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Living From Divine Ignorance



Who AM I?

"You will know the Truth and the Truth will make you free." (John 8:32)

Heart of the Matter

We See the World as We Are

(Written Intentionally in First Person as a Process)

By A. Ramana from *There is Neither I, Nor Other Than I, There is Only...* pp. 157-160

We see the world as *we* are, which is not necessarily as it is seen to be by “others.”

When I *fully realize* this, the Truth sets me free from the circumstances of life. Jesus said, “*You will know the Truth and the Truth will make you free.*” (John 8:32) This realization may not include removal or change of the events of life themselves, but their effect on “me” is changed. Events no longer upset, pain, or hinder “me” as they may have in the past. Instead, they become merely events to be lived out, lived through, or understood... to be replaced in time by other events in the ordinary, everyday process of life.

Truly *realizing* “who” or “what” I am, is realizing Self (Absolute Being) as the one creative, causative power, the source of all that appears in “my” world.

Failure to assume responsibility for all of the events occurring in “my” life is unconsciousness and ignorance. Ignorance is not “bad” or “wrong,” it is simply not knowing or understanding the Truth; it is being unenlightened. The result is that my life does not work easily and efficiently and I experience pain, confusion, and conflict, rather than continuously, effortlessly enjoying the peace, compassion, humor, and joy of the true and real Self-nature. In this ignorance, we are forever *seeking* happiness, peace, and freedom, rather than living in *present* peace, happiness, and freedom.

Bhagavan Sri Ramana Maharshi once said (in effect), that even if one has several university degrees, but does not know the *true Self*, or one’s true nature, the sum of his acquired knowledge is the equivalent to “learned ignorance.”

To pretend or feign erudition, knowledge, understanding, wisdom, or enlightenment, etc., in order to appear “right” or “knowledgeable” or “intelligent” in the eyes of others, without having real or *intelligent* Insight or Understanding, is in fact ignorance and suffering compounded and prolonged. It is justifying and defending ignorance while acting as if knowledgeable. Why defend ignorance? It is better to acknowledge one’s ignorance, clear the space in Consciousness to Awaken to Truth, and thereby live free in real and true understanding. To think you “know” *anything*, without knowing the knowing Self, is in Truth knowing nothing. Acknowledging your ignorance or that you really *don’t know*, is in fact wisdom.

“Non-Self” knowledge does not exist, for there is no true knowledge in the non-Self. The mind does not know; it is only recorded memory data of the past that is *presented* as real or true knowledge. The ego calls up the mind’s data and pretends it is real knowledge, but it is *not direct knowing*. Like a computer, its data are merely stored records, the relationship of current events to older records, or other data of the past, which in fact are now dead.

When properly known, and used correctly, the mind is a marvelous mechanism of memory data, being an almost total record of the past, as sensory thought patterns stored in the cells of the brain. But, a record of thought patterns does not *know*. The concept-filled mind can only produce its system of beliefs, its recorded data to *represent* or *emulate* knowledge. Not only is the representation *not* true knowledge, it in fact veils and con-

ceals the Truth or current facts. It is only information without Self-conscious intelligence.

Only Self-consciousness or the intelligence of Self-existence can *know*. Therefore, only the Self knows – not books, the ego, the mind and its recorded data, or *anything* “other.” Only Consciousness *knows*, and Consciousness is the Self. Only the Self *knows*.

Truth comes out of no-thing (no-thing-ness) or pure Being.

This no-thing-ness is not a “void” but is the pure Light and Energy of Intelligence itself, or Consciousness itself, which is Unchanging, Eternal, Infinite, and Total Existence. This Pure Consciousness-Existence is the fullness of Pure Being (the Self) and is Pure Knowing.

