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Living From
Sincerity

Heart of the Matter

A True Sage in Modern Times

By A. Ramana

Bhagavan Sri Ramana Maharshi was a great sage who lived in South India on the holy hill, Arunachala, from the time of his unexpected, spontaneous enlightenment at the young age of 16, until his *Mahasamadhi* (final conscious release from the body) on April 14, 1950, at age 71. The world famous psychologist, Dr. Carl G. Jung, said of him: “*In all of India, he is the whitest spot in a white space.*”

Before his passing, countless thousands of people from all over the world, Indians and foreigners alike, made annual pilgrimages to Tiruvannamalai, the location of Sri Ramanasramam (his ashram), which is located about 100 miles southwest of Chennai (formerly Madras). They came just to meet him and to imbibe of his divine grace. They have not ceased even since his death.

Now, more than ever, masses of seekers are flocking to his ashram from the West, including many Americans, to draw from his spiritual Energy and inhale his divine Presence. It is still strongly permeating the old hall, where he received devotees, and the shrine room where his body is entombed.

His pure simplicity of manner, and availability to those who approached him for spiritual guidance, was without parallel. He is coming to be more widely known today, and is even considered among the greatest of spiritual sages of all time, no less in status than Sri Krishna, Lord Buddha, and Jesus Christ.

He attained enlightenment, without any guidance from books or men, by the simple method of “Self-Inquiry,” which is pursuing the question “Who am I?” to its ultimate conclusion. He also taught this to all sincere seekers of the highest truth. It is the process of introspection, or following one’s own sense of personal awareness to the very source or pure Being itself, which is realized as pure Awareness and the Supreme Being of all beings, the very Self of all selves.

When the end of Sri Ramana Maharshi’s bodily sojourn was nearing and his devotees spoke as though he was forsaking them, he replied, “You attach too much importance to the body. Where can I go? I am here.” They quickly discovered, after his body’s passing, how true his words were. For, more than ever, he has become the inner guru or guide dwelling in the spiritual heart. And even now, as then, he guides whoever approaches him; whoever inwardly submits to him by following his teaching, he supports. To all who seek, he is here and now present, for he abides in That which is the very essence of all that we are, ever in the heart of all, *as* the heart and very Self of all.

Can this be discovered for oneself? Yes, and very simply!

How? By inquiring into your own sense of “I.” Of course, it must be done properly and practiced diligently.

Here, basically is the simple truth. It is what this simple, uncomplicated sage had to share with the world as being what’s so, and the most direct and immediate way to awaken to the highest truth. That is, the truth regarding the true nature of being itself, or pure awareness, which is the source of everyone’s being.

Offered here is the practical way to realization given by this great teacher. Know that the process of Self-Inquiry and its spiritual quest can take one all the way to the ultimate and final realization. It is this writer’s experience. It has also occurred with countless others, unequivocally proving that it can be used to awaken to ultimate spiritual enlightenment.

Everyone says, “I am.” Few, however, have made the inner quest into the true nature of this most frequently used phrase in the English language, or its translated equivalent in any other language. This word “I” is pregnant with emotions, ideas, and concepts. It includes in it *anything* and *everything*, including the body and its relative existence, this world of time and space, as well as the Absolute. In practice, it is a pointer to an ongoing experience that is at once direct, immediate, undeniable, and immensely significant – pure timeless awareness or being.

BEING, and *KNOWING* that one *is*, is unequivocal and is in fact non-conceptual, but its nature is also mostly misunderstood. For, in truth, we do not know who or what we *actually* are. Our knowledge of ourselves, as we usually think and believe we are, is almost entirely conceptual. This is because we are misidentified with our body-mind, as being that which we are.

Sri Ramana Maharshi clears it up for those capable of hearing the simple truth of *what is*. In a similar manner, the Bible records another great Teacher who lived two thousand years ago as saying to his close followers (disciples), “Let those who have ears hear.”

