



HEART to HEART

Consciousness speaking to Consciousness

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The Association of Happiness for All Mankind

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Living From Sacred Service



Heart of the Matter

Happiness NOW! – An Idea Whose Time Has Come

By A. Ramana

AHAM (pronounce both “a’s” like the sound of “a” in father or star), the Association of Happiness for All Mankind, is an idea whose time has come! It is time that we are all living NOW from our own direct oneness with the Source, the Supreme Being of all beings, the Supreme Self of all selves, and living from this consciousness as the present basis of our daily lives. This means living in our own true nature or reality, with no more sense of fear, bondage, lack, limitation, dis-ease or upset as our problematic distraction, or strategy that we are having to continually avoid or eliminate from our life. Perpetually steady, unshakable Happiness-NOW for all mankind – yes, everyone! – to me, is an idea whose time has come. I am not saying that everyone has *already* realized this for themselves; no, that notion would be absurd. I am saying that it is *available* for everyone, or *anyone* who is himself *ready* for it to be so, just as it is for me.

Let me state emphatically, right here, that the strength, capacity, dominion, and control of a context is very powerful, and it is real! It is true that it may not seem very real to you if you are stuck in the position, or the false notion (yet long-held belief), that you are your body, that the “self” you think you are is your body-mind-apparatus with all its conditioning by or from past experience. Thus you are operating out of a system of reality which says that the bodies of the people that you see are in fact their very being or true existence, and that their physical forms are more real than their being, or consciousness, or the love that they feel. When you are identified with your body as being your “self,” then you are out of context with the Truth, and can’t feel your own nature and the nature of others as being one and the same – which is Consciousness, which is Existence Itself, and which is Love and Joy, or always, already Real Happiness. Rather, you are living from the world’s principle of duality – that is always based on separateness and separativeness, which is conflict, or upset and fear, and the desire for freedom and happiness – as the state of your ordinary daily life. This is the real meaning of “living in sin.” Living from this false basis generates competition and personal ambition in people, with the desire for more, and better, and different experiences and attainments from life in order *to be* happy, which is often at the loss or expense of others – not for the mutual benefit of one and all, or the mutual prosperity, happiness and well being of everyone involved.

If you have met me or been introduced to me, you may think that you know me. But, if you think and feel and believe that you are your body, and that I am my body, then you don’t know me, nor do you (in that case) even know yourself. I know me, and I know you, for I know the Self which is the Real Self of us both – the underlying reality of you and me. And, my feeling of love for you is to me a lot more real than is your body; and your love is to me an experience that is

far more real and meaningful than my perception of your body or my image of your face. For me, the context “Happiness-NOW for all mankind,” and the end of suffering in all people’s lives, is very real. It is more real than all the excuses and arguments to the

contrary – with all the confusion, conflict and the doubt that goes with “not believing.”

In fact, this context is more real for me than all the facts regarding the impossibility of steady and lasting happiness, or the apparent persistence of worldly stress, misery and conflict in people’s lives. The context created now of “Happiness-NOW for everyone” has a greater power than all the outer facts. Why? Because it is always, already the underlying truth of Reality, or the very nature of the Self that we *truly are*, and is only awaiting our awakening to or realization of it. Therefore, it has great power! It, being the Truth, has the power to generate a conscious process in consciousness that will bring it about by giving rise to a set of forces which are aligned with the end result. This conscious process will eventually actually create the circumstances within our own (yours and my) immediate environment, and also eventually throughout the world for those who wish it for themselves. As Shakespeare said, “The world is a stage, and everyone merely players.” You and I are the producers, playwrights, directors and actors (“players”) of our own life dramas. We set the stage and the backdrop of events as we “write” and “participate” in our own “drama of life.”