Truth is Pure Knowing, and this Pure Knowing (as explained above) also comes out of the clear space of no-thing. To further explain, the dictionary defines “nothing” as “not a thing,” meaning a “thing” that is not any thing as we are normally accustomed to things, or would define *as* a thing. This “no-thing” exists nowhere. The dictionary defines “nowhere” as “not any place,” meaning a “place” that is not any place as we are normally accustomed to places, or would define *as* a “place”; thus it is *everywhere*. So, Pure Knowing comes out of *nothing*, which is *nowhere*, meaning that *everything known* comes out of *no thing*. Being nowhere, it is thus *everywhere* – meaning, Pure Knowing is *inclusive of everything*.

That which is everything and everywhere is the Source. Source is God; it is Self. Since I AM *is* the source of everything in life, I must be the Self. Self is God; God is Self. I am Self and Self is God. This means “my” I AM – or the “I am” that I AM – is God.

This means, metaphorically, the wave is the ocean and the ocean is the wave; and, of course, even though the entire wave is ocean, the wave is not the entire ocean. The radical Realization and Understanding of this is *knowing* the Truth. It is no different from Moses’ enlightenment as recorded in the Bible in Exodus 3:14.

It was Jesus who said, “*You will know the Truth, and the Truth will make you free.*” This conscious understanding frees “me” and anyone from the conflict and confusion of ordinary daily life. It awakens the present happiness and joy of true Self-existence, which is the One eternal Reality, the Truth.

Everything is the undifferentiated Absolute Supreme Being, which is not different from the Self, or God, which is Infinite and Eternal Intelligence, or Awareness and I am *is* that I AM.

But there is no separate “I” that is it or knows it. For such a separate “I” does not know or even exist.♥



Love Note From The Heart

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

Just Rest

"Just
Sit there right now.
Don't do a thing. Just rest.
For your
Separation from God
Is the hardest work in the world."
- Hafiz



This verse of Hafiz simply says what IS, right now for this one.

The "rest" is a "stop" and all is melting into THAT.

Giving way to this melting feeling,
Falling into This Embrace
Being fully consumed by This Love, By This Fullness
By that which has no boundaries.
Surrender NOW into that which has captured you.

And invite whatever arises into Your Heart
All is included in this Embrace ...



Teachings of Bhagavan Ramana

The World Enveloped in Ignorance

From *The Teachings of Ramana Maharshi* pp. 98-103

Questioner: *Why is the world enveloped in ignorance?*

Bhagavan: Look after yourself and let the world look after itself. What is your Self? If you are the body there is a physical world also, but if you are the Spirit, there is only Spirit.

Questioner: *What do you think about social reform?*

Bhagavan: Self-reform automatically results in social reform. Attend to self-reform and social reform will take care of itself.

Editor's note: However, people who raised this sort of objection were more often of a devotional temperament, such as requires worship and a dualistic religion; and in such cases, Bhagavan would enjoin submission to God. All that is required is to submit to God and do one's duty, play one's part in life, with full confidence. That is all that is asked of one. One is not responsible for the outcome.

Bhagavan: Now, I will ask you a question. When a man gets into a train, where does he put his luggage?

Questioner: *Either in the compartment or in the luggage van.*

Bhagavan: He doesn't carry it on his head or in his lap while in the train?

Questioner: *Only a fool would do so.*

Bhagavan: It is a thousand times more foolish to bear your own burden once you have undertaken the spiritual quest, whether by the path of knowledge or devotion.

Questioner: *But can I relinquish all my responsibilities, all my commitments?*

Bhagavan: You remember the temple tower? There are many statues on it, aren't there? Well, there are four big ones at the base, one at each corner. Have you seen them?

Questioner: *Yes.*

Bhagavan: Well, I tell you that the huge tower is supported by these four statues.

Questioner: *How is that possible? What does Bhagavan mean?*

Bhagavan: I mean, that to say that, is no more foolish than saying that you bear all the cares, burdens and responsibilities of life. The Lord of the universe bears the whole burden. You only imagine that you do. You can hand over all your burdens to Him. Whatever you have to do, you will be made an instrument for doing it at the right time. Do not imagine that you cannot do it unless you have the desire to. It is not desire that gives you the necessary strength. The strength is the Lord's. Sometimes there was a more pressing

anxiety about the state of the world and a desire to assume responsibility.

