



# HEART to HEART

*Consciousness speaking to Consciousness*

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The Association of Happiness for All Mankind

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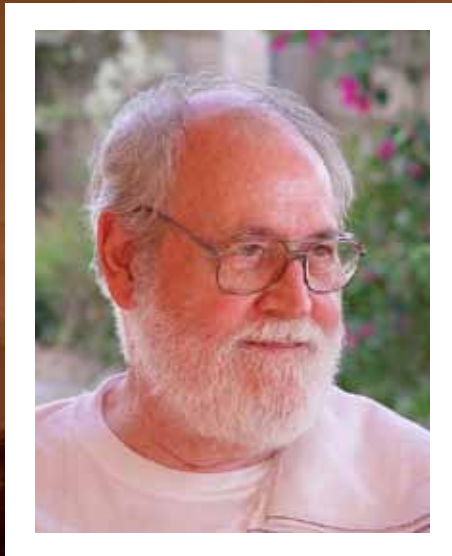
Plunge Within

# Heart of the Matter

## On Silence and Solitude

The Ultimate State was often referred to by Bhagavan as Self-Realization and as Silence. This State of Silence, or stillness of mind, is abiding in thoughtless Awareness.

Silence, Sri Bhagavan declares, is living free of the sense of ego (“I” or “me”). This is the state of Peace, or Solitude, which is quietness or serenity of mind, and can occur while “one is in the thick of the world,” meaning without leaving the world for a life of outer solitude, or isolation. The key point here being that solitude is an attitude (or direction) of the mind, not a matter of outer environment.



Arunachala Ramana

Environment can, to some degree, either aid or hinder one’s ability to hold the mind still, especially for the beginner in meditation. But with practice, over time, strength of meditation grows, and the ability to remain in quietude increases regardless of the outer circumstances of one’s life.

This often raises the question, how is one to communicate who is practicing silence? That is a problem only if the sense of duality exists, if one is living “in the world.”

The State of Silence is actually that of true eloquence. Verbal discussions on Truth are not as eloquent as Silence. Silence radiates the Living Truth as it is. It is the State of pure Being when words cease, and the Truth then prevails, or emanates from its Pure Essence.

“When the Sun of the Self arises, the moon of the mind is not needed.”

Regarding the question of “mind control,” Sri Bhagavan explains that there is actually no mind to control if the Self is realized, and that the Self shines forth unobstructed when the mind vanishes – like when clouds disperse revealing the sun which they have been concealing. He said, “When aware of the Self, why should one worry about the world, the body or the mind, which are not separate from Self? When aware of Self, these are mere shadows. So why worry?”

He explains that Illumination arises from the Heart and reaches the brain, which is the seat of the mind. The world is seen with the mind; so you see the world by the reflected light of the Self. If the mind is turned in, toward its own Source, then objective knowledge ceases, and the Self alone shines as the Heart, as Pure Being.

The moon shines by reflecting the light of the sun. When the sun rises no one needs the moon for its light. Likewise with the mind and the Heart. When the mind is turned inward, toward the Source, the Heart (the sun,) it merges (eventually) into the Source of Illumination which shines by Itself, and the mind is then like the moon in the day time. ♥

## Love Note From Elizabeth

As we continue to stay  
in our committment...



**Elizabeth MacDonald**  
AHAM's  
Spiritual Director



of Being in the Self  
not doing it,  
then whatever comes up  
is dissolved very quickly.  
It's much easier this way.

