



HEART to HEART

Consciousness speaking to Consciousness

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The Association of Happiness for All Mankind

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Surrendering All
Into the God-Self

Heart of the Matter



Arunachala Ramana

You may think and feel, “Wait a minute! Everything is going? but I just want the bad stuff to go. I don’t want the good stuff to go too!”

But you see, **all of it** is a collection of the mind. The Self is **prior** to the mind. It is not a collection of anything. The mind is a collection of everything, including the nothing. So, prior to nothing and everything is the Self that is neither everything nor nothing. It is that in which both everything and nothing occur.

The argument may still persist: “But wait a minute! I’m giving up everything?” Yes! Give it up! And, at the same time, you’re giving up nothing.

What remains is you, the Self, which is what you are wanting to begin with. You, the Self, totally free, totally clear, absolutely happy! Isn’t that what you want? Do you feel that?

So really partake of that quality, remain in this quality of Pure Being – you, the Self – and you become cognizant as it – not **of** it, but **as** it. You **can’t** be cognizant **of** it, do you get that? If you are cognizant of it, that’s like there are two “I”s, one that is cognizant of the other. That’s not it, see, that’s the reflection. You are identified with the reflection, trying to see the sun coming up.

You want to BE the sun, not SEE the sun. ♥

from *Consciousness Being Itself*...pp. 191-192

It’s a very natural thing, really. Remain with the magnetic current of the Heart, rather than efforting or struggling. Then, when you are in that, you begin to feel the Heart is really pulling everything in, including the body-mind, or the “self” you think you are.

It is like pulling weeds out of the garden. It pulls out **everything!** The problem seems to be, or the strategy that comes up as a resistance to that, is that the body-mind has a lot invested in all its conditioned concepts, by association with all of that for so long, and now, what’s going to be thrown is all of that – **EVERYTHING!**

Love Note From Elizabeth

from *Living From The Heart* pp. 101-106

“Let go and let God.”

What does that really mean?

Let go into your true Being, into what is...before anything else can be...which is the Truth of who we are. And then let God run your life. Let the Heart run your life. Let it conduct the symphony. Just relax into it all...

*The beauty of this teaching is that all is being conducted **by** the Heart, not **toward** the Heart. So anytime we are working on those areas conditioned in the body-mind, **first** make sure that we're **Here** – already present in the Heart. And then allow whatever is **there** that needs to be cleared in the body-mind to occur **from** the Heart. It's not, “I'm going to clear this situation to finally be in the Heart.” It is “I'm in the Heart **now**.”*



Elizabeth MacDonald AHAM's Spiritual Director

***Then** look and see what situation needs clearing and focus the Light of Awareness on it, like shining a bright light into a dark area. And in the very presence of this Light it gets cleared out naturally.*

Maintaining commitment to your spiritual work gives you the ability to live easily and effectively in the world. You are able to shine the Light on those areas that need conscious understanding, very distinctly, very directly. That is really “working on ourselves.” Eventually the distractions of the world will not be coming up quite so often, because we've cleared out the negative and limiting patterns.

It is easier if you don't have to be all alone in the practice, especially when you get to the place of the final merging with the Self. Often there are some very subtle areas that block the way or distract and detour us from our final goal. It's important to be in Conscious Company, being present with those already living the Heart, awake and alive. You can ask questions and receive the Truth directly, at the right time, so that you're not distracted whatsoever. It's a pure focus the entire time.

Right now...are you in the Self? ❤️



Teachings of Bhagavan Ramana

Forty Verses on Reality

Verse 23

**The body does not say “I.”
In sleep no one admits he is not.
The “I” emerging,
all else emerges.
Inquire with a keen mind
whence this “I” rises.**

Ganesan’s Interpretation:

The Maharshi cuts at the very root of the fundamental folly of man, who believes he could realize the Self through intellectual studies. The mind that comes out to search for the Self is itself the Self.

Unaware of this simple truth, it makes enormous efforts to behold the Self outside itself, like an object, which is absurd. The Maharshi humorously puts it, “Self knows no others and mind knows only others!”

Where the mind has volunteered to be totally inoperative, there the Self shines lustrously, brilliantly.

S.S. Cohen’s Interpretation:

The body, being insentient, knows nothing about “I” and “not-I,” yet the “I” persists with or without a body – in the waking state or in sleep. When one wakes up the whole world wakes up, and when one sleeps the whole world sleeps. To know the true nature of this perennial “I,” we have to conduct an inquiry into its source.

Verse 24

This inert body does not say “I.” The ever-existent consciousness is not born (thus cannot say “I”). In between the two, something emerges as “I.” It is this that is known as bondage, soul, subtle body, ego, mind and so forth.

