



HEART to HEART

Consciousness speaking to Consciousness

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The Association of Happiness for All Mankind

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Living From Abundance



AHAM graduate Melinda Bern, taking in the aroma of the abundance of basil from AHAM's vegetable garden

Heart of the Matter

Living From Abundance

By A. Ramana from *Consciousness Being Itself*, pp. 249-251



If you have somehow conditioned your mind with prior limitations that are now karmic in nature (i.e., destined), you can still ask the feeling to come up of it *already* occurring as you *wish* it to be. This will start a churning and clearing process. Hold the “end-of-the-movie” feeling of you *already having* what it is you want, *doing* what you want, or *being* what you want; this will

eventually work through and transform all that is now standing in the way.

In getting the “completion” feeling, you just play with it; keep asking yourself the question, “How would I feel if it were *already* happening?” That feeling has the potential for being here; for you *do* know how it would feel right now, if the situation were *already* that way. You only have to keep asking yourself this question, and holding the feeling.

Understand, in the process of working through it, whatever has to come up, to bring it about, is going to come up! You *will* have to deal with *all of that*, as well. Some of it may not be pleasant. In fact, not all of it, probably, will be; and yet, it can have a great deal of pleasure and satisfaction as well, particularly if you are already abiding in the Self. There won’t be any pain or pleasure in the Self; this will be going on *only* in the body-mind. You’ll be able to see it, and observe it going on in the body-mind, and you will *see* that it is *only* going on in the body-mind. You will see and know, “It’s not going on in the Self, or this prior, pure Awareness, I AM.”

Questioner: *I am feeling something going on as we’re talking about this. What came up in my mind is, you can’t serve two masters. It’s really like you were saying before, “walking the razor’s edge.” Because, for so long, we haven’t been partaking of this whole process of creativity, because the focus has needed to stay on Self-Inquiry and on remembering “there is no happiness in the world”; so, we could really be solidly established in that, as you described this past Saturday afternoon. Now, we are starting to play in this creation game again, and I can feel something happening as we’re...*

Ramana: Yes, that’s the fine print! (Smiling) Read the caution on the label...

Questioner: Right, I feel it in me.

Ramana: Now, “serving two masters” apparently has another meaning. All scriptures, as such, can be read and seen from where we are coming from here. And, it can have another meaning as well, a meaning with regard to context. “You can’t serve two masters” means, you can’t say “I can” and at the same time also question or doubt that you can, feeling “I can’t,” or “I’m not sure.” That’s trying to serve two masters, too. You can’t entertain doubt and faith at the same time. To achieve positive results, you must only entertain the feeling of faith, or that “I can.”

Faith is *feeling* that you *can*. So, hold on to the *feeling* that you can. If, at the same time, you entertain the feeling of doubt, or that you *can’t*, that is serving two masters. This means, “serving two masters” is when you are wanting something, and also doubting whether or not you can have it.

Questioner: *So even the feeling that I can’t walk the razor’s edge of this process is serving that, too.*

Ramana: Yes, it’s serving that too. You certainly *can*, you have *every right* to. Really, there is not anything to be frightened of. There is nothing to be shy about. Who is it that is doing this? You are the Unchanging Self.

Everyone has to have the opportunity to go through the adventure of dealing with whatever it is they have got to deal with. Everyone has to fulfill his or her destiny. So, it is again time to bring this up and let people play with whatever that aspect of consciousness is that has to be played with, or experienced, or expressed in this way.

Where there is lack of fulfillment, the opportunity must be given for fulfillment to occur. The opportunity must be given. So, that is what is bringing it up, because there is no “I” here bringing it up. It is just coming up. I’m watching it coming up just like you’re watching it coming up.

So, in it coming up, I’m saying, “Be aware that it is coming up, and that it looks like it has got a place here.” Let’s watch it while it has its apparent place here, and be very aware and very alert to it, and to what is our intention regarding it, right from the very beginning. You are the One Self in which all is appearing to be occurring, but you are not the “doer” of what’s occurring, that is your destiny. ♥

Ramana will be leaving for India on October 6, 2009. Contact the AHAM India Ashram <arunaham@vsnl.com> for information regarding weekly Sat Sanga schedules and programs.