*When allowing the Heart to conduct the clearing, you just zip right through it, because you're **not** going **there**.*

*You're not feeding the negative patterns with your attention. You're just allowing them to occur and be **naturally** dissolved **from** the Heart. This makes life a lot easier. Remember there will always be something coming up in the body-mind, to whatever degree or intensity you give your attention to it. We've been collecting these conditioned patterns for a long time - identifying with them, thinking that "it's me."*

*The main thing is that we don't have to "jump in" to clear it. We stay right Here in the Heart, already free, already clear. Feel this now...*

*If you are trying to meditate and trying to be in the Heart, obviously there is a "doer" there. And there is an "I" that thinks it is separate from the Heart. So around and around in the circle you go, tighter and tighter is the contraction. It's like the knot gets tighter and tighter, rather than being loosened.*

*So if you just stop trying, stop doing and just rest, just sit or abide in what's already presently going on, you are already Here. But if there's any "trying," then obviously there is an assumption that you are separate from the Heart. And you are going further and further away from it. When you stop trying, what is already Here is allowed to come forward. It now has space to come forward. Do you hear that?*

*When the "trying" and "doing" come up, make sure you are Here and it's there. Just ask yourself, "Who is seeing and experiencing this?"*

***The answer is... "I AM"... Feel this "I AM"...***

*Notice from this perspective that "I AM" Here and the "trying" and "doing" are "there." Be Here seeing your experience is there in the body-mind. From Here you are already out...you are already free. See that it is all merely thought.*

*Who is thinking all of that? ...I AM... Remain Here in the Self, in the Heart, aware of it all and you are no longer affected by any of it. Namaste ♥*

# Teachings of Bhagavan Ramana

## *Forty Verses on Reality*

### Verse 26

**The ego existing, all else exists.  
The ego not existing, nothing  
else exists. The ego is thus all.  
Inquiring as to what the ego is,  
is therefore surrendering all.**



### *Ganesan's Interpretation:*

Only after the rising up of the parent-thought, the "I" thought, there arises after it, the parade of "others" – God, world, ignorance, knowledge, pain, pleasure.

For example, in deep sleep when the "I" disappears, along with it disappear the paraphernalia of all objects seen. This clearly establishes that whatever is perceived is merely an extension of, and in the domain of this "I" operation only.

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

Here we are led to draw the conclusion that true surrender is the surrender of the ego (which is the totality of the not-Self, of "everything") and that the same surrender can be achieved by the method of vichara (self-inquiry.)

### Verse 27

**The non-emergence of the "I" is the state of being THAT. Without seeking and attaining the place whence the "I" emerges, how is one to achieve self-extinction – the non-emergence of the "I"? Without that achievement, how is one to abide as THAT – one's true state?**

## *Forty Verses on Reality continued...*

### ***Ganesan:***

Here, the Maharshi continues to bless the seeker by emphasizing the imminent need for one to plunge within and find the source of all creation, beginning with the birth of the "I"- thought. Inquiring into its nature and structure alone will reveal its non-existence, thus establishing one in his pure being of the Self.

### ***S.S. Cohen:***

The non-emergence of the "I" means egolessness, the natural state of being or THAT. To stop the ego from rising we have to find the place of its emergence and annihilate it there, before it emerges, so that we may consciously ever abide as THAT, egoless, in the Heart, as we unconsciously do in deep sleep. The word "place" stands here for Heart.

### **Verse 28**

**Like the diver who dives to recover what has fallen into deep water, controlling speech and breath and with a one-pointed mind, one must dive into oneself and find whence the "I" emerges.**

### ***Ganesan:***

The Maharshi, with all compassion, gives a practical course. How will one dive into deep water to recover a lost precious object? It is simple. One will abstain from focussing attention on other things and – also from breathing – before taking the plunge into the water so that one can reach the bottom and recover the object. Likewise, the Maharshi advises the seeker to search for and find out the source of the mind – "I" by delving within and by taking a dive inward towards the source, the Heart.

