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Living *From* Forgiveness



“Love is an act of endless forgiveness, a tender look which becomes a habit.”
– Peter Ustinov (English actor and writer)

Heart of the Matter

Consciously Dealing with Anger and Resentment

Excerpted from *There is Neither I, Nor Other Than I, There is Only...* by A. Ramana p. 180



Anger is the feeling of subtle or strong dissatisfaction or displeasure directed toward another person or situation, or even oneself. It is measured by the degree of its intensity, being a feeling of antagonism toward some believed wrong or “wrong doer,” usually for some felt injury or loss occurring against someone. Or, the anger may be toward yourself for some wrong attitude or ac-

tion expressed by you toward another person. To “anger,” as a verb, is to enrage, to make angry, to intentionally cause another person displeasure.

To want someone else to suffer or feel displeasure is the intention to harm. This is an evil intention, especially if it is arbitrary, that is, not acting in defense of either yourself, a friend, or loved one, to avoid harm occurring to you or them. If the intent to do harm is directed toward the would be evil perpetrator after the evil event is passed (even if it is believed to be justified), it still falls into the category of a wrong intention or action, since it is thinking and acting in retaliation. Angry actions can or will bring about the equivalent or even a greater degree of evil, loss, difficulty or trouble in the life or experience of the one intentionally perpetrating the action.

All of this about “angry actions” and their consequences is of course very basic and is probably (or should be) known by everyone. What is not usually known or realized, (in all probability), however, is that even if the anger is seen to be caused by another person, it really actually stems from the prior false sense or belief that the so-called “victim” is himself “separate” from the Source of being, the One Reality, or Self. It is coming from a believed reference point in consciousness felt as “this seeming individual self” or “me,” which is in fact the ego.

This subtle feeling of anger or resentment is always, already present – without any other outside effort or outer cause – because of this false inner sense of being an “entity” or “person” “cut off from God,” the Source. In our spiritual ignorance, we are continually meditating a separate-self-existence or identity.

This really means that the intention to “do harm” to anyone, which is in fact a thought-feeling of “non-love,” is actually coming from the prior wish to get free from, to end, remove, to react against, or destroy what is now unconsciously and wrongly felt to be the “outer cause” of this primal discomfort. It is the mistaken belief that the actual discomfort (felt inside due to this body-mind identification)

is an action that is going on outside oneself. It is projecting onto something or someone else the false belief that “it” is, or “they” are, threatening or harmfully disturbing “me” or “my” well-being.

So ordinarily, the intention to do harm to another is the wish to retaliate, remove, or destroy what is believed and blamed for having caused harm to oneself, or believed to be threatening to or intending to threaten oneself. It is a form of “getting even with” what is believed to have brought us harm – what we hate or don’t like, which is entirely conceptual. In some cases it is taken to an extreme desire, the intention to kill.

We don’t realize that what is hated is actually within our own consciousness and is due to our own mind – being in the first place a result of our misidentification with the body-mind as being our “self.” Then, as we willfully desire that loss, pain or suffering befall a seeming “other person” (which in truth is only an extension of our self), we are unknowingly magnifying and prolonging our own suffering. We are unconsciously, ignorantly, indulging in hatred, continued discomfort, and non-acceptance of our very self. We are blocking our own ability to experience real and lasting love and happiness.

Just a word about “hurt” feelings. Hurt feelings are often the result of someone being unable to openly express his or her anger, so anger is shifted or subjugated into the feeling of hurt. Perhaps you as a child (or the person) was not allowed or given the space to be openly angry. The upset was then expressed as the feeling of hurt, that being a more acceptable or agreeable emotion to those around him, one he was at the time allowed to feel inside without showing or expressing it outside. Or, you may have felt it was wrong or inappropriate to be angry at the person who triggered the upset. Yet, the anger was there, only transposed or subjugated into the more “acceptable” emotion or the “allowed” feeling of hurt whenever anger arose. Either way, really look at the sense of hurt or upset and “get it.” It is your own feeling. It is not in the current situation or in the actions of the one who is apparently causing the feeling in you. You are the one causing it in you. Inquire, “Whose upset is this?” Feel the “I” or “me” that is feeling the upset. Trace this “I”-feeling inward to the Source, the Heart. Somewhere along the way in the Inquiry, the upset itself (regardless of its type or nature) will subside, leaving only the “I”-sense. Continue to trace the “I”-sense inward to its origin or its Source, and it too will eventually subside or disappear, leaving only the clear space of pure Awareness, the true Self. Do this with all thoughts and feelings.

