



# HEART to HEART

*Consciousness speaking to Consciousness*

Vol. 31 No. 10

The Association of Happiness for All Mankind

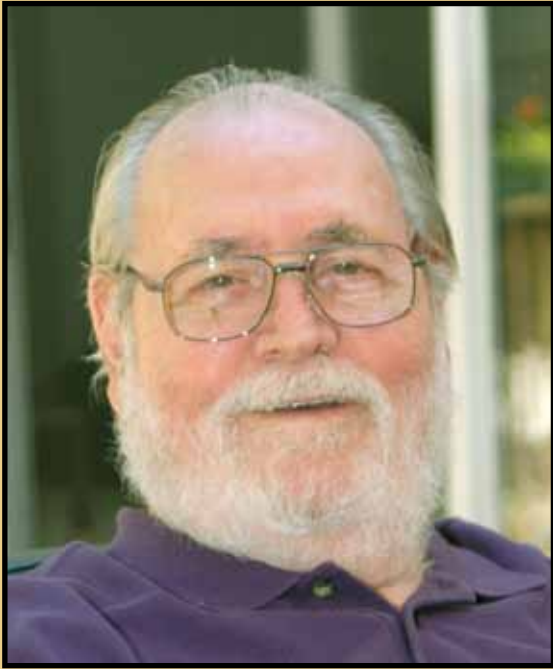
July 2010



**We Are**

**The Limitless Substratum Of The World**

# Heart of the Matter



**Arunachala Ramana**

*from Consciousness Being Itself*  
*pp. 26-30*

There is no desire and there is no fear without the "I." In fact, there is no world without the "I." Everything is contained in that "I", yet that "I" itself is a reflection and has no existence of its own. It depends for its existence on prior Awareness, and on the elements of this world out of which the body is fashioned, as an object by which reflection occurs.

It's paradoxical, there is no world without the body and there is no body without the world. There is no object without a subject, and there is no subject, in this sense, without an object. They are codependent. Do you see?

All duality is that way! Do you see that? All duality is that way. This duality is totally codependent – good is dependent on bad or evil, right is dependent on wrong, all the dualities co-exist codependently.

There is an Awareness that is aware of that codependency, is there not? Subject is conscious of object, and Consciousness occurs between the dual aspects of subject-object – Consciousness is being conscious of Itself, in the same moment of its being conscious of not-Self.

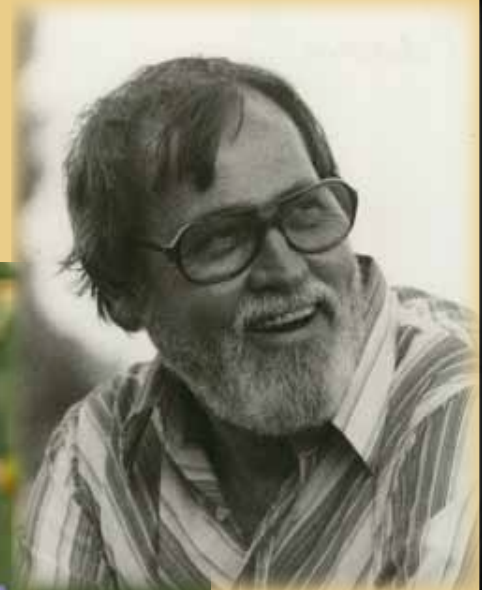
When the Inquiry begins and is continued, and becomes steady, it becomes non-objective Awareness. Otherwise, Consciousness is usually objective, or objective awareness.

Now, paradoxically, this whole process is Love in motion. When Awareness remains as Itself, alone, as non-objective Awareness abiding in Itself, that quality of Being is Love. That is pure Love. So it is motionless Awareness, it is stillness, it is Awareness abiding in Itself, unmoving, not going anywhere,

That's abiding in the true nature of being. That's the Heart, the Self.

Now look to see if you are really fine-tuned with this. As you come into the range or scope of this quality, this process, you feel the Heart drawing you. You really do *literally feel* the Heart drawing you in.

