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The Association of Happiness for All Mankind

May 2010

True Knowledge



is
Self-Effulgent

Heart of the Matter



On Hearing the Argument of Truth

from
*Consciousness
Being Itself*
pp.204-209

Arunachala Ramana

True freedom is only when we are abiding freely in the Self, or Heart, *prior* to this world of phenomenal manifestation and compulsive activity. There is no freedom *within* all of that.

The *very configuration* of all that, or the duality in which it is all apparently occurring, is bondage. It's seeking. And seeking is suffering. So, we have to constantly hear the argument of the Truth, repeatedly hear the logical or wise explanation of reality. We have to be reminded, constantly.

What's being stated with regard to the Truth, the Teaching itself, is the same thing being said over and over again; and, constantly hearing it is only part of the process.

The Truth has to be heard. It must then be truly considered. Then it must be deeply and intensely contemplated, while surrendering to it; and then completely merged with and remain therein. Only when that merging and abidance happens is there freedom from the sense of the doer, the seeker, the one who is suffering.

So when you finally see this, along with feeling the whole dynamics of it, being in the grip of the dynamics of it, and see it come alive in all its traditional symbolism, it can bring up some very strong feelings of fear, doubt, worry, and suspicion. Particularly when you start getting close to the real solution.

The closer you come to the Truth, to the real solution, the more the mind is going to kick up. This whole mechanism, this whole process seems to strengthen itself by bringing up additional force in its own strategy of defense, and preservation of the status quo. You can feel it going on very dynamically.

The argument of Truth must penetrate this apparent reality. It has to be heard, and again heard, and then heard again, until it finally penetrates into the core of our being. It must penetrate deeply until there is a quickening in the very core of Being Itself, where the Truth actually is, so the Self itself is stirred, it is again stirred awake, so to speak.

But now, the beauty of it, the salvation or saving grace is that now you have the Grace of Bhagavan and Self-Inquiry. Just stay with the Inquiry: "Who's disturbed? Who's nuts? I am." ♥

Love Note From Elizabeth



Elizabeth MacDonald
Spiritual Director



I AM THAT...

I AM is not a thought,
it is my infinite and Eternal Self,
Use it like a "polishing cloth"
to clean the mirror of mind,
Asking myself here and now...
"Who's feeling this present experience?"
I AM...

*Let this be a time of commitment
to follow the pure teaching and
completely end the search, end the
run-around that the body-mind may
have been giving you.*

*End it right now, as we speak.
From here on out, live from the
Heart, pure and simple, checking in
to be sure that's where you're
living your life from, and not from
the body-mind, with it's craziness
and pain. Yes, that will still go on -
pleasure, pain, ups and downs.
But you know that it's not you.
Then live free and clear,
moment-to-moment. ♥*

Feel...I AM...
Feeling I AM, the Heart Shines.
There is no feeling of "I" and "mine."
There is only I AM...
The accumulation of thought
As past, present and future...
Is the "I-am-the-body" thought.
Asking myself here and now...
"Who am I?"...

Feel "I-I-I"...this Pure Awareness only...
The "I-thought" is withdrawn into the Heart
And, past-present-future are gone...
There is only the "I-I Awareness"...
Only Pure I AM...and
I AM THAT.

Teachings of Bhagavan Ramana

Forty Verses on Reality

Verse 10

Knowledge and ignorance are interrelated: the one does not exist without the other. Inquiring to whom is that knowledge and that ignorance, and arriving at their root cause, the Self, this is true knowledge.

Ganesan's Interpretation: There is no ignorance without Wisdom and no Wisdom without ignorance. Inquiring into for whom these occur, who perceives the body and the life-force, whose ignorance and whose Wisdom, lands one in the Awareness of Wholeness, of Truth. To be ever immersed in
"That which is," is Wisdom Supreme.