There is no reason or need to further hold the feeling of hurt or any upsetting thoughts. Dissolve such feelings with this simple yet powerful process, which is pure Self-Inquiry!

This is the Enlightened Way, the Way of HappinessNOW!



Love Note From The Heart

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



In this month's issue of Heart to Heart, we are presenting the importance of "Living from Forgiveness." The question of "karma" and how it plays out in our life is being fully shared by Bhagavan Ramana in the section Teachings of Bhagavan Ramana. And, the willingness to release your anger and resentment was shared by in the section Heart of the Matter. It has come up to share about Conscious

Forgiveness, which is the "tool" that we use in AHAM as a way to be aware of the traits and characteristics that we react to in ourselves and in "others" and neutralize them.

We may be focusing our anger and resentment on "them" and missing the gift that is present from this particular situation. It is so easy to pass it off on another's actions and react to that in a justifiable way. We may say to ourselves, "this is certainly not the way I would have handled this situation," or "that is totally unreasonable, what they did" etc., etc. And, then justify the judgmental thoughts and feelings we are having about the situation. The "traits" and "characteristics" are out there, in "them." We then miss an opportunity to be free in that moment.

Whatever we react to is coming up to be forgiven and loved. In all that is occurring around us... "who is seeing it?" ... "who is experiencing it?" "ME" ... "I" am. So, are these traits and characteristics going on out there in "them?" Are they not going on in the one who sees it?

In seeing this Truth... what I see is going on in me... we can take responsibility at the source...in "me" ... in the "I" that identifies with and reacts to the experience. This is our opportunity to immediately begin the Self-Inquiry from here and then move into Conscious Forgiveness. Don't delay. Be with it in the moment while it is up and present in the moment. Catch yourself reacting and projecting on "other" and take full responsibility in "me."

We have a conscious formula that we share in our Neutralizing Your Negative Past (NNP) program. It is part two of The Self Inquiry Series. This combination of Self-Inquiry along with Forgiveness is essential in AHAM's Teaching. As long as we are seeing "other" and projecting the sense of wrong on "them," or "it," we are not abiding in our True Self Nature. We are in separation from our Oneness of Being.

Therefore, it is a good barometer to see if we are in integrity with living true to our Self or are we in separation and seeing "other." Only we can see this for ourselves, in the moment, telling the truth about it. We are then the one who benefits tremendously when we live with this kind of integrity.

Bhagavan Ramana lived this with those around him. He displayed complete Oneness with all who came to him no matter what "wrong" they had done in their life, no matter what spiritual practice they were undertaking or what stature they had in life. He welcomed everyone in his Heart, as a reflection of Self – men, women, children and animals alike.

Anyone who has awakened into the True Self would have this characteristic and we would feel complete acceptance and love in their Presence, no matter what we may have said or done around them. And, the beauty of this Loving Space is that it draws out our natural sense of kindness, compassion and love within, which would set us free of what was being held against ourselves or others. Miraculous things would happen, effortlessly.

Another familiar sage, Jesus Christ, lived in this stature. There are many stories of how this happened around him. And, he said something very significant at the time of these miracles, he said, "these things that I do, you will do also, and greater works than these."

We have this same capacity of living from love and forgiveness, no matter what arises. The question we honestly must ask ourselves is, are we living from this true responsibility and Love? When something arises around us, and we react, are we loving and forgiving this aspect in us?

We invite all to live in this state of clarity and be an instrument of peace and love no matter what arises. This is what it is to truly live fully from the Heart, from Oneness and Divine Love. We are all being called, by all the saints and sages, to join in. Are we ready?

I am the Radiance of the Heart.

