



Vol. 31 No. 5

The Association of Happiness for All Mankind

February 2010

SELF-REALIZATION

is

The Heart's Cry

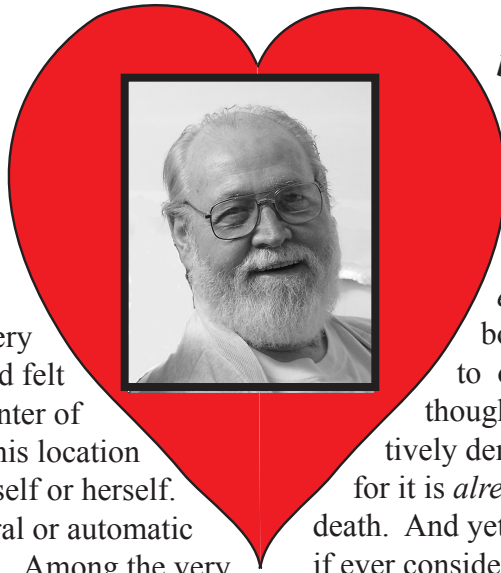
of

ALL

Heart of the Matter

The “Hridayam” or Holy Spirit

The Comforter or Holy Spirit is the Supreme Self. The spiritual seat or the throne of power of the very Self is already intuitively known and felt by *everyone* as being in the right center of the chest. No one fails to point to this location when referring to or indicating himself or herself. This sign is universal, it being natural or automatic with *everyone* from early childhood. Among the very



by A. Ramana

from “*There Is Neither I,
Nor Other Than I,
There is Only...*”

pp. 165-166

earliest naturally coordinated bodily movements, pertaining to one’s sense of being – using thoughts, words and hands – it is intuitively demonstrated. It is *not even* taught, for it is *already* known, and continues until death. And yet, this simple fact is seldom if ever considered.



In India, it is mentioned by a few wise ones who know. There is even a word in Sanskrit that describes this seat of spiritual Consciousness that has no true equivalent in English or (probably) in any other language. It is *hridayam*. It means “heart” and stands for this heart-center. Another approximate meaning is “the center that sucks in or draws to it everything.” Bhagavan Sri Ramana Maharshi said it means the Self. It is the *apparent* “bodily location” of Universal Being. In truth, it is not located in the body; rather the body is located *in it*. But, as long as the body-idea is superimposed on the Self and is identified with as being the Self, it is experienced or felt like a “psychic or metaphysical sun” shining in this region of the chest to the right of the center of the body. At first one “notices” or “senses” it as a simple glow, or flutter or flow of awareness. It may be felt as emptiness or a knot in the chest. Then, finally, it shines as absolute stillness and silence and as fullness, love and great peace in the Heart, with no direct sense of a separate-self or “I”-thought associated with the body. The body is more indirectly felt or sensed, associated with the spine and blood pumping heart on the left. From this transcendental Awareness, the body and the “I”-thought are both experienced as objects, which finally merge in this Awareness – the one truth, Existence, or existing Reality.

The body “floats” (or is immersed) in this pure Awareness as a sponge is in the ocean. The sponge is in the ocean and the ocean is in the sponge – the body is in the Self and the Self in the body. The Self is the ocean (pure I AM); the body-mind and self-image (personal sense of “I”) is the sponge.

When a true devotee or disciple of Christ awakens to the inner-Christ (of his own being), then the Heart – real God – becomes the central focus of his life. He awakens as “I-I” in the Heart. Even though it feels like “I”, it is not the ego or “I”-thought but the very Self or Christ Consciousness which Jesus realized and lived as his own awareness.

With this spiritual Awakening, one realizes that Christ was not only living two thousand years ago, but is living NOW in the very heart of being. Christ is not outside the Self, but is the very Self. This is the one Self we all are. This is “the Comforter” (the Holy Spirit) which Jesus promised to have “the Father” (God) reveal to his disciples. (John 14:16-17) ♥

Love Note from Elizabeth



“It’s All About Love”

In our present day culture, the use of the word “love” is usually for those with whom we have a “warm and cozy” feeling inside when we are close to them. This can come in many relationships in our lives, and often bring up a myriad of emotions. One moment it can be elation and the next moment the very deepest pain. Can we all relate with this?

