



HEART to HEART

Consciousness speaking to Consciousness

Vol. 31 No. 11

The Association of Happiness for All Mankind

August 2010



Heart of the Matter

from
Consciousness Being Itself pp 9-10

Remain in the Self, abide in the Self. The events occurring in the world cannot affect the Self, yet without the Self, the events could not even be occurring in the world.

You are the Self which is already prior to them, already free from them. Are you feeling with me?

In this feeling-quality, which is the basis of your true being, remain in it, as it. This is the Self. This is the natural state. This is the Truth, this is reality, actual reality. The other is only conceptual. It's not real. It's an illusion, it's a movie, it's a dream. Do we see that?



Arunachala Ramana

Isn't it simple? You see now, that there is no mystery? There is no big dilemma, no shooting rockets, no sirens or whistles and all that. Yes, there is a certain delight, a certain sense of OK-ness and freedom to know "Gee, I am the all-pervasive being that is prior to all of this, therefore not at the effect of any of this!" Yes, it feels very good in its freedom, in its very nature, but that's all there is to it. You are just That!

In other words, you are the Supreme Being! How about it! So, what do you say? "Well, I would never have think it!" That's the problem. Give up thinking, and remain in the Being. The main thing is, partake of this quality. Partake of it, don't believe it, don't make a philosophy out of it. Partake of it as a quality, as your own direct, immediate Awareness, your very own experience. That's the only significance of it. That's the only importance. All the rest of it is just stuff.

Feel it! Doesn't it feel good? It's the Self, it's Truth, it's Reality, it's what's so, it's joy or happiness, it's you, it's God. It's the Supreme Being expressing as all beings and "I am that Supreme Being" expressing as all beings, not separate from, but inclusive of...feel it!

So what else is happening? ♥

Love Note From Elizabeth

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



Elizabeth
MacDonald

AHAM's
Spiritual Director

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 20

Without seeing the Self, the seeing of God is a mental image. Seeing the Self is seeing God, they say. Completely losing the ego and seeing the Self is finding God; for the Self is not other than God.

Ganesan's Interpretation:

When through Self-inquiry, the very root of the mind – the “I”-thought – is nullified, one attains the state of Self-realization.

Such a one, who thus beholds one's own Self in its all-inclusive Fullness, devoid of any trace of delusion, is truly the real beholder of God.

S.S. Cohen's Interpretation:

The Western Religions hold that the question whether there is a God other than man is sacrilegious. The supremacy of God over man, they argue, is so self-evident that the very question is derogatory to God Almighty.

Bhagavan answers the question in the negative because, whereas the Western theologians take man to be the merest dust, the corruptible body, Bhagavan takes him to be the spirit or life within the body, which is infinite and eternal.



Verse 21

The scriptures declare that seeing the Self is seeing God. Being single, how can one see one's own Self? If oneself cannot be seen, how can God be? To be absorbed by God is to see Him.

Ganesan: Razor-sharp attention is needed to know that one's feeling of one's own Being, and one's Being itself are not two different entities, but the same single truth of Wholeness, the total Awareness.

Surrendering totally the ego-self and merging it in the Self Supreme is the true realization of God, true seeing of God, the Maharshi affirms. For him, God and the Self are coextensive and non-different. Therefore, he asserts that for one to remain as one ever is, is the true act of seeing God.

S.S. Cohen: God is the Self, but “how to see one's own Self” which has no second to perceive or reflect it? Here seeing the Self is knowing the Self, the Self being pure knowledge, itself the seer and itself the seen. Knower and known are thus one and the same being. Therefore seeing God is being dissolved in God or Self.

Forty Verses on Reality continued...

Verse 22

The Self shines within the mind, illuminating it. Unless the mind turns inward and be fixed in the Self, it is not possible for the mind to know the Self.

Ganesan: Man believes that the mind can know everything, including the highest spiritual ecstasy of the Self.

But by externalizing, the mind dooms itself in ignorance, illusion, darkness and pain. Turning within and merging with the Self, it itself becomes the Illumination. Mind trying to know the Self is an impossibility. The Self shines within the mind, energizing it to recognize things outside. Mind looking within, is its mergence with the Self.