*Being in the Heart,
there's nothing I need to do from Here.*

My only work is to sit Here in the Heart.

This is my foundation.

*The body-mind and its experiences, thoughts,
are no longer the basis of my being. ♥*

Teachings of Bhagavan Ramana

Karma, Destiny and Free Will

From *Be As You Are: The Teachings of Sri Ramana Maharshi* pp. 220-222

Bhagavan: As long as the feeling "I am doing" is there, one must experience the result of one's acts, whether they are good or bad. How is it possible to wipe out one act with another? When the feeling that "I am doing" is lost, nothing affects a man. Unless one realizes the Self, the feeling "I am doing" will never vanish. For one who realizes the Self where is the need for *japa* (repetition of sacred word)? Where is the need from *tapas* (austerity)? Owing to the force of *prarabdha* (karma [actions] to be worked on in this life) life goes on, but he who has realized the Self does not wish for anything.

Prarabdha karma is of three categories, *ichha*, *anichha*, and *parechha* (personally desired, without desire, and due to others' desire). For the one who has realized the Self, there is no *ichha-prarabdha*, but the two others, *anichha*, and *parechha*, remain. Whatever a *jnani* (one who is realized) does is for others only. If there are things to be done by him for others, he does them but the results do not affect him. Whatever be the actions that such people do, there is no *punya* (merit) attached to them. But they do only what is proper according to the accepted standard of the world – nothing else.

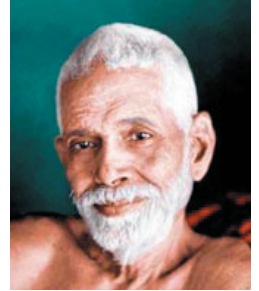
Those who know that what is to be experienced by them in this life is only what is already destined in their *prarabdha* will never feel perturbed about what is to be experienced. Know that all one's experiences will be thrust upon one whether one wills them or not.

Questioner: *The realized man has no further karma. He is not bound by his karma. Why should he still remain within his body?*

Bhagavan: Who asks this question? Is it the realized man or the *ajnani* (unrealized one)? Why should you bother what the *jnani* does or why he does anything? Look after yourself. You are now under the impression you are the body and so you think that the *jnani* also has a body. Does the *jnani* say he has a body? He may look to you as if he has a body and he may appear to be doing things with the body, as others do, but he himself knows that he is bodiless. The burnt rope still looks like a rope, but it can't serve as a rope if you try to bind anything with it. A *jnani* is like that – he may look like other people, but this is only an outer appearance. So long as one identifies oneself with the body, all this is difficult to understand. That is why it is sometimes said in reply to such questions, "The body of the *jnani* will continue till the force of *prarabdha* works itself out, and after the *prarabdha* is exhausted it will drop off." An illustration made use of in this connection is that of an arrow already discharged which will continue to advance and strike its target. But the truth is the *jnani* has transcended all *karmas*, including the *prarabdha karma*, and he is not bound by the body or its *karmas*.

Not even an iota of *prarabdha* exists for those who un-

interruptedly attend to the space of consciousness, which always shines as "I AM," which is not confined in the vast physical space, and which pervades everywhere without limitations. Such alone is the meaning of the ancient saying, "There is no fate for those who reach or experience the heavens."



Questioner: *If a thing comes to me without any planning or working for it and I enjoy it, will there be no bad consequences from it?*

Bhagavan: It is not so. Every act must have its consequences. If anything comes your way by reason of *prarabdha*, you can't help it. If you take what comes, without any special attachment, and without any desire for more of it or for a repetition of it, it will not harm you by leading to further births. On the other hand, if you enjoy it with great attachment and naturally desire for more of it, it is bound to lead to more and more births.

Destiny is the result of past action. It concerns the body. Let the body act as may suit it. Why are you concerned with it? Why do you pay attention to it? Should anything happen, it happens as the result of one's past actions, of divine will and of other factors.

Questioner: *The present is said to be due to past karma. Can we transcend the past karma by our free will now?*

Bhagavan: See what the present is. If you do this you will understand what is affected by or has a past or a future, what is ever-present and always free and what remains unaffected by the past or future or by any past *karma*.