S.S. Cohen's Interpretation: To speak of ignorance is to admit its opposite - knowledge - and vice versa. Until we become aware of an object we remain ignorant of its existence. Knowledge is thus the light which clears away the darkness of ignorance. But knowledge and ignorance which pertain to external objects are mere modes of thought. They come and go, and are therefore of no consequence in the search for Truth. What is of consequence is their knower, who is fixed, changeless, also called first principle because it is efficient, causeless, the eternal thinker, who precedes and survives all thoughts.



Verse 11

Is it not ignorance to know all but the all-knowing Self? When the latter, the substratum of both knowledge and ignorance, is known, knowledge and ignorance themselves both disappear.

Ganesan: Both the knower-mind and the known-object simultaneously sprout from a Source within. And that Source is the Pure Awareness, the I-amness in everyone, the Supreme Wisdom.

Inquiring into the nature of the knower and the known and realizing that both sprout from a Source, destroys once for all, one's bondage to the impediments - the knower-mind and the known-objects.

S.S. Cohen: It is of course foolish to know about everything in the world, and remain ignorant of one's own Self. Knowledge of the perishable - the universe and all its contents - perishes with the body, and cannot be transferred to another body, except as tendencies or abilities in the perishable too, which may not have any spiritual value in a future life. The imperishable alone endures and gives imperishable satisfaction, and this lies wholly within ourselves, who are the source and ground of both knowledge and ignorance - that is, of all experiences whatever.

Forty Verses on Reality continued...

Verse 12

True knowledge is neither knowledge nor ignorance. Objective knowledge is not true knowledge. Because the Self is self-effulgent, having no second to know or be known, it is Supreme Knowledge - not empty nothingness.

Ganesan's Interpretation: The Maharshi makes another invaluable breakthrough in this verse. For practitioners of *Atma Vichara* (Self Inquiry), this verse is a milestone, as it were. While inquiring into the source of thought, due to lack of alertness, seekers might get caught up, as a result of absence of thoughts, in *sunya*, void, or nothingness.

When caught up thus, with vigilance one has to pursue the inquiry further by putting a deeper question, "To whom is this void? Who sees the nothingness?" To give confidence and support to such seekers, the Maharshi categorically emphasizes in the verse that the thought-nullified state that the seeker reaches in the process of inquiry is not a "nothingness," but a "Fullness" of one's own existence.

S.S. Cohen's Interpretation: We have seen that objective knowledge is knowledge of the perishable, the apparent, the non-existent, the unreal. Self-awareness is true knowledge, because it is absolute, i.e. changeless, non-dual, ever-pure (thought-free). This purity is not emptiness (because of the lack of perceivable objects in it), but the ever-shining plenum of Awareness-Being.

Verse 13

The Self alone is knowledge, is Truth. Knowledge of the diversity is ignorance, is false knowledge. Yet ignorance is not apart from the Self, which is knowledge. Are the ornaments different from the gold which is real?

Ganesan: The "I am" alone is the Truth. Everything else, seen as varieties outside oneself as the world, depend for their recognition on a body and therefore, are totally untruth, like the body itself. Yet, even the root-cause of all falsehood - the "I-am-the-body idea" - is itself only the offshoot of the Truth, the "I am." As such, falsehood too is included in the Wholeness of Full Awareness, the Truth. The *see-er* mind, together with all that it sees, is merely awareness alone, just as all jewelry made of gold are nothing but gold. Without Awareness, the seer-mind and the seen objects can never exist.

S.S. Cohen: So the world with all its multiplicity of shapes, colors, smells, tastes and so forth is nothing but pure consciousness in substance, like variously-shaped jewelry which is nothing but gold. To perceive shapes, colors, smells and the like as different from one another is ignorance, is illusion, but to see them as the single substance out of which they are made - the pure mind - is true knowledge.

"Yet ignorance is not apart from the Self" because all experiences as thoughts come from the Self and are witnessed by it. ❤️

Making a Connection

AHAM's "Wake up" Call

EXPERIENCE MEDITATION ON THE TELEPHONE

Every Sunday

*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

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

Gratitude Expressed

Homage to Ramana

Does the teacher find the student,
Or does the student find the teacher?
Is there really a teacher and student,
Or is there only just the One?