The Maharshi points out that *everyone* is aware of two things, namely himself the seer (that is, the “I”-thought) and the world which he sees, and he assumes that these are *both* real. But, he declares, that alone is real which has a consistent existence. This is the testimony of all true sages.

The Maharshi expands this by saying that, judged by this test of reality, these two – the seer and that which is seen – are both unreal since they appear intermittently. They are apparent *only* in the waking and dream states; in the state of deep sleep they cease to appear. That is, these two appear

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A True Sage in Modern Times... continued

only when the mind (or "I"-thought) is active and disappear as soon as it ceases to function; *therefore, these are both but thoughts in the mind.*

This means there must be "something else" from which the mind rises and into which it subsides. And, this "something" must have a continuous, uninterrupted existence. That is, it must be the one reality.

Really look: can there be a sense of existence or reality without something that exists or is real? Also, is one's own consciousness or being something *other* than that? Since this existence or one reality *dwells* thought-free, as pure awareness in the very heart or core of being, can it even be considered or meditated on? For, who is there different or distinct from it to contemplate or meditate on it – this one Self, whose very nature is reality or pure existence-consciousness – and how? How, for example, could this even be? Or be done?

The Maharshi goes on to say, "Know this: to simply *abide in and as That – in the Heart, as the Heart – is itself* to contemplate or meditate on it – for It is All. This Self *ever dwells* in the heart of ALL creatures *as the very Self of each one*, like a silent witness without thoughts, unrelated to anything. To remain ever-present *in It, as It, is its contemplation*, for it is the one Reality, the one Presence and Power of Awareness – in which *everything is always, already occurring.*"

There is, in Truth, no separate-self or individual being.

He points out that this one Self or one Reality is forgotten or concealed during the outward-turned state of mind by identification with the body-mind, and the resulting false appearance of the world and the seer (the thinker), which are both only concepts, being manifestations of the mind.

The one Reality – named the pure Self, or heart of the Absolute – ever abiding *prior to and beyond* time and space – being one-without-a-second and always complete in itself – is itself the giver of existence to the whole world. The Maharshi says that the Self gives its one and only light of consciousness to the mind, which itself is entirely without consciousness.

So, this one Self is *always, already realized*, for there is no other. It is ever available *here and now* as the *one and only* Presence and Power. All else is a false appearance, being a product of the mind.

Ramana Maharshi says that this is like the full moon, having no light of its own, reveals objects on the earth on a clear night by reflecting the light of the sun. The mind, having no consciousness of its own, gives rise to the appearance of the world in the one Light of Consciousness of the Self, which is the One and only Reality. In Truth there is no world, there is only the Self. Simply see and know this.

Following the line of this great sage's thinking, see how we are not usually awake to and aware of who or what is the actual nature of the being we are as pure Self, which ever abides as pure, thoughtless Awareness *prior to* the body-mind. It is out of pure Awareness, out of the pure Substance of Being that there arises the root thought of all thoughts: "I am." This thought is *itself* the mind, rising *into* apparent time and space, being itself the builder of the world and all apparent worldly circumstances.

Since the "I"-thought rises and sets, it is not permanent. Yet, to be of any real interest or importance, things must be related to one's conscious existence, meaning the "self" *we think we are*, this "I"-thought or sense of "me," or "I am," which itself is the focal point of every desire and fear. In fact, the ultimate aim of *every* desire, whether seen or not, is to enhance and intensify, or make known, acknowledge, and re-cognize (fully realize) the fact and truth of one's own existence. Conversely, all fear is, in essence, the fear of self-destruction, or the loss of security, position, or prestige.

To delve into the ultimate source of this sense of "I" – so apparently real and vital – in order to reveal its true nature as pure universal awareness, is the pure teaching of Ramana Maharshi. This great teacher says it is the highest purpose of life. For, as he says, "what if we knew all there was to know about everything, but didn't know the true nature of the one who knows; then what would we know?" Obviously, the answer is "nothing at all."