The consciously chosen context of “Happiness-NOW for All Mankind” is not dependent on outer conditions and circumstances for its existence, but rather on ourselves to create it as a context in our own consciousness. By it *now* being a context in consciousness, and by consciousness being the only Reality, it is even now generating process, which is working on the outer conditions and circumstances and aligning them to conform to the context, and thus eventually confirm the context. It is a process which is *growing daily* in the lives of more and more people who are coming into association with AHAM.

If you wish, you too can align yourself right now with this context, and allow its working principle, power and



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Happiness NOW! - An Idea Whose Time Has Come cont.

purpose to be your own. You may contribute to the process whatever reveals itself to you to be done, to both experience it for yourself, and to live and work as an example or aid for this process to awaken in the lives of others. But understand, I am not trying to convince you. I have nothing to convince you of. The experience of responsibility already exists within yourself.

All you have to do is experience yourself – the Self – as Pure Awareness, as the space of your experience, and you will automatically and necessarily experience responsibility for everything and everyone within your space; that is, within your consciousness. The end of suffering or unhappiness, and “The Association of Happiness for All Mankind Project” is a natural consequence of the experience of individual and personal responsibility. It is from your own experience that conflict, fear and unhappiness now exist in your space, in your world. As a practical response or expression of that, you may ask, “What can I do about all the pain, poverty, suffering and unhappiness in the world? What can I do to stop it, or to contribute to ending it?” With regard to what outer actions you can take, I cannot answer that for you. It is really up to you. Instead, AHAM shows you how to create a context in which you get to answer that question for yourself, so that the answer is your own, your own “program” or process, your own Awakened Purpose.

I can say that the first thing for you to do is clear your own space, your own consciousness, of all unhappiness by moving into the Heart of your own being, and abiding as the Self, which is the Location of true Happiness. Only when you are happy, by abiding in your true Self, can you be a living example for others to know that they too can be always happy. Then, whatever else comes up for you to do to eliminate suffering or unhappiness for those in the apparent world around you, do it if it is appropriate, or if it feels like something you can do. But right now, with regard to creating a context “the end of suffering and unhappiness in the world,” you can *now take four simple steps*.

Four Steps for Ending Suffering and Unhappiness in the World

1. The first step is to now *awaken to your own responsibility*. That is, you can take individual or personal responsibility for the suffering and unhappiness that you conceive and perceive in the world around you, with the insight and understanding that *all you perceive in the world is actually a projection of your own mind, your own consciousness*. Then you can do whatever you can, or wish to, that feels natural and right for you in eliminating pain and suffering or unhappiness in yourself, and in the lives of those in the world around you where these are appearing.
2. The second step is to understand that *this is your whole project*. If you commit yourself to the project, it becomes *your project*, or you are the source of it. Thus everyone working around the world to end pain, suffering and

unhappiness will actually be working for you. In this project you *do not* do your “part.” There is no “part” for you to do. This is a project in which *you* are the whole project.

You are a whole in alignment with other wholes who are themselves the whole project. This is *total* responsibility, where there is spontaneous cooperation of all as wholes coming from a context or common purpose, rather than the agreement of parts banded together in support of a position or a point of view. You don’t need anyone’s agreement to create a context. You don’t need anything from anyone.

Even so, AHAM is a center of operation with which you can align yourself if you choose. The **Association of Happiness for all Mankind (AHAM)** is a nonprofit spiritual education organization in which all of our activities are directed entirely to this one end. “*Our Name Is Our Purpose*”

All the money that AHAM generates from its various programs, courses and seminars above its actual cost of operation goes toward the elimination of suffering and unhappiness in the world, and maintaining the context or sustaining the ongoing purpose of freedom and well being, of peace and happiness for all people everywhere.

3. The third step is *the creation of a context*: to cause the end of misery and suffering or the sense of unhappiness, and the experience of lasting happiness for all people, to be an idea whose time has come. And from what do you create a context? From nothing, or only from consciousness.

