends and family. Past issues starting with January, 2008 can be found on our website: <http://www.aham.com/inspiration/index.html>

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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