The sense of "I," being intermittent, must itself have an ever-present, underlying source from which it rises and sets. This timeless source of conscious existence, or simple pure being, is what spiritual tradition calls one's true Self-nature, or one's "formless form," yet it appears to manifest in time-space as a body-mind or a seeming "person."

There are many paths, ways, or methods of realizing one's supreme identity with this timeless reality, or pure being, and each seeker potentially has his or her own way. But for everyone, the door to reality – *by whatever way you arrive at it* – is the sense of "I am." It is by comprehending the full import of the "I am," and stepping *prior to it* – i.e., going beyond it, into its source – that the supreme state is directly realized as fundamental, primordial, and ultimate.

All that's relative, or seen as the difference between "the beginning and the end," or "cause and effect," lies in the mind. When one is caught or stuck in the relative, and strongly identified with the body, the mind becomes somber, turbulent, and unclear; the source is then concealed and not perceived. When clear and luminous, the mind becomes a pure, consistent reflection of the source. The source is *always the same*, beyond darkness and light, beyond life and death, beyond apparent consciousness and unconsciousness.

Inquiring into the sense of "I," to the exclusion of all other thoughts, until reaching its very source within, is the *direct and immediate* way of realizing one's true or selfless being. There is no secrecy, ambiguity, or mystery about this simple process, and no one on whom to depend. No preparation or special initiation is required. Anyone perplexed by his/her own personal self-existence as an individual being, or by the mysterious cause and nature of life in this apparent world, and who earnestly wants to find the true source of being and cause of existence, need only hold steady in constant inquiry into the ever-present sense of "I am."

All that is needed is to dwell *solely* on it – diligently, silently, and patiently until the clouds of mental conditioning, which now obscure one's true nature, dissipate. With this

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A True Sage in Modern Times... continued

continuous, direct inquiry into the ego-self, the "I"-thought eventually merges into the very heart of being and the true Self reveals itself in its purity. This is the basis of the teaching of Sri Ramana Maharshi, and is this writer's own experience. You are directly awakened to the realization of the supreme state, which is as stated by the Maharshi the final purpose of life. It is ultimate freedom, peace, and joy without any causative element, for it is simply the nature of Being, itself.

In this supreme state, there is no difference in one's so-called personal nature and true being, only in one's apparent position and its manifestation. Life continues as usual, yet is now simple, easy, light, and enjoyable, being natural and spontaneous. Events formerly seen as unpleasant or undesirable may still occur, but are now recognized for what they actually are, simply events that are happening with no specific or intended qualifications. Now they are without preconditioned automatic reactions from the mind and its classification as "likes and dislikes." The mind all along has been projecting its own conditioned preferences on otherwise neutral events and forming or "creating" them to be in its own image, as they have been perceived or seen until now.

To the mind, in the process of manifesting objects, ideas, and events in and as the world, the thought of the thing determines the nature of the thing and the apparent form in which it appears. In this regard, it can be said, "Thoughts are things." But, on spiritual Awakening, the truth is revealed that *what is really so* is that there is no separate-self living at the effect of the apparent persons, places, and things that seem to comprise the world. Rather, the world is no different than a vivid waking dream in which all the apparent objects, events, and situations are appearing in the Self, the Dreamer of the dream. The dream includes the primary character or seeming person of the ego-body-mind, and all the adventures pertaining to this said character or apparent "self" in the dream.