Yet many of you reading this know there is a higher Love that is not dependent on emotional bonds, but is actually quite freeing — a spiritual expression of Pure Love. In this issue of [Heart to Heart](#), Bhagavan Ramana describes this “agape” type of love in [Reality in Forty Verses](#).

When we consider his teaching we can awaken to this Pure Love. In Verse One, Bhagavan says, “Be rooted in the Truth that – That One is ever You – the Self, which is the source for both the seer and the seen to emerge from.” As we resonate with these words, they become capsules of experience that penetrate and awaken the Truth from the depths of Being. Relax Here ... sense a deep Stillness and Calm...a Fullness of Love without limits...a Wholeness...a Radiance. Investigating this now oneself ... what is always, already present comes forth. It is yearning for you. Relax into what is present as Presence Itself...leaning into It...letting It take you ... here and now.

As Ganesan says in his commentary for Verse Two: “The best course, therefore, is to remain as the truth of Wholeness, as one ever is unsullied by any movement away from That Which Is.”

The imagined individual “me” or “I” that wants this to happen or that to not happen, is replaced with this Wholeness of Love. Nothing need be done “out there” – it’s *always* an “inside job.” No exceptions. Honoring and applying this Truth in our ordinary life situations is the “work” – which as Bhagavan says, is “locating in each moment of now that (inner) state of movementless oneness, which is beyond and behind all mental concepts of divisions and disputations, and is the unvarying constant experience of all, at all times.”

Follow this yearning of What Is, as Love, drawing attention back into Itself as a magnetic pull – a Divine Magnet. It is our innate desire for direct realization of Truth, which Sri Bhagavan says is “the heart’s cry of all.” ♥

Notice to all I SIT Graduates: For 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

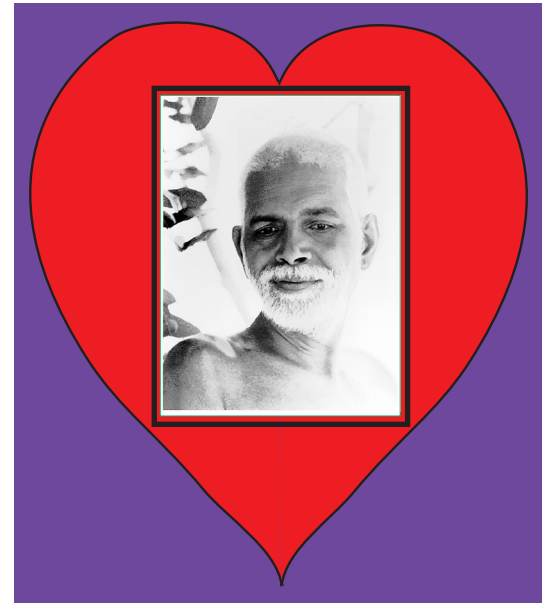
Forty Verses on Reality

Verse 1

Because the world is seen, we have to infer a common cause (a Lord) possessing unlimited powers to appear as the diversity. The pictures consisting of names and forms, the seer, the canvas, the light - all these are He Himself.

Ganesan's Interpretation – The “Forty” begins here. The Maharshi says: “Be rooted in the Truth that That One is ever You, the Self, which is the source for both the seer and the seen to emerge from.

S.S. Cohen's Interpretation – In the Invocation Bhagavan declares Reality to be the Thought-free Awareness which dwells in the heart. Here he brings in the world in order to meet on their own ground those disciples who do perceive a “real” external world. He is saying something like this: “You see a world and ascribe an omnipotent creator to it. But as we have already seen, this creation is only an appearance, a manifestation of that Awareness of which we were speaking. It has no more reality in itself than have the pictures projected on a screen.” From the heart thoughts spontaneously rise, like vapor from the ocean, and turn into a kaleidoscopic world of names, forms, colors, sounds, smells and other impressions. These are in it, or on it as on a canvas of which the heart is itself the seer and the sight. Pure Consciousness is thus the pictures, the screen, the seer, and the light or sight.



Verse 2

All schools of thought postulate the fundamental triad – God, soul and world – although all three are manifestations of the One. The belief that the three remain eternally three lasts only as long as the “I” or ego lasts. To destroy the ego and remain in one’s own state is best.