Questioner: *Is there such a thing as free will?*

Bhagavan: Whose will is it? So long as there is the sense of doership, there is the sense of enjoyment and of individual will. But if this sense is lost through the practice of *vichara* (self-inquiry), the divine will act and guide the course of events. Fate is overcome by *jnana*, Self-knowledge, which is beyond will and fate. ♥

Know that all one's experiences
will be thrust upon one
whether one wills them
or not.

Words of Wisdom

Be the Self

By V. Ganesan

Sri Ramana is the Self within.

That which pulsates in one as the life-force,
As the very being,
As the very existence,
Is Sri Ramana.

Only for our sake he appeared outwardly as Guru,
Bearing a comely human form.

Once, he also joined the devotees in singing Ramana Sad-Guru.
Seeing the look of astonishment in some faces he smiled,
And pointed to his body, asked:
"Do you think this is Ramana?"

Later he affirmed:

"In the recesses of the lotus-shaped Heart of all,
there shines the Absolute Consciousness
which is Arunachala Ramana."

He is ever with us, within us.

Just before dropping the body he said: " People say I am going" but "Where can I go? I am here."

For one who turns to Sri Ramana Maharshi,
This assurance of his presence as a Reality within,
Is a tremendous boon.

All urgencies and necessities to seek a guru outside get nullified.
Sri Ramana ever IS!

To realize this, is His Grace!
So too with his guidance.

His way of initiation was in silence and non-formal:
The guidance was straight to the heart,
Bypassing words, concepts and thus all thoughts.

It is so even now.

"Be as you are" is his only commandment.

To remain as one is and be fully aware of such pure being,
To the exclusion of body, mind, scriptures, world and all.
In this simple state of pure being, the I Am-ness,
Sri Bhagavan gave the name Self.

Self is not an entity. It is the beholder of all that is.
The one reality that ever IS.

You are That!

It is that simple, that direct, that natural.

No mystery, no abstruse concept.

Awakening oneself to this truth of one's own Self,
with total attention, Is the message of the Maharshi.

"You have forgotten it. Now wake up to the Truth that you are That."

"Be the Self"



V. Ganesan

Special Announcement!

V. Ganesan, Bhagavan's Grandnephew, will be giving a talk at the AHAM Center on July 18, 2009 titled, "A Summary of Experience with the Old Devotees." Contact the Center for details, if you would like to attend in person or bridgeline call.

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.

Letting Go and Letting God



In answer to a question, asked in the Sponsorship program that AHAM offers, regarding an insight as to what may be “God’s WILL for ‘you’ or the WILL of the Higher Source expressing as ‘you’,” my answer is:

“The Will of GOD expressing as me is just to be, to be like a flute on which God is playing. To express all with a godliness quality to it, to just be who I am really – Pure Awareness.”

In order to be an instrument on which GOD or PURE AWARENESS or LOVE can play, "I" has to disappear, and, for some reason the word, disappear, always has been essential to me on the path. And that’s where Self-Inquiry comes in, as a process for this "I"; I believe the "I" is

to be absent because, there is no way for "me" to be a vehicle as long as "I" think "I" am in control of "my" life and hold on to anything.

So much identification in just one sentence, isn’t it? And everything I just wrote is not just a nice theory or a nice written essay; it is what is truly realized for Saroja. That is what I am experiencing right now and have been, if I honestly look, since the first day of this life. And believe me, I tried my best to stay in control and to give the impression of being together.

It looks tragic but it is not!

Yes, I have ignored the obvious, the ever present, during most of my life, including the spiritual part of it until, I met Ramana in 1998 and learned the Self-Inquiry process. And even then, I got scared and took a 5 year break to better return in 2007. Again, I was welcome in the arms of Self-Inquiry and since then, it became the focus.

Frankly, it has been at times an intellectual process, something else to do. I am also facing laziness and complacency as a result of a lack of Inquiry. Yet, turning attention passionately to Self, God, Love, the sweetness of life is immediately revealed.