Questioner: *Will Bhagavan give his opinion on the future of the world, as we are living in critical times?*

Bhagavan: Why should you worry about the future? You don't even know the present properly. Take care of the present and the future will take care of itself.

Questioner: *Will the world soon enter a new era of friendliness and mutual help or will it go down in chaos and war?*

Bhagavan: There is One who governs the world and it is His task to look after it. He who has given life to the world knows how to look after it also. He bears the burden of this world, not you.

Questioner: *Yet, if one looks round with unprejudiced eyes, it is hard to see where this benevolent care comes in.*

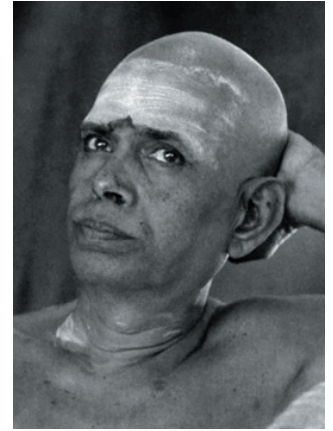
Bhagavan: As you are, so is the world. Without understanding yourself, what is the use of trying to understand the world? This is a question that seekers after Truth need not worry about. People waste their energy over all such questions. First find out the Truth behind yourself, then you will be in a better position to understand the Truth behind the world of which you are a part.

Questioner: *Should I try to help the suffering world?*

Bhagavan: The Power that created you created the world as well. If God created the world, it is His business to look after it, not yours.

Questioner: *Is it not our duty to be patriots?*

Bhagavan: It is your duty to BE and not to be this or that. "I am that I am" sums up the whole of the Truth. The method is summarized in "Be still." ♥



*"If we first know our Self
then all other matters
will be plain to us."*

- Sri Ramana Maharshi

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.



My first experience with AHAM's teachings was at the AHAM Ashram in Tiruvanamalai, India, almost two years ago. Talk about diving in! When Arunachala pulls at your heart, you follow. When Bhagavan calls you, you come. Don't worry about how you will get there, how you will manage. All is being done for you if you allow it to unfold. I will never forget the first time this body set foot in the Ramana Maharshi Ashram; the body just wanted to drop to the floor and surrender Everything to Bhagavan. Looking back now, I feel that India was a most transformative experience for me in understanding Truth and seeing through this "I" illusion.

When I returned back to the USA, it seemed like I was dropped into a new neighborhood. The mind said it wasn't easy. Old ways of seeing things fell away; old ways of doing things just stopped. There quickened a craving for God so profound that I really didn't care about much of anything else. I guess if the mind needs a definition of grace, here it is. Of course those old habits seemed to slowly return and I decided to take the Self-Inquiry training that June.

Practicing Self-Inquiry has made me realize that it really is most beneficial when you practice it constantly. At first the mind thinks – Ramana can't be serious, every moment? Yes, it's true...practice with every thought. Now I am experiencing less and less mind chatter and accepting things how they are. There is a neutralizing effect that helps you recognize your feelings, witness the mind and see through all of it. One thing remaining is happiness because you are not taking yourself or the world so seriously.

Being in the Neutralizing Your Negative Past training also has helped to bring to the surface some deeply rooted habits. If you really want to dig all the weeds out of the garden – sign up for the Sponsorship Program! Working on the Ten Conscious Principles™ with my sponsor has brought to my attention many things I would not have looked at without this program. I have found it is most important to tell the truth here to get the most benefit and not to think you are beyond such things that the mind would label as "ugly" or foolish. One other thing I've noticed developing is that you are spiritual aid to many without even doing anything, but by just resting in awareness.

I participated in the India Pilgrimage last January. Being in the presence of A. Ramana for much of the time and at the mountain are sure to leave you many gifts even if the gift is seeing resistance coming up. I've witnessed Ramana being most compassionate with all. Even though some would use other words to describe his compassion, it is compassion none the less. At Arunachala, the periods of stillness and silence are very pronounced. Words cannot do justice to this experience, which I can best describe as pure love.