I searched for my identity here and there
In this and that, only to come up empty handed.
But then it happened, quite spontaneously,
That I was shown the way to find out who am I.

It took a while for me to realize, that you are the
Mirror, which reflects who I am.
God's Grace within, manifested out there
In the form of "you," for "me" to see.

You are the outer Guru that pushes me inward,
While the inner Guru goes on pulling me deeper within.
And now I know that the Guru within, the Guru out there,
And Self are all only One.

How foolish I was to be at times upset with you,
When you were just reflecting what was going on in me.
I guess I was just upset with myself
For I didn't like what I was shown to see.

So, thank you Ramana for being that Rock I truly needed,
And carrying me as you have thus far, never letting me down,
Always being there for me in times of need,
Even when I didn't outwardly request it.

My love and respect for you are overflowing,
As I feel the same for myself; and realize,
There really isn't a teacher or student,
There is only just the One!



With Heartfelt love, Vivian Zelig/AHAM
Written March 1998; still applies.

Gratitude Expressed *continued...*

I am reminded of how Ramana's love would awaken me sitting there in meditation, in our NC Center

RAMANA'S FLASHLIGHT

Ramana may have dropped the body
At the foot of The Holy Mountain,
But his Flashlight still shines silently
As a beacon from the peak of Arunachala
To lovingly awaken us wherever,
Whenever, and however
We drop from consciousness.
Opening us again to True Knowledge
And Awareness,
As revealed through Self Inquiry.

from Kalonji



Hello Sister,

Just want to let you know, the calls you are leading now have been absolutely wonderful.

The trainer quality in you with your insights beautifully shine through and bring a flair of love, wisdom and practical applications.

Thank you

Love you

Lucas

Namaste

The Sat Sanga was rich and healing.

***OM Shantih Shantih Shantih,
Geeta Jyothi***

Just wanted to express my gratitude for the wonderful weekend I've just completed. It was the first time I had been there that wasn't connected with a program, either as a student or assistant.



My heart has been so full with love and gratitude that I felt as if it were about to spill over. From the time I arrived through our lunch on the deck today, everyone involved did everything possible to make it a good experience for me. It feels so much like home for me there.

I also wanted to tell you how beautiful your messages were on Friday night and again this morning during Interlude.

I read something yesterday that was referring to the Crucifixion that said "He had to die so that the focus would no longer be on the man but forever on the teachings" (paraphrased). I think this applies also at AHAM. Thank you for your gentle presence and commitment to carrying forward the teachings.

Much love, Anna

Sunday Interlude with AHAM

You are Invited...

for a time of reflection and renewal

on Sunday morning

**Come to our Center by 9:45 am
for our program and stay for a pot luck dinner**

**Plenty of time to enjoy our meditation trail
and the beautiful natural forest**

Or simply call in on our bridgeline connection.

***Just give us a call (336) 381-3988
to reserve for either.***



Sunday Interlude *continued...*

A
*Special
Guest*



Ganesan

*Grandnephew of
Bhagavan Sri Ramana Maharshi*

*...will be speaking on the
“Forty Verses on Reality”*

Every Sunday Interlude

May 2nd - August 1st

10:00 - 11:30

Come...

*meet Ganesan
personally
at our
AHAM Center*

**or
connect with us
over the Interlude
bridgeline call.**

**Please call and reserve
for either:
(336) 381-3988**



Join us...

*for our pot-luck dinner
after the program*

**The Verses for the week will be sent out
along with the daily messages.**

Community Happenings



Deb Andrews, Linda Swanson and Chuck Rehder
playing Pick-up-Sticks at Doug and Carol's

*The yard work
was followed by
a tasty chili
and cornbread
dinner for twelve...*

*delighting in
each other's
company!*

How would you like to be aware of what's going on with your friends within our AHAM family (those we know and those we've yet to meet) - sharing with each other, our lives, loves, sorrows, and our triumphs and celebrations. Joyfully sharing LIFE being lived consciously, freely and simply with compassion and humor.

