



HEART to HEART

Consciousness speaking to Consciousness

Vol. 31 No. 6

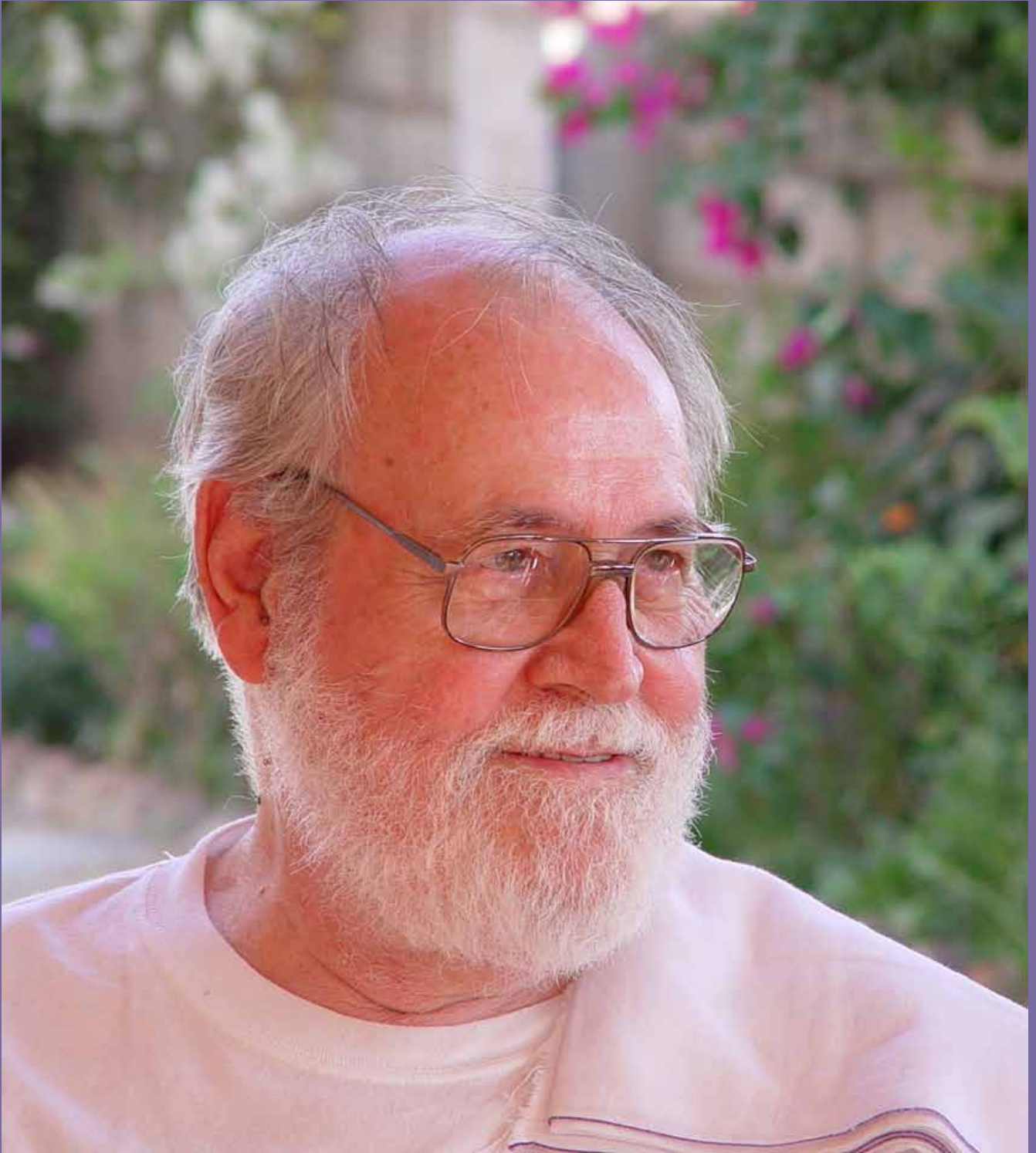
The Association of Happiness for All Mankind

