



HEART to HEART

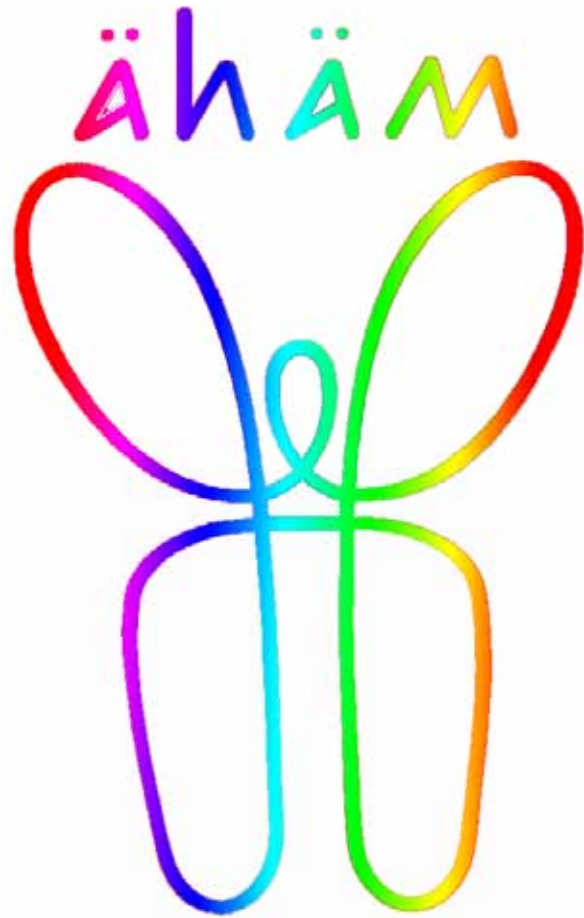
Consciousness speaking to Consciousness

Vol. 31 No. 9

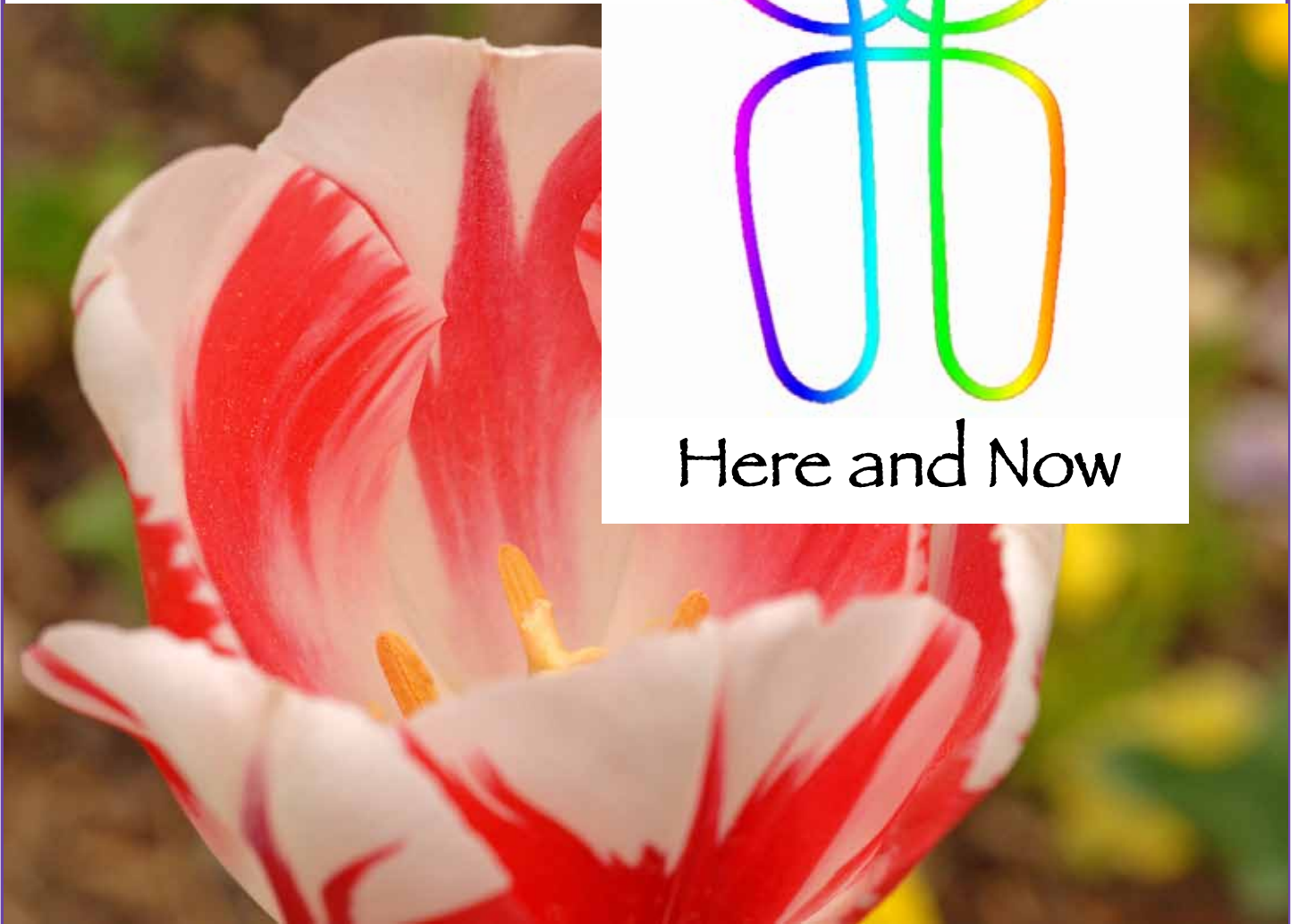
The Association of Happiness for All Mankind