I do not know really what surrendering means, in fact I do not know much of anything and it is a little bit destabilizing, but what is being seen is, Self-Inquiry is only ongoing, it cannot be half-way, or only sometimes!!! With it comes acceptance, which could be a challenging part for me, self-love and finally love, just LOVE.

Thank you Osho, Ramana Maharshi, Gangaji, Papaji and beloved Ramana. No words will ever express the profound gratitude I feel...

Saroja
Gatineau, Quebec, Canada



Forgiveness

The Tao (Principle) of Forgiveness

One day, the sage gave the disciple an empty sack and a basket of potatoes. "Think of all the people who have done or said something against you in the recent past, especially those you cannot forgive.

For each of them, inscribe the name on a potato and put it in the sack."

The disciple came up with quite a few names, and soon his sack was heavy with potatoes.

"Carry the sack with you wherever you go for a week," said the sage. "We'll talk after that."

At first, the disciple thought nothing of it. Carrying the sack was not particularly difficult. But after a while, it became more of a burden. It sometimes got in the way, and it seemed to require more effort to carry as time went on, even though its weight remained the same.

After a few days, the sack began to smell. The carved potatoes gave off a ripe odor. Not only were they increasingly inconvenient to carry around, they were also becoming rather unpleasant.

Finally, the week was over. The sage summoned the disciple. "Any thoughts about all this?"

"Yes, Master," the disciple replied. "When we are unable to forgive others, we carry negative feelings with us everywhere, much like these potatoes. That

negativity becomes a burden to us and, after a while, it festers."

"Yes, that is exactly what happens when one holds a grudge. So, how can we lighten the load?"

"We must strive to forgive."

"Forgiving someone is the equivalent of removing the corresponding potato from the sack. How many of your transgressors are you able to forgive?"

"I've thought about it quite a bit, Master," the disciple said. "It required much effort, but I have decided to forgive all of them."

"Very well, we can remove all the potatoes. Were there any more people who transgressed against you this last week?"

The disciple thought for a while and admitted there were. Then he felt panic when he realized his empty sack was about to get filled up again.

"Master," he asked, "if we continue like this, wouldn't there always be potatoes in the sack week after week?"

"Yes, as long as people speak or act against you in some way, you will always have potatoes."

"But Master, we can never control what others do. So what good is the Tao in this case?"

"We're not at the realm of the Tao yet. Everything we have talked about so far is the conventional approach to forgiveness. It is the same thing that many philosophies and most religions preach – we must constantly strive to forgive, for it is an important virtue. This is not the Tao because there is no striving in the Tao."

"Then what is the Tao, Master?"

"You can figure it out. If the potatoes are negative feelings, then what is the sack?"

"The sack is... that which allows me to hold on to the negativity. It is something within us that makes us dwell on feeling offended... Ah, it is my inflated sense of self-importance."

"And what will happen if you let go of it?"

"Then... the things that people do or say against me no longer seem like such a major issue."

"In that case, you won't have any names to inscribe on potatoes. That means no more weight to carry around, and no more bad smells."

The Tao of forgiveness is the conscious decision to not just to remove some potatoes... but to relinquish the entire sack."

Courtesy of the Keralite Group
<http://www.keralites.net/>

Simply Divine

Green Salad with Ginger-Lime Dressing

From *Martha Stewart's Quick Cook Menus* Pg. 68

Serves 6

Salad Ingredients:

1 head green leaf lettuce, torn into bite-size pieces
1 ripe nectarine, very thinly sliced
2 tablespoons fresh curly parsley, torn into small pieces

Ginger-Lime Dressing (Makes 3/4 cup)

6 tablespoons olive oil
Juice of 1-1/2 limes
1-1/2 teaspoons honey
1-1/2 tablespoons grated fresh ginger
Salt and freshly ground black pepper

Combine the lettuce, nectarine slices, and parsley in a large bowl. Whisk the dressing ingredients together and toss with the salad right before serving. ♥



*Happy Heart
Happy Food*

The AHAM Meditation Retreat & Training Center formally opened in March 1991. Even though we had been giving meditation and transformational programs since 1978, this was the first experience for us to operate a retreat center and have overnight guests. Cooking and serving meals for all of our guests was new for us. I was elected to be the cook at that time and, even though I had cooked for my family, cooking vegetarian meals for 30 to 40 people was certainly new for me. Ramana, our founder and Spiritual Director shared something very significant with me at that time. He said that my disposition, that is, my psychological attitude or where I am coming from emotionally while preparing and cooking the food actually contributes this very quality to the food. He stressed that having a quiet mind and being in the Heart are the most important aspects in the preparation, cooking and serving of food to our guests.