March 2010



Painting of Arunachala by Usha Raj

**THE WORLD
IS WHAT THE MIND CONCEIVES**



Om Namō Bhagavate Sri Ramanaya

A. Ramana

***Undying Love -
Nearer than breathing
Closer than hands and feet
Undying disciple -
Ever true to and serving Bhagavan
Undying courage -
Manifesting Truth as AHAM
Undying commitment -
Being lifted up
Lifting All
Undying Liberation -
As the body drops away
Undying Freedom -
Realization, the Sum and Substance
All ways
He is God's hands
Always Present
Mahatma***



**A. Ramana,
Dee W. Trammell
1929 ~ 2010**

On February 15, 2010 at 10:46 am EST, AHAM's Founder and Spiritual Director, Arunachala Ramana, passed away at AHAM Ashram in Tiruvannamalai, S. India.

A. Ramana's (Dee W. Trammell) early childhood was spent in Texas. After a serious burn, at age five, he enjoyed a unique consciousness of being one with all life. But at age nine, a trauma caused the loss of this consciousness. He underwent a lifelong quest to regain it through a wide range of experiences and spiritual paths. He established and managed several successful businesses, attended seminary at the Unity School of Christianity in Missouri, and was also appointed Director of the nationally-known Napoleon Hill Institute in Los Angeles.

His search ended with his spiritual enlightenment in Houston, Texas in 1973, when he was mystically drawn to a photograph of the sage, Bhagavan Sri Ramana Maharshi. With diligent practice of Self-Inquiry he stabilized his abidance in the true Self. Shortly afterward, the Yogi-saint Paramahansa Muktananda immediately recognized his transformed state of consciousness and gave him the name Ramana after his guru Ramana Maharshi. Ramana in Sanskrit means "playing in God," aptly describing Ramana's playfulness.

In 1978, in a mystical visitation, his guru inspired Ramana to found the Association of Happiness for All Mankind (AHAM), which he did in collaboration with Elizabeth MacDonald, a dedicated student of his at the time. Since then, Ramana and Elizabeth have focused their lifework entirely on creating and teaching AHAM's consciousness-transforming curriculum.

Today, Ramana's work lives on, with Elizabeth MacDonald as AHAM's Spiritual Director – assisted by AHAM's Staff, Stanley Davis, Jr., Jan Sundell, Vivian Zelig, several volunteer resident staff and the entire AHAM Community – at the 40-acre AHAM Meditation Retreat and Spiritual Training Center near Asheboro, North Carolina (south of Greensboro), as well as at AHAM's ashram in Tiruvannamalai, South India.

Ramana spent each winter at AHAM's ashram in India, near Bhagavan's shrine at the foot of the Holy Hill Arunachala, holding Sat Sangas, presenting programs.

He is now absorbed in Arunachala and dust at the feet of his Master.

Reflections of Ramana...

Elizabeth, Stan and AHAM family,

I am saddened to hear of Ramana's passing but know that he is out of pain and merged with Arunachala. I am blessed to have had this man appear in my life. He is one with my Heart and all that he shared I carry with me daily.

One memory keeps coming up....One weekend everyone left the center and I stayed to take care of Ramana. We ate popcorn and watched movies back in his room. Special time together. The next day during Sat Sanga he shared with everyone how I had been a bad influence on him by making him watch Silence of the Lambs! That mischievous quality that I loved about him! That twinkle and sparkle in his eyes when he would joke us and make fun of us...isn't it fun? Aren't parties fun? Ramana was the love of my life. He showed me where true love resides and that I AM the love of my life. There is no greater gift.

I love you all and am sending giant hugs and love your way.