June 2010

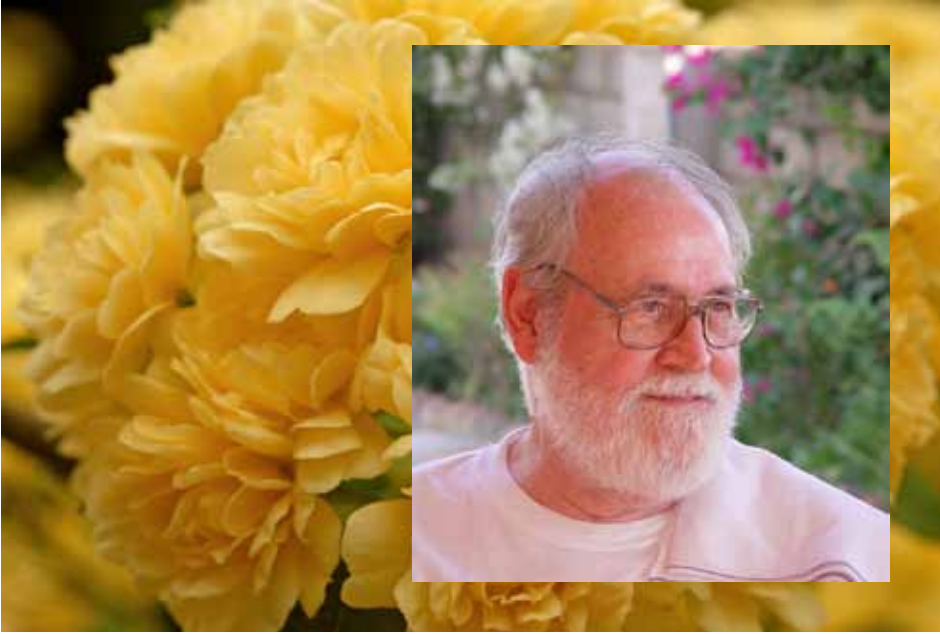
Shining
As The
ONE



Here and Now



Heart of the Matter



***Consciousness
must be conscious
of Itself, in you,
in order for
transformation
to occur
from you,
as you.***

From Consciousness
Being Itself...pp.100,101

Arunachala Ramana

It is; it will; it does in our Conscious Programs. That's how AHAM fulfills its purpose of "Happiness for All Mankind." It is consciousness Being Itself.

