



HEART to HEART

Consciousness speaking to Consciousness

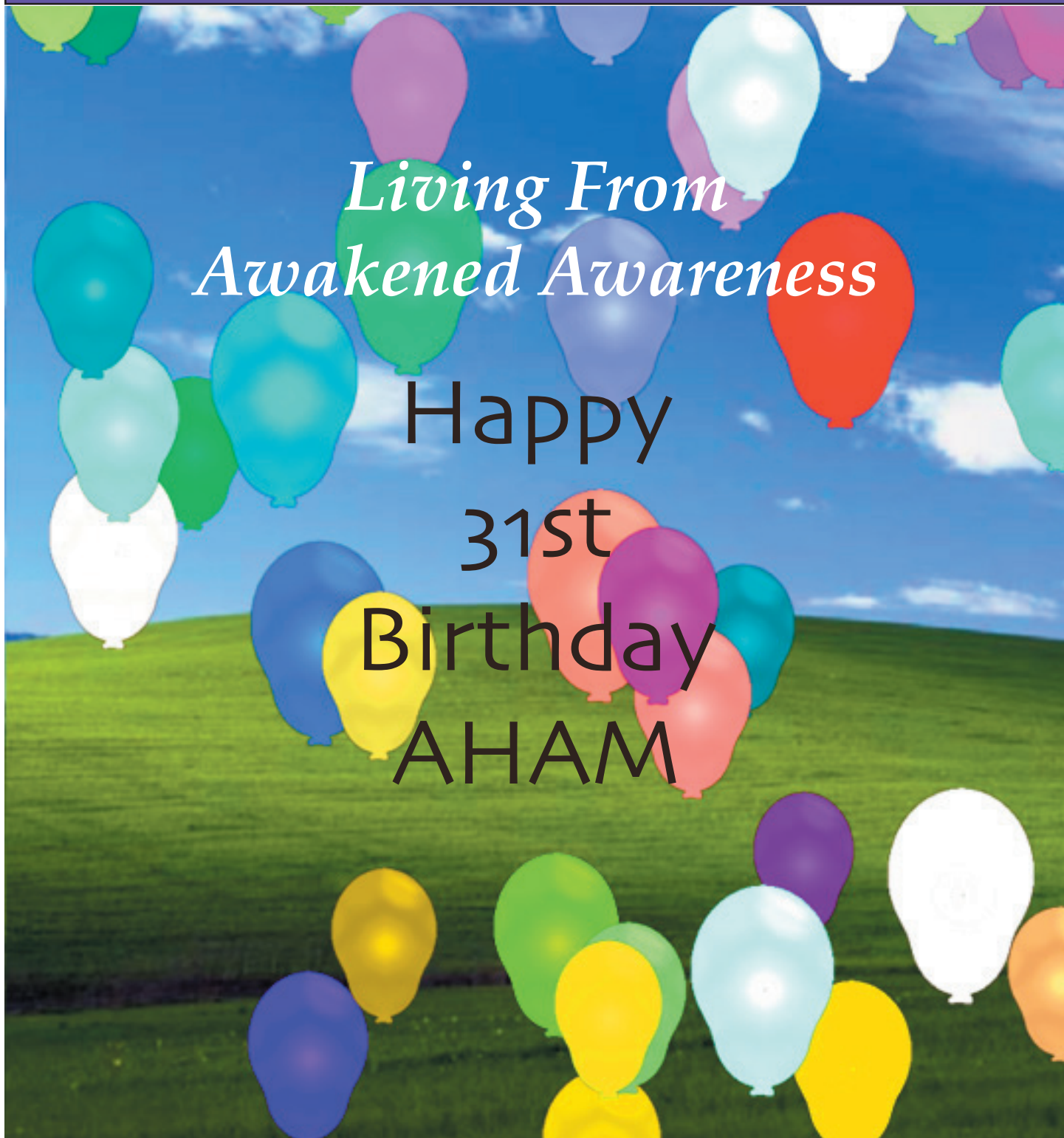
Vol. 30 No. 11

The Association of Happiness for All Mankind

August 2009

*Living From
Awakened Awareness*

Happy
31st
Birthday
AHAM



Heart of the Matter

Living from Awakened Awareness

Excerpted from *An Interlude with A. Ramana*, on September 3, 2005



Questioner: "I've been watching the devastation in New Orleans from Hurricane Katrina and I feel angry, sick to my stomach, and at times numb."