In the Heart,
Anais

I've been reflecting a lot today on my experiences with A. Ramana, founder of AHAM, who I found out passed away yesterday morning in India of cancer. He had longstanding bouts with a number of physical ailments. He taught me a tremendous amount in terms of experiencing directly the deeper meaning of Unmanifest, Awareness, and Consciousness as termed by Tolle, Nisargadatta, and Bhagavan Ramana Maharshi, respectively. I recall a particular moment when I looked into his eyes and it appeared we shared a transcendent experience completely beyond words or description of this primordial state.

He also taught me, through his ruthless admonition of the multi-dimensional body-mind manifestation, to honor and value this 'experiential' aspect of my Self.

Other teachers such as Gangaji and Ken Wilber's inclusivity and integral approach rang more palpably as true, but my Seeing of this was clearer, and my ability to know the Stillness at the core of all phenomena was enhanced through the programs developed by Ramana and many of the other beautiful family members at AHAM.

In Gratitude for his Unique Form of support, substantiating an ongoing capacity for re-cognizing Formlessness as our true nature.

Blessings for Ramana.

Dr. Catherine Schultz, Ph.D.

Heart of the Matter

Knowing the Unknowable Knower

by A. Ramana

***Sri Bhagavan Ramana says,
“You have imposed non-existent limitations on yourself, or limits on your true nature of pure, infinite being. Now, you are displeased due to believing yourself to be a limited creature or character; and you have started out doing spiritual practices in order to transcend these non-existent limitations. However, if your mind and practice themselves presuppose the existence of these invented limits, how can you ever transcend them?”***



Arunachala from Ramana's Samadhi site

Sri Bhagavan also says, “Understand, you already are, and always have been, the very Self that you are presently seeking.” This means nothing needs to be done for this to be your “lived knowingness,” simply cease seeking it and just be! Let the mind stop and rest from its seeking.

If you ever come to understand the full significance and truth of these words of Sri Bhagavan, will you not have understood everything needing to be known or understood? Understanding this, IS EVERYTHING. That is, That which Knows *that it is*, and with that knowing sees and knows everything else *as itself*, is the Knowing Self. Therefore, nothing else need be known.

Seen from the absolute: the very center, from which all perceiving emanates, cannot be an object of perception, just as the eyes cannot see themselves, or the pointing finger point to itself.

This Knowing center is not an object, and so cannot be known, it is *Itself* Pure Knowing; in its very Light all that is objectively seen...all persons, places, things, events, experiences, happenings, etc.... are themselves lighted.

Be reminded that in Truth the perceived *is* the perceiver. The real perceiver of all, including the apparent individual with its mind that thinks that it does the perceiving, is really a process occurring in the Ultimate Subject which is the True Perceiver, the Very Self, which cannot itself be an object of perception; it is that which perceives all. Again: the true perceiver cannot be perceived.

One primary “person” that is so illuminated is the ego, and self-image, along with the mind with all its thoughts, memories, concepts, preferences, and stories. It is this ego that is falsely taken to be the Self, having superimposed itself on the true Being, or unknowable Knower that EVER IS.

This unknowable Knower is here now “enlightening” all present knowing NOW OCCURRING in the ever-present instant, or moment. It is aware of the reading of these words, the thoughts that arise from the reading, and the contemplation of the arising thoughts in the moment. It is like an all-reflecting mirror that silently remains beyond all reflections without itself being reflected.

It is like the unheard listener that hears all thoughts as they come rumbling by, or those that just quietly bubble up. It is the ever-still point to which all movement appears. It is the innermost Presence that is the most significantly significant of all that IS, being pure IS-ness Itself.

T.S.Elliot said (to paraphrase), “It is the still point where past and future are gathered, where movement neither ‘from’ nor ‘towards’ occurs...yet, it’s where the dance is.” ♥

Love Note From Elizabeth



Elizabeth MacDonald
Spiritual Director

Living the Truth

from "Living From The Heart" pp.93-94, 97, 101

...is like pouring wonderful fresh water into a stagnant area, whether it's a stream or pool, or a bucket of water. Whatever is in there that isn't clear and pure, removes itself in the presence of what is pure.