I took what he said to heart and watched where my attention was while cooking, and practiced being in a silent meditative quality while preparing the food. The thoughts of insecurity and doubt were erased in the Presence of the Heart, and the recipes and all else that I needed to know came with ease. The structuring and organizing of the monthly menu and weekly grocery list came about from this Creative Presence as well. The kitchen literally hummed with purposeful activity, which came from this nurturing Heart-Presence. Everyone walking in our back door, into the kitchen, honored the conscious process that was occurring while the cooking was happening. We all supported this process. "The proof was in the pudding," so to speak, as increasing numbers of guests came to attend our retreat programs. They constantly stated how tasty the food was, and that they felt deeply nurtured. The intention for our cooks, from that day to now has been "Happy Heart, Happy Food."

If you do not have a formal meditation practice to use to create or maintain this conscious atmosphere, a simple process is to watch your breath while preparing the food. Thoughts and breath arise from a common source. So, if you watch your thoughts – or if easier, your breath – and ask yourself "who is thinking," or "who's breathing," your thoughts will eventually subside in your breathing and both will merge in your spiritual Heart; and then the fullness of your true being will shine through. This is a simple way to bring about Simply Divine meals for yourself, and for your family and friends. ♥

Enjoy!

Elizabeth MacDonald

Self-Inquiry Instruction

May 2009 Intensive Self-Inquiry Training Graduates Program held at Ocean Resort, Vancouver Island, BC, Canada

"I am now experiencing the contentment of relatively easy access to Self-Awareness. I am happy to know that with continued practice I can live from my true Self."

– Brigid Stevenson

"I can let it all go. I love letting it all be there, just as it is. I have the tools to deal with conflict and to return to who I always was."

– Susan Landell



Back Row, l-r: Peter Lavelle, Courtenay, BC; Krish Dhunnoo, Edmonton, Alberta; Stephanie Welsh, Campbell River, BC; Natasha Gray, Coombs, BC; Judy Finneron, Comox, BC; Lana Grant, Comox, BC; and Stan Davis, Asheboro, NC, Trainer. **Front Row, l-r:** Diane Matchett, Homer, Alaska; Susan Landell, Campbell River, BC; Rae Siebert, Courtenay, BC; Jean Marshall, Campbell River, BC; Angelina Donald, Campbell River, BC; Brigid Stevenson, Comox, BC; Kate Breynaert, Edmonton, Alberta; and Mary Wallace, Comox, BC, Training Assistant.

"I can feel more love and acceptance of myself. The Self-Inquiry is a good tool for dealing with out of control thoughts, feelings, actions of other people that I don't appreciate and basically just helping me be centered and knowing who I am."

– Rae Siebert

"I am experiencing a clearing and insight into the workings of the body-mind that had me trapped and stuck. I am experiencing 'I AM' with the Source. I now have a process to assist me to be Awareness and come from Awareness."

– Lana Grant

Upcoming Intensive Self-Inquiry Retreat/Trainings: June 13-21 and September 19-27, 2009 . Call the AHAM Center at 336-381-3988 or email <ahamcntr@asheboro.com> to register or for more information.

Awaken to Awareness Retreats

Enjoy Any Season of the Year



AHAM's Reflection Lake



AHAM Path to Reflection Lake in Winter

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



AHAM Campus Path

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.

"This is a great and peaceful place. You get to find out about yourself, rather than correcting others."

– Madhu Gangwal
Cary, NC

Photos
by

Jim Dillinger Photography

www.devotionalimages.com

Upcoming Awaken to Awareness Retreats: July 17 - 19 and August 7 - 9, 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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