



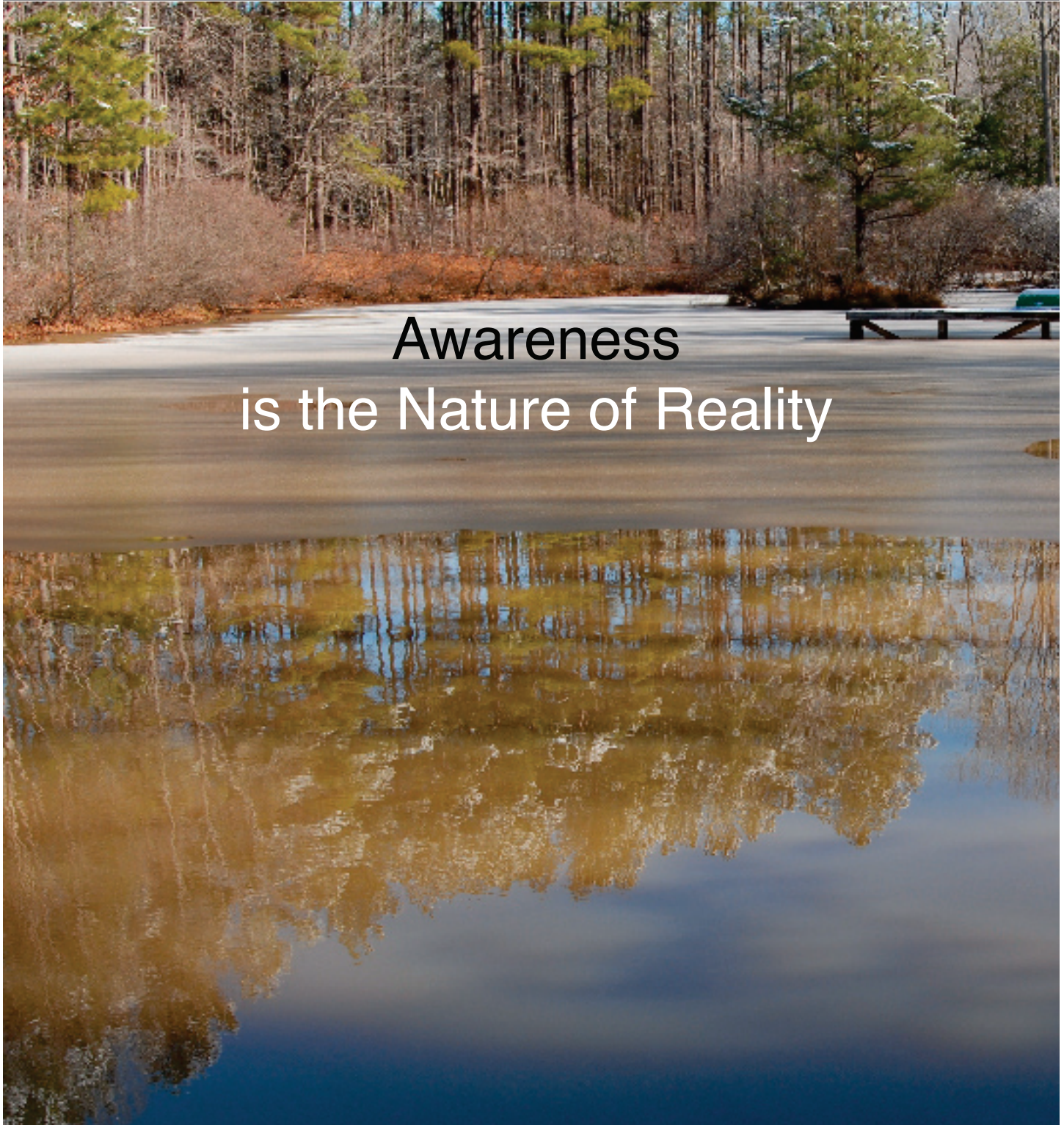
HEART to HEART

Consciousness speaking to Consciousness

Vol. 31 No. 4

The Association of Happiness for All Mankind

January 2010



Awareness
is the Nature of Reality

Heart of the Matter

By A. Ramana from *Consciousness Being Itself* pp.111-112



A. Ramana

Being Thoughtless Awareness

Abiding in that consciousness by which we know that we exist is absolute stillness. It's thoughtless Awareness. It's consciousness without an object or a subject. It is the Awareness that's prior to subject, prior to object. This is what is meant by Self-abidance. This is what is meant by Silence. This is Stillness. In this silent stillness, there is peace.

