



Vol. 30 No. 10

The Association of Happiness for All Mankind

July 2009

## *Living From Pure Joy*



**Special Announcement: *Charlotte's Retirement: Located After Ramana's Article***

# Heart of the Matter

## On the Way to Peace?

By A. Ramana

*From a Sunday Interlude talk given by Ramana in the old Greensboro, NC, AHAM Center on September 20, 1987.*

A crow, flying with a piece of meat in its beak, was hotly pursued by a flock of other crows that wanted to snatch away the meat from the crow. The crow flew very fast, often zigging and zagging. He flew high up through the clouds then dived down very fast again to the earth. He even tried to hide in the trees. Even then, his pursuers did not give up the chase, and went on pursuing him relentlessly. At last, exhausted by all the flying about, the crow felt it would be better off to just drop the piece of meat, and to then get some relief. As soon as he dropped it, another crow quickly snatched it up in its beak, and all the crows turned to pursue the new possessor of the meat.

The first crow was now left completely alone. And, no longer molested by the other crows, he calmly flew into the shade of a nearby tree. There he peacefully remained sitting on a branch, having attained and maintained perfect rest and tranquility.

This simple story serves to show us that desire is the obstacle to peace, while the extinction of desire leads to peace.

Swami Ramdas, the great Indian saint and himself a devotee of Sri Bhagavan Ramana says, "So long as a man is clinging hard to the transitory objects of life, he can never know true peace and happiness. Peace comes when we truly give up all desire for the perishable things of this world."

To give a simple illustration, desires are just like clouds blotting out the sun's rays; when the desires are removed, man simply experiences that peace which is always, already his by nature; but which had been obscured from his experience by the clouds of desire.

Swami Ramdas also makes it clear that from the standpoint of actual Truth, peace is an integral part of man's original nature, it's not something outside himself, which has to be acquired. He declares, "This eternal peace is your real existence – it is not a 'new state' or 'truth' to be 'attained,' but rather only needs to be realized, because you are ever That."

If you are not now experiencing the quality of pure peace or happiness in life that you wish, and if you are conditioned by or caught in the belief that happiness is the result of "attaining" or "having" outer objects, or experiencing outer events that you desire, then it's a fact that you are holding onto a false notion about happiness or peace. You believe that happiness

or peace is caused by something else "outside" yourself, and you are waiting for the "something else" to make its appearance in your life, hoping it will bring you the believed "happy experience" that you are constantly pursuing.

If you look honestly at this pattern, isn't it true that you have always believed and felt this way about happiness? Haven't you always sought or pursued particular desires, which you believed "made you happy?" And, are you happy now? You cannot answer "yes," honestly, unless there is nothing in life that you are presently needing or desiring. The very

moment something is brought to mind that you need, or desire, then your happiness flies away as you begin your pursuit of that new thing.

This is an insidious misconception about happiness, which is held by humanity in general. Very few people are aware of the Truth regarding the nature of happiness, that happiness is not the result of something else – anything else that must be attained. Like the crow that found no peace until he was willing to drop the piece of meat, you will never be fully happy until you have dropped all sense of attachment to worldly desires. This does not mean that you have to give up the things themselves, or the life events or experiences that bring you a sense of pleasure. It only means that

you must release your attachment to them.

If pleasant events or experiences do occur naturally, or if objects of convenience or pleasure happen to come easily or naturally into your life, then there is nothing wrong in this. But, when you become attached to them (or to any thing) believing you cannot continue to be happy without them, and so you pursue them, then you are at the effect of them, believing them to be the cause of your happiness and, believing that their absence is the cause of your unhappiness.

What then is happiness? Happiness is the natural state of perfect peace, which ever shines uncaused or without effort as the very essence or nature of oneself, just as the nature of fire is heat and the nature of water is wetness.