It's all about being real.

The body-mind is so clearly second to what's real. We get it that it's just an instrument for the Heart, for what's real. It's not what I am, or who I am. Who I am and what I am is the Stillness, is the Silence... ***Be this now.***

That which Is, the Pure Awareness, is going on between the words, between the movement of thought or the movement of the body. Pure Awareness is what is still and present eternally. It is always awake, always aware, always present. Pure Awareness is entirely conscious of what's occurring in the moment. When we can come from That, in every moment, we don't miss a thing. We catch what's going on, and are guided wisely from the Heart for the good of all concerned. We are choosing from the perspective of the Whole and no longer from an individual "piece."

Many of us are into problem-solving and trying to figure it all out, rather than just going into the Heart and seeing what's so. It is all there. The wisdom and the insights are there. Following these insights may be scary because maybe you may not have followed the Heart before, and you don't know what's next. But somehow intuitively we know it's real, we know it is what is true for us. We don't compromise that, and we follow that. It will give us the strength to go through the changes that we need to go through to complete what we're here to complete.

So it makes life very simple when we come from the Heart in our day-to-day lives. Initially it makes for a little adjustment, but after a while everything falls into place. It is just right and true. Feel this simplicity...from the Heart's perspective...

Giving our attention to the Heart may seem as though all our responsibilities get left behind. But exclusive attention on the Heart is *inclusive* of everything else. We become more aware, more conscious and more creative, because we're not limiting ourselves in any way. We're not missing things. We're picking up on things. It actually works much better.

We've all heard the phrase, "Let go and let God." What does that really mean? Well *this* is what it means. Let go into your true Being, into what *is*...before anything else can be...which is the Truth of what we are. And then let God run your life. Let the Heart run your life. Let it conduct the symphony. Just relax into it all... ♥

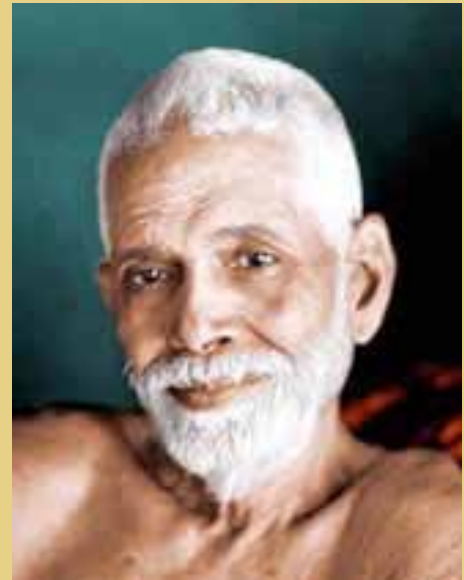
Teachings of Bhagavan Ramana

Forty Verses on Reality

(These are being examined in successive installments in the HEART to HEART newsletter.)

Verse 4

If the Self be with form, God and the world will be also. If one be formless oneself, how and by whom can their forms be seen? Can there be sight without eyes? The Self is the eye, the limitless Eye.



Ganesan's Interpretation: "That which is," the Self, is formless. What creates and sees forms is the seeing mind; also, it sees only through a body. If one identifies with a body, through that body alone sees forms of the world and God. Yet, if one realizes inwardly that one is not the body (and therefore remains formless), who else is there to assert seeing forms of the world and God outwardly? That is, in the absence of a body and the seeing mind, who is there to see and thus, how to see?

S.S. Cohen's Interpretation: This refers to the *jnani*, who although having a body sees himself as bodiless and formless, and so cannot see God, or in fact see anything with form. The *ajnani* (the non-realized), perceiving himself as a body, takes God also to be a body and worships him in all sorts of material, formal representations. Yet the fact remains that even he perceives everything through his own formless Self which we have granted to be the only seer, the only knowledge there is - the "limitless Eye." Those who condemn idol-worship forget that they themselves worship material symbols and icons and attribute to God forms, dimensions, positions, even sentiments and sense-perceptions exactly as they do to themselves. Having no experience or conception of a formless omniscient spirit, they feel literally lost at the idea of worshipping something not represented in a form. God, thus, appears according to the degree of the realization of one's Self.