So, it's in this Awareness that we abide and allow what is occurring to occur and not affect the Stillness in which we are abiding. This is abiding in the natural state of Being, which itself is the Location of Happiness. When you're abiding in this Awareness that's prior to thought, there is no upset, because there's no thought. In order to be upset, it's necessary that you give rise to the thought of upset.

The thought of upset must be there in order for the experience of upset to be present. Identification with thought as upset, or in the form of upset, must occur, which is a disturbance of the Peace. But if one abides in the Stillness, in the Silence, without identification, there is no disturbance in the Peace, for there is no thought.

We are not aware of this state until we are directed into this quality, until we have this quality revealed; and then, in the revealing, abide therein until the full insight or understanding happens. We are not aware that this qualitative state, so to speak, is even present – which is not really a state, for it's prior to all states – yet we were not aware that it was even present.

Actually, it's always present, even when thought is occurring, it being the underlying ground of being, the very basis upon which thought moves or occurs. Attention must be directed into this quality, and thus abide in this quality, or otherwise this quality is not known.

This means that it is necessary that one be in the presence of someone in whom this quality is awake, known and lived, in order for the quality to be revealed in you. Otherwise this quality would never be known. Once it's known, however, then it can be revealed; attention can be redirected, and one can recall himself being in this quality; and thereby, and thereafter, remain in it as his own being.

This is the significance of *Sat Sanga*, or Conscious Association, Conscious Relationship. It's abiding in Consciousness, as Consciousness.

By the Grace of Bhagavan we have *Sat Sanga* here.♥

A Love Note from Elizabeth

“Diving Deep”

*This is a fresh New Year to celebrate Awakening
to who-we-really-are.
We, in this AHAM Community, wish everyone
the Happiest, Healthiest and Richest New Year ever!*

Over this year, in our Heart to Heart issues, we will be utilizing Ramana Maharshi's Forty Verses as the theme for each month. This month's issue covers the "Invocation" of the Verses.

In order for us to set the context of the significance of these Verses,
we refer to an article written by V. Ganesan,
the grandnephew of Sri Bhagavan:

*“Truth” revealed
by Sri Ramana Maharshi,
in this remarkable collection of verses,
guides aspiring seekers positively
towards Liberation.*

In the beginning of the 20th century, Sri Ramana Maharshi was living in a few caves on the holy hill, Arunachala. During those days, devotees used to bring scriptural texts and request him to explain some of the intricate passages.

Knowing that the Maharshi was well-versed in composing exquisite Tamil poems, some devotees even made specific requests that he give them clarification in verse form. Maharshi, as always, obliged. Unfortunately, most of them were lost, since those who remained with the Maharshi had failed to preserve them.

When the Maharshi came down to the foothills and started living in the present Sri Ramanasraman, from 1922, the great Tamil poet, Maruganar stayed with him. He made efforts to collect the verses written by the Maharshi from people who had benefitted from them. He thus gathered 21 such precious verses of the sage's compositions. He took pains to interlink some of the verses of topical interest and tried to make a text out of them.



For this he needed the Maharshi's active participation by way of composing some more verses. He pleaded with the Maharshi that the 21 verses he had should be raised to 40 to conform to the traditional form, of presenting all the texts in 40 verses.

Within 20 days, Sri Bhagavan completed the task of preparing the 40 verses. This was in 1928.

The main theme of these verses was on Reality, Existence, and Truth. In the process, old verses were set aside and fresh ones composed. With meticulous care and total dedication, Maruganar arranged the sequence of these 40 verses with the approval of the Maharshi to form an extraordinary spiritual treatise. *Ulladu Narpadu--Reality in 40 Verses--* was born. Two invocatory verses were also added.