The Way to Peace and Happiness is "no way." It is to simply remain or rest in and as the Self you in Truth always, already are. It is to just remain steadily and unshakably in the Self, without thinking about "this or that," or identifying with this or that as "me" or "mine." ♥



**Happiness is the natural state of perfect peace**

# The Retirement of Charlotte Twardokus

*Dear Family and Friends,*

*In life there are many chapters and each one can be delightful and at the same time challenging. At least that has been my experience. Another chapter is now opening and there is a momentum that is moving me right along with it. It looks like retirement and I have even called it that and yet it is simply stepping back, slowing down and allowing more time to smell the roses.*

*At the end of September, I will move back into the community and continue to serve the Center as many others do by coming to the Center weekly. The role of Buddy and Sponsor will not change as those roles continue to provide nourishment and so many opportunities to give back the Love I have been so generously given.*

*I encourage you to come and serve in any way possible. You cannot imagine the benefits that life will bestow upon you. As I am sharing this with you, I am reminded of something the Dalai Lama said, "Love and Compassion are necessities, not luxuries. Without them, humanity cannot survive." So give yourself away and God will return your Self to you tenfold. ♥*

*With much Love,*

*Charlotte*



# Love Note From The Heart

## Feeling Good Feels Good

From *Living from the Heart... It's all about Love*, pp. 87-89

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



**Elizabeth:** (After a guided meditation) Does anyone have anything you'd like to share from your meditation experience?

**Participant:** *I'm feeling a tremendous sense of well being even though people have been walking behind me, and there's lots of noise because I'm not in my home. It just doesn't matter, being here in the Heart.*

**Elizabeth:** So do you now see that this is always available and something you can choose to connect with at any moment?

**Participant:** *Remembering that is the challenge before me.*

**Elizabeth:** Yes, it is. So just check in. Just check in and see, "Where am I now? Am I in the Heart or am I in the body-mind trying to figure all this out?" Just check in. That's the practice now. Don't let the time go by without checking in. It would be as if you had a small child in your house; you would always check in to see what they're doing, what they're getting into. That's what we are talking about. When we stay with this vigilance, it finally clicks in, and starts checking in on its own, with its own momentum. But that's where the practice comes in now. You know the Inquiry, you know the Heart, you know what isn't That. So just check in and say, "Where am I now?" If you're identified with the body-mind, use the Inquiry to come back ... "I'm Here, it's there. Be Here right now" ...

**Participant:** *I'm here and it's just heavenly floating in the ... I don't have a word for it ... "AHAM cloud," perhaps. Life's good; it's very calm.*

*What I noticed from the meditation experience just now is the seduction of being busy ... busy with things that make no sense. It's very fun and entertaining, but it's not where my Heart is. It's not what's Real.*

**Elizabeth:** Coming from "Here," things can be done, but you're not the doer. There's no "I" here doing it. Whatever's happening is just what's happening.

**Participant:** *Yes. But every now and then the mind thinks it's really doing it. It really never is but it's been dancing a little fantasy. What's funny is it's the only participant. So the mind just got reminded that it's not leading the dance.*

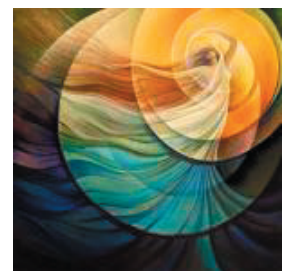
**Elizabeth:** It's time for you to see there is no mind. There is no "I" here, only you. You're the only one here. Everything else is a concept, *everything else*. Even the concept that there's a mind and that there's an "I." Can you feel that?

**Participant:** *Yes, I do feel that.*

**Elizabeth:** Good. That's the Ultimate Truth and that's where you deserve to be coming from in every moment ... Nothing less than that ... just feel That ...