Ramana: We can all relate to that. So if that's what is going on in the moment, if that's what any of us are still getting in the moment, let's all deal with it right now... in this moment... in this Awareness... and recognize that that,

itself, is a thought. We could not have the feeling of anger, sickness of the stomach, or upset, unless we were having the corresponding thought. If it's happening on its own, yes, it is happening. If we are staying in the Awareness, prior to that, without having a thought about it, we could actually say, "Isn't this interesting?"

You see, you can *be with* whatever the event happens to be in the instant. For any event that is happening, you can only cognize it *in the instant*. Moreover, if you are being with it in the instant, and you are having an upset about it in the instant, know that the upset is *not* in the event. The upset is what *you* are *projecting* into, or onto, the event. It is coming out of *your* mind, coming out of your memory, or your conditioned past experience. The mind is a pattern of conditioning, in which there is a thought going on that says, "This situation shouldn't be here"... when it is in fact here.

But if you didn't have the thought that it shouldn't be here, could you be upset about it? No! So, what's wrong right now with your life... or with the life of your family or neighbors... if you don't think about it? That doesn't mean you don't lend a hand or offer assistance; of course you would do so if it's needed. But, that assistance would be rendered without upset, or judgment of the events, or the person, as "good or bad," "right or wrong." (EDITOR'S NOTE: AHAM volunteers spent 5 months assisting in New Orleans in the aftermath of Hurricane Katrina.)

There is nothing wrong with what's occurring if you are not thinking that there is something wrong with what is occurring. Just see, and get this! Get in touch with the fact that you've been thinking it to be so, which is what is appearing *in you*... giving rise to your sense of upset.

There is no past unless you think about the past, is there? All upset is going to come out of a pattern of thought that had been conditioned or recorded in your mind based upon some upsetting event, something that you qualified, called or named as upsetting. You recorded that event *as it occurred*. That record is *now in the memory files of your mind*, and you're relating or associating something *currently occurring* with that previous event, as your mind brings up that file. It is analyzing the current event and comparing it to the item recorded in that file in your mind. If the mind did not bring up that

file out of the past, and compare it with this-present-moment-event, the present moment event would just be here, occurring as it is, without any conditions, requirements, or concepts. It would have no qualifications going on, no tags or labels whatever. It would just be here occurring in Awareness, with no labels, no likes or dislikes.

Your mind is what labels it. Being identified with the body-mind, you do this. This is what "being conscious" is all about. It is recognizing the process for what it is, and bringing it up in Awareness to see that we ourselves, being identified with the mind, are labeling events as being OK or not OK, good and bad, right and wrong.

It is we "eating from the tree of the knowledge of good and evil, in the middle of the Garden of Eden." Have you ever heard that? This is the tree from which we are to NOT eat. But look, is it really true, that we should not have eaten of that fruit, in the allegory? Have we made a mistake, or is it that in the parable the serpent actually knew the destiny, the lesson we would come to learn. Maybe the serpent was actually wise in letting us learn our fate, while God was lovingly pointing out that we would be suffering if we did so.

Yet, how are we going to know right from wrong, good from bad, unless we partake of it, unless we experience it? So, Adam and Eve were destined to come out of the Garden of Eden, or pure Bliss, in order to experience life *as it is*. And, who are Adam and Eve? Are they not masculine and feminine manifestations or expressions of the One Reality, or God?

Isn't this what we all THINK life is about? Is it, or is it not, what life is all about? No, that's not what life's about. Everything we *think* life is about is not what life is about. Our concepts about life are NOT true life! All our concepts or beliefs are NOT it! This life is *entirely* a spiritual process. You may say, "that's not what they teach or preach in the churches I have attended!" Well, go to church, *but also be conscious*. Most of us just go to sleep when we go to church. (Laughter) We usually go to church because we were *told* or *made* to go to church; or, threatened that if we don't go, we will go to hell when we die. Just look, no judgment, and laugh at yourself. Look at the folly of it. We don't recognize that we are *already* in hell. This life *itself* is a living hell – thank goodness, it's one of the lesser hells, there are worse states, or hells, than this one.

Awaken to the true nature of the Being that we ALL *actually are*. Awakening and abiding in the true nature of the Being that we are, is transcending time and space. It is transcending body-mind identification. It is "getting out of hell." Awakening means, that we as the Self are here and now present. Yes, the body and the mind are still present, but we are now here in the One Presence, as the One Presence, fully cognizant of the difference between the "self" we *think* we are, and Pure Being, the pure Awareness, the true Self, that we *really* are. ♥

Love Note From The Heart

The New Wine is Flowing

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

Our AHAM center is situated in the country and has its own well system. Just recently we have had a problem of not having adequate water flow from our wells.

