



Vol. 31 No. 7

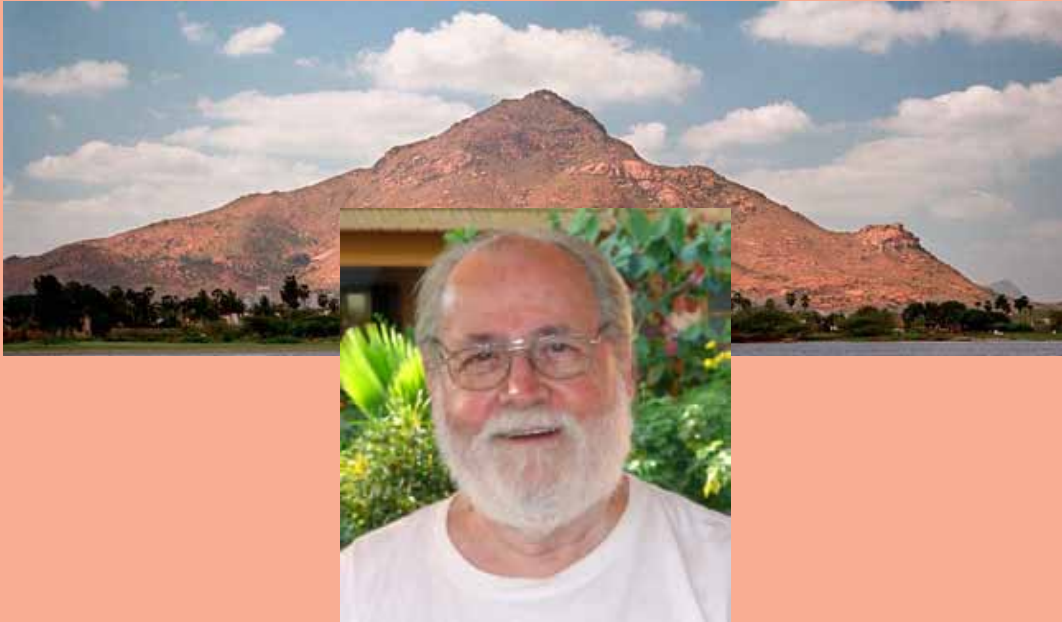
The Association of Happiness for All Mankind

April 2010



**Being the One**

# Heart of the Matter



*A Blessing from Ramana*

*The fact that you have been brought to this place,  
that you are able to read the works of enlightened teachers,  
such as Bhagavan,  
and that it vibrates with you – it resonates with you –  
that you have an understanding of what Bhagavan is sharing...  
Be grateful.*

*And also recognize that it is Grace that is working in your life.*

*It is by Grace,  
and Grace alone,  
that we are drawn to this Teaching  
and to the understanding of this Teaching.*

*Grace is the source.*

*Grace is the Self.*

*Grace is God.*

*And, it's God's Grace that draws us to God.*

*Just to even think of God, is God's Grace,  
Otherwise look and see where your thoughts are going.*

*It is by Grace that you are giving attention to your own Source,*

*To your own True Nature,*

*To your very Being,*

*And, to this Teaching.*

*So be grateful*

*And Gracious.*

*From Feb. 2<sup>nd</sup>, 2010 Sat Sanga - India*

## Tributes to A. Ramana

Our dear Ramana's passing came at 10:45 Heart Time this morning. There is only stillness and silence present – a pristine stillness. The body too is very still, not needing or desiring anything.

And there is a deep sense that all is well. Even a celebratory feeling that Ramana is free of his cancer-ridden body now. In tuning into this Presence – that place where “we” are One - he is smiling and saying that he is in such peace and freedom unfathomable . . . It is as if he were seated right next to me in the meditation hall. His words are clear and distinct.

And his message is for us all:

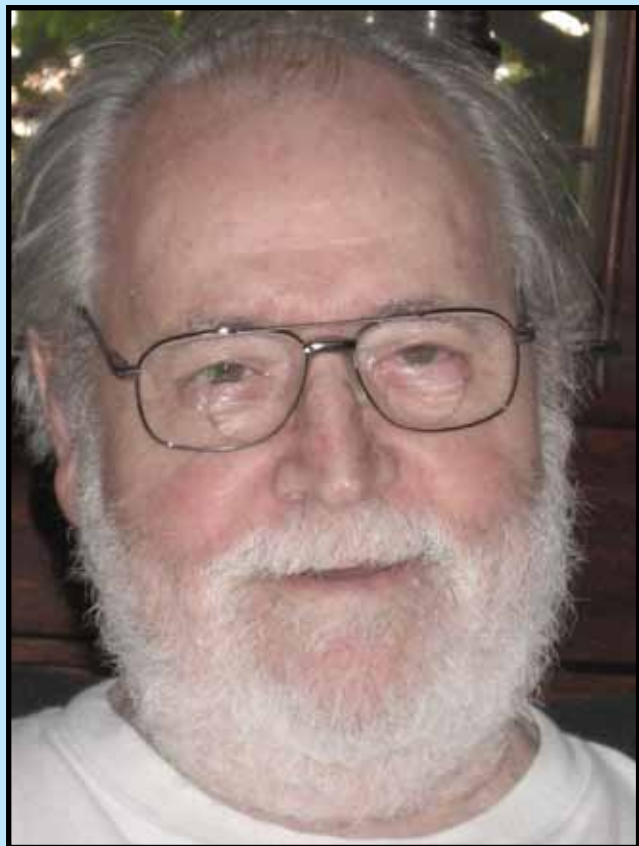
“There is joy supreme and we are all this very nature. Just be this with me now . . .and feel what it would be like if this were already complete, totally finished, because it is here for you right now even as you are in the body. Just be still now and revel in this with me . . . There is only One, nothing is not this. Right now be as this I AM . . . There is a great light we are all a part of, the light of this One Truth, ever shining. Move fully into the light of who you are. And let nothing stand in the way.”

Ramana's example is here for us now. And one of the insights that comes is that surrender is not some final event sought for or reached. It is an openness to this very moment, a full Awakeness to what is . . . not resisting life as it occurs – not even one iota.

And Ramana is smiling and calling me Love, like he always does. He is more present than ever before. And I realize he is not his body, and he will never die. I am so happy for him and for all of us.

A devoted student,  
Melinda Bern





## Ending the Search

How do we thank the ones  
Who have given their time,  
their lives, their love,  
For the sake of those yet to come?

How do we thank the ones  
Whose very lives reveal  
Commitment to a purpose  
of the greatest order?

How do we thank the ones  
Whose very presence blesses  
The lives of those who venture near?

How do we thank this one  
because of whom  
so many have been blessed?

How do we thank this one  
because of whom  
The Search is finally over?

Thank you, Ramana,  
For your life, your love,  
Your integrity, and  
your commitment  
to Truth

Live it, Be it, Share it, you said.  
But then, what else can we do?

Lina Landess



# Tributes to A. Ramana *continued...*

## The Gift

Gifts come in many shapes and sizes. Sometimes it is wrapped in bright paper, sometimes it is a smile from a stranger, sometimes it is a beautiful spring day and sometimes it is in the form of a teacher, a guru. The Guru gift, showed up in my life nearly 5 years ago, in the form of a big Texan, with a big heart, a foul mouth and the ability to see right through all the “bull shit” (And that may be a direct quote!).

His name was A. Ramana.



They say that the teacher will arrive when the student is ready. When Ramana arrived in this life, I had no idea that I was ready. I had no idea that I was even looking. He arrived like a hurricane, determined to breakdown the beliefs I wore like a suit of armor. The beliefs that kept me from experiencing what I longed to experience. Using his weapon of choice, the truth, he began the process of cutting away the armor, piece by piece.

During ISIT, the Intensive Self Inquiry Training, the armor cracked wide open and this one experienced the very core of being, who I really AM and never looked back. I experienced what I believed to be true all along, and the experiencing was so much more than the believing. The journey, since that first awakening, has not always been pleasant. The knight, without his armor, is vulnerable and open to attack and so that is just what we did, Ramana and I. We began to attack the layers of conditioning and beliefs that continued to pull me out of “who I am.” There were times when I didn’t like this teacher, Ramana, and there were times when I was in awe of him. There were times when I said, “I have had enough!” and still something kept me with Ramana, with AHAM. The being that “I AM” knew that I was hearing the truth, and the truth, though not always pretty, is still the truth.

On February 15<sup>th</sup>, 2010 my Guru, A. Ramana, left the body. I miss the man, and the teacher, that I came to love. The being is with me always. That being is me. I was blessed to be with Ramana in the last weeks of his life and I experienced the pure love that is Ramana, that is all of us. That presence continues to warm me, to guide me, to remind me of who I really am.