The essence of these 40 verses is *Atma Sakshat-kara* (Self-Knowledge), based on *viveka*, *vichara* and *anubhava* (intelligence, enquiry and inner experience) so that all seekers are enthused to attain that ultimate state of Truth in one self.

The Maharshi emphasises that Self-knowledge is one's own birthright, as one is ever realised. The ignorance of one thinking that one is not realised, the Maharshi asserts, is the only obstacle to Self Realisation. Removal of it by oneself through Self-enquiry, is the aim and goal of this holy treatise.

Notice to all I SIT Graduates: All those who have graduated from our I SIT program and are attending AIC, we have an evening scheduled to review the verses featured each month. This will be with Ramana, on the first Tuesday of each month, over our bridgeline connection. Be sure to have a copy of the Heart to Heart available to refer to during the call.

Teachings of Bhagavan Ramana

Forty Verses on Reality

(*Ulladu Narpadu*)

Invocation

i. Without awareness of Reality, can Reality exist?

Because this awareness-reality, itself free from thought, exists as the source of all thoughts, it is called Heart.

How to know it? To be as it is (thought-free) in the Heart, is to know it.

Ganesan's Interpretation

Ulladu, the Being, truly is. One's own experience proves this. All else - the "others," basically "thoughts" in the form of descriptions, extensions, adjuncts of "That which is" - is falsehood. This being deeply understood, fully grasped, is there room for thoughts, any more?

S.S. Cohen's Interpretation

The literal translation of the first sentence...reads: 'Can there be awareness of that which is other than existence?' This makes knowledge or awareness the criterion of existence, because the non-existent cannot make itself known. The colour, for example, that is not visible, or the sound that is not audible, amount to nothing. Should however something non-existent be perceived, like the water in a mirage, it cannot but be an appearance, a misleading thought in the perceiving consciousness. For the absolutely real alone exists absolutely, and the apparent has no existence whatever.

ii. Those who have an infinite fear of death take refuge in the Feet of the supreme Lord who is without birth and death. Can the thought of death occur to those who have destroyed their 'I' and 'mine' and have become immortal?

Ganesan

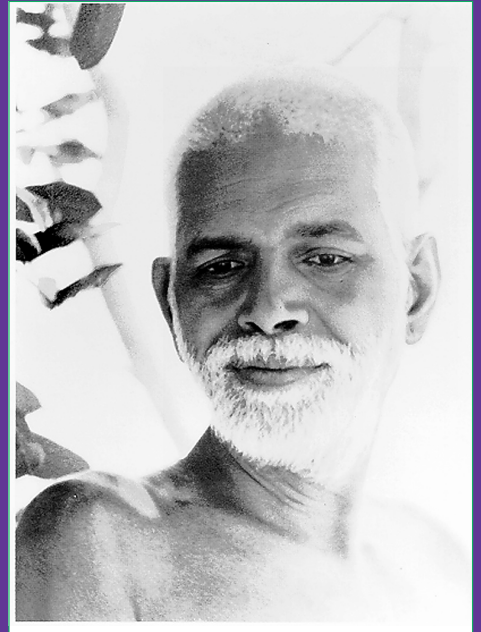
This fear makes one take refuge in *Mahesan*, the birthless and deathless Supreme Lord. This Supreme Lord, who resides within the heart of everyone, is non-different from one's own being. The only obstacle to realise this Truth is one's identification with one's own mind and body, the sense of "I" and "mine," respectively.

Taking refuge at the Supreme Lord means surrendering one's sense of "I" and "mine." Dissolution of ownership of "I" and "mine" is freedom from bondage. Thus, one reaches deathlessness, the Eternity. For one who has merged with deathlessness, where is room for any more thoughts, much less thought of fear of death?

S.S. Cohen

Those who most identify themselves with the body are the people who fear death most. Seeing the dissolution of the body they deduce their own dissolution to be simultaneous with it, and dread the terrible Unknown that lurks behind it. Their only hope of safety lies, therefore, in the worship of the Almighty Lord, who alone is deathless.