The most significant and wisest choice of purpose in life is that of awakening to the dream and simply being free, happy, and at peace. This dream of the body-mind living in the illusion of time and space, with the accompanying false sense of the reality of the "I"-thought as being the true Self, is the one cause and source of all suffering. The core of Sri Ramana Maharshi's teaching is the simplicity of using this false sense of "I" to wake up to the dream. This awakening is possible by one-pointedly following the "I"-thought back to its source, which is the ever present pure awareness prior to the body-mind, and thereafter remain in one's true Being or Self. ♥

A. Ramana is the founder/director of AHAM – the ASSOCIATION OF HAPPINESS FOR ALL MANKIND. AHAM has a meditation retreat and spiritual training center in Asheboro, NC, and also in Tiruvannamalai, South India, near the ashram of Sri Ramana Maharshi. AHAM provides exact instruction in the conscious process of Self-Inquiry as shared by Ramana Maharshi. Website: www.aham.com

Sat Sanga in India with A. Ramana

Sat Sanga at the AHAM India Ashram with participants from countries around the world, gives the opportunity to delve into the clear wisdom of living in "Pure Being." Informal 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 <nevernotthere.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 You Tube go to :

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



Love Note From The Heart

Honoring the Truth of Who I Really Am

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



Today, at our start-up meeting, there was something that came up of a sensitive nature that we all stopped to *be with* together.

Each day, at the AHAM Center, we start our day of service together in what we call a “start-up meeting.” We each take a turn to share what is to be done for the day so we can see how, working together, it can all get accomplished. Today, as we went around the table, Sue, who is one of our sacred service participants, brought up a situation about one of her dogs, Mr. Wilson. She shared that his heart condition has gotten worse; and along with the possibility that he has cancer, the body situation is taking a toll. He is very weak and is no longer able to walk on his own. She is contemplating the humane thing to do in this situation. There were many suggestions that were already given to her and she was seeing that she needed to clear the space and to see “prior to” it all to have revealed *what is true*, from the Stillness of Being.

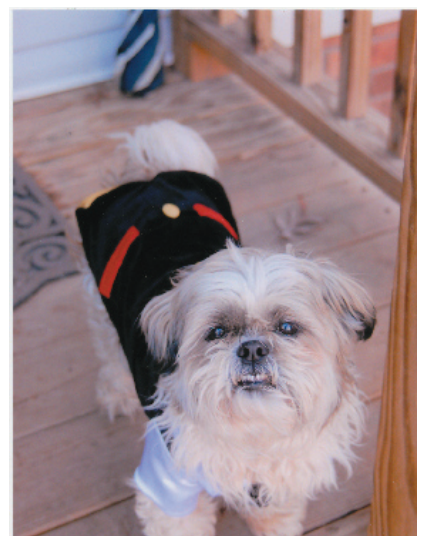
We all chose to stop and support this process. A guided process of Self-Inquiry was suggested. As the process unfolded, everyone took wholistic responsibility for what was coming up in Awareness. This assisted Sue, naturally, in seeing what is True for her. Once we were all resting in the Stillness of Being, and the experience was neutralized, the space was clear for us to acknowledge and honor what is True, now, from our own direct experience...

“We were never born and we will never die”... “We are the deathless spirit.” (Sri Bhagavan)

Honoring the Truth of Who-I-Really-Am, being in It, *as* It, was all that was needed to bless this Holy Moment with Pure Love and Grace.

Mr. Wilson, has given us *all* a very precious gift. Do we choose to live this Truth in the face of whatever arises in Awareness...no matter what it is?

Thank you, Mr. Wilson...we love you and thank you...and, we bless you on your way Home. ♥



Mr. Wilson

Teachings of Bhagavan Ramana

Reality

From *Absolute Consciousness* pp. 27-29

Reality is only one and that is the Self. For the sage the standard of reality is reality itself. This reality of pure consciousness is eternal by its nature and therefore subsists equally during what you call waking, dreaming, and sleep. To him who is one with the reality there is neither the mind nor its three states and, therefore, no extroversion.

His is the ever-waking state, because he is awake to the eternal Self.

His is the ever-dreaming state, because to him the world is no better than a repeatedly presented dream phenomenon.

His is the ever-sleeping state, because he is at all times without the "body am I" consciousness.