### ***S.S. Cohen:***

Bhagavan means that this life should be dedicated to Realization and to nothing else. So he asks us to turn into divers right now. Breath-control is equivalent to mental silence (suspension of thoughts,) which has to be practiced alongside the Inquiry in order to train the mind to be "thought-free". It will then perceive itself in its natural purity, the most precious Self, whence the "I" emerges. ♥

# Ravi Ramanan

On August 14<sup>th</sup>, Ravi Ramanan took his last breath  
and was “absorbed in Arunachala”



Ravi Ramanan, Rasika, Raksha, Ranjani

## A Spiritual Splendor

By Elizabeth MacDonald

*May and June of this year we had a special visit from Bhagavan Ramana's family and the pictures of this event were featured in our June Heart to Heart issue. These visits were a blessing for us all. Along with sharing time with Sundaram (V.S. Ramanan), the President of Sri Ramanasramam, and his wife, Sushila, we had the opportunity to get to know their son Ravi, wife Ranjani and their daughters Rasika and Raksha. At that time we also met Aruna, Sundaram's daughter. Ravi had been diagnosed with brain cancer two years ago and he and his family were living in the Durham area so that he could receive treatment at Duke.*

*On August 12, I received a call from Ganesan (who had been with us at AHAM Center, Asheboro, over the summer months.) Ganesan had been visiting Ravi weekly. He stated that his nephew Ravi was admitted into a hospice facility in Durham and that he had only a short time to live. I requested to be there with the family and was immediately welcomed. Usha Raj, one of our AHAM family members, opened her home to Ganesan, Anuradha, her son Sankar and myself. We were just a short distance from the hospice facility and spent most of our time there with Bhagavan's family.*

## Ravi Ramanan...continued

*Such a supportive environment surrounded Ravi and his family. I saw Mangalam (Ranjani's mother) and Ranjani's brothers -- Shridhar and Shekhar -- taking over all the responsibilities of attending to everyone's needs. Ramanan, (Mani's son – who is the manager of Ramanasramam) flew in from California the previous day and was meditating constantly close to Ravi. Sundaram's two other children - Anand and Aruna, with their families, were seated around Ravi, along with many Bhagavan devotees. They were all either meditating or singing hymns. I also witnessed how brave both Ravi and Ranjani's daughters, Rasika and Raksha were, as they remained present with this blessed event. What a glorious assemblage of pure devotion and deep dedication from everyone.*

*On Saturday afternoon, August 14<sup>th</sup>, Ravi Ramanan took his last breath and was "absorbed in Arunachala" while everyone sang in an ecstatic chorus 'Ramana Sat-Guru'. (This is a chant that is sung at Sri Bhagavan's Shrine, weekly, prior to the evening meal.) The exact lines and words were very significant: "When even celestial beings are gathered around you..." felt that Arunachala Itself, along with Its divine minstrels, moved into that special room in Durham. The whole atmosphere in the room was charged with the Presence and Peace of Bhagavan Ramana.*

*Ganesan shared with me, "The leave-taking of Ravi from the shackles of his body – a true transition from the enslavement of/by the mundane world to the Eternal Silence of Spiritual Space – was so serene that Ravi's face reflected and radiated the inner fulfillment with a beautiful smile." My experience was one of complete Stillness. This Presence blessed all of us at his bedside and beyond – and continues to do so even now as we share it with you now.*

*I feel honored to have had the opportunity to be physically present near Ravi, witnessing this spiritual splendor. I am grateful to Sundaram, his wife Sushila, Ranjani and Ganesan that they permitted me to stay near Ravi in those most valued two days of association with him and at those last precious moments. I directly experienced a Hindu family spiritually coming together to enable a dying person not to waste even a single moment in distraction from Self-attention and helping him getting absorbed in the inner silence, through Bhagavan's Self-Inquiry and through singing Holy Hymns one-pointedly and in unison.*

## Ravi Ramanan...continued

Ganesan also shared with me: “Ravi, who from his boyhood was deeply devoted to Sri Bhagavan and dedicated especially to Sri Bhagavan’s Teaching, in his last years – he was completing 45 years of his age – expedited his spiritual maturity in rocket-like speed. He was avidly requesting me to guide him: ‘What should I do, now?’ It clearly indicated that he was spiritually preparing himself for his final journey of transition from the mundane, day-to-day living to the Finale of Spiritual Perfection. What guidance other than the sacred words of Sri Bhagavan that I could impart to him! I quoted the following passage from ‘Talks with Sri Maharshi’, No.565:

