



# HEART to HEART

*Consciousness speaking to Consciousness*

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The Association of Happiness for All Mankind

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## Living From Generosity



*"You give but little when you give of your possessions.  
It is when you give of yourself that you truly give."*

**- Kahlil Gibran**

# Heart of the Matter

## Mastering Generosity – Giving, Receiving & Tithing

By A. Ramana from *The Handbook to Perpetual Happiness*, pp. 339-342



Your capacity to give determines your capacity to receive. Mastering generosity is one of the secrets to safeguarding your ongoing wealth or prosperity. Giving affirms your Oneness with, and Love of the Infinite Source of abundance and with other people; and, it opens you to receive the riches of life.

Leonard Orr, once founded a group in California called “Prosperity International,” and gave workshops across the country on money and prosperity. He reported how one member of that group tithed, or gave away, over ninety percent of his income for humanitarian purposes. And, according to Orr, the ten percent that was left over was far more money than this man needed to spend on himself or his family! Leonard went on to say that *at first*, when this person started practicing the principle of tithing, he didn’t feel that he could do it. He felt that he couldn’t afford to give away, or tithe, ten percent of his income, and which was at the time being strongly recommended. However, even though doubting or not believing that he could afford to tithe, he did so anyway. The ultimate result is, that he became a multimillionaire. His credited his financial success to his ongoing commitment to tithe – not just 10 percent, as the principle calls for, but 90 percent!

The greatest percentage of people, probably over ninety-five percent, live from the sense of lack, limitation, fear, and resentment regarding money, and particularly regarding tithing. They usually have the attitude and feeling, “I can’t afford to tithe, or give to some charity.” Or, they say, “Why should I tithe?” They may have heard of it, but they don’t understand or even believe in its benefits.

It is recorded in the New Testament Bible (Acts 20:35) where St. Paul is charging or enjoining the people to support the church and help the less fortunate souls in the world; he says, “*In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, ‘It is more blessed to give than to receive’.*”

Check your own feelings about this *right now!* Do you actually tithe a *minimum* of 10 percent of your income, from *all* income sources, to your church, temple, or mosque, or to

some worthy humanitarian cause or endeavor? Or, like the majority of people who live in lack, limitation, shortage, fear of loss, or who have these conditioned thought patterns, do you have the attitude and feeling, “I can’t afford to tithe.” Perhaps you feel that no “cause” is as worthy as your own cause... ‘cause “I” don’t have enough, already? If so, this *itself* is, or may be *because you don’t tithe!*

Have you no desire or inclination to give, or to share what you have with those even more needful? If not, you are limiting your good by this attitude. You are *inviting* loss, or continued fear of loss. Why would you hold yourself back from genuine prosperity and security when there is this prospering principle, or Law of Tithing? Perhaps you just don’t understand or believe it.

Tithing *is* a Spiritual Law. It *guarantees* prosperity and financial security to the one who obeys its tenets by joyously giving a minimum of 10 percent of *all that one earns* back to the Source, which is in fact God functioning “charitably,” by way of His representatives doing His work in the world, such as your church, mosque, or temple; or, other worthy organizations or individuals that are involved *solely* in spiritual or charitable endeavors to eliminate sorrow and suffering.

Tithing is primarily an act of love, generosity, and appreciation. It serves the purpose of also allowing the receivers to experience receiving, and to feel supported. But, the paradox of tithing is that it is far more beneficial to *you* – the one who *tithes* or *gives* – than it is to the receiver. Why? Because it is a Spiritual Principle or Law. It is a Spiritual Covenant with God, which is *both* a promise by you and a guarantee by Him of continued security in your life – when *you* keep it.

This answer may not seem reasonable, or sufficient, to the mind of anyone who doubts or does not believe in God. If that includes you, then a more logical or secular reason to give is this: giving opens up your own consciousness to the positive feeling of abundance. Moreover, it is only “an open consciousness or mind” that is able to receive. You cannot receive when you are closed or contracted. Thus, tithing is a most effective means of opening the mind to the feeling of abundance, by invoking the feeling of generosity, which is a primary aspect of abundance. Giving opens the channels of receiving.