Ganesan – All religions postulate the fundamental principles – the individual being, God and the world. Yet, there is no consensus among them whether only one principle appears as three or that the three exist as three independent, separate entities. Taking an onlooker’s point of view (as if one exists independent of them) leads to incompleteness and error. The best course, therefore, is to remain as the truth of Wholeness – as one ever is – unsullied by any movement away from “That which is.”

S.S. Cohen – Most religions are based on the assumption that the triad mentioned in the text is eternal. Bhagavan rejects this assumption as being the child of the ignorant ego, which mistakes itself for the body. The “I-am-the-body” notion compels the admission of an individuality (jiva), a world, and its creator, as three distinct, perennial, co-existing entities. Bhagavan, as we have seen, perceives a single existence of which these three are an illusory manifestation, which, however, vanishes the moment the eternal “I” is apprehended, and the ego perishes.

Forty Verses on Reality - Continued



Verse 3

Of what avail to debate whether the world is real or unreal, sentient or insentient, pleasant or unpleasant? Extinguishing the ego, transcending the world, realizing the Self – that is the state which is dear to all, and free from the sense of unity and duality.

Ganesan – Maharshi’s direct guidance to aspirants is to wean them off from all valid, or not so valid, mental vacillations, thereby plunging them into the true quest of the ever-existent Self. He, thus, entuses all seekers never to lose the inner poise and stray away to mental noises.

All disputations regarding the world as being real or unreal, as being sentient or insentient, as being full of pleasure or filled with sorrow, are futile. Leave the world, which anyhow is outside you. Instead, go within inquiring; and merge in one’s own true being. That (inner) state of movementless oneness, which is beyond and behind all mental concepts of divisions and disputations, is the unvarying, constant experience of all at all times.

S.S.Cohen – The same line of thought continues. Destruction of the ego is a *sine qua non* for the realization of the Self within the heart. It brings an end to all speculation about reality and unreality, God and world, whose true nature will be revealed in actual experience. This is the most blissful attainable state and beyond the plurality of the illusory world. ♥

A NOTE TO GRADUATES

♥ **“Refresh Your Experience”**

Those who have not refreshed in the AHAM conscious curriculum, we highly recommend that you experience the updated programs as soon as you are able. Many who have done so have commented that it was an entirely new experience and not at all like the previous programs. The dates when the updated versions began are as follows: I SIT – June 2007, NNP – Nov. 2007, LMT – Aug. 2009. So, anyone who has attended prior to these dates would be due for a refresher.

♥ **“An AIC Reunion/Retreat”**

On March 12th through 14th we are having an AIC Reunion/Retreat. We can meet those folks that have been on the AIC bridgeline programs and we know very well, but have never met. We all look forward to having this time together in Conscious Community.

♥ **“Spring Fling”**

On May 1st weekend, we have our annual “Spring Fling” – a time for beautification of our Center. We plant – we clean – we have a ball! Plan to come for the weekend or just for Saturday.

“Life’s most urgent and persistent question is:

What are you doing for others?” Dr. Martin Luther King jr

Making a Connection



Arunachala Sacred Mountain of South India

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

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

Mail to: 4368 Hwy.134 Asheboro, NC 27205

Phone: (336) 381-3988

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 one

who is deluded

by the conviction

'I am the body'

thinks that God's world

is outside him/herself

and far away.

Really God's world is

inside the Heart.—

(A Daily Message Example)



**Most Photos
by
Jim Dillinger
Photography**

www.devotionalimages.com

THE BOOK OF NOTHING

TRUTH CANNOT BE SOUGHT

The third of the Ten Verses of Sosan

**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.

Commentary by OSHO

THE REALITY is always there waiting just near your heart, near your eyes, near your hands. You can touch it, you can feel it, you can live it – but you cannot think it. Seeing is possible, feeling is possible, touching is possible – but thinking is not possible.

Try to understand the nature of thinking. Thinking is always about, it is never direct. You can see the reality, but you will have to think ABOUT it and 'about' is the trap, because whenever you think 'about' you have moved away. 'About' means indirect. 'About' means you will not see this flower here and now, you will think about it, and the 'about' will become a barrier. Through that 'about' you will never reach to THIS flower.

Seeing is direct, touching is direct – thinking is indirect. That's why thinking misses. A lover can know the reality, even a dancer can know it, a singer can feel it, but a thinker goes on missing it.