There is much gratitude for the support, love and devotion of AHAM. The selfless service of the staff and trainers here is self evident. The spiritual life is most important to me and being in conscious company is so simple. Allow yourself to be held by Arunachala. Allow yourself these gifts. I am reminded of a beautiful chant: "There is a place I know... Only I can go... And no one else can go there for me... Yes, no one else can go there for me..." ♥

In devotion to the One,

Kelly Santillo
Yarmouth, Maine

Arunachala view from front of ashram



Poisoned Nectar

From *Surging Joy* by Dr. Sarada Natarajan pp. 20-23

Fresh green leaf-plates took on patterns of sumptuous food. Crisp vegetables, juicy fruits, crunchy snacks, fragrant soups and delicious desserts augmented the main course. When all was ready the guests were brought to the richly laden table. The very sight of it was enough to tempt even the disinterested, and many of the guests were very hungry with waiting too. They were all but ready to attack the food, eagerly awaiting the signal from the host. As he looked around, someone entered hurriedly and whispered something in his ears. His face fell, he got up from his seat and solemnly announced, "Dear friends, I am deeply distressed that I cannot feed you all as I wished to. I am now informed that the food is inedible. Mingled with it, I am told, is a small quantity of lethal poison. Forgive me." So saying, he began to move out of the room expecting his friends to follow.

A strange thing happened then. A few guests left the table but many did not. Some harangued the host, "You are doing this just to spite us," they declared. Others knowingly corrected, "It is evident you are trying to teach us many values at once." "The value of compassion," said one, "by keeping us hungry in the very presence of such food you want us to remember the plight of all those who always go hungry while we dine richly. You wish to help us to be more humble, and simple and sharing." "No," said another, "this is a lesson on discrimination. The question is whether we are determined enough to discard the greatest of temptations when warned of danger." "Just the contrary, what is being taught is not discrimination but faith, total faith in the words of one who is known to be a true friend." The host smiled at the observations of his friends, "What does it matter how they interpret the situation, so long as they do not eat the food," he thought. But he was in for a shock. They had not finished talking and they continued, "All these lessons are fine, friend, and we are touched that you have taken all these pains to educate us. We are sure the impact of this event will work on us in time. But as of now we are not ready for those high values. Hence, let us eat." So saying, they began their meal. "No, no," said the host, "I am serious. Do not eat. Please, please believe me." He ran from friend to friend snatching away their leaf plates, toppling the food, not heeding their angry protests and cries of hunger.

In the midst of this commotion, even as a few were theorizing on the philosophical overtones of the situation, some had already taken law into their hands. They concocted marvelous logical excuses to be able to get at the food, "Certainly the fruits could not be poisoned, they are fresh, let us eat only those." By discriminating between what they believed to be "good" or "bad" on their plate, they thought themselves

safe, conveniently dismissing the host's declaration that all the food was poisoned. There were even those who thought, "The poison may not be fatal. After all, only a small quantity is said to have gotten mixed with the food. We have never had such sumptuous food served to us in our lives. Here is our heart's desire right before us. Why not reach out to it?" Still others reasoned, "We are mortal anyhow. If death is to come after such a wonderful meal, let it." With all these thoughts, some guests had already begun to eat, unnoticed by the host who was trying to save others.

No sooner had some food entered their system, many of the unfortunate people began to writhe in pain. Some continued to eat, despite the mild beginnings of discomfort. The host called in expert doctors to save his friends. Lives were eventually saved due to the timely action of the host, but what of the needless suffering? Who could help it though? Was it not entirely self-created? The suffering could only be alleviated to the extent possible.