As we know, our life situations reflect the state of our consciousness. So, we who work here on a regular basis began to ask, "What is the truth about this?" One of our temporary residents went on the internet and discovered a very interesting interpretation for "springs" and "wells": The fluid symbolism of springs and wells is associated with the pregnant earth-mother and wisdom (in us all). In Tibetan Buddhism, this feminine aspect – Sunyata – is wisdom, and is primarily the ultimate nature of reality. It is sometimes trans-



lated as *emptiness*, and comes from a Sanskrit root meaning, "pregnant or swollen with possibility; the source and upwelling of all creative possibilities."

Further, Sunyata is understood as the ground of all being, sometimes known as the plenitude of the void, and is seen as a constant upwelling of possibility, freedom, and potential. Only by having the ultimate nature of Sunyata, can anything change or develop or be created. It is the clear well-spring of liberation, and the source of all the potentials and possibilities that flow out of the ground of being. Water symbolizes the whole of potentiality; the source of all possible existence.

Within each of us, Sunyata refers to our ground of being and the infinite potential that we are. So, what is stopping our flow of infinite possibilities? What is keeping us from awakening to our clear wellspring of liberation?

Jesus suggests one answer in Matthew 9: 16-17: "No one puts a piece of unshrunk cloth on an old garment, for the patch pulls away from the garment, and a worse tear is made. Neither is new wine put into old wineskins; if it is, the skins burst, and the wine is spilled, and the skins are destroyed; but new wine is stored in new wineskins, and so both are

preserved." (Note: Old wineskin, already stretched from holding wine previously, explodes when it can no longer contain the gases created by new wine.)

In terms of Consciousness, the "new wine skin" is our awakening NOW to what is *always, already* present. QUESTION: Is there any area in our life where we are attempting to put new wine into old wineskins?

As Sri Bhagavan said, "Being the one 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 will yourself laugh at your past efforts. That which will be, on

the day you laugh, is also here and now."

Living as this Awakeness, there is a natural ability to be-here-now; and, from the freshness of now, what is, *reveals itself*. This awakening is very practical and useful *in our own lives* during these trying times.

The key to opening the flow is in our willingness to see what is true in the moment... telling ourselves the truth, and then to be willing to "come out of hiding" and share what is really so for us, no matter how it sounds, or how it turns out. This is not saying "what he or she should do," or "should not do," it is in our being willing to "confess" what we truly feel about a particular situation; and, once we see what is true for us, we then share this with those who are involved. This clears the space and opens the flow for "what is" to occur naturally. Just in our willingness to see what is true about the AHAM's well situation, it began to flow. Isn't that interesting? That's just how it works.

This is our 31st year. In nurturing and sustaining this flow here in AHAM, we ask that you join us in this conscious intention that sets the stage for the years to come: "AHAM is fully sustained and maintained by it's Conscious Community. All is flourishing. Everyone is being blessed, nurtured, and

completely supported from the Grace of this Sacred Service."

We are so grateful for those who are now supporting this endeavor. We welcome those who would like to join us in working together for *the awakening of all mankind* into this "clear wellspring of liberation, as the source of all potential and possibilities." Here is our opportunity. Now is the time. Let us join together in harmony with the Divine Presence, and fully share this blessedness that we are...

May the Love we're sharing
Spread it's Wings,
Fly across this earth and bring
This Joy to every soul that is alive.
May all the beings
In all the worlds
Be happy. ♥

The Self Magnet

From *Conscious Immortality*
Bhagavan Sri Ramana Maharshi

We all have to return to our source. Every human being is seeking his source and must one day come to it. We came from the Within; we have gone outward and now we must turn inward. What is meditation? It is our natural Self. We have covered ourselves over with thoughts and passions. To throw them off we must concentrate on one thought: the Self.

The Self is like a powerful magnet hidden within us. It draws us gradually to Itself, though we imagine we are going to It of our own accord. When we are near enough, It puts an end to our other activities, makes us still, and then swallows up our own personal current. It overwhelms the intellect and floods the whole being. We think we are meditating upon It and developing towards It, whereas the truth is, that we are like iron-filings and It is the Self-magnet that is pulling us towards Itself. Thus the process of finding Self is a form of divine magnetism.