Love Note From The Heart

What is Transformation?

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

I would like to share with you an excerpt from our Living Meditation Training, which is given on the first day of the Training. It accurately defines "transformation." There are many concepts about what "transformation" means. It is important for us to know the Truth about what it really is.

On the last day of this Living Meditation Training, when the formal sessions have all been completed, if you have made the purpose of the training, which is *transformation*, your purpose, then the process of this training, and the results it is producing, will still be going on with you and within you. It will be *your own* Living Meditation.

The basis of your being is transformed from identification with the body-mind, the not-Self, to Awareness Itself, or pure Being. This is "Living Meditation."

What is meant by the word "transform" is really "transubstantiate." Transubstantiate is an uncommon word. It means to actually change into another substance. That is what is meant by "transform." It is an alteration in substance, rather than in form, shape, or appearance. If you change an apple into a banana you then have transubstantiation. If you change an apple or apple seed into an apple tree, or change an apple tree into an apple-wood table, you have an alteration or change in form, or shape, or appearance, but not in substance, which is not transubstantiation. If you change lead into gold, then you have transformed one element into another, which is transubstantiation. This is more like what is meant by "transformation."

The actual dictionary definition of "transform" is to change the condition, the inner nature of, or the function of; to convert, to change the personality or character of. And, its synonyms are "transmute" or "transubstantiate." So, what we are looking at here is an alteration or major change in state, or in one's basic essence. Essence is the intrinsic or indispensable property of a thing. So we're looking for a change in the essential property.

In order for transformation to occur, you have to go through zero... which is being nothing. How difficult is it for you to be nothing? To just BE? Are you defending your positions, and points of view, and insisting on being something, or somebody? Transformation is about just Being, which means

you are being "nothing," and it is perfectly okay. Only then can you really be something. But it no longer matters or makes that much difference. You're okay just as you are, all the time. ♥



The Living Meditation Program follows the Self-Inquiry Series in our conscious curriculum. It gives one an opportunity to see the strategies of body-mind identification and to learn a powerful tool to release them at the root, through the "Truth Process." The mind is seen for what it is: "a bundle of thoughts." Awareness is fully revealed; and simple, though radical transformation occurs, naturally. You are thereafter "a changed being," living IN, AS, and FROM Pure Awareness.

Teachings of Bhagavan Ramana

The Limitless Reality

From *Guru Ramana Vachana Mala*, verses 59 - 67

59. The so-called *jiva*, who is nothing more than the knot (nexus) between Pure Consciousness and the insentient (body), and who arises in the body as “I,” is himself bondage and the bound one, both in one.

60. These mad actors that wallow in the misery of relative existence are merely hallucinations that are variously projected by imagination in the sky of Pure Consciousness, namely the Real Self.²⁹

²⁹*The multiplicity of selves is a necessary consequence of the ego-sense being limited to one out of the numerous bodies seen by the mind; it is not more real than the bodies.*

61. Man becomes an insignificant *jiva* and suffers endless misery, because of his fall from his original fearless nature, like hair fallen from (its place on) the head.³⁰

³⁰*The fall mentioned here is not real; the truth as confirmed by the experience of the sages is that there was never a fall. These statements are not intended to be the last word on the Truth. Hence questions such as: “How came the Self to fall from his natural State?” or the like, are inadmissible; when such questions are asked. The Sage as a rule replies: “Find who you are – you who propound these questions.”*

62. This ego is (to be regarded as) a ghost appointed by the Overself (God) to keep the body intact so long as (the current) karma (action) is not spent by their fruits being experienced.