**Next Participant:** *I have many questions, but I really can't seem to ask them because my body is so relaxed at the present moment. I'm experiencing a separation, if you will, of body and spirit, and having an experience that I haven't had for many, many years, since my childhood – the freedom of the Self versus the body and mind ... And yet, it doesn't seem like reality because of my former religious training. I'm in a beautiful place right now.*

**Elizabeth:** Well, it is time for you to experience what is Real. Making that distinction is a major step because now that you know what's real, what's true, you can then begin to see what is not real. Ramana Maharshi says, "Make the distinction between the eternal –the Real, and the transient – not Real, and give all your attention to the eternal, to what's Real." That which comes and goes isn't real. It changes. But that which *is*, never changes. What you're experiencing right now is prior to the body-mind. It *is* Real and is before anything else can be. It gives life to everything. Feel this now ... ♥



# 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 derives 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.

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?*

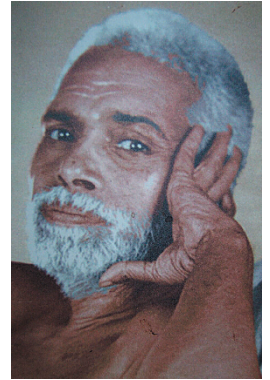
**Bhagavan:** Yes, but that is because the world is ignorant of its true Self. All men, without exception, are consciously or unconsciously seeking for it.

**Questioner:** *Even the wicked, the brutal and the criminal?*

**Bhagavan:** Even they sin because they are trying to find the Self's happiness in every sin which they commit. This striving is instinctive in man, but they do not know that they are really seeking their true selves, and so they try these wicked ways first as a means to happiness. Of course, they are wrong ways, for man's acts are reflected back to him.

**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. ♥



## Joy is Light

From *The Razor's Edge*, #7, by Osho



*Questioner: I am so full of joy — and yet full of fear.*

Give all your energy to joy, and fear will disappear. Ignore fear, don't pay any attention to fear, because the more attention you pay to it, the longer it will linger on. Pour yourself totally in the direction from where joy is arising, and fear will disappear just as darkness disappears when you bring light in. Joy is light. And joy is the beginning of a great pilgrimage that ends in finding godliness. So go on — without any fear, because existence always protects those who trust it.

Relax, give yourself to existence and allow the joy to overwhelm you. Let it become your wings, so that you can reach to the stars.

**A joyful heart is very close to the stars.**

It is only the sad and the sorrowful and the miserable who are going towards hell. They are creating their hell. The joyful and the singing and the dancing and the celebrating are creating their paradise by each of their songs, by each of their dances.

It is in your hands whether to create paradise or to fall into a darkness, into hellfire. These are not outside you; these both are within you. It all depends what you choose to be.

Choose to be divine, choose to be more and more a celebrant, choose to be festive, so more and more flowers can blossom in your being, and more and more fragrance can become available to you.

And this way will not only help you, it will help all those with whom you come in contact. Joy is as infectious as any disease. When you see a few people dancing, suddenly you feel your feet are ready. You may try to control them, because control has been taught to you, but your body wants to join the dance. Whenever you have an opportunity to laugh, join; whenever you have an opportunity to dance, join; whenever you have an opportunity to sing, sing — and one day you will find you have created your paradise.

**It is not that one goes to paradise; paradise is not somewhere in the sky — it is something that one creates around himself.**

It is a good beginning. With all my blessings, go deeper, in spite of any fear. Never listen to negative things, because if you listen to them they can poison you, they can destroy your joy — keep it pure, unpolluted. And here are people who will dance with you, who will celebrate, because you have taken the first step towards existence.

And I want to remind you that the first step is almost half the journey. ♥

# An India Experience

**A**runachala is calling. Can you hear the call? If you can, you are in for a treat.

Last season, November to March, I had the good fortune of assisting Ramana to and from and during our stay at our Arunachala Ramana AHAM ashram in Tiruvannamalai, South India. It had been my fifth time in Tiru and the most transforming.

When it first came up to go last season, I had no way of knowing how it was all going to work out. With all the responsibilities here at the Center, where I am on staff, it didn't look possible. Yet, feeling it complete and coming *from* the feeling of not knowing, it all worked out. It also showed me how by letting go of "my" responsibilities, it opened the door for the positions to be filled.