Teachings of Bhagavan Ramana

Realization Is Already There

From *Absolute Consciousness* pp. 136-140; Published by Ramana Maharshi Center for Learning

Realization is our nature. It is nothing new to be gained. What is new cannot be eternal. Therefore there is no need for doubting whether one could lose or gain the Self. The state of Self-realization, as we call it, is not attaining something new or reaching some goal which is far away, but simply being that which you always are and which you always have been. All that is needed is to give up your realization of the not-true as true. All of us are regarding as real that which is not real. We have only to give up this practice on our part. Then we shall realize the Self as the Self. In other words, "Be the Self."

The state we call realization is simply being oneself, not knowing anything or becoming anything. If one has realized, one is that alone which "is" and which alone has always been. One cannot describe that state. One can only be that. Of course, we loosely talk of self-realization, for want of a better term. How to "realize" or make real that which alone is real?

Realization is nothing to be gained afresh; it is already there. All that is necessary is to get rid of the thought "I have not realized." Realization is already there. The state free from thoughts is the only real state. There is no such action as realization. Speaking of realization, it implies two selves – the one to realize, the other to be realized. What is not already realized is sought to be realized.

Realization is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage.

The fact is, you are ignorant of your blissful state. Ignorance supervenes and draws a veil over the pure Self which is bliss. Only remove this veil of ignorance which is merely wrong knowledge. The wrong knowledge or the false identification must go, and then the Self alone remains.

The Self is always realized, it is not necessary to seek to realize what is already and always realized, for you cannot deny your own existence. That existence is consciousness, the Self.

Realization can only be in and of the Self. It can never be apart from the Self. The Self is God. All that is required to realize the Self is to be still. Hence Self-knowledge is the easiest to attain.

Under whatever name and form one may worship the absolute reality, it would only be a means for realizing that perfect being without name and form. That alone is true realization, wherein one knows one's true being in relation to that reality, and realizes one's identity with it by being absorbed into it.

The dyads and triads never exist without the support of some one thing. Searching as to what that one reality is, if one sees into oneself, they fall away. They that see this are the seers of wisdom. Never are they perplexed.

Questions regarding the nature of liberation can arise only so long as there is individuality. Dissolution of this individuality is alone true liberation eternally attained.

Having realized the Self, nothing remains to be known, because it is perfect bliss; it is the all.

Attention to one's own Self, which is ever shining as "I," the one undivided and pure reality, is the only raft with which the individual, who is deluded by thinking "I am the body," can cross the ocean of unending births.

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. This is the direct method, whereas all other methods are done only by retaining the ego. In those paths there arise so many doubts and the eternal question "Who am I?" remains to

be tackled finally. But in this method, the final question is the only one and it is raised from the beginning. No spiritual practices are necessary for engaging in this quest.

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 will yourself laugh at your past efforts. That which will be on the day you laugh, is also here and now.

Liberation is our very nature, it shines on the loss of "ego." An egoless self-conscious life is the life of the liberated soul who lives and acts from the depths of the truth, the heart, unaffected by the shocks of the world in ignorance. ♥



"Realization is nothing to be gained afresh; it is already there."

- Sri Ramana Maharshi

Live As Being-Awareness

Verses taken from pp. 80 - 81 of *The Garland of Guru's Sayings*, by Sri Muruganar

*The one true light there is, is pure
Awareness. Other kinds of knowledge
Clinging to it and claiming to be
Real are ego-born conceptual
Clouds. To trust them is sheer folly.*

*All other kinds of knowledge are
Base, trivial. The only true and perfect
Knowledge is the stillness
Of pure Awareness.
The many differences perceived
In the Self whose nature is awareness
Are wrong attributions and not real at all.*

*What if one knows the subtle secret
Of manifold inscrutable mysteries?
Until one knows the Awareness which
Reveals all Other knowledge, does one
Know The Truth?*

*Not like other things unreal,
But always by its Being real,
The Self as permanent Awareness
Has no other dwelling Place
Than its own radiant Awareness.*

*Those who have not searched and
Found the truth of their own natural
Being will perish by alien forms deluded.
Live as one sole Being-Awareness.
All save this is false appearance,
The realm of maya.¹*

*What is lifeless and unreal
This alone needs for support
Pure Being-Awareness.
The mind deluded and impure
Forgets its oneness with the Self,
With Being-Awareness and then looks
For some other object of awareness.*

*O mind excited as if mad,
What is the source of all existing
Things, both moving and unmoving,
Except Awareness which itself
Owes its birth to nothing else?*

*Is it not because you are yourself
Awareness that you now perceive
This universe? If you observe
Awareness steadily, this Awareness
Itself as Guru will reveal the Truth.*

*How can any treatise thrust some
Wisdom into that human-seeming
Heap of clay which keenly watches
Things perceived and not at all the
Self, Awareness? ♥*

¹The delusion consists in thinking that one is the body alone, not the whole world.