Verse 5

The body is in the form of, and includes, the five sheaths.

Is there a world apart from the body? Has anyone without a body seen the world?

Ganesan: The body is the repository of the five senses. As such, the very word "body" refers normally to all the five senses. In that instance, can the world appear in a state of no-body experience? Also, deeply ponder whether anyone has ever seen the world, other than seeing it through his five senses, his body?

S.S. Cohen: The body is a complex structure containing a large number of instruments or organs which the Self, as ego, uses for a large number of purposes, including among others those of hearing, smelling, seeing, thinking, feeling, memorizing and reasoning.

Thus the term body includes all these *Koshas* (sheaths or senses), whose appearance and disappearance cause the appearance and disappearance of all objective and subjective perceptions. Assumption of a body is therefore necessary for the world's enjoyment and the body owes its existence, as we shall see in the next verse, to the five senses, which are the properties of the mind.

Forty Verses on Reality...continued

Verse 6

**The world is but the fivefold sense-objects, which are the results of the five senses.
Since the mind perceives the world through the senses,
is there a world without the mind?**

Ganesan's Interpretation: The perceived world is merely a collection of data gathered through the five sense perceptions. These experiences occur only through the respective five senses. And mind is the principle that perceives the world through these senses. Therefore, inquire whether there is a world independent of one's own mind.

S.S. Cohen's Interpretation: Through the sensory organs lodged in the five koshas (sheaths), the senses display before the mind a variety of objects - physical, vital, emotional, mental and intellectual. Apart from the five sense perceptions, there are all sorts of other internal senses which also arise from the mind, work through the mind, and are understood by the mind - such as the senses of time, of space, of "I" and "mine," and the artistic, ethical, religious and spiritual senses for instance. Since all these senses form the world we know and have one common origin, which is the mind, the world cannot therefore be other than that mind. ♡



Making a Connection



AHAM's "Wake up" Call

EXPERIENCE MEDITATION ON THE TELEPHONE

Every Sunday

Here is a "Wake-Up" call experience from one of our facilitators...

We had 3 participants on the call last night. It was a call filled with lots of wonderful sharings and questions.

We started off with a reading of AHAM's purpose as well as a statement about the true purpose of spiritual activity which is to know who we are and to wake up and be aware this very moment.

A guided 25 min. I AM centering meditation followed, leading into silence. The line was especially quiet tonight. You could have heard a pin drop.

One participant began the sharing time with a question about how Self-Inquiry began. The story about Bhagavan's near death experience was related ...and how Self-Inquiry is the most simple and direct way to reach the Self. She then shared "I feel as if I should feel like a higher self. But I still feel like me." The question was asked "what is it that has a concept about how you should feel?" She laughed and recognized it was the mind and was able to see how just in being able to laugh at this recognition there was a space of clarity and she was not tangled up in it anymore.

Then another shared that she was "getting there" and that she really appreciated the questions and the answers. She shared that she has judgments toward herself and wishes to be in a place where there's no thoughts. . . It was shared that it was important to love and accept ourselves even when there are judgments just as we would a friend who was going through a rough time. And the "how to do this" came up - by coming back to I AM. It was asked, "Is there any judgment in I AM?" There was a "no" response. At one point (I don't recall the exact sequence) someone shared that she feels very safe in Awareness . . . and the sharings went into how it is the most safe place to be. . . Another shared too, how she is a teacher and how she constantly puts energy out and feels depleted and how to maintain that center in the midst of it all? . . . Again coming back to how important regular practice is in maintaining this center or resting point within, where no matter what's occurring "out there" we remain grounded in who we are. . . by continually coming back to this safe place that's always here. . .