When you're happy, all mankind is happy just by being around you, whether they know it or not, or know why or not. You are a blessing in disguise, in costume or camouflage maybe. In other words, you don't have to go out like some busybody who is always "doing" something, or reforming the world, or converting souls and saving souls, and bringing them to Jesus. Instead, you *are* Jesus. Your very *being* is Christ.

When you are Christ, then you are a transforming quality in the world without having to "do" anything. When you simply abide in the Heart, the Self, you are an instrument of peace. Be like St. Francis of Assisi, and his famous prayer, "Lord, make me an instrument of your Peace!" You are an instrument of peace when you are simply abiding in the pure nature of pure Being, your own true nature. Just living that, being that, shining as that without effort – you will be that without effort if you are *living* the Truth.

You see, the best way to have it is to give it! You can only give it when you *are* it. You can't give what you're not. You can't give what you don't have, but the more you give it, the more you *are* it. So in that sense, I recommend very strongly, as I've said for years, "Get *more* involved."

To love is to serve, to care for the needs of others. Love is serving others. So just feel that, and be that, and remain as that; and remaining in love, nothing can touch you. ♡



Love Note From Elizabeth



Elizabeth MacDonald
AHAM's Spiritual Director

Happiness is our True Nature.
Freedom is our True Nature.
Choose it.
Choose it now.

When you choose it now, you can use the Inquiry to make a shift to the inward flow of consciousness, and thereby allow this to be what is now present and real in your life, once and for all.

We have to start with this choice. When anything else comes up, say to yourself, "No thank you! I'm not going there. I'm choosing happiness. I'm choosing freedom." And make that connection with the Self. Go Home – "Home is where the Heart is."

Happiness is our True Nature. Just as the nature of water is wet, and fire is hot, happiness is our true nature. Abiding in the awakened Self – not as a mere belief or philosophy – we won't continue to look for happiness outside the Self in the world – in people, places and things. Rather, we will bring our happiness to the world, to the people in our lives. And then there won't be the continued disappointments, the expectations, the demands on life to "give" us what we want. Wants and expectations are forms of suffering, because sometimes you get what you want and sometimes you don't.

Now you can continue being in this true nature of Happiness, which is the Self that you are, and feel the fullness of this constantly, moment-to-moment without interruption, steady and unshakable. Nothing can disturb it.

Choice is a very big part of the practice. Many times we use our power of choice for things of the world: getting a new car, new house, new job, new relationship. In this practice, we use choice primarily, initially, to choose the Stillness, to choose the Silence, to choose freedom, and to choose to remain in and as that True Nature that we are.

When you make the choice for Stillness, the power of choice that's within you – That which really is You – will bring forth whatever is necessary in your life. You're utilizing that power of choice for your stillness, for your freedom. It's very powerful. So when you make that choice, make it with conviction. **"YES! I choose it. That's for me!"** Say it with fire in it. Take a stand... **"Yes. It's time; time for me to remain in and be who I really am!"** ♥

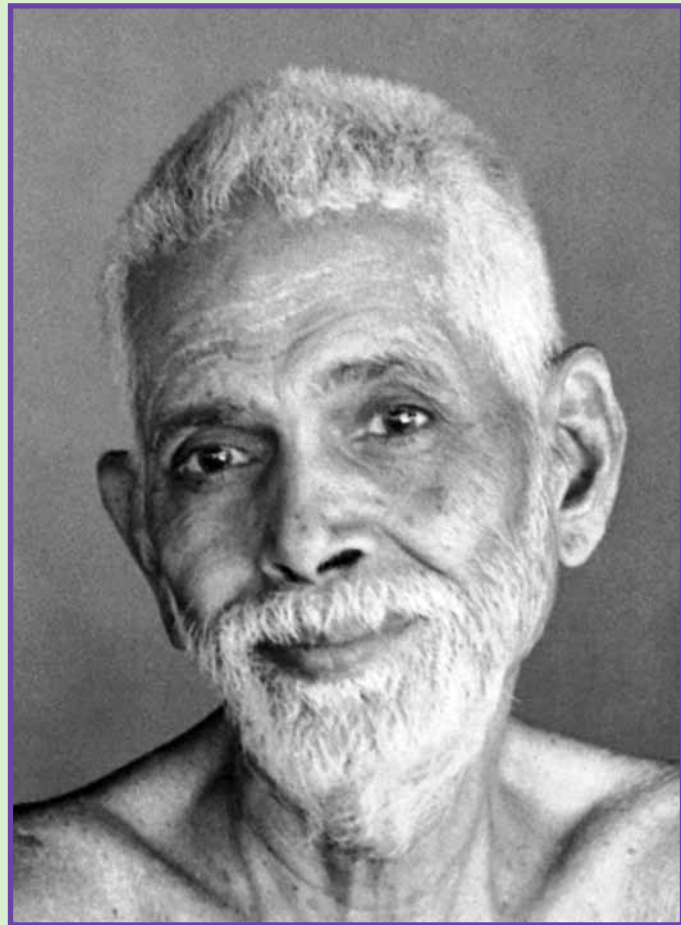
from Living from the Heart pp.12-13, 150-151