The reality, which is mere consciousness that remains when ignorance is destroyed along with knowledge of objects, alone is the Self. In the real form of the absolute, which is abundant Self-awareness, there is not the least ignorance.

Reality is simply the loss of ego. Destroy the ego by seeking its identity. Because the ego is no entity it will automatically vanish and reality will shine forth by itself. There is no greater mystery than this – that being the reality we seek to gain reality. We think that there is something hiding our reality and that it must be destroyed before the reality is gained. It is ridiculous. A day will dawn when you yourself laugh at your past efforts. That which will be on the day you laugh is also here and now.

Reality can only be experienced, it cannot be explained, it cannot be caught in the web of world.

Reality must always be real. It has no names or form but is what underlies them. It underlies all limitations, being itself limitless. It is not bound in any way. It underlies unrealities. Being itself real, it is that which is. It is as it is. It transcends speech and is beyond description such as being or non-being.

The Self is the primal reality. The Self alone is the reality, so always abide in the Self. Reality is therefore known as being, consciousness. Reality is pure existence, the Self. The one Self, the sole reality, alone exists eternally.

Reality is at once being and consciousness. To know that is to be that in the Heart transcending thought.

Reality is only one and that is the Self. All the rest are mere phenomena in it, of it, and by it. The seer, the objects and the sight all are the Self only. Can anyone see or hear, leaving the Self aside?

Existence or consciousness is the only reality. That alone is real which exists by itself, which reveals itself by itself and which is eternal and unchanging.

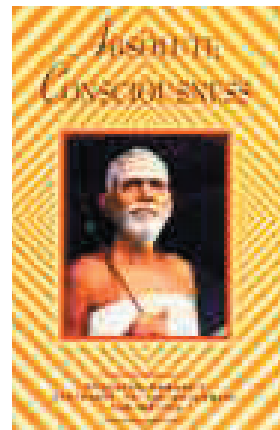
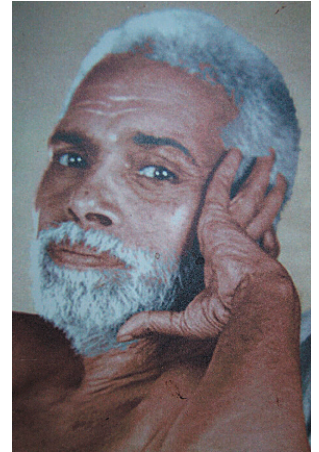
Reality is not within the body; the body is within the reality. He who thinks that the Self is within the insentient body is like one who considers the cloth of the screen, on

which the cinema picture is projected, to be contained within the picture. The screen is the basis for the cinema, without which there are no pictures. So, all the trouble and confusion arises when we forget the Self (the screen) and enmesh ourselves in name and form (the cinema show), identifying ourselves from "head to foot" as a body separate and independent of the whole.

Reality alone exists as a perfect undivided whole, and you experience it here and now, whether you think you are aware of it or not.

To realize that reality, do you want some other reality? The awareness of that reality alone is truth. There is no other reality, or another mind to know that reality, because that reality is in the form of experience throbbing within you, and that throbbing is your real Self.

Bhagavan wanted us to wake up to that reality within us, the same reality that is Ramana Maharshi.



**The Sage knows He is
the Self,
the Only Reality
which is both inside
and outside, and
which is not bound to
any form or shape.**

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Putting the Teaching to Practice

By V. Ganesan

*Mind is the sole obstacle in realizing the Reality.
Yet mind is the only means to pursue the quest.
How do we solve this problem?
In the answer lies Ramana Maharshi's unique method of teaching.*

The Self is one's own being!

How exhilarating it is to learn for the first time the truth of the One Self and that you are and have ever been only That!

Ever exulting oneself in this revelation, it becomes incumbent on oneself to face the day-to-day, mundane reality, as well. In fact, after getting a glimpse of the revelation, one's awareness becomes keener and therefore one feels even more responsible for the discharge of one's responsibilities.