Within your own consciousness, your true Self, and nothing more, you create a clear space for “The end of misery, suffering and unhappiness and the abidance in steady perpetual Happiness for everyone.” Also in that space goes all the content and all process for this context. Within that space process is generated which then reorganizes and realigns the process and content. In that context, everything happening in every moment is really contributing to the end of misery and conflict, or unhappiness. Every position that used to contribute to the “gook,” now becomes a position that manifests itself in agreement with the context, and contributes to the end of suffering and unhappiness.

When you have created a context, it is your idea whose time has come. It is at that point in this project when you *actually experience* the context: “Happiness, lived now, for myself and for all mankind,” and you will experience a transformation in the quality of your own life. *You will experience a quality of joy and a sense of victory, or self-mastery, that you have never experienced before!* This is a quality of mastery, not force. Force we already have enough of. Mastery does not need force. When the river is flowing south, what do you have to do to make your boat float south? Nothing. When

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Happiness NOW! - An Idea Whose Time Has Come cont.

everything is going right, what do you have to do to get something to go right? Nothing. Just do whatever you are doing.

Out of this context, "Happiness-NOW – with the release of all misery, suffering, conflict or upset – for all people," there will come many opportunities, some perhaps very soon, to do something to make real the end of unhappiness, even for other people in the world. Something or someone will cross your path, or some idea will come to you. Instead of interacting with it out of the old position of doubt, frustration, conflict or confusion, you will be able to relate with the opportunity and interact with it out of this new context. You will then naturally do just what is appropriate to end unhappiness, both in yourself and the situation, and in the immediate environment, or the world around you.

4. The fourth step is *the principle of transformation*. I cannot predict exactly what will happen objectively, or outwardly to ultimately end all conflict and unhappiness in your world, or ultimately in the larger world or population. To do so, even, would be placing a limitation on what can occur. Anyway, it must start or ultimately occur for you subjectively, with your own transformation, or Self-Realization, and I cannot say how or when that will be finalized in your case or in your awareness. It is now so, but when will it be "now so for you?" I can't say.

With hundreds of transformed beings working in alignment with a common purpose, just who can prophesy or predict what the results will be? The good done by hundreds who are banded together in a movement – each doing his or her part – can be fairly predicted. But not the alignment of wholes, who, in their transformed state, are being totally responsible for a common purpose, out of the individual sense of responsibility, out of being whole, out of being willing to create new contexts within themselves – within themselves as individuals, within themselves in True Relationship and commitment to the context, within themselves as society, within themselves as humankind. No, we have no idea what hundreds or thousands of aligned, consciously awakened people can do. And to attempt to, in any way, is only a limitation. So, I expect miracles!

We will know, when it is done, that it is done! ♥

The strength, capacity,
dominion, and control
of context
is very powerful,
and it is real!

Sat Sanga in India with A. Ramana

A program at the AHAM India Ashram with Participants from the US and Canada gives the opportunity to delve into the clear wisdom of living in "Pure Being." Uncommon meetings with Ramana after meals are the highlight of any stay at the ashram.

When Arunachala Ramana interacts with a Sat Sanga Participant, the conversation often moves to *exactly* what that person needs to hear in that moment. The net result is an uncommon depth of understanding, which cannot be compared to some "general teaching" that is aimed at *everybody*; however, it *actually* pertains to what everyone needs to hear and understand.

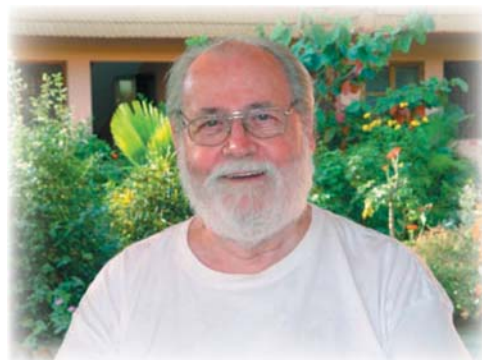
A selection of these talks, as well as interviews by Never Not Here Host Richard Miller <nevernothere.com> can be found on our website <www.aham.com>

For other Table Talks from India
go to:

<http://blip.tv/search?q=AHAM&x=10&y=14>

On U Tube go to :

http://www.youtube.com/results?search_type=&search_query=aramana&aq=f



Love Note From The Heart

Sacred Service

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

This month's issue is dedicated to "Sacred Service." While being at the USA Center over the winter months while Ramana was in India, we focused on this area of sacred service. Here is what was revealed as the purpose of this program:

Sacred Service Program

"Truly offering or dedicating oneself --
one's being, one's mind, heart, will, body, life and actions --
to the Divine,
therefore, 'making sacred' all of one's actions and deeds,
through consecrating and dedicating them to the service of God."

- A. Ramana

"Sacred Service" an opportunity to be in Conscious Community, and experience "making Sacred" what we ordinarily do in our daily life. We can be in *sacred service* at the AHAM Center(s), at home or at work.

AHAM's Conscious Community is the "sum" of all of us who are choosing this Teaching as a way of living ordinarily in the world, "but not of the world." We are living life practically with what is presently at hand, from the clarity of the Heart, rather than from the constantly changing states of the body-mind and the world. We realize that AHAM's purpose – Happiness for All Mankind – is what inspires us, moves us to do all that we do moment to moment, and contributes to the Whole where everyone wins!

AHAM is the sum of all of us
and can create whatever is necessary
to serve whoever is on the doorstep at the moment.
We're glad you are part of the sum.

- An AHAM Graduate

In Sacred Service we are being fully present, attentive and *conscious* with the task at hand, being responsible for its efficient completion; that is, for all essential elements pertaining to it. We are giving *full* attention to the task in which we are engaged.

Before entering *sacred service* we intentionally awaken the feeling of completion in consciousness by using the familiar question, "How would it feel, *right now*, if this were already complete, *totally* finished? By letting go into this feeling of completion, we serve the True Self and not the ego-mind. Thus each act of *sacred service* awakens and expresses the Divine Nature in us all.

"Serving the whole community is a path of awakening.
It is seeing service as a way to transcend
the domination of the small (ego) self."

- from "Sacred Commerce"

Our relationship with everyone reflects this expression of the Heart and becomes Sacred as well. We are *being with* each other consciously; not trying to "fix" but just being present with what is coming up in the moment, accepting it just as it is, simply *listening*. This is the highest expression of Love. If conflicts arise we communicate just the facts, without anything else added to it, while remaining in the Freshness of Now.

Continued

Sacred Service Cont.

Webster's Dictionary defines "sacred" as: "entitled to reverence and respect" and "highly valued and important." What a glorious way to relate and work in life, giving reverence and respect for the Divine in *everyone*, holding a high value and importance for all that is reflected in Awareness and expressed into life! It is a sacred way of living from the Awakened Awareness of Being *just in the everyday ordinary process of life itself*.

George Bernard Shaw concludes by saying...

"... I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die. For the harder I work the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It's a sort of splendid torch which I've got to hold up for the moment and I want to make it burn as brightly as possible before handing on to future generations." ♥

"Making Sacred"

How would "making sacred" appear and be demonstrated in our day-to-day lives?

"Making sacred" is honoring the sacredness in *all* through...

- Stopping and listening to what presently is being said
- Dropping "me" and "my" positions and points of view
- Making suggestions not demands
- Asking questions for clarity
- Being open to new ideas and suggestions
- Surrendering and releasing control into the Radiance of Being
- Seeing *all* are sacred – no one is the "doer" or "stands out"
- Treating all with tender-loving care
- Honoring all beings equally as the One Eternal Being
- Not standing outside of the "fire of conscious transformation" but jumping in with all fours.

We invite you to join us ...