Teachings of Bhagavan Ramana

Forty Verses on Reality

Verse 14

The “I” existing, “you” and “he” also exist. If by investigating the truth of the “I” the “I” ceases, “you” and “he” will also cease and will shine as the One. This is the natural state of one’s being.



Ganesan’s Interpretation:

Notice that only when the feeling “I” arises within one (I-am-the body idea), do the external identification of “you” and “he” arise. Searching within as to wherefrom the “I” arises and thereby merging in its rising place, the Source, one realizes that the outward projections of “you” and “he” too, do get dissolved therein. Such complete dissolution (of “he,” “you” and “I”) establishes one in one’s own natural state of being, the single true principle of Total Awareness.

S.S. Cohen’s Interpretation: “You” and “he” are the world; it stands and falls with the “I” or ego, which constructs it. Realizing one’s being is realizing the whole world to be the same effulgent being – “the One.” This state of being is experienced by the Self-realized man in the waking state consciously, and by all men in dreamless sleep. In dreamless sleep the “I,” like everything else, disappears, and one remains in one’s native state – in the true “I” – but generally without retaining memory of this condition on awakening.

Forty Verses on Reality continued...

Verse 15

On the present, the past and future stand. They too are the present in their times. Thus the present alone exists. Ignoring the present, and seeking to know the past and the future, is like trying to count without the initial unit.

Ganesan's Interpretation: There is only one dimension and that is the all-embracing "Now." To know the "Now" is to "be" the Now. Instead of living in the "Now" always, to indulge and extend into the past and the future is as unwise as trying to learn the intricacies of mathematics while ignoring the tremendous value of the single unit "one." The unit "one" is the Whole; all other numbers are variations of this single, all-inclusive unit only.

S.S. Cohen's Interpretation: The present *is* always, for even the past was the present in its time, and so also will the future be the present in *its* time. Whatever happens therefore happens only in the present. Let us not forget the fact that time is made of instants which are so minute as to have no room either for a past or for a future, but for the present alone. The next verse will tell us that even the present is unreal, being one of the notions of our mind, as past and future are – acts of our memory.

Verse 16

Do time and space exist apart from us? If we are the body we are affected by time and space. But are we the body? We are the same now, then, and forever.

Ganesan: Deeply inquiring within into one's own existence, one realizes that the very existing principle, the Awareness *per se*, alone is the Truth; and that the cognizant principles of time and space (which are there because one becomes aware of them) are untruth, for, they depend for their reality on a cognizing principle – the Awareness. If one limits oneself to a body, then one is ever bound by the limitations of time and space.

S.S. Cohen: Of course time and space are mere concepts in us. Because in our long journey in life we pass through multitudes of experiences, we have to conceive past, present and future in order to arrange them conveniently in their sequence of occurrence in our memory. Because we perceive multiplicity, we have to conceive a space in which to accommodate them, like the screen on which cinema pictures are spread. Without a screen there can be no pictures. The screen on which the universe actually appears and moves is thus our own mind, from which it emanates as thoughts, either of external physical objects, or of internal concepts, sensations, emotions, including the senses of time and space. ♥