But those who through the practice of *Sadhana* or spiritual discipline have transcended this false identification no longer have bodies to be the victims of death. Even the thought of death does not occur to them. They are *Videhas*, bodiless, although they continue to occupy a body.



Making a Connection



Ramana is now in India.
You are invited to our India ashram to join Ramana
in Sat Sanga (Conscious Company)
in the Stillness and Silence of Being.

Arunachala

Sacred Mountain of South India at Sunset

*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.

(A Daily Message Example)



EXPERIENCE MEDITATION ON THE TELEPHONE

Every Sunday

Learn to bring stillness and peace into your life
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

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>;

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>

THE BOOK OF NOTHING

HSIN HSIN MING

Beginning Commentary by OSHO:

We will be entering the beautiful world of a Zen Master's no-mind. Nothing much is known about Sosan – and these are the only words Sosan uttered. Remember, they are not words, because they come out of a mind which has gone beyond words. They are not speculations, they are authentic experiences. Whatsoever he says, he knows.

He is not a man of knowledge, he is a wise man. He has penetrated the mystery, and whatsoever he brings is very significant. It can transform you completely, totally. If you listen to him the very listening can become a transformation, because whatsoever he is saying is the purest gold. --OSHO

The first three of the Ten Verses of Sosan:

THE GREAT WAY

Is not difficult for those who have no preferences.

When love and hate are both absent everything becomes clear and undisguised.

Make the smallest distinction, however, and heaven and earth are set infinitely apart.

If you wish to see the truth then hold no opinion for or against.

The struggle of what one likes and what one dislikes is the disease of the mind.

THE WAY IS PERFECT

When the deep meaning of things is not understood the mind's essential peace is disturbed to no avail.

The way is perfect like vast space where nothing is lacking and nothing is in excess.

Indeed, it is due to our choosing to accept or reject that we do not see the true nature of things.

Live neither in the entanglements of outer things, nor in inner feelings of emptiness.

Be serene without striving activity in the oneness of things and such erroneous views will disappear by themselves.

When you try to stop activity to achieve passivity your very effort fills you with activity.

As long as you remain in one extreme or the other you will never know oneness.

Those who do not live in the single way fail in both activity and passivity, assertion and denial.

THE TRUTH CANNOT BE SOUGHT

To deny the reality of things is to miss their reality; to assert the emptiness of things is to miss their reality.

The more you talk and think about it, the further astray you wander from the truth.

Stop talking and thinking, and there is nothing you will not be able to know.