*(Continued)*

## Mastering Generosity – Giving, Receiving & Tithing cont.



In the region of the world that since biblical times has been known as “the Holy Land,” the Sea of Galilee empties its waters into the river Jordan, and thus is a fresh water lake full of life. The river Jordan empties into the Sea of Arabah, as this huge body of water was known in biblical times. It is also known as the

Dead Sea, or the Sea of Salt. The Dead Sea has no life in it, for it has no outlet. It does not “give” of its waters, or flow out, it only receives – thus it is dead. This somewhat depicts the spiritual state of those who do not tithe. Or, those who do not freely give of that which they receive but who instead only take, or only use what they receive for their own ends.

One might argue that regular spending is itself an outlet, and thus opens one to receive. Yes, this is a fact that maintains the normal circulation of one’s financial flow. However, tithing is quite different. It is *intentionally* giving, or “giving with purpose,” not merely spending. And, such giving is what opens a person to generosity. Whereas, ordinary spending for one’s own needs and desires does not invoke the inner feeling of abundance, as does tithing. Ordinary spending often leaves a sense of shortage, or concern over “the little that is left,” after you have spent, maybe just for bills with the doubt, “Will what I have be enough to last until my next payday?” While tithing, which should be done even *before* you spend for yourself, establishes you immediately into the feeling of being consciously connected with the Infinite and Universal Source of all abundance, which gives you the inner feeling of confidence and security in what you spend for yourself. This occurs with little or no worry about, “Will I be able to make it to payday?” Or, if you don’t have a paying job, “Will I be able to make it until more money comes in?”

The proof of the power and benefit of tithing can only be experienced by tithing, and by doing so *regularly*, not by mere speculation or argument about it. You must *do* it! You must *tithe*!

Tithing is a Spiritual Covenant. It is a Spiritual Law that when obeyed, will *guarantee* you financial security, and certainty, even during a recession, depression, or trying times, or periods of personal and economic insecurity or instability.♥

**For Table Talks from India go to:**

[http://www.youtube.com/results?search\\_type=&search\\_](http://www.youtube.com/results?search_type=&search_)

**On You Tube go to :**

[query=aramana&aq=f](http://www.youtube.com/search?query=aramana&aq=f)

<http://blip.tv/search?q=AHAM&x=10&y=14>

### About Understanding

*Understanding cannot become an object to itself, just as sight (or seeing) cannot become its own object.*

*We cannot become what we always, already are.*

*There is no separate entity “doing” understanding, or that is “knowing this or that,” there is only the One Universal Consciousness, or Being expressing as Pure Knowing or Understanding. We are That!*

*This Pure Knowing and Pure Being is another name for the Uncaused Cause, the true Self; it has no beginning. It is pure Unborn Awareness, prior to or beyond cause and effect. We are That!*

*The mind can only function in the world of time and space at the level of cause and effect. It is convenient for simple reasoning. It analyzes, compares, qualifies, and judges everything by means of and/or in relationship to cause and effect; that is also its limitation.*

*Therefore, the mind cannot understand That which we are, the true Self, which is beyond cause – being the Supreme Subject, the Uncaused Cause of all that is, including the mind. The mind can only dissolve, disappear, merge with, and become That. The mind is not “you” or “me,” there is no separate entity as such, only the momentary appearance of a “phantom entity” seemingly trying to become the Self, but there is no such entity, we are always, already That.*

– A. Ramana

### Sat Sanga in India with A. Ramana

Sat Sanga at the AHAM India Ashram with participants from countries around the world, gives the opportunity to delve into the clear wisdom of living in “Pure Being.” Informal meetings with Ramana after meals are the highlight of any stay at the ashram.

When Arunachala Ramana interacts with a Sat Sanga participant, the conversation often moves to *exactly* what that person needs to hear in that moment. The net result is an uncommon depth of understanding, which cannot be compared to some “general teaching” that is aimed at *everybody*; however, it *actually* pertains to what everyone needs to hear and understand.