Making a Connection

AHAM's "Wake Up" Call

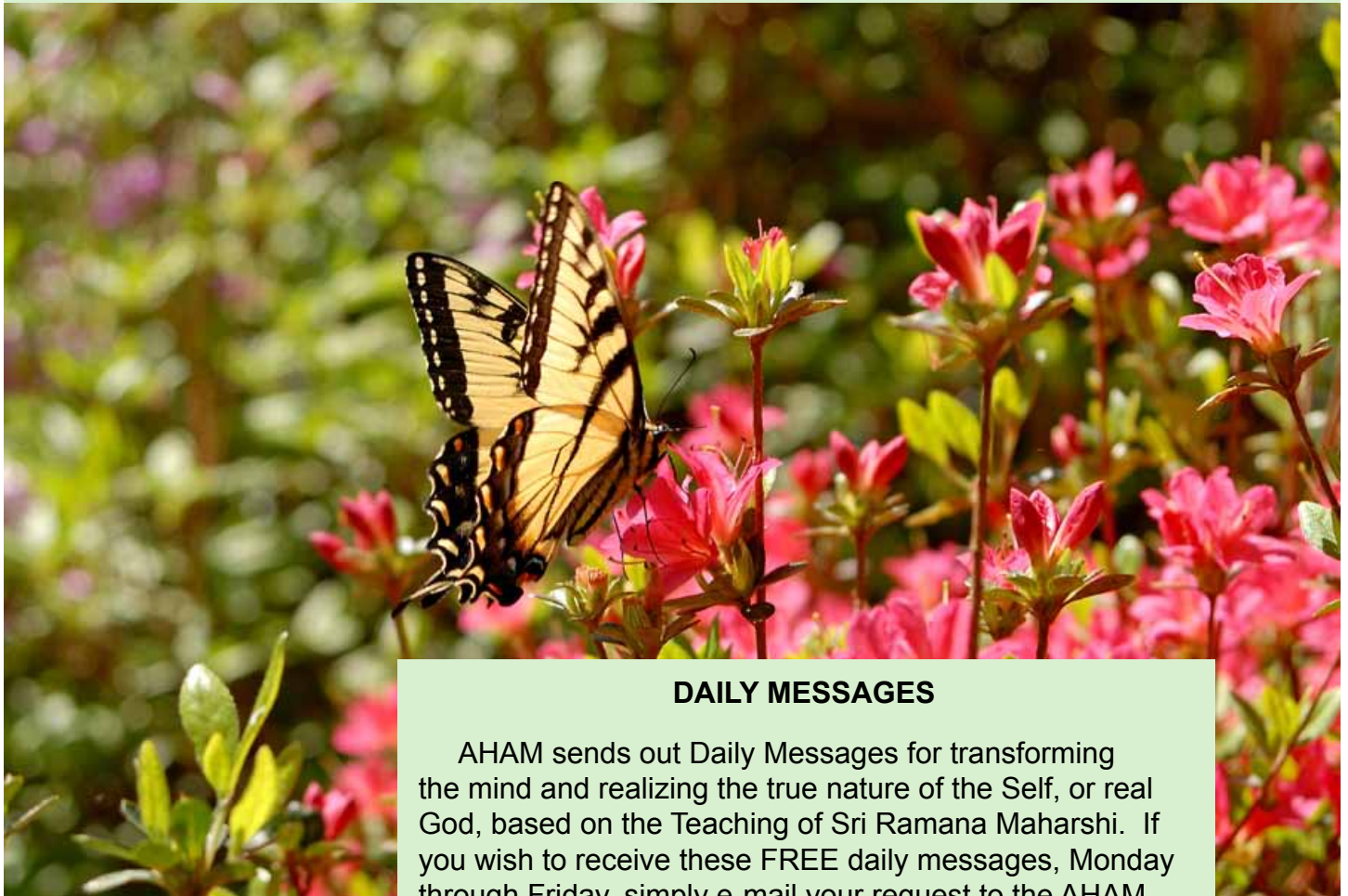
EXPERIENCE MEDITATION ON THE TELEPHONE

Try it this 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.