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

Buddy Training Participants

**l-r top row: Doug High,
Willie Barrett Sr, Patricia
Thompson l-r bottom row:
Elizabeth MacDonald
(trainer), Carol Stewart-
High**



Teachings of Bhagavan Ramana

Enjoy the Deeper Beatitude

From *The Maharshi and His Message* pp. 30-33

Questioner: *The yogis (realized beings) say that one must renounce this world and go off into secluded jungles or mountains, if one wishes to find truth. Such things can hardly be done in the West; our lives are so different. Do you agree with the yogis?*

Bhagavan: The life of action need not be renounced. If you will meditate for an hour or two every day, you can then carry on with your duties. If you meditate in the right manner, then the current of mind induced will continue to flow even in the midst of your work. It is as though there were two ways of expressing the same idea; the same line, which you take in meditation will be expressed in your activities.

Questioner: *What will be the result of doing that?*

Bhagavan: As you go on you will find that your attitude towards people, events and objects will gradually change. Your actions will tend to follow your meditations of their own accord.

Questioner: *Then you do not agree with the yogis?*

Bhagavan: A man should surrender the personal selfishness, which binds him to this world. Giving up the false self is the true renunciation.

Questioner: *How is it possible to become selfless while leading a life of worldly activity?*

Bhagavan: There is no conflict between work and wisdom.

Questioner: *Do you mean that one can continue all the old activities in one's profession, for instance, and at the same time get enlightenment?*

Bhagavan: Why not? But in that case one will not think that it is the old personality which is doing the work, because one's consciousness will gradually become transferred until it is centered in That which is beyond the little self.

Questioner: *If a person is engaged in work, there will be little time left for him to meditate.*

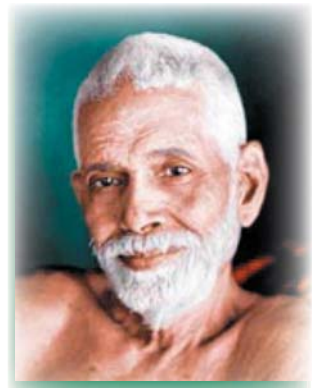
Bhagavan: Setting apart time for meditation is only for the merest spiritual novices. A man who is advancing will begin to enjoy the deeper beatitude, whether he is at work or not. While his hands are in society, he dips his head cool in solitude.

Questioner: *Then you do not teach the way of yoga (union with the Divine)?*

Bhagavan: The yogi tries to drive his mind to the goal, as a cowherd drives a bull with a stick, but on this path the seeker coaxes the bull by holding out a handful of grass.

Questioner: *How is that done?*

Bhagavan: You have to ask yourself the questioner, "Who am I?" This investigation will lead in the end to the discovery of something within you which is behind the mind. Solve that great problem, and you will solve all other problems thereby.



Will it be clear if it is put in this way? All human beings are ever wanting happiness, untainted with sorrow. They want to grasp a happiness which will not come to an end. The instinct is a true one. But have you ever been struck by the fact that they love their own selves most?

Questioner: *Well?*

Bhagavan: Now relate that to the fact that they are ever desirous of attaining happiness through one means or another, through drink or through religion, and you are provided with a clue to the real nature of man.

Questioner: *I fail to see...*

Bhagavan: Man's real nature is happiness. Happiness is inborn in the true Self. His search for happiness is an unconscious search for his true Self. The true Self is imperishable; therefore when a man finds it, he finds a happiness which does not come to an end.

Questioner: *But the world is so unhappy?*

Bhagavan: Yes, but that is because the world is ignorant of its true Self. All men, without exception, are consciously or unconsciously seeking for it.

Questioner: *So we shall feel lasting happiness when we know this true Self?*

A slanting ray of sunshine falls through the unglazed window upon the Maharshi's face. There is serenity in that unruffled brow, there is contentment around that firm mouth, there is a shine-like peace in those lustrous eyes. His unlined countenance does not belie his revelatory words. ♥

Words of Wisdom

The Art of Sacred Service

From *Sacred Commerce* by Terces Englehart pp. 65-66

I grew up in the food business. My mother was always preparing and serving food. It was the focal point of her life. My first job was in a hospital kitchen as a dietician's assistant. Later I worked in restaurants, managed restaurants, founded a wholesale bakery, and created private parties. In my years of recovery I broke away from the hospitality industry and began a greeting card company, as well as selling cosmetics. I love serving people.