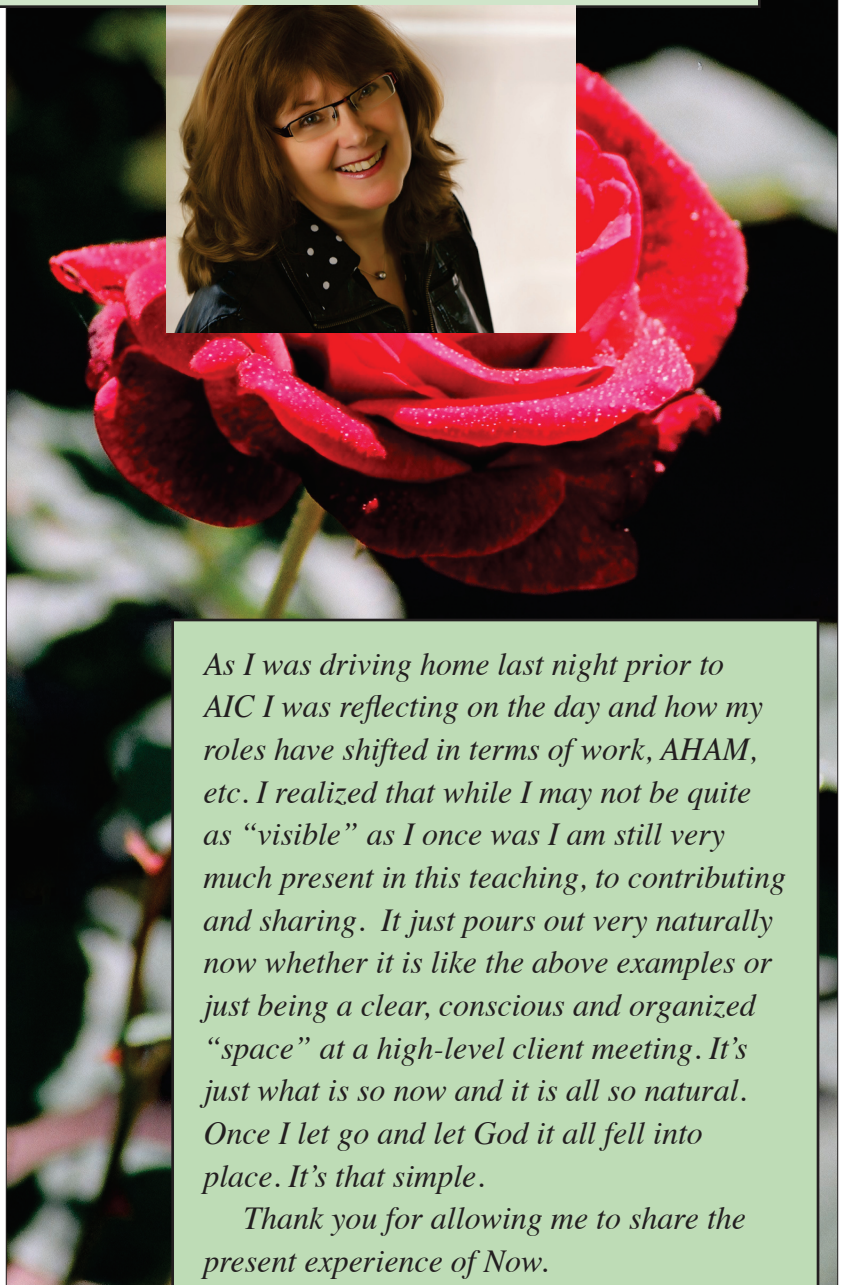
Heart Note

Yesterday was such a demonstration of how life seems to be unfolding these days. I got to work and as I walked in the door the cutie pie who is at our front desk said she was going to come back shortly and see me because she had some questions for me. I got back to my “space” and settled in and in she came with pencil and pad in hand and asked me to go back over the I Am Centering technique which I had shared with her six months prior when her mother was in the last stages of her life. So, we spent about 15 minutes going back over the process and it ended with her taking the copy of Stan’s meditation CD.

Then I had a sponsor call (I do them during the week when I can) that was just lovely. It ended with us both sharing giant smiles from the Heart. It was palpable.

Shortly after that I was speaking with one of my other co-workers who thanked me for loaning her Stan’s meditation CD. She’s due to deliver her first child in two weeks and has been looking for soothing, centering music to put on her iPod that she can listen to when she goes into labor. She thanked me profusely for the CD and shared with me how she had gotten up early that morning and gone through the Breath Awareness process. She shared how centering and grounding it was and how she was still experiencing the alertness and presence she had felt during the meditation. Then she said she could see how it was for anyone regardless of whether or not you wanted a “serious spiritual practice.” She saw how very useful and functional it is. We both beamed at each other and nothing else needed to be said. All this happened in the matter of one hour and is essentially how my day began and continued to flow.

**Michele Bordelon’s
letter to Elizabeth**



As I was driving home last night prior to AIC I was reflecting on the day and how my roles have shifted in terms of work, AHAM, etc. I realized that while I may not be quite as “visible” as I once was I am still very much present in this teaching, to contributing and sharing. It just pours out very naturally now whether it is like the above examples or just being a clear, conscious and organized “space” at a high-level client meeting. It’s just what is so now and it is all so natural. Once I let go and let God it all fell into place. It’s that simple.

Thank you for allowing me to share the present experience of Now.