In Ramana’s last weeks the teaching continued. The gift kept on giving. In satsang he shared from a place of ferocious love “You are it! Stop seeking! There is nothing more to find!” I witnessed the doubt that clouded the faces of others, the hope that filled their hearts, and the knowing that captured their souls and it was my experience. I felt the pure love that is Ramana, wrap itself around me and hold me as more layers of conditioning peeled away. This knight, now totally without armor, was no longer vulnerable but a willing participant in transformation, in Self-realization.

A. Ramana’s last words, his last gift, were “Take no position. Be happy.” These words have nestled into this heart and warm me every moment. This Being, this Guru is the gift that keeps on giving.... And for this there is only gratitude. *Cheryl Levine*

# The “Awake” Wake



The “two-ness” transformed into Oneness -  
Seeing only Itself wherever It looks.  
All is fully accepted As It Is,  
As an expression of The One.



# The "Awake" Wake *continued...*



Everything that comes and goes  
Is the Play of Self,  
reflected upon Itself.  
All are delighting in this dance of  
Emptiness  
Shining Brightly ...  
Simply Being Awake ...



*"Ramana is to me like...  
a White Beard...  
Santa Clause,  
Big Foot...  
Teddy Bear,  
Playful... "Grandpa"  
and Love!"*



# Society of Sages



## Simply Being Awake

AHAM is ...  
A Society of Sages where ...  
Truth is our Guide and not the  
so-called individual.  
Where "me" is no longer on center stage.

Only the Pure Light of Awakeness,  
Of Awareness,  
As our True Self Nature,  
Is present Here and Now -  
Eternally.

Seeing without an "I" seeing.  
Only honoring what is True and Real -  
This is what is looking out  
from everyone's eyes.

Seeing only Love, Compassion and Grace  
In every experience,  
No matter what the appearance.

The "two-ness" transformed into Oneness -  
Seeing only Itself wherever It looks.  
All is fully accepted As It Is,  
As an expression of The One.

There is only sincerity,  
Honoring and respecting the Truth  
Of who we really are.

Everything that comes and goes  
Is the Play of Self,  
reflected upon Itself.  
All are delighting in this dance of Emptiness  
Shining Brightly ...  
Simply Being Awake ...



# Love Note From Elizabeth

## *Thank You, Ramana*

Many times, over the past thirty two years, I've asked Ramana how I could thank him for what he had given me. His answer was, "Just by your being the living of this teaching...by Being It." These words from Ramana went deep.

Now that he is gone, physically, I can see the full importance of what he was sharing.

It came to me that if Ramana had received this gratitude for himself, the circle of gratitude would not have happened; it would have ended right there. By him giving it back to me to "show up" and live this teaching, the responsibility was in my hands, and not his.

Each step of the way, in my association with Ramana, he imparted the teaching of Self-responsibility. When I was faced with something brand new and it appeared too big for me to handle, he would say to me, "I have faith and total confidence in your ability to get this done." Ramana saw my abilities, in potential, long before I could see them. And, as he held this truth for me, lo and behold the connection with what's true would come forth just as he said. The creative potential was not awake when we first met, but in the process of serving AHAM, it was opened and activated. So, as AHAM was being formulated, going into uncharted territory wasn't scary any longer – it actually felt very alive and invigorating. A shift into "who's doing it" began to awaken.

Sacred Service at AHAM has been proven now, by many of us, to be an instrument of transformation. While the Self-Inquiry is practiced along with the daily work, the "I-I Current" is being awakened in and as Awareness. The inward pull into the Heart is being honored as the field and ground of Being. Now, being at the Source, the



*A. Ramana and Elizabeth MacDonald Co-Founders of AHAM*

Creative Potential is released as a natural expression of Being. There is complete alignment...no longer a separation from the Source...there is only the One Presence and Power expressing Itself in all thoughts, words and actions.

In our communications over the past few months, Ramana shared with me that what he had been preparing me for all these years had come to pass. It warmed my Heart to feel completion with all that had been graciously given throughout our time together. His guidance was impeccable and thorough. When his body passed, the experience was, and is, "not two." The gratitude circle is complete. There is only this fullness of Love shining through ... untouched by all that arises. Your message, Ramana, is now being realized, lived, and shared in deep gratitude.

Thank you from the depths of my Heart. ♥

# Teachings of Bhagavan Ramana



## *Forty Verses on Reality*

### **Verse 7**

**Although the world and the awareness of it rise and set together, it is by awareness that the world is known. The source from which they both arise, and into which they set, always shines without itself rising or setting. That alone is real.**

*Ganesan's Interpretation:* It is clear that the world appears only when the mind rises. Though both the mind and the world emerge and dissolve simultaneously, the world totally depends on the mind for it to be perceived.