A selection of these talks, as well as interviews by Never Not Here Host Richard Miller <nevernothere.com>, can be found on our website <www.aham.com>

# Love Note From The Heart

## I Am “Here” in the Heart

Excerpt from *Living From the Heart*, pp. 83-85 by Elizabeth MacDonald, AHAM's Assistant Spiritual Director and Senior Trainer



**Elizabeth:** Be sure that you're *Here* no matter what's going on in the body-mind. Immediately get that, from the Awareness that is aware of the body-mind. Then I'm *Here*; it's *there*. It doesn't matter what is going on. So, what's *there* is not me; I'm *Here*. And then do the Inquiry to be *sure* that you're sitting in the Heart. If there's experiencing still going on, just allow it to fully experience out. Give it full permission for it to happen whatever way it needs to. Experience this directly right now ... I am *Here* as the Awareness and the body-mind is *there* ...

*Participant:* That feels a lot clearer.

**Elizabeth:** Yes. We're not *seeking* in this path.

*Participant:* Right. I see where I have really been seeking in this.

**Elizabeth:** It's become very apparent to a number of people where we've been using a path to continue the search, rather than "sitting" *Here* in the Heart, and living our lives from *Here*.

*Participant:* Yes. That's what I get from the Self-Inquiry process; it's the immediacy of it. It's right here and right now.

**Elizabeth:** Yes. The conditioned mind is tricky and is a veteran in its way to survive. It uses everything it can to build its defense mechanism. It clouds over the simplicity. But now, you *do* get it and you can just sit in the Heart. Keep checking in each moment. Say, "Where am I now?" And then within a very short period of time, you'll realize when you're checking in, "Hey, I'm sitting here in the Heart. This is great. Everything's going on, everything's getting done. I'm just not getting pulled in or distracted. This feels really good!" You're no longer suffering. Yes, the body-mind may have a little suffering, but it's okay because it's *not me*. Celebrate this now ...

I know we were laughing a little bit earlier when the operator came in. But if we only *had* one minute left, where would we be? Or "*no minutes left*," as the operator said – that was for *us*. For us to see if we're doing this practice in its purest form, so that when we *don't* have any minutes left, and our time is up, where are we? In the Heart, or are we in the body-mind, trying to figure it out, trying to work it out from, "I just need one more minute. Just give me one more minute to get this thing done."

No, no more time!

This is the attitude we have to have with our practice *now*, not when time has already run out. This is the kind of vigilance that's required. And as you make this choice and commitment, here and now, and continue with the choice, the strength to sit in the Heart will respond very quickly. But if you're gesturing at it, there's no strength there; it's wishy-washy.

Actually it makes everything so much easier, because you're not the one doing it. You're letting the One that does it all do it. It's full surrender. And as you get it, it's sacrificing the "I" that thinks it knows, that thinks it is the one who does it.

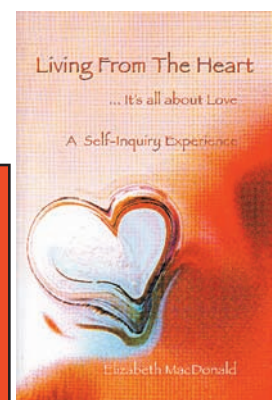
Give up the knower; give up what you think you know. Be the empty space that is absolutely receptive to whatever is to be revealed in this moment, and "knowing" *will* occur. But not as long as there's an "I" that thinks it knows, and a "doer" that thinks it knows what to do.

Instead, just "sit in the Heart" and remain in the pure Awareness of the Self ... and be happy *right now*. And then, what's not *That* is fully exposed once we've made the shift from the "I-thought" to the "I-I Awareness."