*Much love,
Michele*

Graduates Share



Dear Elizabeth,

I am writing to thank you, Linda and of course Ramana for everything you have taught me this year through AHAM. I attended the June ISIT and October NNP classes and both follow-up home study courses. In all my years attending church classes, spiritual study, yoga and meditation, I never learned the method of direct and immediate awareness of Self before coming to AHAM. I will never forget the first day of my ISIT class, which was the day I first met Ramana, when he told us to stop telling ourselves that we were not awake, to start saying that we are awake and to simply recognize the true nature of our Being which is always already present. Understanding this, and learning the method of Self-Inquiry taught at AHAM, I have been blessed with direct experience of my true Self. While I cannot truthfully say I have attained steady and permanent abidance in the Self, I can say that in my practice, I have attained the ability to abide in the Self through Self-Inquiry. For this priceless gift, there really are no words. Further, I am working with the conscious forgiveness process as AHAM teaches, and I know that it is possible to transmute all mental positions and projections into a space of Pure Awareness and Love. Again, there are no words to adequately describe this freedom. And truthfully, there are no adequate words to describe my gratitude to you and the selfless AHAM trainers and staff.

Let me simply say I love you all, and namaste.

Tess Amoruso

“I have the key and have unlocked the door to freedom.”

“I feel my search is over and I can focus in on doing self-inquiry and with all the incredible support that AHAM offers not feel that I am on the path alone....This is the “lodestone”...I can’t believe that I experienced such success in 8 days with a spiritual practice that previously I thought would require years to master.”

...”I Am and have touched Pure Awareness”



“I really have experienced first hand how to sit in Awareness while the unpleasant, fearful upset is occurring and then watching it pass on through.”

Simply Divine

GYPSY SOUP

This is a perfect Winter soup!

Whenever we make it everyone loves it. It glows because of the golden tumeric and sweet potatoes...a delectable brew!

3-4 Tbs. olive oil
2 cups chopped onion
2 cloves crushed garlic
2 cups chopped, peeled sweet potatoes or winter squash
1/2 cup chopped celery
1 cup chopped fresh tomatoes
3/4 cup chopped sweet peppers
1 1/2 cups cooked chickpeas
3 cups stock or water

2 tsp. paprika	dash of cinnamon
1 tsp. tumeric	dash of cayenne
1 tsp. basil	1 bay leaf
1 tsp. salt	1 Tbs. tamari

In a soup pot saute' onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock or water. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or so until all the vegetables are as tender as you like them.

Note: The vegetables used in this soup are flexible. Any orange vegetable can be combined with green...For example, peas or green beans could replace the peppers. Carrots can be used instead of or in addition to the sweet potatoes.

Many thanks to the Moosewood kitchen cooks!