There is a "me" owning responsibilities, activities, purposes and possessions and an "I" dictating commands from minute to minute. The "me" and "I" depend on a body to proclaim, project themselves. The body is actually inert: pain and pleasure are superimposed on it by the "me" and "I." For the sake of convenience, we can call the "me-I" as the "mind."

From one angle, the "mind" seems invincible and all-in-all. It thinks, it wills, it acts! It is the commander-in-chief of the individual. Many do not even care to know the difference between body and mind; for them, both are the same. But in truth,

- Body is the gross principle – one can feel it,
- Mind is the subtle principle – one can only infer it, and
- Self is the spiritual principle – one can only Be it!

Are these three different and separate entities?

- Mind is the basis for the body.
- Body becomes energized by the principle, "mind."
- The very mind gets its energy from the Self, like moon deriving light from the Sun.

In utter dreamless sleep, one is devoid of both the mind and the body; and, yet one recognizes, on waking up, that one slept very well. The active principle, which was witness to such sound sleep, is the source-energy, the Self. On waking up from sound sleep, one feels refreshed and energized. This is because one gets merged in the Self during dreamless sleep, which Ramana Maharishi calls "a dip at the Source."

It is due to this that man is never satisfied with his achievements through mind and body, and is ever in search of the source of these two – the one and only principle, the Self.

Self embraces and includes both mind and body. ♥



Special Announcement!

Ganesan, Bhagavan's grandnephew, will be with us this year for two to three months starting May 2. Plan to come in and visit during this time to hear his stories about Sri Bhagavan and the devotees that he met, personally. It would be a great time to retreat and get time with our Ramana, as well. What a blessing this is for us all.

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.

ARUNACHALA...I eagerly expected the stillness and silence...but not the fire!

Of course the Hindu God, Shiva, manifested as a pillar of fire and then as Arunachala...so what was I thinking...or not? I will leave it to others to write of the blissful depths of awareness they experienced in Bhagavan Ramana's cave or at the foot of his couch in his Ashram. While I greatly cherish these, this was not the main gift that was destined for this one.

I had little interest in traveling to India as a tourist. I just wanted to meet the famous mountain, Arunachala, face to face. Plus I looked forward to quality time spent with my teacher, A. Ramana, which was lovingly and very generously given.

The gift of India for this one was purification. Everyday brought a deepening with much time spent in the silence of Arunachala. Every Indian surface seemed hard...the bed, temple floors, rocks...everything up against these old bones. Even the very top of Arunachala is solid rock, blackened by the ghee burnt at the annual fires. Initially staying conscious in the midst of a surreal and totally different culture was tricky to say the least. We rode from the airport in the middle of the night with windows

open in January...taking in the sensual impact of India. By the time we arrived at the Ashram my mind was saying, "What am I doing here?" It felt scary because I was coasting somewhere out there at the "end of the arrows." It was very comforting to then be lovingly greeted by Ramana, Jan and Vivian and welcomed home.

The sunny AHAM Ashram is a precious jewel. Being with Ramana was a rich and sacred time of being immersed in the truth of being day after day with him. There was the morning meditation, every meal together and sharing with many others from all parts of the world during the many Sat Sangas. I am most grateful for this enormous gift.

Of particular delight was the Indian staff, under the loving care of Jan, who truly and deeply loves her task, served so beautifully. The Indian staff, Jan and the lush gardens and the ever-silent rooftop that lay in the lap of Arunachala, created an AHAM home in India for us.

I will never forget the Indian people; their energy in the village streets, countryside and temples is shining and full of life. And of course it was a close and special time with my fellow pilgrims, Barbara, Gerry, Kelly, Jewel, Bill, Saroja, and Richard. They were all so very generous and fun too.