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

♥ 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

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

Gratitude Expressed



*Melanie
Dolan
South Africa*



I have thought about you all so much over the last few months. Yes, Ramana had such a huge impact on my life, more than I could have realized at the time. Similar to one of the testimonials of another AHAM member I just read, I didn't know that I was looking for it at the time, but Ramana came along like a bolt of lightning and showed me that I was more than ready to receive the teaching. And I want nothing more now than to have a deeper experience of that Truth that he so lovingly shared with us.

My time in India was such a humbling experience, it was bewildering and peaceful at the same time. Sometimes I felt like I didn't know what was happening to me – was I going mad? And other times I experienced such peace and joy that assured me that I was exactly where I was meant to be. And to know that that experience was just the tip of the iceberg was an awesome, awesome thing.

I cannot express in words how truly grateful I am to Ramana and everybody else at AHAM for all your love and support. And yes, I feel so fortunate to meet Ramana before his passing. I must say that I was shocked to read of his passing. I knew that his body was unwell, but I guess I just always assumed that I would see him again one day. I do not feel sadness as I know he is always with us. I just feel immense gratitude. All my love, Melanie

Dear Elizabeth,

I honor you for the way you have been on the calls.

*I know it takes ALL THE COMMUNITY TOGETHER,
so I honor ALL OF US AS ONE.*

*Gerry Love Landrum
Columbia, Maryland*

Sunday Interlude with AHAM

You are Invited...

for a time of reflection and renewal

on Sunday morning

10:00 – 11:30 am (EST)

Come...

meet our summer guest,

Ganesan

Grandnephew of

Bhagavan Sri Ramana Maharshi

...who will be speaking on the

“Forty Verses on Reality”

Every Sunday Interlude

until August 1st



**Come to our Center by 9:45
for our program
or connect with us
over the Interlude
bridgeline call.**

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

Please Join Us... for our pot-luck dinner after the program

Honored Guests from Sri Ramanasramam



left to right: Ravi Ramanan (son of President), V. Ganesan, V.S. Ramanan (President of Sri Ramanasramam), Elizabeth MacDonald (Spiritual Director of AHAM), Susheela (wife of President), Ranjani (Ravi's wife)



*Raksha and Rasika
(Daughters
of Ravi and Ranjani)*

Community Happenings



Richard Fletcher
“Dances With Leaves”



left to right:
Linda Swanson
Charlotte Twardokus
Elizabeth MacDonald

Spring Fling Gardeners



Please share...
with pictures and words
whatever you would like
to communicate with your
AHAM family in Heart
to Heart.

Send to Elizabeth
emac09@aham.com

Steven Jacobson
&
Jenny Ngo

Simply Divine

Kale



The “The Captains of the Leafy Greens”

You can't find foods that are packed with more nutrition and flavor. If they came with a slogan, it would be three words:

eat these now!

Spinach



Janet's Kale Salad *(a favorite at AHAM)*

Pull Kale leaves into bite size pieces.

Dressing:

- 1 part soy sauce
- 3 parts sesame oil
- grated ginger to taste (easier to peel ginger, freeze and then grate)

Apply the dressing by massaging it well into the kale leaves which softens them.

massage...massage...massage

Before serving, sprinkle with hemp seed for added nutrition.

Moosewood's Spinach Avocado Grapefruit Salad

serves four

- 5 ounces fresh spinach (pull into bite size)
- 1 teas olive oil
- 1 garlic clove, pressed
- 1 grapefruit
- 1 avocado
- salt and pepper to taste

Stem and rinse the spinach. Spin or gently pat it dry. Mix together the oil and the garlic, add the spinach and toss well. Set aside.



AHAM's sweet-sounding dinner bell

Peel, seed and section the grapefruit. Cut the avocado into 1 inch slices. Gently mix together and add to the bowl of spinach. Sprinkle with salt and pepper, toss lightly and serve immediately.

Graduates Share



left to right, back: Carol Stewart-High, Kelly Santillo, Ted Suga, Annette Davidson, Stuart Edmondson, Esther Fisher, Mieke Rose, Elizabeth MacDonald
front: Carmen Sweetman, Cindy Pasternak, Jenny Ngo, Lina Landess, Cheryl Levine, Saroja Poilblan

*What a precious experience we experience
and are continuing to experience together
in Conscious Communication and Relationship ...*

I am feeling a surrender into the Heart ... An acknowledgement that I can't fix or heal anything from this body-mind, and that only the Heart can heal and wants to ... And that the Heart is who I Am.