One night when I was in my mid-forties, after a challenging shift at a local restaurant, I returned home thinking, why am I still doing this? When it is going to be my turn to be waited on? That night I had a dream that Jesus (whom I love and grew up studying) came to me and asked me to serve at The Last Supper. When I awoke the next morning I had a whole new context for service. I saw that while it would have been great to attend The Last Supper, my true vocation was to serve it. This is the highest calling and the mark of a true leader: to be the servant of all. I am honored to be of service. I remember how, in the early days of the café, I could be joyful while cleaning out the strainer baskets in the produce sink, looking out at the customers and managers in the more glamorous front of the house, for no matter what I was doing I was sure that all there was to do was be of service.

Sacred service occurs when we get our selves out of the way. That is one reason why our clearing practice is so valuable. When employees have their attention on the details, breakdowns, or circumstances of their lives, it is difficult for them to be here, now, fully in service to our customers. We're not advising you to ignore the circumstances of your employees; we are counseling you to empower them by training them to be present, which is the only place anyone has any power to create anything.

Sacred service entails seeing yourself as an expression of the Divine, the one being, the source of all life and love. When you see yourself as love, all there is to do is serve. Love is only experienced when it is shared or given away. Serving is an extension, an expression of love – love moving through us, out into the world. ♥

In this book, successful entrepreneur and founder of Café Gratitude, Terces Engelhart shares the tools she's learned in her own enterprises for building a spiritual community at the workplace.



Teresa O'Connor and Doug High



Painting of AHAM's Annex



l-r: Iva Walls, Belkis Gonzalez and Lina Landess

Heart Note

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

Sometimes we receive *Love Notes* from India; I wanted to send a Love Note to India. As I was doing my CCL (Conscious & Clear Living) Profile for January, and reliving the experience by re-reading my daily journal from the pilgrimage, it became clear to share with you the gratitude that is felt for the India experience.

First of all, the ultimate in Stillness & Silence was experienced in India. Any distractions were short-lived and didn't stand a chance of grabbing hold.

With regard to integrity with Truth: We can know *about* the Self, the Truth of Who and What we really are, but *Knowing* and *Being* that Self is the greatest gift. That's the gift of Arunachala, the Grace of Bhagavan, the Lesson and Gift of the Outer Guru (thank you Ramana) and transmitted to the Inner Guru. Thanks to Ramana and this time spent in India, the Inner Guru is alive and well.

I'm still going around with a smile on my face (I remember Ramana saying that when you're happy, let your face know it or show it). My friends say I am glowing – I'm taking that to be the glow of Arunachala. Charlotte asked me the other day how was life after India, and my reply was, "That it's the same as in India." It does remain!

So thank you, Ramana, for your love and generosity in spending so much time with us. Previously *Guru Ramana Vachana Mala* (The book for the Daily Messages) was difficult for me to read. Now I devour it on a daily basis. I appreciated not only the table talks after every meal, but the casual easy banter during meals. It was so easy to feel at ease. It's interesting that during Sat Sangas questions had a tendency to become more and more complex and convoluted, but your answers always incorporated the aspects of the questions and then boiled down to the basic Truth of Who and What we *really* are.

Thank you, Jan, for your love and for taking such good care of us; for the pradakshinas (circumambulation around the Arunachala), the visits to Ramanashramam and the caves, the visits to swamis and temples, shopping downtown Tiru, and all those exciting (?) (well, fun anyway) rickshaw rides, and for everything you so smoothly took care of behind the scenes.

Thank you Vivian, for your love and teaching me patience.

Thanks to all the India staff for working together so harmoniously and making our stay so pleasant – to Panneer for being such a good tour guide and his cool efficiency with the staff; to Senthil for the beautiful gardens and for his art work; to Suji and the others for the delicious food and meticulous care; to the watchmen for the feeling of safety.