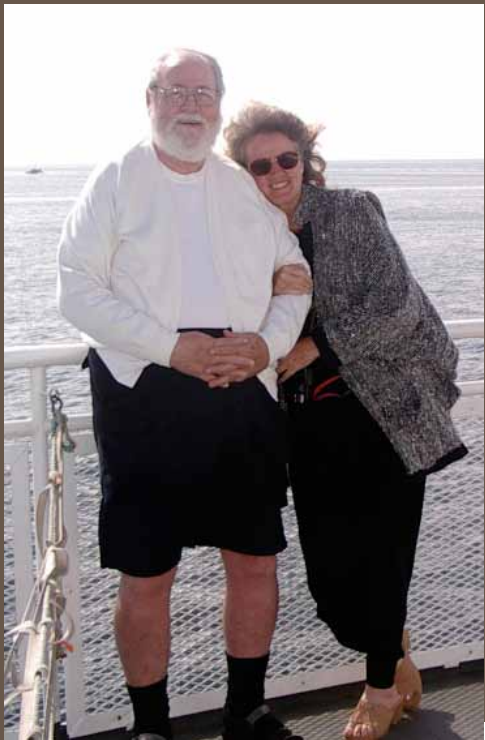
You feel God drawing you home. ♥



A. Ramana  
1980



# Love Note From Elizabeth



A. Ramana and Elizabeth MacDonald  
on the ferry from Vancouver Island  
to Vancouver, B.C. Canada

*In the last Awaken to Awareness Retreat,  
we all had a very significant sharing on Saturday  
evening at the dining room table.*

*Anu had just come in that day and had gifted us  
with two pounds of chocolate. We had them both  
out to serve for dessert.*

*As soon as everyone was back to the table and  
ready for our usual sharing, the story came up that  
Ramana had shared with us many years ago.*

*It went something like this:*

## Stirring the Chocolate

There is a particular process with making chocolate that is the same as our “working on ourselves.” After all the ingredients of the chocolate mixture are put into the vat, the stirring begins.

After awhile a certain portion of the chocolate mixture is taken out and packaged for retail sale. This chocolate is a lower quality and would be less expensive in the stores. The stirring continues in the vat for a long period. Then, another portion of chocolate mixture is taken out and packaged up. This is a better quality of chocolate, but not the finest quality. The stirring continues in the vat for a longer period. The final portion of chocolate is finished...it is the smoothest and highest quality of chocolate and it is found to be quite expensive.

In the same way, as we are working on ourselves, whatever is blocking our full expression of being who-we-really-are is “stirred” up and out of consciousness, we are to “stay with it no matter what” until there is only the finest quality of Being shining through. So he encouraged us to

**“go for the finest chocolate and not settle for anything less.”**

*One of the students heard this message and wrote a delightful poem about it. See the poem “I AM Chocolate” by Brenda Bey, that depicts her experience in the weekend retreat program. Thank you, Brenda!*

# I Am Chocolate

*When I was there for the Awaken to Awareness weekend at the beginning of June, I was “stirred” by your story of how becoming enlightened can be likened to the process of stirring chocolate. I envisioned writing a poem entitled, “I AM Chocolate.” I took a light-hearted approach.*

*I hope you enjoy it. Take care.*



Brenda Bey  
Greensboro, NC

## I AM Chocolate

*(Sung loosely to the tune of “I am 16 going on 17”  
from “The Sound of Music”)*

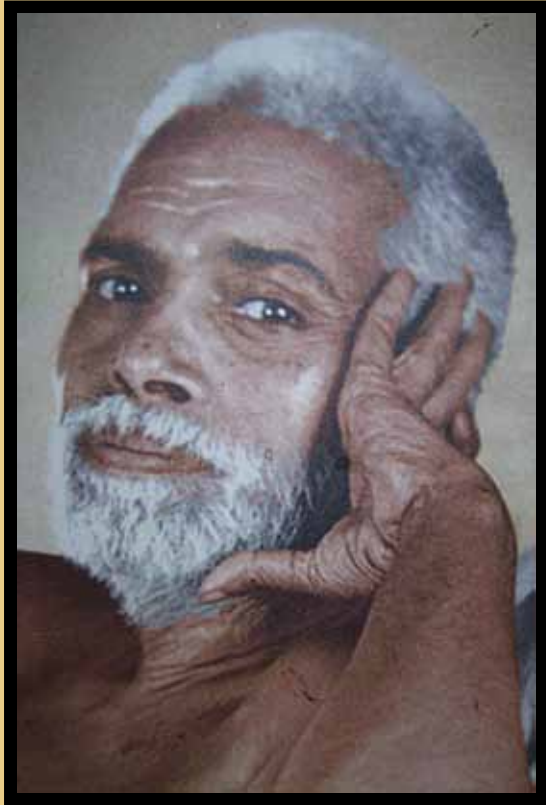
I am chocolate, stirring in the pot a lot  
Coming to be aware  
Not sure I know what’s happ’nin  
My reveal is barely there

I am chocolate, stirring in the pot a lot  
I can perceive a change  
Starting to face the truth in me  
My, how it feels so strange

I’m releasing all this stuff  
Finding my center spot  
Feeling light and free, you see  
Letting go of what I’m not