Forty Verses on Reality continued...

Ganesan: The inert body is incapable of proclaiming itself as “I am,” likewise, the ever-existing, unmoving life-principle utters not “I am.” Yet, in between the inert body and the movementless being, there arises a sensation which declares itself as “I.”

This “I” principle brings the insentient body and the ever-existing life-principle together, mysteriously. As such, it is called “the knot between body and Self.”

S.S. Cohen: Somehow the intelligence, under the compelling power of ignorance assumes a body, comes to identify itself with this body and to call itself “I,” thus tying together body and soul in a knot, which is known as the knot of ignorance in the heart. It is an extremely hard knot which defies centuries of births, but breaks of its own accord when Self-realization is achieved, and bondage and ignorance are destroyed forever.

Verse 25

Know that this formless ghost (the ego or “I”) springs up in a body. Taking a form it lives, feeds and grows. Leaving a form it picks up another, but when it is inquired into, it drops the form and takes to flight.

Ganesan: The Maharshi draws the attention of the seeker, slowly but steadily, to the one and only obstacle – the mind – on the way to Self-realization. He lays threadbare the various disguises the mind puts on camouflaging the Self, so that the seeker is weaned off delving too much on this non-existent phantom.

S.S. Cohen: The ego is a veritable ghost. A ghost is a disembodied spirit that takes on a shadowy appearance to play the living being and hoax people. The ego also is formless spirit – but it picks up a body and without knowing it, hoaxes others as well as itself. It begins its career by identifying itself with the body. It reaps the retribution of falling into abysmal ignorance, losing memory of its true nature.

But when the time of its realization draws near, it undertakes an investigation into its real nature, sheds its identification with the body, transcends its previous illusions and becomes free once again, full of the bliss of Self-discovery. ♥

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

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



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

Sunday Interlude with AHAM

Our Reflection Lake



Connect with the Heart

You are Invited...

for a time of reflection and renewal

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

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

on Sunday morning
10:00 – 11:30 am (EST)

Please Join Us...

*for our pot-luck lunch
after the program*



AHAM's Prison Ministry



On the next page is a letter from an inmate in Massachusetts. Read it and you will see why AHAM has a Prison Ministry.

This kind of response is not an everyday occurrence, but It is these moments of pure, heart-to-heart connection that say it all.

Doug High



What is AHAM's Prison Ministry? It is a program for sharing Bhagavan's teachings with those who are incarcerated. It is not a "pen pal" activity.

Who's involved in the Ministry? Claire Rogers and Doug High are the only ones involved with the Prison Ministry at the moment, and they would love to have assistance from anyone in the community, no matter where you live. Anyone who chooses to assist will neither be sending nor receiving prisoner mail from their home. It will all go through AHAM

Our role in corresponding with the inmates is to "buddy" them as they are "being with" the materials they've requested from us. We do not discuss personal matters with them unless they pertain specifically to meditation or Bhagavan's teaching. We do not teach or preach; we share from our own direct experience.

Those of you willing to assist would be asked to respond to the letters we receive. We would scan the inmate's correspondence into the computer and e-mail it to you. You would write a response and e-mail your response to us (in the body of your e-mail). We then print your letter on AHAM stationary, and mail it to the inmates with any articles that seem appropriate or with one of our free books.

Typically we get about 8-10 letters per week, and that number is growing steadily. To put it into perspective, if we got 500 letters in a year, 50-75 would respond to our initial card, and we would send them a book and a Ramana article. Out of those 50-75, we would hear from 20-30 with whom we would occasionally correspond.

AHAM's Prison Ministry...continued

Eric's Letter to AHAM

5/27/10.
W. Concord, MA.

Greetings!

I am an incarcerated individual that has been practicing Self-Inquiry for the past two years, and the gratitude I feel for your kind booklets that led me to this practice ("Living Free While Incarcerated" & "Freeing Yourself From The Prison of Your Mind") is truly immeasurable. The process of Self-Inquiry really allows one to pare away the continual egoic chatter, to really stop suffering. The guards call me Smiley and can't figure out why this whole prison experience hasn't destroyed my buoyant spirit. The simple act of accepting the present moment, in whatever

(over)



②

form it manifests in, has totally changed my life for the better. Thank you all for your vital work with prisoners.

In addition to giving thanks, I'm also writing to obtain a book list or catalog so I can purchase titles by A. Ramana & Bhagavan Sri Ramana Maharshi. Send it to the address below.

In peace,
Eric.