This could be a strengthening of our Heart-bonds and a glorious celebration... as a community of one, The One.

This idea could be called "Community Happenings" and be a featured section in the "Heart to Heart" - open windows into lives being fully lived and expressed from Simple Being Awareness.

This is an open invitation to share...

with pictures and words what you'd like to communicate with your family - from the simple to the sublime and even the ridiculous. **So let the creativity flow!**

The pickup-sticks-party at Carol and Doug High's place is an example. Share with us the personal occurrences in your life, like you with your new baby or grandchild. It is so special to have a visualization to put with our names during times together on the calls.

**SEND YOUR SHARINGS TO AHAM C/O ELIZABETH
emac09@aham.com**

Simply Divine

All are delighting in this dance of Emptiness
Shining Brightly ...
Simply Being Awake ...



Iva and Kupenda
during our "Awake" WAKE

Iva's 5-Star Cheese Nut Loaf with Mushroom Sauce

LOAF

4 beaten eggs
1 lb. grated cheddar cheese (about 4 C.)
1-1/2 C. chopped walnuts
1 C. cooked brown rice
1/2 C. quick rolled oats
1/2 C. finely chopped mushrooms
1 medium chopped onion
1 clove minced garlic
1/4 teas. salt
1/8 teas. pepper

Combine ingredients and mix well. Pack firmly into well-greased 9x5x3 loaf pan lined with waxed paper. Bake at 350° for 50 min. or until firm and brown. Remove from oven and let stand 10 min. Loosen with knife, turn out and slice. Serve with Sauce.

MUSHROOM SAUCE

1/3 C. butter (or substitute)
1/2 lb. sliced mushrooms (about 2 C.)
3 Tbs. flour
1/2 teas. salt
dash cayenne pepper
2 C. milk

Melt butter in saucepan. Add mushrooms and cook 5 min. Stir in flour, salt and cayenne. Gradually stir in milk and stir until thickened. Serves 6-8

Graduates Share



I SIT Graduates left to right: Lee Hartzell, Karen Stewart, Elizabeth MacDonald, Caroline Milano, Rakendra, Iris Myers, Steven Grygleski, John Shelor

Here's what a few graduates had to say about their experience of the I SIT:

*"...The ability to transform my life through the Self-Inquiry Process and allowing the ground of Being to absorb incompleteness back into Itself...
...beginning the transformation from body-mind (as the foundation) to Pure Being."*

Stephen Grygleski, Tomah, WI

"...A tranquility that had not existed before...a clearness...a method to deal with "getting caught in my head" and staying centered...not getting caught up in the franticness. I noticed how easy it was to get into Awareness to calm myself especially before speaking at lunch today. Normally I cannot speak in front of crowds without shattering or my heart pounding. Everyone involved were God-sends... Thank you."

Christine Milano, Waukegan, IL





Magae Hartzell, Roanoke, VA

The Perfect Storm

From childhood I was conscious of an inward journey, mostly as a response to life circumstances. Though I had yearned for a superficial fairy-tale upbringing, it was anything but that; yet, perhaps the impetus for the deeply spiritual path taking me through both eastern and western thought, meditation practice, and also deep pain and suffering along the way. I had worked through so much in my life, looked inside so many times, what else was there to see?

I was introduced to AHAM when Stan Davis led a guided meditation at Unity of Roanoke Valley that touched my heart; intuitively I sensed this was for me. I read Ramana's book [There Is Neither I...There Is Only](#) and was amazed how it resonated with my inner being.

When I came to AHAM ISIT (Intensive Self-Inquiry Training) last November, all I wanted was to stabilize more deeply the experience of meditation. Little did I know what AHAM and ISIT were about or how both would deeply transpose my life.