I am chocolate, stirring in the pot a lot  
My Heart’s starting to expand  
Med-i-ta-tion is the key  
To touching the Great I AM  
I’m embracing, that I AM

# Teachings of Bhagavan Ramana



## *Forty Verses on Reality*

### **Verse 17**

**To those who have not realized the Self, as well as to those who have, the “I” refers to the body but with the difference that for those who have not realized, the “I” is confined to the body; whereas for those who have realized the Self within the body, the “I” shines as the limitless Self.**

### ***Ganesan’s Interpretation:***

The Maharshi poses the question: “The inert body exists and the ever-living principle, the Self exists; but where does the mind exist? What is the mind? Mind is a non-existent phantom!” Mind nullified, the state of Pure Awareness pervades in all.

Only the one who has realized the Truth of the Self is all-inclusive (including the body) and shines through as Pure Awareness.

### ***S.S. Cohen’s Interpretation:***

The *jnani* (the Self-realized) like everybody else, refers to the body as “I.” Whereas the others confine their “I” to the flesh body and to its height and breadth, the *ajnani* takes his “I” to be the life which pervades the body as well as the limitless space outside it. Realization is the direct and undubitable proof of this truth.

### **Verse 18**

**To those who have realized the Self and to those who have not, the world is real. To the latter its reality is confined to the spatial measurements of the world. To those who have realized, Truth shines as the Formless Perfection, and as the Substratum of the world. This is the difference between them.**

***Ganesan:*** The Self-realized appear to participate externally in all activities, though inwardly is ever rooted in the inner silence.

## Forty Verses on Reality continued...

**Ganesan's Interpretation continued:** When the Maharshi points out the apparent signs of difference between a *jnani* and an *ajnani*, one should bear in mind his original teaching that everyone is always realized. That is, every one of us should instantly recognize in oneself the great blessing the Maharshi is bestowing upon us that one should identify oneself with the *Jnani* and never with the conceptual state of the *ajnani*.

This is an important point in following the Maharshi's teaching of *Atma Vichara*. Ever hold on to the holy words of the Maharshi: "You are already realized," rather than getting depressed over one's own evaluation of oneself: "I am an *ajnani*, I am a sinner, eternally in bondage." Are not the Maharshi's words born of Absolute Truth and likewise, ours born of the mind, the untruth?

**S.S. Cohen's Interpretation:** The space which the world occupies is the limit of its reality to the ignorant (*ajnani*), but to the *Jnani* it is the limitless substratum of the world. Science tells us that space is not material, that is, it is not made of atoms and molecules like the objects which occupy it to be visible to the eye. The perception of space by the eye is the worst illusion men suffer. Space is a mental concept, i.e., it is a projection *by the mind to make the reality of the world plausible*. If space is a concept, so should be the objects that occupy it, notwithstanding their atoms and molecules. All the universe and galaxies in the Cosmos are made of atoms and nothing else. But what are atoms after all but the indestructible absolute energy? The *Jnani* experiences this energy as the pure intelligence that is himself.

### Verse 19

**Disputations as to which prevails over the other, fate or free-will, are for those who have no knowledge of the Self, which is the ground of both fate and free will. Those who have realized this ground are free from both, will they be caught by them again?**

**Ganesan:** The "fate" or "free-will" has relevance only to an individual being who is rooted in ego. One's ego (which sprouts only from the ever-shining Self) alone projects and raises the issue of which one of the two is predominant: Is it "fate" or is it "free will?" Therefore, those who are experientially, inwardly ever immersed in the Self, thereby nullifying any trace of ego sprouting away from it, have simultaneously transcended the operation of either fate or free will. There is no more affectation for them from both fate and free will.

**S.S. Cohen:** Fate or destiny is karma. Karma, like free-will, is unintelligent, and can thus affect only the unintelligent in man, namely, the body, and not the intelligent being, who is the lord of the body. When realization of this being is achieved; karma and free-will will have no feet to stand on and will crumble to dust of their own accord. ❤️



# 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*

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 (213) 417-2120 + code 482-3766#**

*Do not say your name when prompted.  
Simply press the # key to enter the call.*

## **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)

## ♥ 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

*During my Seva Service time at AHAM, I placed a prayer for my son, Douglas in the Heart Watch book. Well, he found a job!*

*I want to tell you all how grateful I am to be part of the AHAM family and for everyone who does Heart Time. With gratitude and much love,*

*Hanna Coe, Morehead City, NC*

# 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  
through 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***



# Community Happenings



## Rasika's Recital



*Rasika Raj (Usha's 17 year old daughter) has initiated a project to provide donated eyeglass frames for people in small Indian villages. Eye Clinics have been set up and her recital helped raise some of the necessary funds to complete her project.*

## Project Spirit Sight



*Stay tuned for more on this project on her return.*

*Friends help prepare the hundreds of frames that she and her mother are taking to India this summer.*

## Community Happenings...continued



### **Cindy and Steve Pasternak**

live on Cloud Nine Farm in the mountains of Roanoke, Virginia with their animal menagerie.