S.S. Cohen: Mind, simply working through the faculty of the intellect, perceives the world and remains always preoccupied with it. It can have no knowledge of God, or, what is the same, of the Self. To have this knowledge, all it has to do is turn its attention inward to the Heart where God is seated. ♡



*“Reality is nothing but the Self;”
is this not all Thy message, O Arunachala?*

Happy Birthday AHAM



“Have no positions
and be happy”

*Ramana's last words
February, 2010*



**Arunachala Ramana
1991**

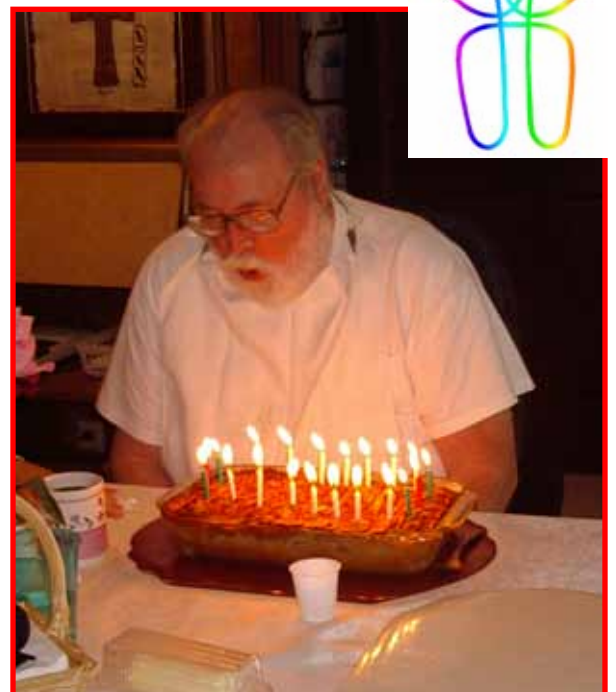
Giving selflessly,
Radiating light
throughout the world
and illuminating your
own darknesses,
Your virtue becomes
a sanctuary for
all beings. Lao Tzu

CELEBRATING

ALL

**who have given to
AHAM's PURPOSE
over the years**

**August 24
1978- 2010**



Remember:

it is not that those who awaken
and cultivate wholeness and virtue
in themselves do not encounter
difficulties in life.

It is that they understand that
difficulties are the very road to
immortality: by meeting them calmly
and openly, however they unfold, and
joyfully being themselves totally in
response to them, they become
natural,
complete
and eternal. Lao Tzu

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.*

♥ 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 Phone: (336) 381-3988

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

example:

Being himself exactly the Supreme Being, but thinking himself to be separate from Him, (humans) strive to become united to Him;

what is there stranger than this?

Sunday Interlude with AHAM

Connect with the Heart

You are Invited...

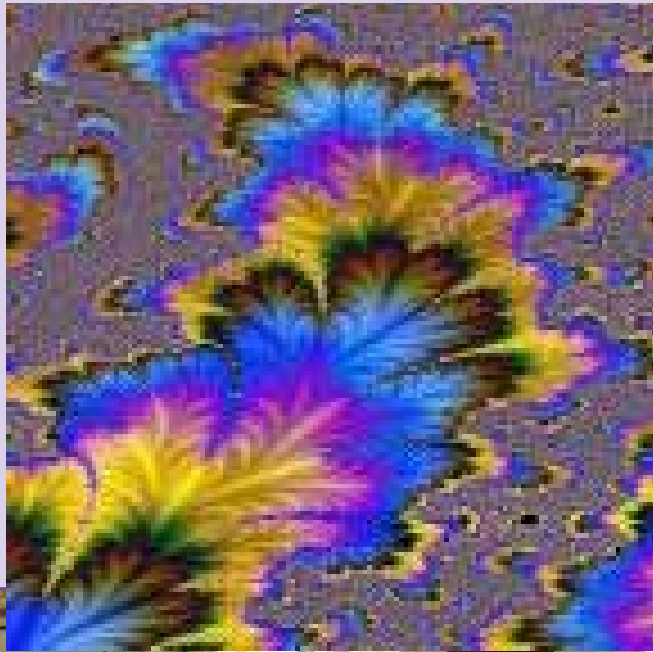
for a time of reflection and renewal

on Sunday morning

10:00 – 11:30 am (EST)

**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 lunch after the program

AHAM India 2011



Come ...

join us at the

**AHAM
India Center**

**this
season
2011**

Om Namo Bhagavate Sri Ramanaya

I SIT
Intensive
Self-Inquiry Training
January 8 – 16

PILGRIMAGE
for NNP Grads
January 23 – February 13

Thanks to the generosity of our community,
the AHAM Staff will be going to India after the first of the year
and remain until the end of February.