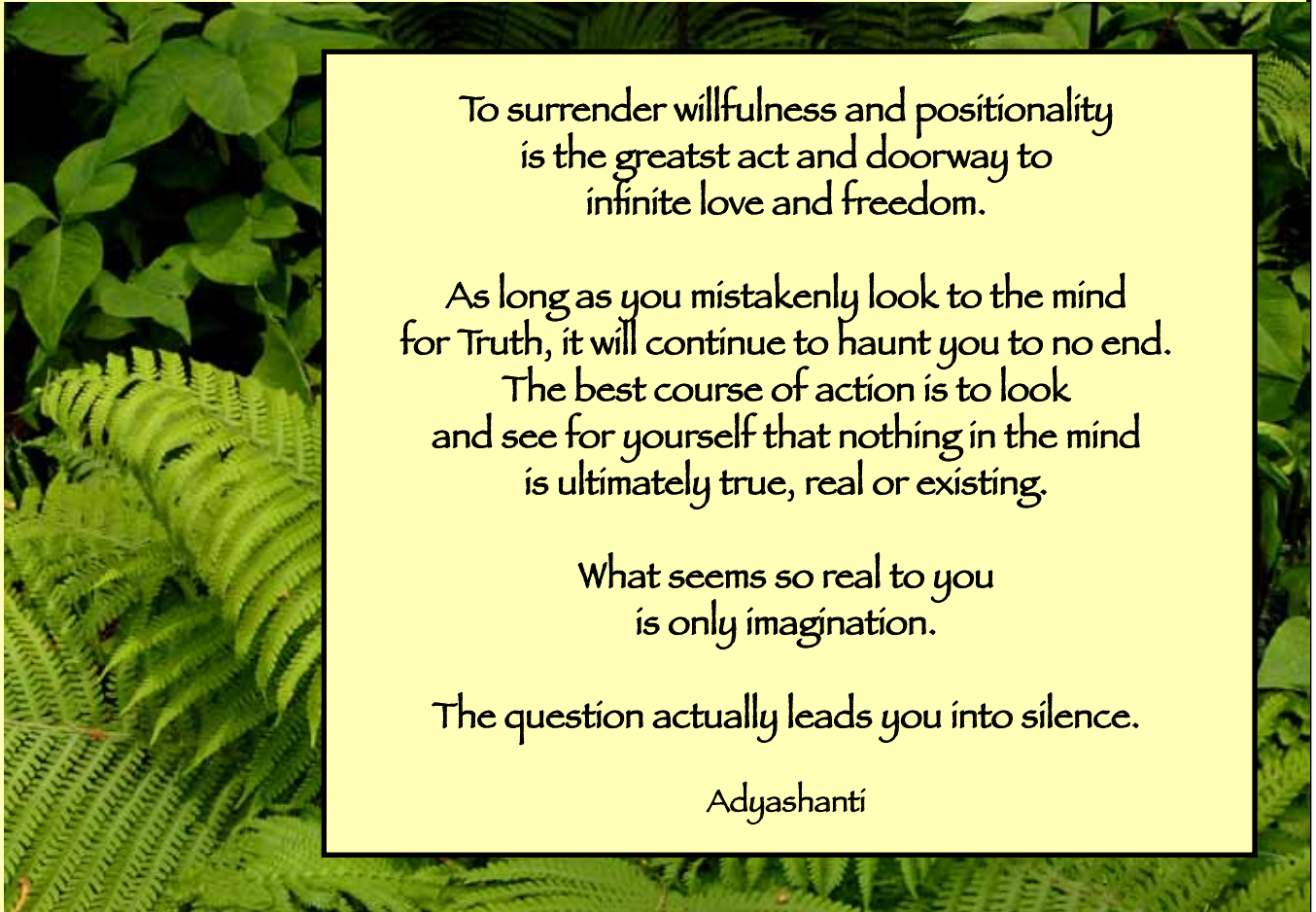
"Be gentle, truthful, & fearless."
- M. Gandhi.

The inmates are so grateful that they sometimes include a postage stamp to cover our costs. The most poignant one was from an inmate who had \$39.00 in his prison canteen account. He enclosed a money order for \$3.90 made out to AHAM as his title ("The Gift of the Magi").

Now can you see why AHAM has a Prison Ministry?

Want to join us? We'd love to have you. ♥

Words of Wisdom on Surrendering



To surrender willfulness and positionality
is the greatest act and doorway to
infinite love and freedom.

As long as you mistakenly look to the mind
for Truth, it will continue to haunt you to no end.
The best course of action is to look
and see for yourself that nothing in the mind
is ultimately true, real or existing.

What seems so real to you
is only imagination.

The question actually leads you into silence.