We too suffer life in the world by choice, not by force. Would there not be a thousand complaints that we put forth about life's unfairness to us? Why is it that our "legitimate" desires often go unfulfilled? We forget that so only as our lives are poisoned by the illusion of identity we have to undergo the effects of poisoning. Nor can we claim ignorance of the presence of poison. Repeatedly we are told that if we cling to our limited identities, if we nurture our sense of separateness, we are bound to be plagued by sorrow and fear, by anger and distress, by conflict and tension. Yet, we are not willing to relinquish this tempting fare. Like the guests in that story, we find a thousand ways to partake of the poison. Have we a right then to complain, "I only desired good for the community. Why has my dream been crushed?" If we do protest thus, we are like those who reasoned that the fruits on the plate were untouched by poison. Any desire, any thought springing from the sense of "I" carries traces of the same poison. True, my dream may have been altruistic, still it is "my" dream; it is what "I" believe is good for someone, or for the community. It is "my" desire for the world.

Good actions, good thoughts, good motives, all these become polluted when the idea of "my" or "I" is superimposed on them. "What is wrong if one has ideals?" some may protest, "Surely it must be good to have a purpose in life and to be determined about achieving that goal." However, determination and attachment do not mean the same thing. In fact, attachment could well undermine courage and tenacity by creating tensions and depressions. From attachment, springs fear that the dream may not be fulfilled, disappointment when there is any short fall in the fruition of the dream, and anger

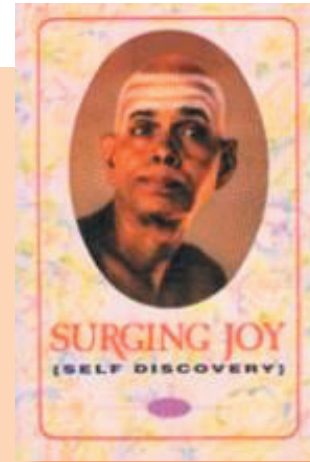
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Poisoned Nectar cont.

whom we believe have thwarted it. Thus one gets more and more deeply entrenched in one's sense of separateness. If one starts thinking, "Why is no one helping me? Why are people so selfish?" and so on, what is one doing in effect? How do such thoughts help in the fulfillment of the ideal? In no way at all. Rather, attention has shifted from the good action to the doer of the action – "myself" and to all people and things in relation to myself. Healthy food has been poisoned and consumed too, imagining it is still healthy.

It is the same in any kind of concern for others, be they dear ones or just other living beings. While an expansion of love is marvelous, attachment to a larger circle is not of much help. It does take one beyond a self-centered existence, yet it is very much in the realm of identity. Instead of being attached to oneself and one's family, one begins to worry about a larger family, about institutions, about ideas. It then becomes merely a trading in of one bond for another. In fact, one is called upon to root out identity so totally that even the desire for liberation is said to be a hurdle to Self-knowledge. "Who is to attain?" is the question asked. Even this ideal is eventually to be dissolved through Self-Inquiry and no trace of identity should remain. So much for the altruistic and subtler desires. The problem is more obvious when the desire is personal. "All people are enjoying life. Why should I not fulfill my simple desires?" we ask ourselves. No problem would arise so long as our desires bear fruit, but one simple failure could turn our lives topsy-turvy. Whom should we blame? If people around us eat poisoned fruit because they look tempting, should we do so too? Saddest of all is our addiction to desires. We know our pursuit of the limited is creating havoc in our lives, yet we declare, "We are unable to get rid of desire; we have not that spiritual ripeness." Does this not amount to saying, "Yes, we know our food is poisoned, but it looks so delicious that we cannot help eating it?"

Where does the solution lie? In eternally going hungry? No. In identifying the poison, in recognizing how it tends to infiltrate the food, and in preventing it from entering our diet. Sometimes it may be necessary to totally keep off the food if it is known to be poisoned. At other times, one may eat heartily, seeing to it that the food is wholesome. We can pursue every ideal, fulfill every dream, achieve every goal, providing we remove the poisonous thought, "my ideal," "my dream," "my goal" from it. Then the very pursuit will be joyous and fulfilling. Bhagavan has not asked us to keep away from life in the world. But he has certainly asked us to inoculate ourselves against the poison of identity by injecting the serum of Self-Inquiry. Every thought must be monitored and only those necessary for the present action, for the actual work, allowed entry. Any thought that has a trace of identity, of the "ego," of "I am the doer," must immediately be nullified by Self-Inquiry. ♥