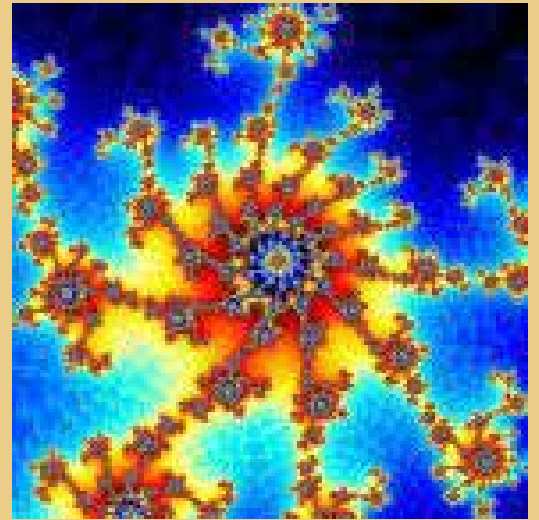
Our community will be tending to the basics at the Center
so that this can happen.

Plan to come now!

All of our bridgeline calls will be conducted from India

Community Happenings

The peace in the room was felt by all those who entered. As my father lay resting in his final days, there was no sadness, no pain, only a tranquility attained by one who has merged into the oneness of who one is. In that oneness there is no separation, there is no anxiety, there is no pain, there are no desires left whatsoever. And it is in this state of nothingness that one can pass through the eye of the needle. Rollin E. Carney is free from any attachment to this world, he is free. His face has kissed the sun and his light is the spark in my being.

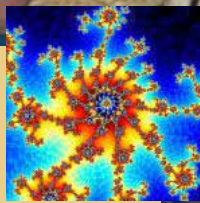


He is not separate from me; he is in me, not only experiencing my experiences but me experiencing his experiences. The experience through me is the experience of the breeze on my skin, the body swimming effortlessly in the water, the taste of fresh strawberries and bananas and the sight of his beautiful wife Estella.

And my experience through him is peace, no attachments to this world, the open sky merging into the Oneness of God. There is a melting of everything until there is nothing except true love which is all there is. Cindy Pasternak



Rollin, Cindy, Estella



Patrick, Rollin, Estella Carney

AHAM Community Speaks



Michele Bordelon
Virginia Beach

This simple message comes from my heart. I feel so strongly that we have to change how we “fuel and power” our world. I can’t stand to listen to the stories anymore about the Gulf Oil spill. It breaks my heart. I know that some would say that “we” can’t do anything to change Big Oil. I disagree. Maybe we can’t rely, at the moment, on our government to make immediate changes however, each of us can do our own personal “thing” to push change. Speak up. Dare to make your feelings known and make a difference and consider the following:

Each of us can do simple, “green” things

- Recycle and compost
- Use energy efficient light bulbs
- Turn off lights, fans and such when not in the room
- Keep your car tires inflated
- Investigate hybrid cars; hey, they are kind of cute! Our next will be a hybrid...I hope
- Check with your financial advisors about investing in “energy/ environmentally friendly” companies
(Those companies are out there and growing)
- Write your congressmen and senators
I know; I’m quickly becoming a squeaky wheel
- Elect strong, thoughtful leaders – women would be great :)
- Send this to someone whom you think would be interested

When I look at our beautiful, smart and enthusiastic children who have such a bright collective future, I am dismayed by the fact that we have allowed this to happen. We have to stand tall and begin to empower change by first being it ourselves. To quote an oft used phrase, “no time like the present.”

Thank you for considering this message and request. I’m sending this to you because I love you and I care about our future. No need to reply. I have but one request. If you feel inclined, add to the above list of “simple, green things” and send this message to your family and friends. Let’s keep this message moving forward and create an unstoppable force of change.

XOXO
Michele

Tomato Abundance



Salsa

Salsa is definitely one place where you can cut out the middleman. When you buy store-bought salsa, it never quite tastes as good as when you make it fresh yourself. This is especially true when tomatoes are in season locally. Make your own twist on this basic recipe by adding little bits of other fresh tasty things available.

4 tomatoes
1 green bell pepper
4 scallions, finely chopped
2 cloves garlic, finely chopped
1 tbsp. tamari or soy sauce (as desired)
2 tsp. chili powder
1 tsp. ground cumin
2 tsp. Italian seasoning
1 tsp. paprika

A trick to making good salsa is to make it 24 hours before you want to eat it. I find that the longer it sits (within reason) the better it tastes.

To make salsa, you simply quarter the tomatoes and halve the green pepper, then place all the ingredients together in a food processor. Process to desired texture.

Pour into a container and store in refrigerator until ready to serve. ❤️

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*



**August 6-8
&
September 3-5**

Transform your Life!

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

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

Come and experience

deep peace

solitude

relaxation

AHAM'S 2010 PROGRAMS

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

2011

January - February/AHAM India

- Jan 8-16 Intensive Self-Inquiry
Training/Retreat

- Jan 23-Feb 13 Pilgrimage
for NNP Graduates

***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
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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AHAM India Ashram Manager.....Jan Sundell
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Outreach Director.....Stan Davis
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