Adyashanti

The ego is a monkey catapulting through the jungle:
Totally fascinated by the realm of the senses,
it swings from one desire to the next,
one conflict to the next,
one self-centered idea to the next.
If you threaten it, it actually fears for its life.



Let this monkey go.
Let the senses go.
Let desires go.
Let conflicts go.
Let ideas go.
Let the fiction of life and death go.
Just remain in the center, watching.

And then forget that you are there. Lao Tzu

Simply Divine

Peach pie
peach jam
peach cobbler
peach chutney
peach ice cream
peach cake
peach salad
peach crisp



It is juicy Peach Season
in southeastern United States.
Enjoy the scent and succulence
of a fresh, ripe peach!

We wish you were here
to enjoy this wonderful "seems
like native" fruit with us.

Everywhere we ride along our
country roads we see bushels
of peaches for sale.

Ginger Peach Crumble

A spicy-sweet topping of crumbled gingersnaps turns peaches into a warm, tasty dessert without the high fat content of pies and crisps.

3 cups peeled fresh peach slices
or 1 pound frozen unsweetened sliced peaches
2 tablespoons packed brown sugar
1/2 teaspoon ground cinnamon
1 tablespoon fresh lemon juice
1/2 cup crumbled gingersnaps

Serves 4

Preparation time: 15 minutes

frozen yogurt (optional)

Preheat the oven to 425 degrees

Baking time: 20 minutes

Evenly distribute the peach slices in the bottom of a 9-inch pie plate or 8 inch square baking dish. Sprinkle the peaches with the brown sugar, cinnamon, and lemon juice. Top with the crumbled gingersnaps. Bake for about 20 minutes, until the peaches are bubbling and tender when pierced with a fork.

Serve warm or at room temperature with plain or frozen yogurt.

This crumble is so easy to make that it can be a last-minute addition to almost any meal.

Many thanks to the Moosewood Kitchens

The A. Ramana Archive Project

The Conscious Intention of the A. Ramana Archive Project is –

- ♥ Ramana's talks, writings and photos are efficiently archived and preserved.
- ♥ Everything needed manifests perfectly.
- ♥ Ramana's work spiritually nourishes people worldwide.



Archival/Development Mastermind Meeting July 30–August 1, 2010

For information on how you can support
this vital project

contact Saroja at saroja@sympatico.ca



Theresa Morton, Tess Amoruso, Vivian Zelig, George Lutman Masterminding where to put Inventory



George, Theresa, Vivian, Tess Moving Inventory to the Main House.



David Stewart archiving



**Karen Stewart and Anna Scott
Preparing a delicious meal.**



Anna working on CD/DVD Inventory



CD/DVD Selection of the Month



Simple Presence By A. Ramana

This profound and transformative
Sat Sanga with A. Ramana
is an invitation to experience
what it is to be in conscious company, in Awareness,
prior to the mind, prior to the body.

*Recorded during Sat Sanga
on January 24, 2006
at the AHAM India Ashram.
60 minutes. CD's \$10 and
DVD's \$20 plus S&H.
ahampublications@aham.com*

***Purchase helps support the
A. Ramana Archive Project.***

In this talk, Ramana addresses what true contentment is – the cessation of desire, rather than the fulfillment of the desired object.

Ramana also stresses that we not lose sight of the Awareness that I AM (we are), and remain in this I AM-ness, this Awareness either by being in conscious company or by constant Self-Inquiry (or both).

***This is a significant recording for anyone who is ready to awaken
to the dream, and abide in that Awareness that is not the knowing,
but the Being.***

A different selection will be featured in each month's HEART to HEART.

Place a subscription for the year and get one month free.

NNP Graduates Share



Left to right: Stan Davis, Karen Stewart, Chad Johns, Vivian Zelig, John Shelor

"I would recommend the NNP Workshop to anyone. It enhances and deepens the process of Self-Inquiry and also deepens the awareness and connection with the Divine."

Karen Stewart, Hillsborough, NC

"I got more than I expected from NNP. I am experiencing self-acceptance and love of myself... exactly as I am. No more feeling alone or separate."

Chad Johns, Williamsburg, VA

"I am feeling such gratitude for this program. It gives one the ability to truly live from Being, as love and compassion. I highly recommend this program."

Vivian Zelig

Awaken to Awareness Retreats



**September 3-5
&
October 1-3**

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!***

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

Come and experience

deep peace

solitude

relaxation

AHAM'S 2010 PROGRAMS



The "Barn" at AHAM

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

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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**Most photos are by Jim Dillinger Photography
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
AIC Coordinator..... Linda Swanson
Outreach Director..... Stan Davis
Finances..... Jeanie Rehder
Kitchen..... Vivian Zelig & Lina Landess
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