The whole experience was a further Awakening to the Truth, and trust is there that it will always remain. ♥

Love,
Barbara Steinacker
Columbia, MD



Barbara on AHAM Ashram Guest House Rooftop



Barbara & Elephant (Ganesh) at the Big Temple



l-r: Kelly Santillo, Gerry Landrum, Esther Fisher, Barbara Steinacker, and Jan Sundell

Awaken to Awareness Retreats

Enjoy Any Season of the Year



Charlotte Twardokus on AHAM Swing at
Reflection Lake



AHAM's Reflection Lake

Why not "give yourself" a 2 - 5 day retreat time of abiding in Pure Awareness? This is simple, effortless "being meditation" at AHAM's tranquil, 37-acre meditation Retreat Center. The "Awaken to Awareness Retreat" is perfect for those wanting to "get away from it all" and to experience deep peace, solitude,



and relaxation. Enjoy our quiet meditation trails and beautiful Reflection Lake. There is personal guidance into the experience of Self-Inquiry – "the eyes open" meditation that can be used by anyone, anytime, and anyplace. Experience this, and much more of AHAM's transformational teaching... all in a very "laid back" and relaxed format.

Contact the Center soon.

Path to AHAM's Guest House

Photos
by

Jim Dillinger Photography
<www.devotioalimages.com>

"It is a wonderful reaffirmation, rediscovery process, to again look within, at the light within one's very core."

- Maria Teresa Ortiz
Lewisville, NC

Upcoming Awaken to Awareness Retreats: April 3-5 and May 22-24, 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.

You are cordially invited to...

Spring Fling

May 1-3, 2009



Come join the fun in sprucing up our AHAM gardens. Bring your family and friends.

Weekend includes...

**Friday Night
Sat Sanga with Ramana**

**Sunday
Interlude & Lunch with Ramana**

Or, just come on Saturday

Be sure to reserve your FREE stay by April 15. Call the AHAM Center at 336-381-3988 or email Charlotte at cat09@aham.com

Self-Inquiry Instruction at AHAM

February, 2009 Neutralizing Your Negative Past (NNP) Graduates

"I am experiencing a sense of a fresh start and well-being, letting go of a lot of baggage that I didn't realize I was carrying."

– Donna Hale

"I am feeling blessed, light, free, and empowered. I now understand the essence of compassion."

– Usha Raj



l-r back row: Ed Zrout, WA; Rebecca Bushby, Australia; Linda Swanson, NC (Trainer); Jim Grant, LA, Elizabeth MacDonald, NC (Assistant Trainer); Melinda Bern, VA; Donna Hale, VA; **l-r front row:** Theresa Morton, NC; Usha Raj, NC

"I am experiencing the Heart and a feeling of deep gratitude for receiving this conscious transformational tool and being here in this environment of pure love, where all that's "not" just melts away."

– Melinda Bern

"I have a tool to release the past, forgive myself and others. I have the confidence that I can continue the processes of Self-Inquiry and the Forgiveness Process."

– Ed Zrout

Upcoming Neutralizing Your Negative Past Trainings: May 13-17 and July 23-26, 2009 (Pre-requisite: Self-Inquiry Retreat/Training.) Registration cut-off is 30 days prior to program. Call the AHAM Center at 336-381-3988 or email <ahamcntr@asheboro.com> to register or for more information.

Self-Inquiry on Vancouver Island

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.com

Making a Connection



Stan Embracing Ramana at
Airport Upon Arrival
from 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:

The truth of the Supreme Being is the One Infinite Reality transcending all relativity, which is the fundamental Substance of the "I," which is the basis of the world.

Experience Meditation on the Telephone

Learn to bring stillness & peace
into your life

Every Sunday

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

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



Try it *This Sunday*

Presented by:
AHAM Meditation Retreat Center
Asheboro, NC

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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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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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