In the previous three years before coming to AHAM I had been "at the effect" of everyone and everything in my world. My husband and I were both brought to our knees, so to speak, by our own Katrina event. We were away in New Mexico for three weeks on an art workshop. We returned to our newly built dream home, opened the door and heard gushing water coming from somewhere on our lower level. Rushing downstairs, we stepped into 5+ inches of water. Everything was ruined; mold was growing up the walls. All was lost and little did we know that our health, well-being and life as we had known it would be jeopardized as well. We were both getting very sick due to mold and had to abandon our home.

With no relief, no home, serious stress and illness, constant contention with remediators and the insurance company, no support, we knew we were "on our own". We were in a battle that reminded me of Arjuna, the spiritual warrior, from the Bhagavad Gita; it was relentless, overwhelming and debilitating. Then just three months into this nightmare my husband had a stroke.

It was a three year struggle to put our home and lives back together again and get some health back. Towards the end there were respites but still many profound personal difficulties.

I felt "OK" arriving at AHAM for ISIT, but now looking back, I see I was merely keeping my "emotional head" bobbing above water (pun). As it unfolded, ISIT was The Perfect Storm. Intensely bottled up emotions I didn't know I held for three years could not be restrained. I felt exposed, intensely vulnerable; loved the course: hated this rawness. It felt like spiritual boot camp. I kept envisioning my painting entitled "Katrina" depicting a black street musician playing a trombone which was turning into the hurricane coming in on him.

I tried to bolt from ISIT midweek; couldn't take the emotional depths anymore. I felt trapped, squeezed too tightly, caged; I wanted out (anywhere else). I stayed, and as a result had meaningful insights and inner awakenings. Arriving home I felt as though a large hole was visible in the middle of my chest – as though my heart had been blown open and currents of air moved through it.

The best part was the Continued Practice Program due to my insightful buddy's enormous support, the well-structured curriculum and feeling freer, more healed. I was beginning to sense that I had really "come home" to AHAM. The AHAM community has been a guiding light pointing to the experience of Pure Awareness. With each day, meditation appears to deepen; life may be responding: I have experienced some mini-miracles – is this the grace AHAM'ers speak about? My heart is opening, awakening and Ramana seems to be saying, "Abide and stay tuned!" My heart reflects, if only I could have been in his physical presence, just once.

Awaken to Awareness Retreats

*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**

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

Come and experience

deep peace

solitude

relaxation

Transform your Life!

Upcoming Retreats:

May 7-9 & June 4-6

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



Jan Collins and Marilyn Henry

April Retreat Participants:

Jan Collins, Durham, NC
Marilyn Henry, Roanoke VA
Tammy Sanders, Roanoke VA
Shana Adams, Durham, NC
Margaret Cunningham, Asheville, NC

*“I am experiencing a reconnection
with Self...
...Rejuvenation, peace, serenity,
lightness of Being...”*

Marilyn Henry
Roanoke, VA

*“...deep relaxation and experienced
solitude...restful...”*

*For the most part I was able to put
aside worries and concerns and could
enjoy the moment.”*

Jan Collins
Durham, NC

*“These processes help me to step
back into Stillness and Truth and
remember that although I’m in the
world, I don’t have to be caught in it.*

*Everyone who is open should ex-
perience this retreat and the “I Am”
processes of awakening. There is an
energy like none I’ve ever experienced
before here. The walking trails are
peaceful, the food was amazing, and
the people are welcoming.”*

Shana Adams
Durham, NC

AHAM'S 2010 PROGRAMS

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
- 6-10 Neutralizing Your Negative Past
Vancouver Island, BC
- 13-17 Neutralizing Your Negative Past
- 16-24 Intensive Self-Inquiry
Training/Retreat
Vancouver Island, BC