The problem for a man who is seeking reality is how to stop the vicious circle of thinking, yet be aware. Because fools also don't think, but they are not aware. Be aware – the energy that moves into thinking should become awareness. Consciousness that goes on in a vicious circle with thinking should be retained, purified. Thinking should stop, the whirling of consciousness should stop, but not consciousness. Consciousness should become more crystallized and action should be there, action should not stop.

Awareness plus action, and you will attain reality immediately. And not only you – you will create a situation in which others can also attain reality. You will become a milieu, a climate around which things will start happening. That's what happened with a Buddha, with a Sosan, with a Chuang Tzu. Remember: action is good, thinking is a vicious circle; it never leads anywhere. So thinking has to stop but not action.

Seeing is action, moving is action, dancing is action, painting is action. Whatsoever you do, you come in contact with reality. You have to become more and more sensitive in your doing. Doing is not to be renounced; action should be totally there, because that is the passage through which you move into reality and the reality moves into you.

Never renounce action, only renounce thinking. But if you renounce thinking there is a possibility you may become unconscious, or you may become a fool. You may start doing anything whatsoever, because now you don't know what to do, and you don't think. You may go crazy. Thinking is to be renounced, but you are not to become more unaware, more unconscious. You have to become more conscious.

Notice to all AIC Participants: We have an evening scheduled to review the verses featured each month. This will be on the fourth 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.

Simply Divine



*“Don’t forget
the sour
cream”*

Brazilian Black Bean Soup

6-8 servings

↳ 2 cups of dry black beans in plenty of water for at least 4 hours or overnight.

- | | |
|-------------------------------------|--|
| 4 cups water | 1 medium bell pepper, diced |
| 1 Tbs. olive oil | 1½ cups orange juice |
| 3 cups chopped onion | black pepper and cayenne |
| 10 medium garlic cloves,
crushed | to taste |
| 2 tsp. cumin | optional - 2 medium tomatoes |
| 2 to 2½ tsp. salt | diced |
| 1 medium carrot | optional toppings -
sour cream, cilantro, salsa |

Lina Landess, chief cook and bottle washer

Place the soaked beans in a soup pot with 4 cups water. Bring to a boil, cover, and simmer until tender (about 1 ¼ hours).

Heat olive oil in a skillet. Add onion, half the garlic, cumin, salt, and carrot. Saute over medium heat until the carrot is just tender. Add remaining garlic and the bell pepper. Saute until everything is very tender (another 10 to 15 minutes). Add the sautéed mixture to the beans.

Stir in orange juice, black pepper, cayenne, and optional tomatoes. Puree all or some of the soup in a blender and return to soup pot. Simmer over very low heat 10 to 15 minutes more. Serve topped with an artful arrangement of sour cream, cilantro and salsa.

WOW EVERYONE...

Everything on the

Christmas Kitchen Wish List

is COMPLETE!

THANK YOU FROM THE BOTTOM OF OUR HEART

Awaken to Awareness Retreats

Give yourself a break,

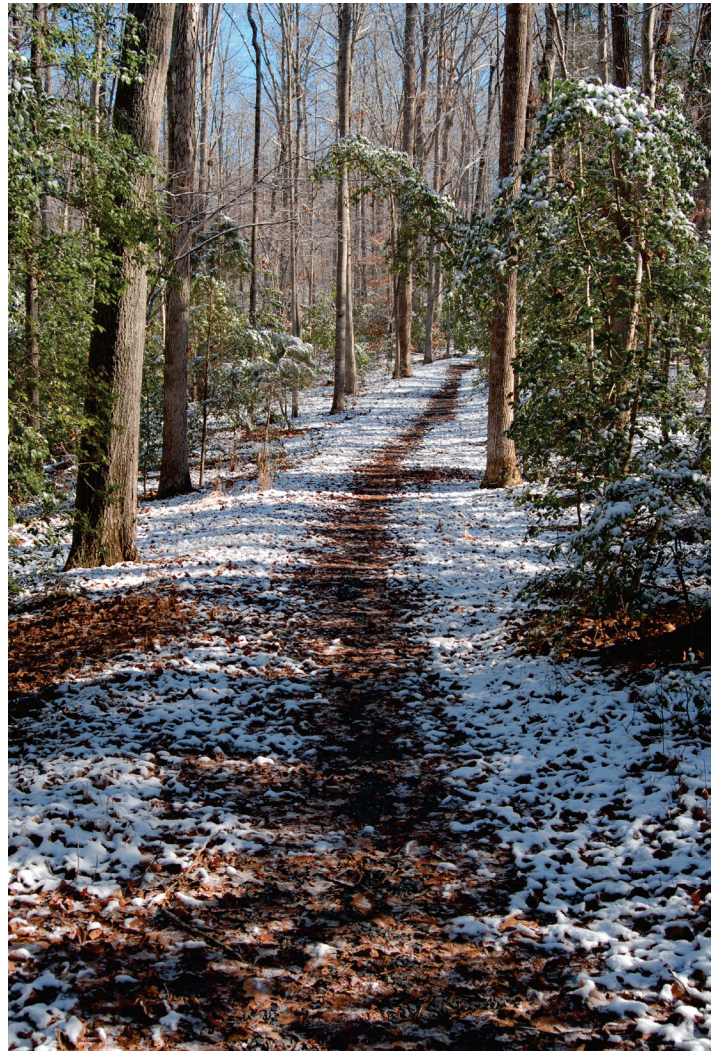
Transform Your Life!