Namasté. ♥

*"In her book, Living from the Heart, Elizabeth MacDonald brilliantly succeeds in de-mystifying the whole process of Self-Inquiry. Through interactive dialogues, the Author gently encourages her students to return, again and again, to addressing the ultimate, primordial question: "Who am I?" This book demonstrates that living fully in this Question, each and every moment, helps to dispel the persistent illusion of separation and to open the Heart. Recommended."*

– Chuck Hillig, Author/Teacher [www.ChuckHillig.com](http://www.ChuckHillig.com)



# Teachings of Bhagavan Ramana

## Bhagavan Ramana in the Kitchen

When Bhagavan Ramana was staying in the Virupaksha Cave, there was no regular cooking. The alms gathered by devotees would be shared by Ramana and those present. Subsequently when he shifted to Skandasramam, his mother began to cook regularly for Ramana and the devotees. The fire lit by her is continuing with even greater vigor since then.

In May 1922, after his mother's liberation, a hut was constructed over her samadhi around which Sri Ramanasramam has grown since then. Ramana's younger brother Nagasundaram, who had joined him at Skandasramam, shifted to the samadhi where he would cook the required offerings. He was known as Chinnaswami or the younger swami. He was an expert cook. Later, in December 1922, Ramana also shifted to his mother's samadhi site and regular cooking had to commence. This was in the hands of Chinnaswami, Dandapani Swami and a few others. It would appear that gradually the cooking was taken over by Ramana himself. He commenced the work with a team of regular assistants, also supported by a few devotees who were present at that time. Under his guidance, the kitchen became a regular school for teaching the inner way of life and strong sense of equality. As a rule the kitchen staff would ripen in wisdom.

Ramana would be in the kitchen between 2:30 a.m. and 4 a.m. He would begin by cutting vegetables along with the kitchen staff and devotees. Then he would prepare sambar and chutney for breakfast and occasionally some extra dishes also. He would not permit any special attention being bestowed on him. The work included grinding and other manual jobs. When the dishes were ready, he would taste a little of each and give the co-workers a sample to ensure that the dishes were tasty. After finishing his work, Ramana

would return to the hall to be in time for Vedic chanting.

It may be mentioned that Ramana was a strict disciplinarian, for he would not tolerate the least sloppiness. The allotted duties had to be performed by understanding the requirements.

The touch of Ramana's gracious hands would make the dishes nectarine. Sampooramma, one of the kitchen staff, recalls, "He would patiently guide me in every detail about what to cook and how to cook. He used to lay stress on proper grinding, the need to put a lid on vegetables to make them tasty, and so on... He was quite strict and would not countenance any deviation from the instructions... Because of his care for us, even the toughest jobs would seem light. In his company we would always be energetic and ready to take on any amount of work.

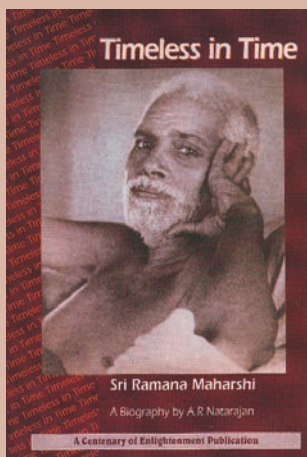
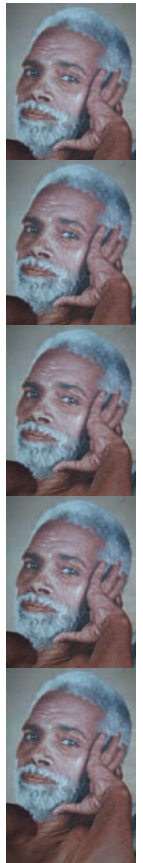
A kitchenmate, Subbalakshmi Amma, was keen on meditation and would ply Ramana with questions. Once she asked him about the nature of the Self. Ramana advised, "Abide in the Self, free from thoughts instead of inquiring about the nature of the Self." She would fret and fume about the absence of time to meditate because of excessive kitchen work. Ramana told her, "If you identify yourself with the body, you are bound to dualities. Work will appear difficult. Even if we free ourselves from work, would the mind cease to wander? It does not let us sleep in peace. It keeps wandering as in dreams."