A quote from Ramana Maharshi was shared (from the AHAM brochure) that "Peace is the inner nature of man. If you find it within yourself, you will then find it everywhere." We only had a few minutes left, so we went back into silence and then Namaste and goodbyes.

A truly Heart-felt call with all.

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A FREE (only your own long distance charges apply) 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

Mailing Address: 4368 Hwy. 134

Asheboro, NC 27205

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 through Friday, simply e-mail your request to the AHAM Center at:

ahamcntr@asheboro.com

Most Photos in Heart to Heart are by Jim Dillinger Photography www.devotionalimages.com

Book Review:

Insights for a New Way of Living

OSHO **on Creativity**



Recently I discovered a gem of a book in the AHAM bookstore, a book I'd never come across before. The book titled, "Creativity, Unleashing the Forces Within" is written by Osho, one of the best-known and most provocative spiritual teachers of the twentieth century.

Osho's book is not just another "how to" book for aspiring artists. Rather, it is a book that reveals a radical new way of living. A way of living that is nothing less than a total shift in human consciousness.

Osho begins by declaring that, "Creativity is the greatest rebellion in existence. If you want to create you have to get rid of all conditionings, otherwise your creativity will be nothing but a carbon copy."

The author explains, "The creator cannot follow the well-trodden path. He has to search out his own way . . . he has to be a dropout from the mob mind." The mob mind he says is lifeless and mechanical. "It knows no dance, no song, no joy."

Creativity, according to Osho, is "a state of no-mind." It is simply "allowing God to happen. Creativity means you are in total relaxation . . . it does not mean inaction; it means relaxation—because out of relaxation much action will be born. But that will not be your doing; you will be just a vehicle."

Osho goes on to say that, "Creativity is a very paradoxical state of consciousness and being . . . It is action through inaction, it is what Lao Tzu calls wei-wu-wei. It is not a doing, it is an allowing. It is becoming a passage so the whole can flow through you. It is becoming a hollow bamboo. . . . And then immediately something starts happening, because hidden behind man is God."

"A song will start coming through you—you are not the creator of it, it comes from beyond. And when it comes through you it has superb beauty, it brings something of the unknown in it . . . And when you bring some fragments from the unknowable you transform the whole quality of human consciousness on the earth."

So he coaxes us to "Just give him a little way, a little passage, to come through."

And from this empty space "infinite strength starts flowing through you. You become a river, you start flowing, you start melting, you start streaming – you become alive." So no matter what you're doing – eating, driving, scrubbing, singing, - you're alive!

"When the poet disappears there is creativity. When the painter disappears there is beauty . . . when you start singing a song that is not your own, that you cannot sign and you cannot say, 'It is my own' on which you cannot put your signature - then life takes wings."

And finally, Osho give us a few pointers to help along the way: "Let there be a few things that are mysterious, for which you cannot supply any reason. Let there be few doings for which people will think you are a little crazy. A man who is hundred percent sane is dead. A little bit of craziness by the side is always a great joy."

I found this book truly a joy and a process in itself as Osho so expertly takes us deep within our center. It is a beautiful example of creativity in action - the dancing-ness of God in form. ♥

by Melinda Bern, Roanoke, VA

Simply Divine



Open-air Market in Tiruvannamalai, India

Chickpea Soup

Serves 6-8 as a side course
and 4 as a main course.
Preparation time about 20 min.
Cooking time about 45 min.

Recommended by Sally Berg
(Richard Fletcher's sister)
Thanks to Karen Lee from her
"Occasional Vegetarian"

- | | |
|---------------------------------|--|
| 1 C chopped onion | 2 teas. cumin |
| 1 Tbs. olive oil | 1 teas. black pepper |
| ½ C chopped carrots | 1 bay leaf |
| ½ C chopped celery | 1/3 C white rice |
| 3 average garlic cloves, minced | 2 Tbs. chopped fresh parsley |
| 5 C vegetable stock | 1-16 oz. can tomatoes (drained) |
| 2 teas. salt | 1 C cooked chickpeas (1-15 oz. can, drained) |

In a soup pot sauté the onion in the olive oil until softened; about 3-4 min. over medium heat.