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.**



Upcoming Retreats:

**February 5-7
&
March 19-21**

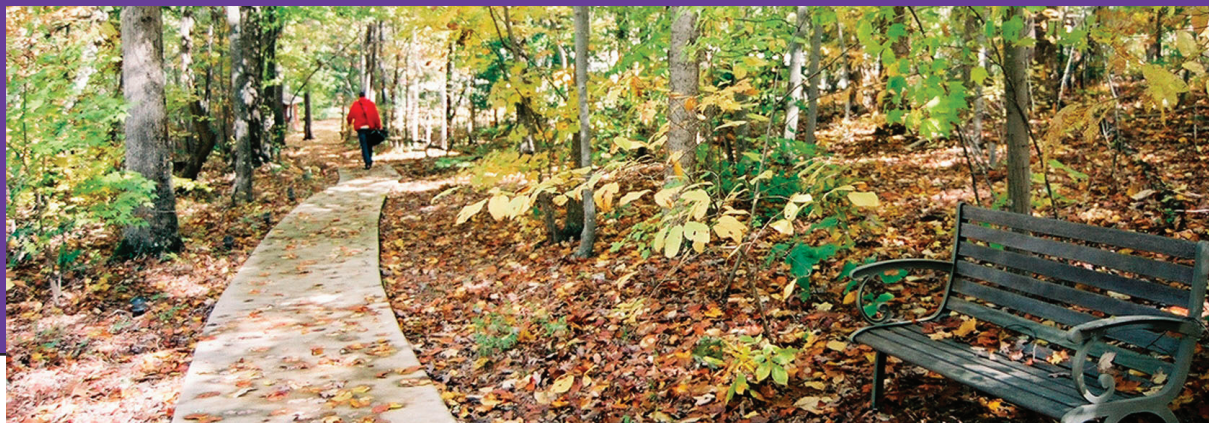
Enjoy our quiet Meditation Trails and beautiful Reflection Lake.

Receive personal guidance in the transforming process of Self-Inquiry, the simple “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!

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

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

AHAM's electronic-HEART to HEART Publication – published monthly by AHAM, Inc.

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

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

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

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

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>>

Our Mailing Address: 4368 Hwy. 134 Asheville, NC 27205

Fair Use Notice

In legal terms: This newsletter may contain copyrighted material the use of which has not always been specifically authorized by the copyright owner. The material in this publication is distributed without profit to those who have expressed a prior interest in receiving the included information. We believe this constitutes a 'fair use' of any such copyrighted material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107.

Most photos are by Jim Dillinger Photography
www.devotionalimages.com

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

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

In loving service,
AHAM Publications



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

Founder and Spiritual Director.....A. Ramana
Assistant Spiritual Director.....Elizabeth MacDonald
Acting Administrative DirectorStan Davis
AHAM India Ashram Manager.....Jan Sundell
Outreach Director.....Stan Davis
Publications.....Steven Jacobson
e-HEART TO HEART.....Esther Fisher
Audio/Visual Production.....Jim Dillinger
Prison Ministry.....Doug High

Board of Advisors:
President..... Stan Davis
Vice President/Treasurer.....Linda Swanson
Secretary.....Carol Stewart-High
Other Board Advisors:
Barbara Steinacker, John Shelor