**Vivian and Ramana**

I have heard so many stories from people who had wanted to go to India and didn't know how it could happen because of work and or family responsibilities, lack of finances, health, etc. But, it happened for them. Just saying YES opens the way for the Universe to step in and allow it to happen.

So, what made my last trip to our ashram special? It was the time spent with Ramana. Not only assisting him but being in Sat Sanga (Conscious Company) with him for three meals a day, after which, the talk sometimes would last 2-3 hours. (This is besides the Tuesday and Friday Sat Sangas). So much fell away this past season, the feeling of overwhelm due to being the "doer," slowing down and just being present in the moment with what is occurring, more abidance in Self, and the list goes on. And of course there's stuff that burned away that I am not even aware of.

During Sat Sanga week, we read *Maharshi's Gospel*, and at mealtimes Ramana would expand on what was written, bringing to it a depth that was so clear and transforming. Being in Ramana's presence especially in India, in close proximity to Arunachala and Bhagavan Ramana's physical home while in the body, there is a superb quality of intense stillness felt. Ramana takes personal interest in all who come to be with him, in his directness of sharing and being the Truth.

Then we had our three week pilgrimage for graduates of our Intensive Self-Inquiry Training. These folks have the opportunity to (re)connect with AHAM's lineage. There's going to Ramanasramam for breakfast on Monday mornings and doing pradakshina (circumambulation around the holy hill Arunachala) and stopping for breakfast at Ramanasramam. There are the swamis that are friends of Ramana and AHAM that we visit and other special places in Tiru. And, there's being with Ramana during table talks during breakfast, lunch and dinner, (some of which can be found on our website [www.aham.com](http://www.aham.com) and [BlipTV.com](http://BlipTV.com)).

And to sit on the rooftop of our ashram being with Arunachala. I literally would sit at times for hours looking at the hill and meditating. The stillness and silence is so pronounced that all I wanted to do and did, was to sit there and meditate without anything else – no reading, listening to music – just being. At Arunachala, *everything* comes up to be exposed and washed away. And having Self-Inquiry makes it so much easier to accept what comes up and let it go.



**AHAM India Staff and Pilgrims**

This year Ramana and I will be leaving for India on October 6 and returning to USA on March 9, 2010. We will be having two pilgrimages, two week-long Sat Sangas, an Intensive Self-Inquiry Training, and some Awaken to Awareness Retreats along with the Tuesday and Friday Sat Sangas. (See program schedule found in this issue of HEART to HEART.)

I encourage anyone who has not yet been to our ashram or Arunachala or even if you have been, to consider connecting once again to AHAM's lineage. There is a laser-sharp focus on spiritual work that is well supported. And to be in the presence of the home of Sri Ramana Maharshi and Arunachala, to me is unsurpassed. (Of course being at our North Carolina Center the quality is much the same. But don't take my word for it, experience it for yourself).

We are very blessed to have such a wonderful staff at our India ashram as well. They are an invaluable part of our AHAM family and there is so much love coming through them. They make you feel right at home.

So, if you find you are being called to Arunachala, contact Charlotte at the USA Center at [cat09@aham.com](mailto:cat09@aham.com) or Jan at our India ashram at [arunaham@vsnl.com](mailto:arunaham@vsnl.com) for further information.

Thank you Arunachala, thank you Bhagavan, thank you Ramana. I am so very blessed. Yes, I heard the call. Loud and clear! ♥

With love,

Vivian

# Invitation to AHAM India

**A** HAM operates a modern ashram (resident spiritual training center) at the foot of Arunachala in Tiruvannamalai, South India. It is for sincerely dedicated spiritual seekers ready to recognize -- once and for all -- "who and what one really is, spiritually"; and thereafter abide in and as Pure Awareness -- the true and natural state.

**A**t our very special ashram-facility you will experience the Pure Silence, Stillness and Bliss associated with the ancient Holy Hill Arunachala, which Bhagavan Sri Ramana Maharshi considered to be His Guru.