All the kitchen staff would feel privileged to be able to work with Ramana. One of them remarks, "The privilege of companionship of Lord Krishna was given to gopis of Brindavan. The same fraternity with God was our blessing in the Ramanasramam kitchen. Was he not compassionately compensating them for their inability to join the other devotees in the Old Hall?"

Ramana stopped working in the kitchen in the late thirties. Thereafter also, he would spend some time with the kitchen staff by chatting with them after his meal, teaching them new verses and songs and generally making them happy.

### Equality in the Dining Hall

The equality which Ramana insisted upon in the dining hall is an aspect of his universal love. He was fully aware that the kitchen staff and the devotees would show him preferential treatment if given the slightest opportunity. So, he was always hawk-eyed about any attempt at such preferential treatment. Share and share alike was the golden rule which he observed to the last day. ♥



The above article is excerpted from  
*Timeless in Time-Sri Ramana Maharshi: A Biography*  
by A.R. Natarajan, pp. 208-211

Available from AHAM Publications.  
Email <ahampublications@aham.com> for information.

## The Delight in Being Generous

From *Lovingkindness: The Revolutionary Art of Happiness* by Sharon Salzberg, pp. 195-198 (2004 Hardback copy)

*"If you knew, as I do, the power of giving, you would not let a single meal pass without sharing some of it."* – The Buddha

The traditional teachings describe many worldly benefits that come from giving. First of all, when people are generous, others love them. This does not mean that we give so that we will become popular. Rather it is a law of the universe that as we give, we receive. When you know someone who is very generous, even if she or he has not given to you directly, what does it feel like as you call this person to mind? People who are generous awaken in us openness, love, and delight.

The Buddha also said that people who are generous can enter any group without fear. Part of the delight that comes from giving is in the love we also feel for ourselves. A sense of courage, strength, and brightness grows within us as we learn to give, and it protects us in easy situations and difficult ones alike. People are drawn to us, and their sense of trust in us grows very strong.

There are also spiritual benefits in giving. A single act of giving has a value beyond what we can imagine. So much of the spiritual path is expressed and realized in giving: love, compassion, sympathetic joy, equanimity; letting go of grasping, aversion, and delusion. To give is powerful. That is why the Buddha said that if we knew, as he did, the power of giving, we would not let a single meal pass without sharing some of it.

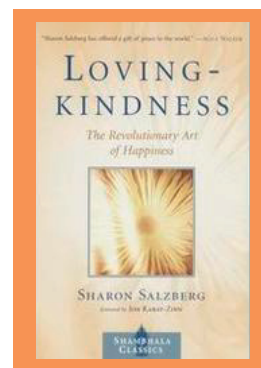
Sharing food is a metaphor for all giving. When we offer someone food, we are not just giving that person something to eat; we are giving far more. We give strength, health, beauty, clarity of mind, and even life, because none of those things would be possible without food. So when we feed another, this is what we are offering: the substance of life itself.

In a single moment of offering food, the Buddha said, a great part of our spiritual path is fulfilled. All four of the *brahma-viharas* (mindfulness practices) appear in that moment. Metta, loving-kindness, is there, because we feel goodwill toward

the person who is receiving; we want that person to be happy. We feel compassion in that moment, because we wish that being to be free from pain or suffering. We experience sympathetic joy, rejoicing in the person's happiness and wanting it to increase. Equanimity manifests in this act of giving, because we are willing to let go of something we have; we are willing to be without it ourselves. All four of those unique qualities are present right in that one single action.

In that one instant of giving we also abandon the three *kilesas* (unwholesome qualities), the root tormentors of our hearts. We let go of desire, grasping. We abandon ill will or aversion, a state that creates separateness, distance, withdrawal, a sense of not being at one with another. And we abandon delusion, because when we perform a wholesome or skillful action like giving, we understand that what we do in our lives, the choices we make, the values we hold, all of these things count for something.