Annette Davidson, Gainesville, Fla

I am truly experiencing the Oneness that comes from choosing to come from this natural place of and as the Heart! It is a natural way of being a conscious friend.

Carmen Sweetman, Nashville, Tenn.

There is an experience of the Heart opening and the readiness to be vulnerable and courageous... welcoming every interaction, situation, and relationship as an opportunity to transform.

Cheryl Levine, Vancouver Island, B.C. Canada

I am experiencing a Oneness in which all is a reflection of Self...there is a completion that there is no other.

Cindy Pasternak, Roanoke, Va



Graduates Share *continued...*



Gratitude...to experience how simple it is to “just be” and listen from a Clear Space or in Awareness and the profound effects that has on the “other” person is breath-taking. There is no inclination or need to fix or change anything because one sees the “other” as complete and perfect.

Jenny Ngo, Huntersville, N.C.

My eyes feel wide open as to how to complete or make a big step in transformation from ego identification. I am so grateful that the way is simple and natural but at the same time daunting... living completely as Self...as Love.

Esther Fisher, Hendersonville, N.C.

I am experiencing a surrender to God (Self) of every previous concept I held on conscious communication. I am experiencing a full readiness, willingness and strength to carry this CC&R into all aspects of “my” life.

Kelly Santillo, Yarmouth, Maine

There is a feeling of renewal, a freshness that almost feels like a rebirth...perhaps a fresh awakening regarding acceptance of this configuration and its qualities...as well as an openness that feels almost invigorating. Pure Awareness is so much more “my” experience...and the place where I can come from in my daily life.

Lina Landess, Asheboro, N.C.

There is a lot more clarity and willingness to take responsibility for all “my” relationships and communication. Gratitude, love ... More clarity about real love even if it looks flawed on the outside sometimes. I am aware of the call and so grateful and honored to respond.

Mieke Rose, Chapel Hill, N.C.

I feel quiet and at ease. There is a knowing that the Heart, Self is conducting the show, so to speak, and trust that. Fear can now go to rest. I am in good hands. The gentle hands of God are taking care. Saroja can relax and allow, not even allow...Be, just Be. Grace is guiding.

Saroja, Gatineau, Quebec, Canada.

I am experiencing a release of tension around the work involved with communication...experiencing the experience of a deeper in-the-Heart abidance. See how the I that is responsible is through surrender. Feeling much gratitude for the work. Benefits are felt in helping me Love my Life and share it.

Stuart Edmondson, Charlotte, N.C.

I am experiencing a deep sense of Heart and have become more aware of the importance of living the Heart the best that I can. Moment to moment. Thank you. This retreat has taught us to connect with myself and “the other” Heart to Heart.

Ted Suga, Kailua, HI

Sacred Service



“For me Seva is the most sacred way of giving back and supporting the high quality programs here. It feels like paying it forward for future participants to come and receive the benefits.” – Kelly Santillo, Yarmouth, ME



left to right, back: Marty Dunn, Linda Swanson, Doug Demick, Charles Sharkus, Steven Jacobson, Richard Fletcher, Stan Davis *front:* Teresa O’Conner, Laura White, Vivian Zelig, Geeta Jyothi McGahey, Barbara Morrison, Anna Scott, Elizabeth Terry

We invite you to give yourself the gift of experiencing

...the benefits of participating in Seva or Sacred Service, which is actually a program in itself. Many times new friendships are formed and old ones are renewed or deepened. Also, there’s a time set aside in the afternoons for just relaxing, reading, or walking the grounds in this conscious environment.

“It’s been great!

Participating in Sacred Service meant a lot to me and I know it would benefit anyone.”

– Anna Scott, Winston-Salem, NC

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**

Transform your Life!

*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

Call the AHAM Center at 336-381-3988

or e-mail: ahamcntr@asheboro.com

Upcoming Retreats:

June 4-6

&

July 9-11

AHAM'S 2010 PROGRAMS

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 often 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 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
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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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