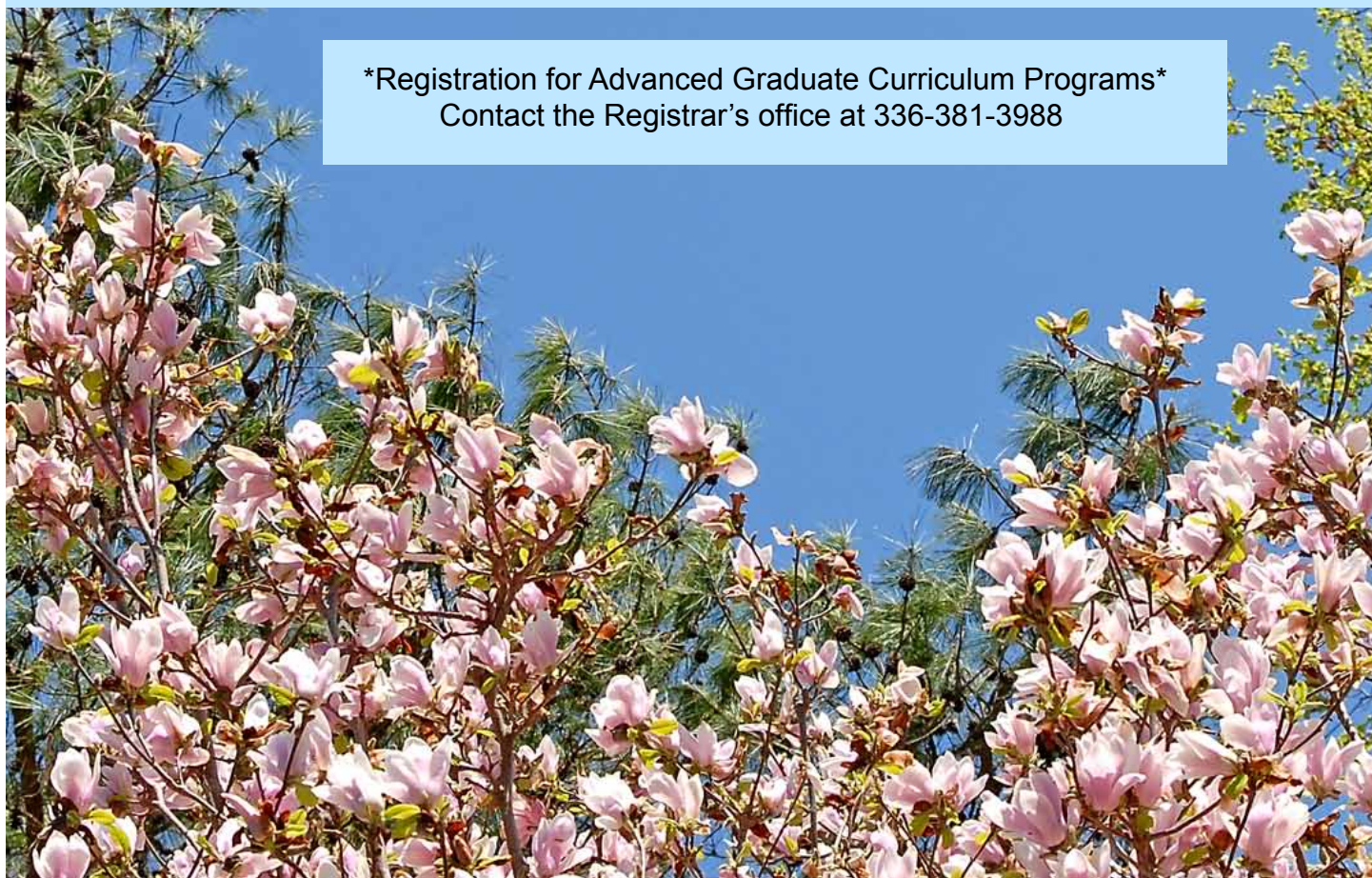
November

- 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 electronic or e-version.

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>

Mailing Address: 4368 Hwy. 134

Asheboro, NC 27205

Phone: (336) 381-3988



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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.

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.

All is constantly being blessed by A. Ramana, AHAM's Founding Spiritual Director (1978-2010).

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