Add the carrots and celery and cook until softened; about 3-4 min.

Add the garlic and spices; sauté about 2-3 min.

Add the stock and turn heat up high. Bring the soup to a simmer and add bay leaf and parsley.

Empty the can of tomatoes with their liquid into a bowl. Squish the tomatoes thoroughly and add to the soup. (At this point you can hold the soup until a half hour before serving.)

Return soup to a simmer and add the rice, turn the heat to low. Cover and simmer 15 min., stirring occasionally. Add the chickpeas and cook another 15-20 min. until the rice is tender.

Serve with a sprinkling of grated Parmesan cheese if you wish. ♥

*The Supreme Being,
the one ultimate Cause of the universe,
manifests Himself as many,
which do not exist apart from Him.*

A Daily Message
based on the teachings of Sri Bhagavan Maharshi



Graduates Share

Living Meditation Training

left to right:
Elizabeth MacDonald
Carol Stewart High
Kelly Santillo
Cheryl Levine
Dan Ngo
Carolyn Emery
Mary Heuser
Annette Davidson



..... This past week as I was doing the Truth Process, Consciousness revealed to me that I had lost sight of who I am ... I separated myself due to ignorance and went on to seek happiness in the world in people, places, and things, thinking happiness is there. I was always being hard on myself and was not loving at all, which explained why I was so unhappy.

As I was doing the Truth Process, it all revealed for me to see through this. As a result, there was total acceptance. And for the first time, I felt the same happiness and simple-joy feeling I had as a child. It's like the flower has blossomed again. My inner door is opened up again....I feel like I am at a place where I don't really know much of anything anymore. It is very vulnerable...So what? Dan Ngo

Living Meditation has given me:

More joy and compassion.

A strengthening of connection to Source and weakening of identification with this body-mind.

A strengthening of my commitment to spiritual practice.

Much more self-discipline.

The Truth Process has transformed a sixty-year habit of trying to escape from or deny pain into the practice of sitting with and accepting whatever is present.

Glimpses of how it would be to live from Source always.

A sense of the fluid nature of this seemingly concrete world of duality.

Trust in the process and its gentle inner promptings.

My intention is to give back for all I have been given.

With much love, Annette Davidson

“Where am I NOW?”

In this moment, right now, I know that I grasp it. My body-mind, even, understands it. Yes, I know who I really am and I know that experientially. I'm grateful for the moments of truth I do experience and these moments continue to increase in frequency and duration. My fear continues to lessen as I continue to experience it in the Truth Process.

The Truth Process has become a way-of-life for me as I find myself now able to relax-and-release disturbances as they arise. I say I am able to do this, and I am - but I often forget and go with the disturbance. It doesn't take a huge amount of time anymore though, before I am able to remind myself of what is happening and then I return to my true Self.

It goes beyond gratitude. I am in awe of the experience I've had. I love you.

Mary Heuser

Graduates Share *continued...*

I have been searching for the words to use to express my experience with I SIT. It is ironic because I am the girl with many words. I had so many questions when I first came to AHAM. I still have a few and mostly I wait and the answers come. I've learned to be quiet and still about this, however; I will endeavor to use words and hope for the best.



Pam Freeze Asheboro NC

In so many ways my life has been difficult and in more ways, my life has been blessed. I feel deep gratitude for how fortunate I have been. However, I have never felt safe, secure, loved, or “at home” in the world or in my life. At “ground zero” something felt very terrified, hyper-vigilant, out of place and panicked.