**A** HAM has, for over 30 years, shared Self-Inquiry with ardent spiritual seekers, just as taught by Bhagavan Sri Ramana Maharshi, Himself. No other organization in the world presents his pure Teaching of Self-Inquiry, not even his own ashram.

**H**ave you ever felt "the calling to India?" especially to visit the home of Sri Ramana Maharshi and the Holy Hill Arunachala, and to directly or correctly learn Self-Inquiry, his Pure Teaching? Make this your time!

**N**one of us are getting any younger; and, haven't you seen already just how rapidly time is slipping by? It is most important to learn Self-Inquiry before your body dies!

For more information on the facility and programs contact:

AHAM India center at <arunaham@vsnl.com>, tel: 01191 4175 237383

AHAM USA Center at <ahamcntr@asheboro.com>, tel: 001 336-381-3988

or visit the AHAM website: [www.aham.com](http://www.aham.com)

## 2009-2010 Calendar Programs

**Pilgrimage #1 : Nov. 09 - 29, 2009**

**Sat Sanga Retreat #1: Dec. 9 - 14, 2009**

**Intensive Self-Inquiry Retreat Training (ISIT) :  
Jan. 04 - 17, 2010**

**Pilgrimage #2: Jan. 25 - Feb. 14, 2010**

**Sat Sanga Retreat #2: Feb. 17 - 22, 2010**

**Awareness Retreats: October/November 2009  
Wednesday am to Friday afternoon (TBD)**



# 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.



I have been practicing Self-Inquiry for just over a year. I have been a seeker most of my life and I have been involved in many programs and practices which have been beneficial. I have known at some level for a few years that happiness does not exist in the world but I would still find myself trying to find my happiness in the world and suffer accordingly. I finally made a decision that I want freedom more than anything else and I found myself being introduced to AHAM.

Since starting Self-Inquiry I have found my mind beginning to slow down and my life becoming simpler and more focused. This body-mind has seemed to enjoy creating complexity and then efforting with the mind to the point of exasperation to try to figure things out. I now find myself living more and more from the Heart.

One result of this change is I am not addicted to mind knowledge like I have been in the past. I have begun to donate or sell many of my books that I once thought were indispensable. I am learning to trust that I don't have to live from the mind but rather abide in the Heart.

I am a high school math teacher and I have found my relationship with my students become easier and less strained. I am learning to be much more present with them. I am actually listening with a quiet mind rather than thinking about my next response. I am learning to trust the Heart in responding to my students. Feelings of fear, anxiety and not being good enough have begun to dissipate. I am abiding in the Heart more in my teaching, which has made me more creative, confident and relaxed.

I am learning to inquire consistently and I have found my attention moving inward more. At times during meditation it feels like all my thoughts and feelings are being sucked into the Heart as if it were a black hole in space. I realize the importance of Conscious Company and I take advantage of the Interludes, AIC (Association in Consciousness) calls and Sunday Evening Wake-Up calls on a regular basis. I am also very grateful for the Sponsorship program and the chance to work the Ten Conscious Principles with the guidance of someone with much greater experience and understanding. I am looking forward to taking the Neutralizing Your Negative Past class in July. I realize that for Self-Inquiry to work I have to work the process. I could not ask for more supportive and structured assistance than what exists at AHAM. I am so grateful for the freedom and peace I am experiencing and I hope to share that peace and freedom with others through establishing a local AIC group in my community. Thank you to Ramana, Elizabeth, Stan and all the people at AHAM for sharing the gift of Self-Inquiry with "me." I am eternally grateful. ♥

Love,

Rob King  
Middleton, ID



## Potato Salad

*Delicious made with any potato, but best with small new potatoes. This salad is a traditional favorite for picnics.*