Based on this, one should go deeper. It is obvious that there is a source from which both the mind and the world emerge and dissolve into. That Source, that Ground, that Substratum is the Reality, the Wholeness. It is "That which is" ever without any movement as either growth or decay.

*S.S. Cohen's Interpretation:* This Verse is reminiscent of the Invocation and confirms the previous verse, which make awareness the criterion of existence as well as the source of the world. Awareness "always shines" as the "limitless Eye" mentioned in verse four, the eternal Knower. It goes without saying that the appearance of the world is simultaneous with the awareness of it, and disappearance of the world simultaneous with the withdrawal of that awareness. For the fact of the awareness of the world is the fact of its existence. We cannot affirm the existence of an object without first affirming awareness of it. Therefore awareness is the only Reality there is.

### **Verse 8**

**In whatever name and form the nameless and formless is worshipped, therein lies the path of its realization. Realizing one's truth as the truth of that reality, and merging into it, is true realization.**

*Ganesan:* To assign some name and some form to "That which is," the Self, which glows within, without a name and a form, and worship it as God, is positively an aid to realize the Reality. Yet, be assured, the only way to have direct experiential oneness with the Self, "That which is," is only through self-inquiry. That is, to know that one is ever the Self, the Truth; and be rooted in "That which is" without any movement, is Wisdom Supreme.

*S.S. Cohen:* All sincere worship comes from the heart, and leads to the formless God in the heart. To believe that one's reality is the same as God's is an important step towards the realization of Him as Pure Consciousness and the process of merging into Him. How many millions of innocent human beings would have been spared the horror of religious persecutions throughout the centuries in the name of God, and how many wars would have been prevented, had this truth been accepted as the one truth underlying all religions!

## *Forty Verses on Reality continued...*

### **Verse 9**

**The dyads and triads rest in the basic One. Inquiring about that One in the mind, they will disappear. Those who see thus are the seers of truth: they remain unruffled.**

**Ganesan's Interpretation:** It is quite obvious that the content of any knowledge is filled only with dyads (life-death, light-darkness, good-bad, right-wrong) and triads (see-er-seen-act of seeing). Yet, spiritual aspirants alone know that these dyads and triads are dependent on and subject to a mind that observes them.

To deeply inquire whose mind projects these divisive perceptions, and thus dissolve in oneness of quietude, is the only way to end dyads and triads. All divisive perceptions ended, one is rooted in movementless Wisdom Supreme. No more will dyads and triads prove to be hurdles.

**S.S. Cohen's Interpretation:** The dyads are the pairs of opposites - knowledge and ignorance, light and darkness, happiness and misery, birth and death, etc. The triad is the triple principle of seen, seer and sight; object, subject and the perception of the former by the latter. As all the numbers stand on, and originate from, the first number, so are the dyads and triads based on, arising from, and of the same nature as the one seer, the perceiving mind. He who realizes the world as such retains a uniform serenity in all conditions of life. ♥

### **Who Sees? ... A Conscious Poem**

*By A. Ramana*

*When I see beauty, it comes out of me.  
When I see deformity, that too is from me.*

*I am the cause of all that I see.  
Effect is what's seen, the cause is in me.*

*I am the cause of all seen by me,  
By conceiving and naming that which I see.*

*I must agree to then disagree.  
Both of these issue, from out of me.*

*When I disagree, I have first agreed,  
I cannot but agree to disagree.*

*Regardless of what – and how many – I see,  
It is all out of one, the one that is me.*

*I am the one, which does "many" see.  
There is no "many" apart from the one "I,"  
which sees.*

*Who is it that sees? Who says, "I am he or she?"  
There is only one, which is seer and seen.*

*The Self is the All, the All is what's seen,  
There is no All, apart from Me.*

*I am in all, and all is in Me.  
There is no other apart from Me.*

*Yes, I Am is All, and all Is Me.  
There is no "other," there is no "me."*

*I am the seer, and I am the seen,  
There's only the seer, there's no other to see.*

# Making a Connection



## AHAM's "Wake up" Call

EXPERIENCE MEDITATION ON THE TELEPHONE

Every Sunday



*Sylvana and Kerri*

*Being himself  
exactly  
the Supreme Being,  
but thinking himself  
to be separate  
from Him,  
(man) strives to become  
united to Him;  
what is there stranger  
than this?*