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 can remember having insights at a young age that there was more to life than the outward appearance of things. I would have occasional experiences and what seemed to be a “zooming out” during everyday events. I did not think much of it over the years and did not have a spiritual upbringing that provided any additional clues. Things started changing for me after I graduated from college and found myself regularly being disturbed by worrisome thinking and other mental land mines. And so my search for a solution to this dilemma began. I explored a number of avenues – everything from Yoga to TM to Tai-Chi. Each outlet I pursued was helpful in fueling my spiritual fire but was not ultimately “it”.

In early 2007 I came to the conclusion that it would be beneficial for me to step out of my day-to-day life and spend some significant time focusing on my spiritual development. To that end, I began searching for a spiritual retreat center and was referred to AHAM. After only a few conversations with Stan I found myself on a plane going up to North Carolina not really sure what I was getting myself into. It just felt right. I knew after spending a week at the Center for the (Intensive Self-Inquiry Training (I SIT) that this was “it” – and, more importantly, that the “it” was within me all the time. Imagine that!!

The past two years have not been without apparent ups and downs but the blessing that AHAM has been in my life cannot be understated. The Self Inquiry process and the support from the AHAM conscious community under Ramana’s direction have been a life-changer that will be with me until this one drops the body. I went back to the Center about a year ago for the Neutralizing your Negative Past training which led to a further letting go of long-held beliefs and positions. Even though I return to Florida after my visits to the Center I know that I have the ongoing support of the AHAM community. In particular, the sponsorship program has been especially important in helping me live the teaching. This summer I hope to make another visit to the Center for the Living Meditation training. Either way, I know that everything will unfold just as it is meant to. Looking back, it is interesting to think that my internal guru has been there all along guiding me to where I am today. Hey, who is thinking that? I AM. Feeling and following inward...

Much love, peace and happiness to “you” in this moment. ♥

Love,

Ryan
Tampa, FL



Simply Divine

Sunny Sesame - Tofu Burgers

A make-ahead low calorie meal.

Preheat oven to 375 degrees.

Mix together in a large bowl:

Tofu (1-1/2 pounds) rinsed, squeezed and kneaded

1/3 cup sunflower seeds

1/4 cup brown sesame seeds

1 stalk celery, minced

1/4 cup onion, minced

Add and knead together:

2 tbs. Tamara

1 vegetable bouillon cube dissolved in 2 tbs. hot water)

1-1/2 tsp. Spike (a seasoning available at health food stores)

1 tsp. garlic powder

2 tbs. dried or 6 tsp. minced fresh parsley

Pack mixture firmly and evenly into a buttered baking dish, approximately 6-inch by 10-inch. Sprinkle with additional sesame seeds and pat down. Bake at 375 degrees for 40 minutes. Cut into 3-inch by 3-inch "burgers," cool and store in the refrigerator. Serve as you would any burger. Serves 6. ♥



Different Diets



When we look into the diets of different countries and cultures, we see that they are largely based on the prevalence of certain types of food. The Macrobiotic system, originating in Japan, favors a grain-based diet with a liberal use of oil and salt, soybean products and, being an island, lots of fish and seaweeds. Very little is consumed that is sweet, not even fruit or "fruit vegetables" and no dairy produce. In South India, where there are plenty of cows and buffaloes roaming around, considered sacred, fresh milk products are highly favored and used, along with vegetables, fruits and grains. While wheat is the staple grain of Northern India, in the South the diet is based on rice. People are predominately vegetarian, with restaurants which serve meals labeled

"non-vegetarian." Eggs are not used, and in some communities, onions and garlic are avoided as being too stimulating.