Things have happened along for me just when they are needed, and my introduction to AHAM came during this struggle. I was slow in catching on to how much my life was about to change and improve, but catch on I did. Ramana has been very gentle and kind to me and he has even allowed me to experience, with his assistance, the awakening within myself of my heart. It is not exaggerating for me to say his gift to me saved my life. I have loved becoming part of the community and spending time on the property.

I was very familiar with AHAM and the teaching when I entered I SIT in November, but nothing I knew was anything like the actual, intense experience of being in the presence of Awareness day in and day out. Learning the Inquiry from Awareness and experiencing it while there myself is...and this is where words fail me. It was and so far has not been a “blissful” experience like I’d imagined or read about, I must say. It is relaxing and sometimes I experience lightness, but I still have my “ground zero” to contend with. It sure doesn’t feel like my understanding of Sat-Chit-Ananda! I agonized over this but with the assistance of Carol during Home Study, I had a breakthrough. I have not done it wrong, failed, not worked hard enough. THIS, all of it, is enlightenment! Wow, what a concept! What a release! Dreams are rare for me, but when I have them the same frenetic, panicky, bad feeling stuff is happening in them too. I had a dream about four weeks into the home study where I actually experienced a great release and letting go in the dream! I consciously said that I needed to “let it all be there just as it is,” and in the dream I felt the release.

So I think the “gig” is up. No more drama and suffering like I’ve known. I know that life does what it does and that includes ALL of it. I know this doesn’t mean I’ll never experience sadness, pain or fear again. I AM, however, not totally at the effect of it like I have been. If external life reflects internal life, I am definitely improving - dramatically. Sometimes that makes me scared too! Aren’t minds wonderful? Lately, when I’m not paying too much attention to anything, I find myself feeling a deep sense of well-being and joy. The world is in color again and sometimes I weep because it is just so beautiful. I have so much gratitude for you all! It is amazing how hard you work and how much good comes of it. Much love and grateful thanks, Pam

Life is only about returning FIRST to nothing. A great sage said this over 2,000 years ago:

"Seek ye FIRST the Kingdom (Nothing) and all else will be added (Inspiration from God)."

Cleaning petitions Divinity to release memories from the subconscious so that it can be free and nothing again. And in being nothing, Divine Inspiration automatically flows for perfect living from Divine Love.

Dr. Hew Len

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, 40-acre
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Enjoy our beautiful Reflection Lake and quiet Meditation Trails through the woods

AHAM’s “Awaken to Awareness Retreat” is perfect
if you want to “*get away from it all*” and experience
deep peace, solitude, and relaxation

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!

Upcoming Retreats:

**March 19-21
&
April 9-11**

Call the AHAM Center at 336-381-3988 or e-mail ahamcntr@asheboro.com

Call the AHAM Center at (336) 381-3988 by mid-April to reserve your free stay



Spring Fling
at
AHAM
May...weekend of the 1st
"Ya'll Come"

Join the fun...

in sprucing up our AHAM Home

Bring family and friends...

Many hands and smiles make work delightful!

FRIDAY Evening
Sat Sanga

SATURDAY
work day

SUNDAY
Interlude

AHAM'S 2010 PROGRAMS



AHAM'S "A-WAKE" Celebration *this month at the* AIC Reunion Retreat

March

- 11-14 *Area Coordinators Training*
- 12-14 Association in Consciousness Reunion & 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*

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*

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

***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.***

HEART to HEART is 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.

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 in the HEART to HEART, whether in the original paper printed version or now in this electric or e-version. The purity of the teaching has never changed, nor will it ever as far as Ramana, its founding spiritual director is concerned.

This is a free publication. However, your donations, gifts, or contributions to its continuation are very welcome and assist us in the operation of our two centers. Please feel free to pass this publication on to friends, and send us any questions you may have regarding either AHAM or your spiritual practice (*sadhana*). Please give us permission to print both your question and our answer in the HEART to HEART. All comments and suggestions are always welcome.

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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 has been serving the worldwide spiritual community with its curriculum of conscious-transforming programs since August 1978.

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