One of the most powerful aspects of delusion or ignorance is the belief that what we do does not matter really. To abandon such delusion is to understand the natural law of *karma* (action). Despite appearances, nothing is happenstance. We have the power to align ourselves with certain values and to create the life we want by making wholesome choices. When we are generous, life is tangibly and qualitatively different. ♥



## Hearty Harvest Casserole

2 large onions, cut and separated into rings 3/4 inches thick  
1 each medium green and red pepper, cut into 1 inch strips  
1 cup sprouted barley, partially cooked (save 1 cup water)  
1 cup barley water (saved from above)  
4 tbs. vegetable broth mix  
3 medium carrots, cut into chunks  
2 large tomatoes, peeled and quartered  
2 medium zucchini, cut into 1 1/2-inch chunks  
1 lb. green beans, snapped in half  
1/2 head cauliflower florets  
2 cloves garlic, crushed  
1 tbs. salt  
1/4 tsp. black pepper  
1 tsp. paprika  
1/4 cup parsley, chopped



Sauté onions and green peppers. Combine all ingredients in a casserole dish. Cover. Bake at 350 degrees for 1 hour. Barley should be tender.

This recipe serves 12 people. Enjoy! ♥

### TAKING TURNS AT COOKING



Since everyone eats, why not let everybody take a turn in preparing a meal? By assisting an experienced person in meal preparation, knowledge is built up of how to perform the basic procedures of planning, preparation and serving food. Then, even quite young children can have the pleasure of creating a meal for others to share. Raw food is especially suitable for them to prepare, eliminating the danger of the hot stove. The beautiful colors of fruits and vegetables can be arranged to make wonderful patterns. These children can grow up to be men and women who are independent and generous in relationship, not looking for others to serve them with their basic needs.

### 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. ♥

# 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.

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Vivian asked if I would be interested in writing about my AHAM experience; what it has meant to me - how it has impacted my life (my words). Coming from my present experience the words are: revealing, transformative and Grace.

Yet, they are simply words too inadequate to convey the enormity of what is currently so. I suppose I could tell you my "story" but it all seems like a faded dream now. It would have a beginning, a middle and an end and it's just a story - no longer relevant.

It's all a play. It seems uncanny how it comes and goes as do all the characters in the play. I'm grateful for all the Academy Award winning performances that give me the opportunity to know who I am ... and who I am not.

Gone is the compulsion to do in order to feel better or get something or please someone. What remains now is a quiet knowledge within—that I'm everything I ever wanted to be right now. I'm home. Thank you AHAM and to Who I Am for revealing this to me "what has been here all along and remains a vigilant reminder." ♥

Gratefully,

Michele Bordelon  
Virginia Beach, VA



Michele on right with Tess Amoruso, an AHAM graduate. Both are from Virginia Beach, VA



# Awaken to Awareness Retreats

## Enjoy Any Season of the Year



Rose from  
AHAM's Rose Garden

### A Graduate's Sharing

"I feel more centered and peaceful. I feel a profound sense of the beauty of life, this place and of silence."

–Elaine Crigler  
Emerald Isle, NC

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.



AHAM's  
Meditation Path

Photos  
by  
Jim Dillinger Photography  
<[www.devotionalimages.com](http://www.devotionalimages.com)>



Deer on AHAM  
Property

Upcoming Awaken to Awareness Retreats: 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](mailto:ahamcntr@asheboro.com)> to register or for more information.

# Making a Connection



Charles (Charlize) Sharkus, an AHAM graduate from Stuart, Florida, is seen here wearing one of AHAM's more dressy aprons, while having fun in the kitchen.

## 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

Here's an example: →→→→

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*Every Sunday*

Call (712) 338-8000 + code 2398#  
A FREE one-hour phone call  
with guided meditation,  
sharing, fellowship, and  
answers to your questions.

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

Try it *This Sunday!*



Presented by:  
AHAM Meditation Retreat Center

Even in the midst of a great battle, the one Illumined is not moved from that Supreme Silence, which prevails in the Heart when the noise of the thoughts of the mind subsides.

## 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](mailto:ahampublications@aham.com). Past issues may also be found on our website: <http://www.aham.com>



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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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