What is surging joy? Something that wells up limitlessly, spontaneously from within. Can we think of this flood tide of happiness as being outside of ourselves? As something we can catch hold of, find or purchase? It is not possible because it is our natural state, our very being, says Sri Ramana. We have merely forgotten, moved away from the exhilaration of that natural bliss. Why? Because of the constant exteriorization of the mind. To counter this, to turn the mind inward, Sri Ramana gives the infallible weapon of self enquiry. Through this, attention is focused once more on the source, on the perennial spring of joy. Then that takes over. The inundation of bliss 'swallows' one entirely, says Ramana.

In this book Dr. Sarada explores the technique of Self-Inquiry and its practical implications. She is the editor of the monthly, The Ramana Way. She has presented several papers on the teachings of the Maharshi and regularly conducts classes on his works. Here she highlights Sri Ramana's unique approach to other methods as well. The various traditional paths to Self-knowledge also find new meaning in Ramana's teachings.

To order this book, Email ahampublications@aham.com

Spaghetti Squash with Sun Dried Tomato Sauce

Split squash lengthwise with heavy knife (carefully); scrape out and discard seeds. The easiest cooking method is in the microwave, or you can bake it if you like. For the microwave, place inside-up in a rectangular glass dish, and add 1/4 cup water to the dish. Cover with plastic wrap and cook for 10 minutes, or until al dente.

Sauce

8 sun dried tomatoes, chopped
4 shallots, chopped (can use more or less to taste)
4 cloves of garlic, finely chopped (more or less to taste)
1/2 or 1 small green bell pepper, coarsely chopped
1/2 or 1 small red or yellow bell pepper, coarsely chopped
1/4 cup olive oil
1 tsp. ground cumin
1 tsp. ground white pepper
salt to taste
1 cup fresh basil, chopped



On low heat, saute shallots and garlic in cup olive oil with bell peppers, just until tender (don't brown). Add tomatoes, cumin, white pepper, salt to taste, and basil. Cook only until the basil wilts. Remove squash from oven or microwave, scrape halves across horizontally with a fork to free the spaghetti. Keep it fluffy and place in serving dish. Top with sauce and serve immediately. ♥



KITCHEN CLEAN-UP

As much as you can, keep the bowls, spoons, etc. that you use in preparing food to a minimum. You can do this by rinsing out and reusing the same items. Mixing bowls and pots are cleaned out easily if done straight away so that food doesn't become dry and stuck on them. This goes for the dishes as well. The last few minutes of preparing the meal can be spent clearing the work area, washing any accumulated pots or bowls. In this way, the cook has taken responsibility for the kitchen, and there is no need for those doing the clean-up to groan at the number of pots and pans to be cleaned. One advantage of a vegetarian way of cooking and eating is that cleaning up is much easier – no heavy greasy pans or plates to be scoured and no food scraps that will rot and smell and attract flies. If possible, compost all your scraps. If you have limited space, you could start a worm farm in a large box or two. ♥

– From *The Conscious Cook* by Kamala Devi

Invitation to AHAM India

AHAM 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.

At 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.

AHAM 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.

Have 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!

None 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

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)**

Awaken to Awareness Retreats

Enjoy Any Season of the Year



AHAM's Main House



AHAM's Frozen 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.

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



Taking a Walk on AHAM Path

"I got first hand the experience of peace and comfort that I needed, to trust the I AM."

– Kathryn Arnold
Morehead City, NC

Upcoming Awaken to Awareness Retreats: September 11-13 and October 16-18, 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.

Making a Connection



*Wishing
Charlotte Twardokus a
Happy Retirement.*

*Thank you for all that you have
done for AHAM, and as you
continue to volunteer your time
and talents. You are loved and
appreciated.*

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

Experience Meditation on the Telephone

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

Try it This Sunday



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: →

How can the world, which is diversified by space and time, mutable and transient, be real? That alone is real, which is eternal, unchanging and beyond space and time; nothing else.

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 over 20 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 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> with 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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