THE GIFT It was hard for this one to stay still with nothing to do a lot of the time. It was hard to walk and walk around and around the Hill with burning, aching feet. The food was good and healthy but I missed meat. Temples did not interest me...or shopping. The most difficult test was the descent from the summit of Arunachala. This body's seeming inability to physically balance on the gravely terrain with all muscles and nerves on high alert for about three hours...in baking sun...was done only through constant Inquiry and conscious alertness throughout the descent.

Thank you, Arunachala and Ramana for helping me see through the reflections of body identification. The simple purpose of this whole journey for me was to know better that body/mind identification is NOT who I am and the experience of life DOES NOT have to be controlled by that mistaken identity. The experience of pushing beyond, seeing through, and ALLOWING all of this, strengthened my ability to remain conscious and aware in the midst of it all. I know that THIS simple truth was the gift of Arunachala for this one. I am filled with gratitude.♥

Love,
Esther Fisher
Hendersonville, NC



Esther Meditating on Aruna Rock



l-r: Esther, Kelly Santillo, & Barbara Steinacker resting on Arunachala



Esther at AHAM Ashram

Self-Inquiry Instruction at AHAM

Graduates' Sharing of the Self-Inquiry Training (I SIT) Continued Practice Program (CPP)

For a long time my life consisted of doing and fixing everything and taking care of everyone and being in constant motion. As time went on I started feeling not Here, I did not know who I was or if I even was existing – a very tiring feeling. Intuitively however I realized that I must exist but I did not know how to find my Self. This created a great unhappiness in me and was associated with some negative reactions towards people. The negativity then made me feel guilty. When I saw a picture of Bhagavan Sri Ramana Maharshi and looked at/into his eyes, I felt relieved and at peace and felt that all would be fine.

I SIT and the Home Study revealed to me the person who I really am by uncovering layers of conditioning which had accumulated and had been suffocating me over a long period of time. Repeated Self-Inquiry is chipping away at these layers and already after just 7 weeks post I SIT I am feeling happier and peaceful. Unwanted thoughts/events do occur in daily life as well as experiences from the past come up. But, now rather than tolerating and suppressing them I accept and clear them by using Self Inquiry.

I am deeply grateful to AHAM for having given me the opportunity to be awake in pure Awareness and to make Self-Inquiry known to me and let me realize that I have a body and mind but that I am NOT the body-mind. Just writing this gives me a happy feeling.

For staying in pure Awareness I will continue with the Self-Inquiry process and also opt for guidance through the Sponsorship Program and sometime later I will participate in the (Neutralizing Your Negative Past) NNP program.

I would like to mention that Stan Davis is a wonderful Being and an accomplished Trainer.

To the question of what could be changed – I can not add anything at this time. ♥

Love,
Renate Chevli
Naples, FL

I am writing to tell you where I am now after completing the home study program. The meditation practice seems to be firmly in my life. But my fears are coming to the surface. I am very grateful for the Self-inquiry practice which allows me to accept, and allow these emotions. After “letting them be there just as they are, and relaxing into the I AM feeling,” I can then enjoy my naturally happy state. I very much appreciate Stan’s comment to me about focusing staying in THE HEART, when upset. I am a new person. What a blessed life. ♥

Love,
Elizabeth Kregloe
Roanoke, VA



**l-r: Elizabeth Kregloe and Renate Chevli,
graduates of the January 2009 I SIT**



The Intensive Self-Inquiry Training and Continued Practice Program were created to awaken and activate the living Truth, which is always, already present in the core or Heart of your being. It is a conscious spiritual Awakening process.

Upcoming Intensive Self-Inquiry Trainings: June 13-21 and September 19-27, 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.

Green Salad with Pears, Walnuts, and Feta

Crisp and soft greens are combined with sweet, juicy slices of fruit and accented with toasted walnuts and soft, salty feta cheese. This is a lunch dish that leaves you so satisfied, all dessert cravings just fade away.

Please note that the proportions of ingredients are flexible, and the amounts suggested below can be adjusted to your taste. A small amount of light salad dressing may be used. The flavors are quite complex to begin with and dressing may not be necessary.