Awaken to Awareness Retreats

Give yourself a break,

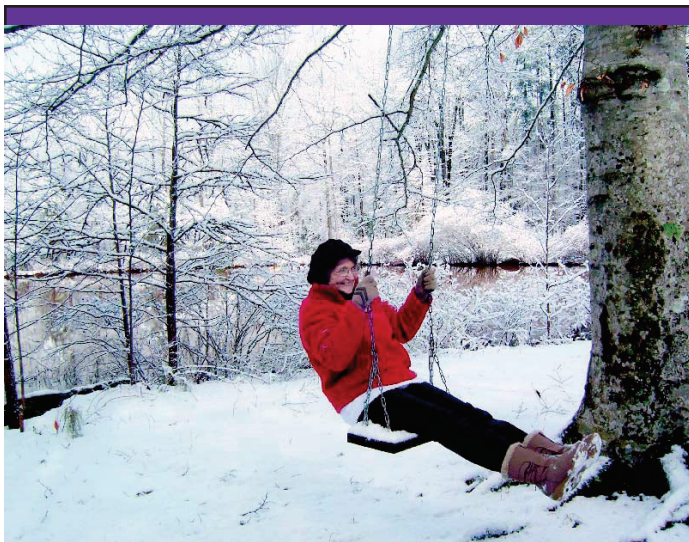
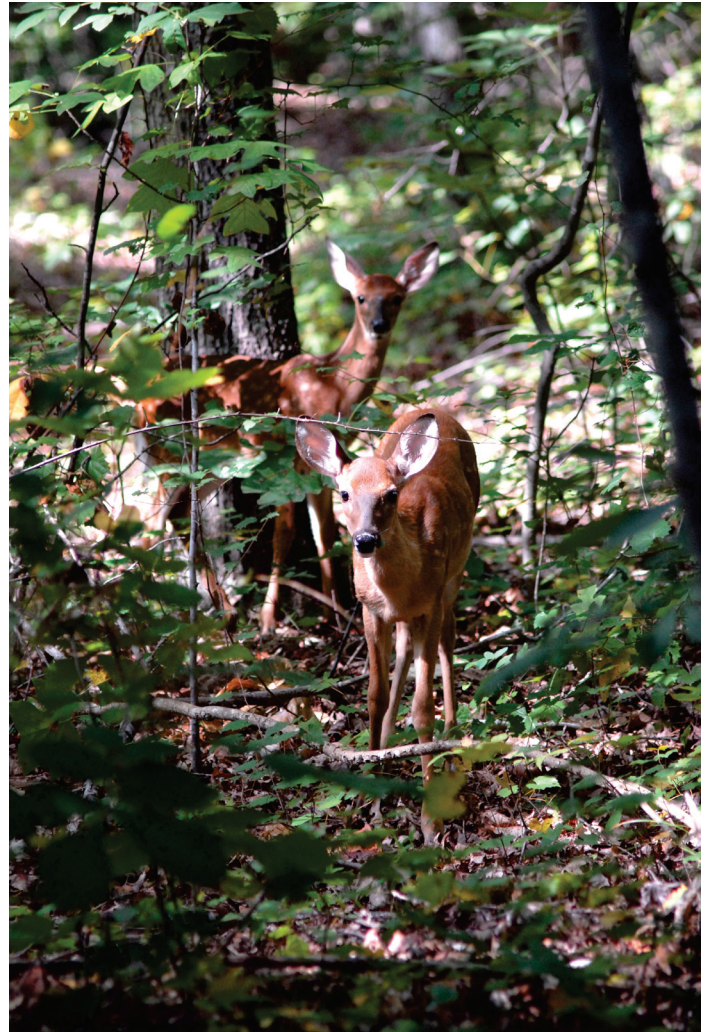
Transform Your Life!

Enjoy 3 days in quiet retreat,
abiding in the clear consciousness
of Pure Awareness!

This is simple, effortless
introspection or “being in meditation”
at AHAM’s tranquil, 37-acre
Meditation Retreat
and Spiritual Training Center.

AHAM’s
“Awaken to Awareness Retreat”
is perfect if you want to
“get away from it all”
and experience

**deep peace,
solitude,
and relaxation.**



Call the AHAM Center at 336-381-3988
or email <ahamcntr@asheboro.com>

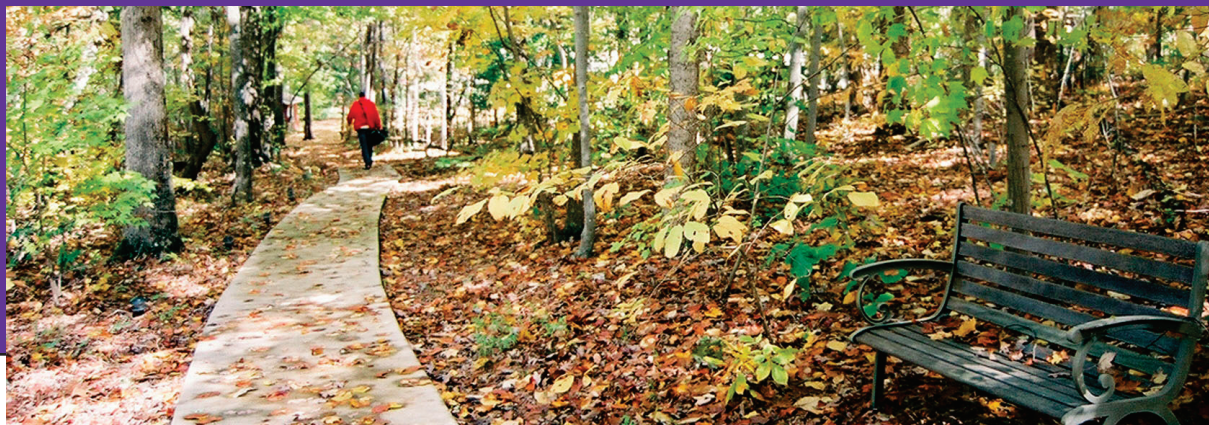
Enjoy our quiet Meditation Trails and
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transforming process of Self-Inquiry,
the simple “the eyes open” meditation
you can practice anytime, anywhere!