63. Forgetting one’s real nature and getting exiled from the world³¹ of the Real Self, the world-bound one becomes a prisoner in the body and is swallowed up by the serpent *Moha*.³²

³¹*The use of the word “world” in connection with the Self is always figurative, not literal, since the Self transcends all the worlds.*

³²*The term moha here means the delusion that happiness is to be had from sense objects.*

64. Strange indeed is this: This *maya*, namely the mind, is not real; but those that are bitten by this (unreal) serpent are losing their lives.³³

³³*The loss of the natural state is the real loss of life; the so-called loss of life by the death of the body is not real.*

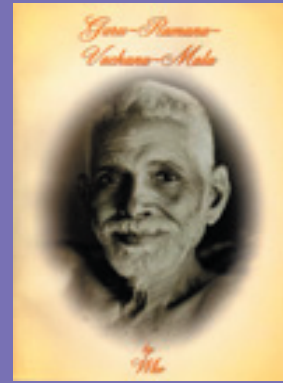
65. Those that cherish the belief that the body – which surely converts sweet smelling food into odure after (eating) – is the Self, are lower still than the pig.

³⁴*The physical body is more filthy than even filth, because it can convert good food into filth.*

66. The *jiva* (individual soul) who is called “I” does not really exist; if he exists at all, then he is just the Supreme Reality, just as the seeming snake is just the rope (in which it appears).

67. That very mind, which by subjection to desires becomes finite as the *jiva* and suffers endlessly, is itself the Supreme and Infinite Being when it becomes desireless and moveless.³⁵

³⁵*What is called jiva is nothing but the ego-mind, which again is but an appearance in the Real Self; the appearance derives vitality and longevity from desires. When by the Quest of the Self all desires are extinguished in the Experience called Self-Realization, the ego-mind also ceases and the Self alone remains.♥*



This is an English rendering, by “Who” (Sri K. Lakshmana Sarma), of 350 Sanskrit verses, most of which were written by Sri Muruganar, the chief disciple of Sri Bhagavan, which embody the verbal Teaching of Sri Bhagavan. Included are explanatory notes. The three chapters, entitled “Discrimination,” “The Quest” and “Experience,” lead one from a discussion of the Ultimate Goal, through a description of the way to achieve the goal, and finally end by urging you to not just read about the goal, but rather to experience it.

To order, contact <ahampublications@aham.com>

Words of Wisdom

To Him that Has

From *Your Faith is Your Fortune* by Neville Goddard, pp. 66-68

Take heed then how you hear; for to him who has will more be given, and from him who has not, even what he thinks that he has will be taken away." Luke 8:18

The Bible, which is the greatest psychological book ever written, warns man to be aware of what he hears; then follows this warning with the statement, "To him that has it shall be given and to him that has not it shall be taken away." Though many look upon this statement as one of the most cruel and unjust of the sayings attributed to Jesus, it still remains a just and merciful law based upon life's changeless principle of expression.



Man's ignorance of the working of the law does not excuse him nor save him from the results. Law is impersonal and therefore no respecter of persons. Man is warned to be selective in that which he hears and accepts as true. Everything that man accepts as true leaves an impression on his consciousness and must in time be defined as proof or disproof. Perceptive hearing is the perfect medium through which man registers impressions. A man must discipline himself to hear only that which he wants to hear, regardless of rumors or the evidence of his senses to the contrary. As he conditions his perceptive hearing, he will react only to those impressions which he has decided upon. This law never fails. Fully conditioned, man becomes incapable of hearing other than that which contributes to his desire.

God, as you have discovered, is that unconditioned awareness which gives to you all that you are aware of being. To be aware of being or having anything is to be or have that which you are aware of being. Upon this changeless principle, all things rest. It is impossible for anything to be other than that which it is aware of being. "To him that has (that which he is aware of being) it shall be given." Good, bad or indifferent – it does not matter – man receives multiplied a hundredfold that which he is aware of being. In keeping with this changeless law, "To him that has not, it shall be taken from him and added to the one that has," the rich get richer and the poor get poorer. You can only magnify that which you are conscious of being. ♥

"To live a pure unselfish life, one must count nothing as one's own in the midst of abundance." – Buddha

"People with a scarcity mentality tend to see everything in terms of win-lose. There is only so much; and if someone else has it, that means there will be less for me. The more principle-centered we become, the more we develop an abundance mentality, the more we are genuinely happy for the successes, well-being, achievements, recognition, and good fortune of other people. We believe their success adds to...rather than detracts from...our lives."