- 1 medium-sized ripe D'Anjou, Comice, or Barlett pear (Bosc is not recommended; it's a little too crunchy)
- 2 tablespoons fresh lemon juice
- 1 small head soft lettuce (butter, red, or green leaf) or about 12 leaves romaine, or a combination, cleaned and well dried
- 1 to 2 tablespoons walnut oil or olive oil
- 1/2 cup coarsely chopped walnuts, toasted (use a toaster oven)
- 1/2 to 1 cup crumbled feta
- 1 to 2 teaspoons lemon
- pinch of grated black pepper

- 1) Cut the pear into thin slices (peeling is optional). Place in a small bowl and cover with lemon juice. Set aside.
- 2) Place the clean, dried lettuce in a medium-sized bowl. Pat one more time with paper towels just to be sure it is really dry. Break the lettuce into bite-sized pieces, drizzle lightly with oil, and toss.
- 3) Gently mix in walnuts and feta. Sprinkle in the lemon juice and grate in some black pepper. Toss to distribute.
- 4) Lift the pear slices out of the bowl of lemon juice with a fork or a slotted spoon. Arrange them on top of the salad, and serve. ♥



WHAT IS CONSCIOUS COOKING?

“Consciousness can be described as ‘the state of being mentally awake to one’s surroundings.’ Attention is our most valuable food here and ‘attending’ can be defined as ‘being present.’ What we attend to flourishes and determines the quality of our life. Another word for attention is ‘love.’

‘Man does not live by bread alone’ is an expression we have heard many times. The deeper meaning of this is that the mental, emotional and spiritual aspects of our being need nourishing too. By bringing an uncluttered mind and full attention to all our activities, these aspects of our being come into alignment naturally. In preparing food, full attention is the magic ingredient, silently part of every recipe. It shows a reverence and respect for food, a gratitude for the abundance we have. By being conscious of what we are preparing, by eating and sharing food from awareness, it becomes an act of love, which feeds and nourishes us on more than just the physical level.” ♥

– From *The Conscious Cook* by Kamala Devi

Awaken to Awareness Retreats

Enjoy Any Season of the Year



AHAM's Reflection Lake



Charlotte Twordokus on Swing by
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.

AHAM Campus Path



"I am experiencing a deep connection and an ever-new relationship with my true spiritual being and recognizing that as the Reality of 'Who I really am.' In just two days, I now have inner peace, serenity and contentment as well as excitement, joyfulness and some powerful insights and practices."

– Josef "Sepp" Klein,
Greensboro, NC

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Upcoming Awaken to Awareness Retreats: May 22 - 24 and June 5 - 7, 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.

Free for You and Your Friends!

Sunday Evening Wake-Up Call Awakening to Who You Really Are...

***With The Eyes Open or Eyes Closed Meditation
For Anyone... Anytime, Anywhere.***

People from all over will be calling in to experience the peace and relaxation that is always, already present when we connect with our true nature, which is Peace, Freedom and Fulfillment!

Invite your friends and family to call in and enjoy the program.

This call is open to anyone and everyone.

Here are the details:

What: A one-hour call consisting of a guided centering meditation, sharing, fellowship and answers to your questions.

When: Every Sunday at 7:30pm Eastern Time (United States).

Where: The privacy and comfort of your own home.

How: Just find a comfortable seat and call **712-338-8000** and enter **pass code 2398#** at the prompt. Then sit back and relax.

Experience absolute calm and inner peace, and align your life with what naturally works for you.

(Very Important: Please call in about 5 minutes early. And, please do not use speaker-phones, unless approved by AHAM, as these tend to disturb the connection for others. Mobile phones are permitted, but only if the signal is strong. And, please maintain a quiet, undisturbed space. This is very important and supports everyone on the call.)

AHAM Meditation Retreat and Training 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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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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