Experience this, and much more of
AHAM’s life transforming teaching... all
in a very “laid back” and relaxed format.
For more information,
contact the Center, and soon!

Upcoming Retreats:
January 8-10
February 5-7

AHAM'S 2010 PROGRAMS



January

8-10 Awaken to Awareness Retreat

February

5-7 Awaken to Awareness Retreat
10-14 Neutralizing Your Negative Past
27-Mar. 7 Intensive Self-Inquiry
Training/Retreat

March

11-14 *Area Coordinators Training*
(Tentative Date)
12-14 Association in Consciousness
Coordinators Retreat
19-21 Awaken to Awareness Retreat

April

9-11 Awaken to Awareness Retreat
21-25 Neutralizing Your Negative Past
28-May 2 Neutralizing Your Negative Past
(Vancouver Island, BC, Canada)

May

7-9 Awaken to Awareness Retreat
8-16 Intensive Self-Inquiry
Training/Retreat
(Vancouver Island, BC, Canada)
12-16 *Conscious Communication &
Relationship* (Tentative Date)

June

4-6 Awaken to Awareness Retreat
12-20 Intensive Self-Inquiry
Training/Retreat

July

9-11 Awaken to Awareness Retreat
21-25 Neutralizing Your Negative Past

August

6-8 Awaken to Awareness Retreat
21-29 *Living Meditation Training*
(Tentative Date)

September

3-5 Awaken to Awareness Retreat
18-26 Intensive Self-Inquiry
Training/Retreat

October

1-3 Awaken to Awareness Retreat
13-17 Neutralizing Your Negative Past

November

5-7 Awaken to Awareness Retreat
13-21 Intensive Self-Inquiry
Training/Retreat

December

3-5 Awaken to Awareness Retreat
19 Community Christmas Celebration
31 New Year's Eve Celebration

*Registration for
Advanced Graduate Curriculum Programs*
Contact the Registrar's office at 336-381-3988

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This monthly electronic publication is the continuation of AHAM's original paper-printed magazine, also titled HEART to HEART, which was in existence for several years shortly after the development of AHAM in 1978.

Its main purpose is to spread the teaching of AHAM, which is primarily Self-Inquiry and the Pure Teaching of Sri Bhagavan Ramana Maharshi. Self-Inquiry is the core and central theme of AHAM's own pure teaching.

It is AHAM's ongoing spiritual mission to assist one and all in transcending and ultimately eliminating all emotional pain, suffering, conflict, contradictions, and confusion seen and felt in their lives and in the world, which is caused by identifying with the body-mind and one's ego appearing in the world of time and space. It is to bring about real and lasting peace, freedom, and happiness for all who are ready and willing to receive it.

AHAM is here to share the Highest Truth – that there is not now, never has been, nor will there ever be a single, separate, individual being. There is always only this One Self, or One Reality, appearing as all the apparent "others" and revealing this One Self to Itself.

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.

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 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>>

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Please contact <ahampublications@aham.com> for your suggestions or comments. Feel free to share this publication with your friends and family. Past issues starting with January, 2008 can be found on our website: <http://www.aham.com/inspiration/index.html>

In loving service,
AHAM Publications



THE ASSOCIATION OF HAPPINESS FOR ALL

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

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