**An example of a Daily Message  
(One of A. Ramana's favorites)**

*Learn to bring stillness and peace  
into your life!*

**Call (712) 338-8000 + code 2398#**

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](mailto: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](mailto:ahamcntr@asheboro.com)

# Simply Divine



*Donna, Geeta and Jan  
at the Kitchen Door*

## QUINOA

*Is it possible to find a grain so full of protein and fiber and minerals and healthy fats that you could make it a routine part of your diet?*

*Quinoa contains more protein and fewer carbs than wheat, rice and oats. One cup of quinoa is packed with as much protein as four eggs. And on top of that, the protein is what nutritionists call "complete," meaning it contains all the essential amino acids.*

*Myriad studies confirm it: quinoa is easily one of the world's healthiest foods.*

*Even better...quinoa is really tasty. It has a soft texture and nutty flavor. These little buggers are equally good for breakfast or dessert. Try it, you'll like it... but don't cook it in as much water as the box says.*

*Instead of a ratio of 1 part quinoa to 2 parts water try 1 part quinoa to 1 1/4 parts water for "fluffiness."*

### ***Lemon-scented Quinoa Salad***

1 cup quinoa  
1 1/4 cups water  
1/2 teas. fine grain sea salt  
1 can (16 oz) garbanzo  
beans  
or dried equivalent  
1/2 cup cilantro, chopped

### **Tahini Dressing:**

1 garlic clove, chopped and  
smashed  
1/4 cup tahini  
Zest of one lemon  
scant 1/4 cup fresh lemon juice  
2 tbs. olive oil  
2 tbs. hot water

Rinse the quinoa in a fine-meshed strainer. In a medium saucepan heat the quinoa and water until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Quinoa is done when you see the curlique in each grain, and it is tender with a bit of pop to each bite. Drain any extra water and set aside.

While the quinoa is cooking make the dressing. Whisk together the garlic, tahini, lemon zest and juice, and olive oil. Add the hot water to thin a bit and then the salt.

Toss the cooked quinoa, beans, cilantro, red onion, and half the dressing. Add more dressing if you like and season with more salt to taste. Serve garnished with a bit of cilantro. ♥

# Awaken to Awareness Retreats

## Transform Your Life!

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

**...at AHAM's tranquil, 40-acre  
Meditation Retreat and Spiritual Training Center**

**Give  
yourself  
a break!**

### Upcoming Retreats:

**April 9-11  
&  
May 7-9**

**Call the AHAM Center at 336-381-3988  
or e-mail [ahamcntr@asheboro.com](mailto:ahamcntr@asheboro.com)**

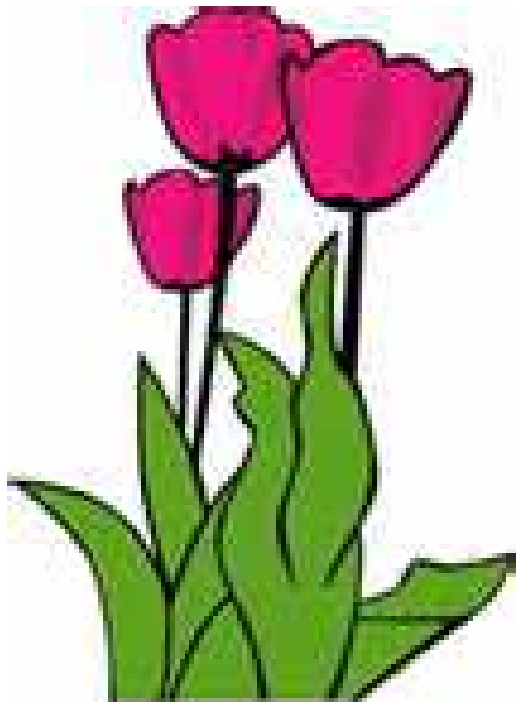
**experience  
deep peace  
solitude  
relaxation**

Receive personal guidance  
in the transforming process  
of **Self-Inquiry**,  
the simple  
"eyes open" meditation  
you can practice  
anytime,  
anywhere!



Boots

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



*Spring Fling*  
*at*

**AHAM**



*"Ya'll Come"*

*May...weekend of the 1st*

*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



## **April**

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

## **May**

7-9 Awaken to Awareness Retreat  
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.

**E-mail us at <ahampublications@aham.com>**

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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



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