Some diets originating in America avoid the use of all dairy foods and eggs, relying solely on food from the plant kingdom, while another popular diet eliminates oil and sugar to a great extent, but uses meat. The traditional Eskimo diet was largely meat and oil. In Northern Europe, potatoes are a daily feature, being prepared in many different ways, and in South America corn reigns supreme as the basis of the diet. In the Mediterranean area, tomatoes, capsicum, aubergine and olives are the main feature. The people of countries with a hot climate seem to favor chilies and spices while in the more temperate zones, herbs are used more and the food less stimulating. Of course, now, dishes from all parts of the world are available in city restaurants, and we are moving towards a "global cuisine." Where there is an abundance of food to choose from, we can afford to be fussy. Remember though, there are still vast numbers of people on our planet who have no choice and are glad of the opportunity to satisfy their hunger without ever considering "diet." ♥

– From *The Conscious Cook* by Kamala Devi

Awaken to Awareness Retreats

Enjoy Any Season of the Year



AHAM's Main House



Snow Covered Gazebo & Pier 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.

"The sense of Happiness and calm is strong and MINE, not some temporary fix."

– Friday Duffy
Winston-Salem, NC

Contact the Center soon.



AHAM Meditation Trail

Photos
by
Jim Dillinger Photography
<www.devotioalimages.com>

Upcoming Awaken to Awareness Retreats: September 11-13, and October 2-4, 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.

Self-Inquiry Instruction at AHAM

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.

June, 2009 Self-Inquiry Training (I SIT)

A picture is worth a thousand words



Top row l-r: Anna Scott, Winston-Salem, NC; John Shelor, Roanoke, VA; Sylvana Levy, NYC, NY; Charles Sharkus, Stuart, FL; Doris Brown, Roanoke, VA; Cail Brinson, Gordon, GA **Bottom row l-r:** Tess Amoruso, Virginia Beach, VA; Kerri-Suzanne Kyle, San Francisco, CA; Shanti Lindenkol, Cork, Ireland; Linda Swanson, Asheboro, NC (Trainer); Peggy Sarsfeld, Roanoke, VA

From a recent graduate of the I SIT Home-Study

It was for me overall at the center, the home study, the buddy John Shelor, Stan Davis and Lina Landess a heart felt success for me in my spiritual journey. Plus all at AHAM that supported the experience and the opportunity to talk to Ramana in India is still singing in my heart, joyful tears of gratitude.

The practice given for me, is a "life practice." There is no other choice for me... or to go the path of addiction to thinking and suffering. I have the step by step from AHAM now and this combined with the guidance that I received from Hugo Maier of Shantimalai (South India) is only amazing grace; I have been able to easily merge the two into the ONE.

I have said before, that it is only grace that I have been in this life-time given to be in the company of TWO realized masters in the tradition of Bhagavan. I do not take this lightly, nor for granted!

The practice is pure and the support from AHAM is the missing link for me which I did not have in past. The direct weekly assignments and connections with Stan, the group and my dear buddy John who feels like a brother now to me is/was a blooming of the inner lotus in the heart cave.

I am ever grateful to you also dear Elizabeth, your tape is a great help and ALIVE with the "feel" of what we seek... guiding to an experience of the real.

I have no other choice but to stay connected to Self-Inquiry and to AHAM. ♥

Love,

Annette Tersigne,
Beauford, NC



Upcoming Intensive Self-Inquiry Trainings: September 19-27 and November 14-27, 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.

Making a Connection

Brook Makes a Splash into AHAM's Reflection Lake



Sue Cowie, a temporary resident from Vancouver Island, BC, Canada sits with her dog, Brook on bench along AHAM path. →

Heart Watch

Every four hours, during our Heart Times, one of our staff sits in silent meditation in our sanctuary and consciously envisions a successful conclusion of the particular need of each person for whom a request has been made. If you would like to have a request placed in our Heart Watch book, then phone, mail, or e-mail your prayer request to the AHAM Center. <ahamcntr@asheboro.com>;
Subject: Heart Watch Request

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Presented by:
AHAM Meditation Retreat Center

Daily Messages

AHAM sends out Daily Messages for transforming the mind and realizing the true nature of the Self, or real God, based on the Teaching of Sri Ramana Maharshi. If you wish to receive these FREE daily messages, Monday to Friday, simply e-mail your request to the AHAM Center at: <ahamcntr@asheboro.com> Subject: Daily Messages

Here's an example: →

If you think that this (world) is real because it appears, then conclude that mirage-water also is real, because it (also) appears. What (material) difference is there (between these two)?

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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Note: It has often been difficult to contact the artists or copyright owners of the art, recipes, or photos in the newsletters. Please consider it a compliment that your work has been selected.

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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