1-1/2 lbs. new potatoes or other boiling potatoes, unpeeled  
1 large carrot, finely chopped  
2 ribs celery, with leaves, finely chopped  
1 lb. fresh peas, shelled, or 1 cup thawed frozen peas  
1/2 small red onion, finely chopped  
1/2 cup tofu mayonnaise (or eggless mayonnaise)  
1 tbs. Dijon mustard  
1/4 cup chopped fresh parsley  
1/4 cup chopped fresh dill  
3/4 tbs. fine sea salt  
1/4 tsp. freshly ground black pepper  
lettuce leaves for serving  
paprika for garnish

Cook the potatoes in a large pot with enough lightly salted boiling water to cover for 10 to 15 minutes until just tender when pierced with the tip of a sharp knife. Drain, rinse under cold water, and cool completely. Cut the potatoes into 1/2-inch cubes, and put them in a salad bowl. Add the carrot, celery, peas and onion, and stir until mixed well. Put the tofu mayonnaise, mustard, dill, salt and pepper into a small bowl and stir to combine. Pour the dressing over the salad and toss to coat. Refrigerate until well-chilled. Serve chilled on a bed of lettuce with a sprinkle of paprika on top. Makes 6 servings. Enjoy! ♥



## GRATITUDE

“Grace before meals can also help us bring awareness into the moment. If you don’t know a version of prayer or offering that appeals to you, you can create your own. For many years now, I have observed the practice of sitting quietly still, letting thoughts go, in gratitude to the elements for the food before me, before beginning to eat. My children grew up with this practice and friends and students have adopted the practice too. Sometimes we join hands to do this. It has a profound effect on meal-time conversation or just feeling comfortable with not talking much at all while eating. The taste buds start to work and the digestive system is ready to assimilate the meal even before we begin. Indigestion is rare. The preparation of food can be more of an adventure than just repeating the same old patterns. Best flavor and quality will be in fruits and vegetables that are in season, and, if possible, grown locally. This is a precept of the macrobiotic way of food, and it brings an even closer harmony between our vibration and that of our environment.” ♥

— From *The Conscious Cook* by Kamala Devi

# Making a Connection

We are saddened by the passing of Denise DiNardo Cowan, 47, who let her body go, in an effortless and sweet transition on June 11, 2009, comforted by the love of her husband Jason and four children. Her expression reflected peace and radiated with immense beauty. Denise had been a member of the AHAM family since 1999.♥



## 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](mailto: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](mailto:ahamcntr@asheboro.com)> **Subject: Daily Messages**

Here's an example: →

Though stillness of the mind may result from breath-regulation or other such practice, the mind is not *finally* stilled (by any of these) as it is by the Quest of the Truth of oneself.

## 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

# Awaken to Awareness Retreats

## Enjoy Any Season of the Year



AHAM's Main House

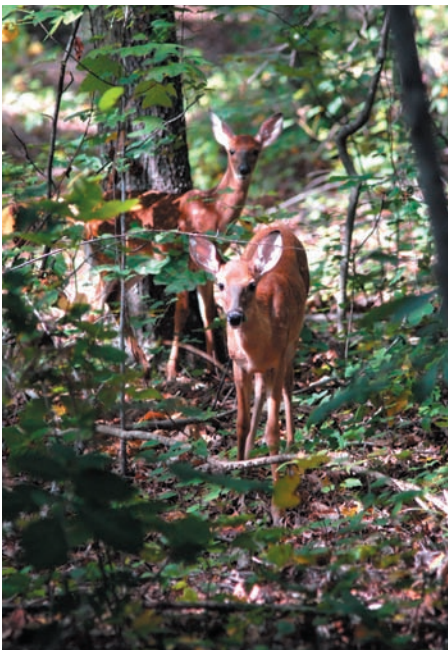


Gazebo on AHAM's Reflection Lake

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.



Deers on AHAM Property

"I am experiencing a sense of relief, calm, peace, and a better sense of myself. "

– Wanda Pope  
Whitsett, NC

Photos  
by

Jim Dillinger Photography  
<[www.devotioalimages.com](http://www.devotioalimages.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](mailto:ahamcntr@asheboro.com)> to register or for more information.

## 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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