– Stephen Covey

"Riches are not from abundance of worldly goods, but from a contented mind." –Author unknown

Simply Divine

Pesto Pasta

10 cups dry Rainbow Twirls
2 large onions, chopped
5 large garlic cloves, finely chopped
5 large carrots, chopped
10 celery stalks, chopped
3 large red peppers, chopped
2 large green peppers, chopped
14 oz. pesto
1/4 cup olive oil



Cook noodles according to instructions on the package. Drain and mix with a little olive oil to coat. Sauté onions and garlic in a little olive oil. Add carrots and sauté until crisp tender. Add the rest of the vegetables and heat until hot, not cooked. Mix pesto with the 1/4 cup olive oil. Put pasta in bowl, add some pesto, layer with vegetables, adding pesto to each layer.

Serve either hot or cold. This recipe serves 12. ♥



COMMUNION AND CELEBRATION

The sharing of food is a practical way of showing love and respect for our companions, whether we live in a family situation, in community, shared accommodation or simply alone. Although individually we have our own schedules, gathering together to eat is to be encouraged as it brings harmony and understanding between people. All the pain that we experience in life is due to our sense of separation and isolation. Communion is not just a ritual to be formally observed in a church service, but goes beyond the boundaries of individual religions and philosophies to be celebrated in everything that we share together that is nourishing, inspiring and serving our best interests and aspirations. In every culture, special occasions are celebrated by the preparation of certain foods. Sweets and cakes are especially favored for Weddings, Birthdays, Baptisms, Naming and Coming-of-Age celebrations, religious Holy days, Initiations and Graduations, and Wakes. The seasons are celebrated with food, particularly Harvest-time, with its abundance. There is a special privilege in preparing food for others to eat. Those who are going to eat it really put their trust in you to nourish them, certainly not poison them. If you regularly prepare food for your family or group, they are entrusting their health to you. So it is a very responsible task, worthy of the time and attention you devote to it. It is good to be acknowledged for your service too. A simple "Thank you!" is very encouraging. ♥

– From *The Conscious Cook* by Kamala Devi

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.

Vivian asked me to write a testimonial of my experience of Inquiry and AHAM.

After several months of several attempts, today I began to write to her to let her know I just couldn't do it. How to express what I have gotten, especially when it keeps changing?! During any given day, I feel clear, then not-clear, and on and on.

As I composed the "I can't do it" email, another voice rose from inside me and said, "Baloney." (Well, actually, it used the other word referencing cows in Texas.) And it said, "Just write what you have gotten. You don't have to be perfected to say where you are right now and what you have gotten."

It's come up as organic lessons I have learned, and continue to learn, on this onion-layered apparent path.

Lesson #1

There is no silver bullet, magic pill, nor bite of the mushroom. This isn't a goal to be achieved in the usual everyday way.

Lesson #2

It is called a PRACTICE for a reason.

Lesson #3

Even with an epiphany, insight or "glimpse" of the Truth, "out there" (in the world), everything will look the same. Don't be disturbed by this.

Even your imperfect-ego-self can look really, really crazy at times, and really, really clear at times; don't pay any attention to that. The ever-present True Self is always here, whether you stop & tune in or not. And when you do, none of that other stuff matters. But you have to keep doing it. See Lesson #2.

Lesson #4

The mind is tricky.

It will tell you all kinds of stories about how unworthy you are, how you are failing, how these so-called "spiritual" people around you are either way too messed up or way better off than you. It will always be comparing. Even when you are onto it, it will keep comparing. You can a.) Get a reality check from your guru, buddy, sponsor or fellow seeker on the path – we have so much support here – and b.) Politely thank your mind for sharing its point of view and shift your attention elsewhere, onto Self, as Ramana says, CONSTANTLY. If we could be as consistent as the mind is (in trying to assert its reality), and constantly turn our attention inward, the mind will be quiet. Not "gone" but immaterial.

Lesson #5

Don't take it so seriously.