Check out Cindy's new publication:

#### **Life of a Dogi**

**Biography of a Yogi Dogi Yoginanda  
and his devotee Boo Boo Ganesh**

Enjoy the dogs' adventures through ups and downs, suffering and pleasure, as they discover unknowingly what they are in search of.

Upon their discovery, the realization for both brings great peace in knowing it will never be lost, for it has always been there all along and will always be there no matter what.

Cindy volunteers at the Franklin County Humane Society. 10% of her book proceeds will be donated there.

"Life of a Dogi" is available from PublishAmerica.com or at (301) 695-1707 Also at Amazon.com, Barnes and Noble or at the AHAM Bookstore. Contact Cindy directly about her new book at [ltgfarm@aol.com](mailto:ltgfarm@aol.com)

## **This is an open invitation to share...**

with pictures and words what you'd like to communicate with your AHAM family -

from the simple  
to the sublime  
and even the ridiculous

### **So let the creativity flow!**

SEND YOUR SHARINGS TO AHAM C/O Elizabeth [emac09@aham.com](mailto:emac09@aham.com)

# Simply Divine

## A Culinary Triple Treat:

- ♥ tasty
- ♥ versatile
- ♥ excellent stand-in for other fats

Ounce for ounce, avocados have more fat than virtually any other fruit. BUT, the bulk of it is monounsaturated. Avocado benefits cannot be overstated. They lower bad cholesterol, raise the good kind, reduce inflammation and heart disease.



## **AVOCADO**

### The Perfect Guacamole

- 1 jalapeno chile, seeded and finely chopped
- 1/3 cup loosely packed fresh cilantro leaves, chopped
- 1/4 cup sweet chopped onion
- 1/2 teaspoon salt
- 2 ripe avocados
- 1 plum tomato

- 1- Place jalapeno, cilantro, onion and salt in mortar; with pestle, grind until mixture becomes juicy and thick (onion can still be slightly chunky).
- 2- Cut each avocado lengthwise in half around seed. Twist halves in opposite directions to separate. Slip spoon between seed and fruit and work seed out. With spoon, scoop fruit from peel onto cutting board.
- 3- Cut tomato lengthwise in half. Squeeze halves to remove seeds and juice. Coarsely chop tomato.
- 4- Place avocado, tomato and onion mixture in a bowl. Mash lightly with pestle or spoon until mixture is blended with some avocado chunks remaining.
- 5- Guacamole is best if served as soon as it's made, but if not serving right away, press plastic wrap directly onto surface of guacamole to prevent discoloring; refrigerate up to one hour.

Makes about 1 3/4 cups



## June I SIT Graduates Share

***"Go back to where you came from, and go back the way you came."***



*from left to right:* Marilyn Henry, John Shelor (Assistant Trainer), Tammy Sanders, Ali Shahidi, Melinda Bern, Katy Grace MacEachern, Sanjay Gupta, Linda Swanson (Trainer)

***"I am radiating what's NOW. It's so freeing to not have to 'figure' it out."*** Marilyn Henry, Roanoke, VA

***"I am experiencing a major release, a sense of security in my Self ... staying prior to my body/mind - the Awareness - seeing I am not this body/mind."*** Katy Grace MacEachern, Asheville, NC

***"I am getting the fact that peace, freedom and clarity are my essence and nothing needs to be done/added/subtracted in order to experience it."*** Ali Shahidi, Irvine, CA

***"I received how to live and stop all the thinking and go to I AM... a lot was lifted off my shoulders."*** Tammy Sanders, Roanoke, VA

***"I got 'completion' without which I feel there can be no meaningful progress in spiritual life."*** Sanjay Gupta, Chicago, IL

# 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***



Boots (the cat) in Bliss



**Upcoming Retreats:  
July 9-11  
&  
August 6-8**

**Call the AHAM Center  
336-381-3988**

**or e-mail:  
ahamcntr@asheboro.com**



# AHAM'S 2010 PROGRAMS

## 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

Most Photos in Heart to Heart  
are by Jim Dillinger  
Photography  
[www.devotionalimages.com](http://www.devotionalimages.com)



***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>**

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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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- Executive/Operations Director.....Stan Davis
- AHAM India Ashram Manager.....Jan Sundell
- Outreach Director.....Stan Davis
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- e-HEART to HEART.....Esther Fisher
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