In the end, the best we can do here on earth is enjoy and to share our joy. And the best we can do "spiritually" is to realize our True Self, which is ALREADY REALIZED, whether we realize it or not. So chill out. Where is there to go? More importantly, where am I now?

Here. Present. Always.

Learning Self-Inquiry at AHAM has given me this: Peace. And AHAM is an amazing, organic support system to assist us in always remembering where Peace is. This is all I could have asked for.

Love,
Kerri-Suzanne Kyle
San Fransisco, CA



Living Meditation Training at AHAM

August, 2009

"I am getting it that all patterns, conditionings, beliefs, etc., are not who I am. They take place in the clear space of awareness, which is who I really am, which is what sees and knows. The rest is just the machine running."

– Saroja Poilblan

"The body-mind (ego) mechanism is a 'machine.' I am not this machine, I am Divine and I am aware of this 'machine.' All that is necessary is to take what 'I' get, and don't take what 'I' don't get, being in acceptance of whatever is."

– Ann Egge

"The mind was revealed very clearly and thoroughly. There is a deep realization that I AM THAT pure awareness of Being and there is a strong draw to stay in that clear space of awareness."

– Esther Fisher



"There is no doing, only being. I can stay in awareness of who I really am by not 'going there,' with the mind's patterns, and by experiencing what is right now. The mind's ways are a dead-end."

– Mieke Rose

Top row l-r: Ted Suga, Kailua, HI; Ryan Kelly, Tampa FL; Stuart Edmonson, Charlotte, NC; Mieke Rose, Chapel-Hill, NC; Esther Fisher, Hendersonville, NC; Elizabeth MacDonald, Asheboro, NC (Trainer); **Bottom row l-r:** Jenny Ngo, Huntersville, NC; Saroja Poilblan, Gatineau, Quebec, Canada; Lina Landess, Asheboro, NC; Ann Egge, Roanoke, VA; Carol Stewart-High, Asheboro, NC (Assistant); Gwen Long, Washington, DC; Cindy Pasternak, Roanoke, VA

"I am seeing the mind's configuration and know that is not who I really am by direct experience. My being seems to be 'more' alive. I am being drawn further into the Heart."


– Ryan Kelly

"I got it that I am the source and cause of my own experiences. I am not the ego body-mind; I am the Being which is prior to it and is the source giving it 'the power.'"

– Jenny Ngo

A Graduate's Sharing

Thank You Dear Rose



Thank you dear Rose, for receiving my nose deep into your bed of petals, nestling and tickling my nose so close up, allowing me to feel the splendor of your soft delicate petals even though to do so they were displaced somewhat. And as I pulled back my face and nose from your petals, my nostrils began to breathe in your glorious scent and your petals in resilience returned to their prior fluff not the least bit disturbed. And your scent filled my nostrils step by step with each inch of receding breath.

Thank you dear Rose, for showing me the way. Your combination of strength and a most delicate beauty revealed it to me. Your willingness to receive and give, all the while knowing it is for the *highest* good revealed it to me. Yes, you showed me my path.

Yes, these words are beautiful, from the Heart, and they are coming through me, this aspect of I AM. And yes, I am resilient and filled with beauty and love to share. And I must.

I am needing to write and speak words that touch the Heart and express our Oneness, to hang out in Love with animals for sure, to sing and dance out loud, and who knows what else. We'll see.

And it is not lost on me the terror in my uncle's eyes as he did the unspeakable to myself, and my cousins, his daughters. No, I know he suffered much. I remember seeing him many times dressed in his WWII uniform, walking up and down the open staircase between the kitchen and the cellar, Bible in hand, reciting passages out loud and incessantly. Just a single clue to his pain. Yes, I understand there is neither right nor wrong. There is only suffering and not suffering.

So dear Rose, I thank you for your gift of Beauty, Love and Wisdom. I thank you for the exquisite gentleness of your message, that which allowed it to be heard. You are my blessing. I love you.

An AHAM graduate

Awaken to Awareness Retreats

Enjoy Any Season of the Year



**Squirrel Looking at
the Time on AHAM's
Sundial**

A Graduate's Sharing

"The 'Awaken to Awareness Retreat' is a good introduction into the foundation of knowledge concerning this simple, beautiful meditation."

– Susan Brenner
Dayton, OH

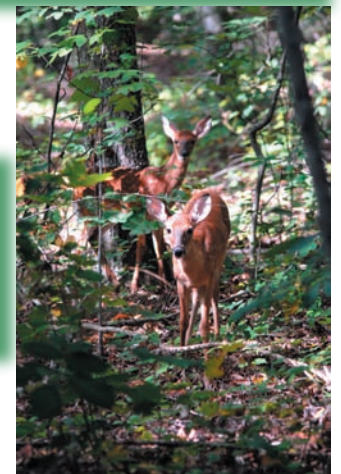
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AHAM's Frozen Reflection Lake

Photos
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**Deer on AHAM
Property**

Upcoming Awaken to Awareness Retreats: October 16-18, November 6-8 and December 4-6, 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



Stan Davis, AHAM Staff and Outreach Director, at a Rotary Club meeting in Courtenay, British Columbia, Canada held earlier this year. Stan was the featured speaker for the event. In the photo, he is shown guiding Rotary Club members in a meditation process for releasing and preventing stress. This was the second time Stan had been invited to speak to the group.

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 thru Friday, simply e-mail your request to the AHAM Center at: [<ahamcntr@asheboro.com>](mailto:ahamcntr@asheboro.com) Subject: Daily Messages

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Only by becoming aware of the truth of the Self – by the forgetting of which this great and endless suffering of relative existence has been incurred – does one get rid of (that) suffering, not by any other means.

AHAM's e-HEART to HEART Publication – published monthly by AHAM

This monthly e-publication is the continuation of AHAM's original paper-printed magazine, also titled HEART to HEART, the existence of which alternated on occasion from monthly to bimonthly to quarterly, etc., for over 20 years beginning shortly after the development of AHAM in 1978. Its main purpose is to spread the pure teaching of AHAM, which is primarily the transforming process of Self-Inquiry, based on the Pure Teaching of Sri Bhagavan Ramana Maharshi. Self-Inquiry is the core and central basis or theme of AHAM's own teaching.

It is AHAM's ongoing mission to spiritually assist one and all in transcending and ultimately eliminating all forms of suffering; to harmonize all forms of conflict, contradiction, and confusion seen and felt in one's life and in the world, which is actually only caused by identifying with the appearing body-mind and ego as being oneself in the world of time and space. AHAM's purpose is to bring about real and lasting peace, freedom, and happiness for all who are ready and willing to receive it. This is being accomplished, as proven by our many graduates through the years.

AHAM awakens one to the Highest Truth – which is, there is not now, never has been, nor will there ever be a separate, individual being. There is always only One Self, One Truth, or One Reality, appearing as all the apparent "others" and revealing this One Self (called God) to Itself. God is actually playing ALL the seeming roles, of all of us!

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 single, simple message has always been what we have shared, whether in the original paper printed version or now in this electric or e-version. The purity of the AHAM 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, offerings, gifts, or contributions to its continuation are very welcome; they assist us in the operation of our two centers. Please feel free to pass this publication on to friends, and please send us any questions you may have regarding either AHAM or your spiritual practice (*sadhana*). If you give us permission, we would like to print both your question and our answer in the e-HEART to HEART, or do so anonymously. 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>



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In loving service,
AHAM Publications



THE ASSOCIATION OF HAPPINESS FOR ALL MANKIND (AHAM) is a non-profit organization, incorporated in the state of North Carolina. AHAM offers a unique spiritual system and process of meditation called Self-Inquiry, which ultimately leads to the radical experience of Enlightenment or Self-Realization. AHAM has been serving the worldwide spiritual community with its curriculum of conscious-transforming programs since August 1978.

Founder and Spiritual Director.....A. Ramana
Assistant Spiritual Director.....Elizabeth MacDonald
Acting Administrative Director.....Stan Davis
AHAM India Ashram Manager.....Jan Sundell
Outreach Director.....Stan Davis
Publications.....Steven Jacobson
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