*A gentleman from Mysore asked:*

*‘How is the mind to be kept in the right way?’*

*Maharshi: ‘By practice...The mind must be trained...The Bhagavad Gita says:*

*The mind must gradually be brought to a standstill.....making the mind inhere in the Self, by practice and dispassion. Practice is necessary.’*”

Ganesan also shared with me: “On the last day, at the very final moment, while I was standing closest to Ravi and placing my both palms on the two sides of his chest, I leaned down and whispered in Ravi’s ears: ‘Ravi. Be a ‘dheera’ (the courageous). Fulfill Sri Bhagavan’s advice, ‘Make the mind inhere in the Self.’ I have no hesitation in confirming that I intuitively felt that Ravi intently listened and successfully did it.

***Ravi did prove that he is a ‘dheera’!*”**





# 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) Phone: (336) 381-3988  
Mailing Address: 4368 Hwy. 134 Asheboro, NC 27205

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## Sacred Service Participants



Peggy Sarsfield  
Roanoke, VA

***“Being in the energy of the AHAM Center and giving service really helps and supports one’s awakening.”***

*I was introduced to AHAM only one and a half short years ago. It was only one year ago in June that I took a program: (ISIT). The way AHAM has affected me goes beyond time and words.*

*So, several weeks ago when Vivian suggested I do Sacred Service, I said yes. I had volunteered once before for a short period as a way to express a thank you. This time it was for a little longer period.*

*I arrived at the Center with full intention of giving back just a bit of what was received.*

*During the weekend an unknown life-long held burden was revealed and healed!*

*That plus much, much more was showered on me. I received love, more healing, and wonderful, peaceful energy plus being in Conscious Company. All these and so much more.*

*Will I accept the privilege of serving again? You know it! Gladly, happily and hungry for the honor.*

*Thank you. Love and Namasté, Peggy*



Annette Davidson,  
Gainesville, Fl.

***...I am so grateful for the love-in-action that is felt and demonstrated at AHAM.”***

## LMT Graduates Share



left to right: Ellen Cameron, Elizabeth MacDonald (Trainer), Ed Zrout, Geeta Jyothi McGahey, Linda Swanson (Assistant Trainer), Doug High, Renate Chevli, Steven Jacobson

**LMT opened the self-created cage and out came that who I really am.**

*“I have more experience now in “living from cause” and “showing up.” I am surrendering rather than “trying to control.” LMT was exquisite, thoughtful and well presented.*

*Ellen Cameron, Florida*

*“Resting in the Clear Space of Awareness and Love.” Geeta Jyothi McGahey, N.C.*

**Being happy Now and Now and Now.**

## LMT Graduates Share...continued

*“I am now experiencing the peace and tranquility of the thought-free State of Being.”*

*Steven Jacobson, N.C.*

*“I am experiencing a sense of satisfaction with everything and especially with my self...feeling peace and a “being with” from Love.”*

*Doug High, NC*

### **Gratitude to ALL – Being Home**

*I participated in the recent Living Meditation Training (LMT). How clear it all became. The mind is a wonderful thing when it is the servant and the creative part of/in life. Pain and suffering occur when I feel that the not-Self, the body-mind, is who I am. The mind ‘wants’ to stay in control by using the past experience and projecting that to whatever is occurring in the present moment with laser-like speed. This taints the occurrence of whatever is in the moment - which itself is neutral, it is what it is - and leads to identification of/with the event and a reaction to it. This is where pain and suffering live. The key for me is to realize that whatever is occurring in the moment is so and to accept what is so – to experience the experience in the moment, untainted. Being conscious, choosing – then life works well, happiness is present. Being responsible for what I choose – that is it – there is no one to blame. I take what I get when I get it and also accept when I do not get what I want – all with gratitude. I may have chosen something and life deals me a different hand – I accept that which is given, unaltered just as it is. The purpose of all is living in/as/from pure Awareness in stillness and silence – in surging joy and peace, knowing that goals will be passed.*

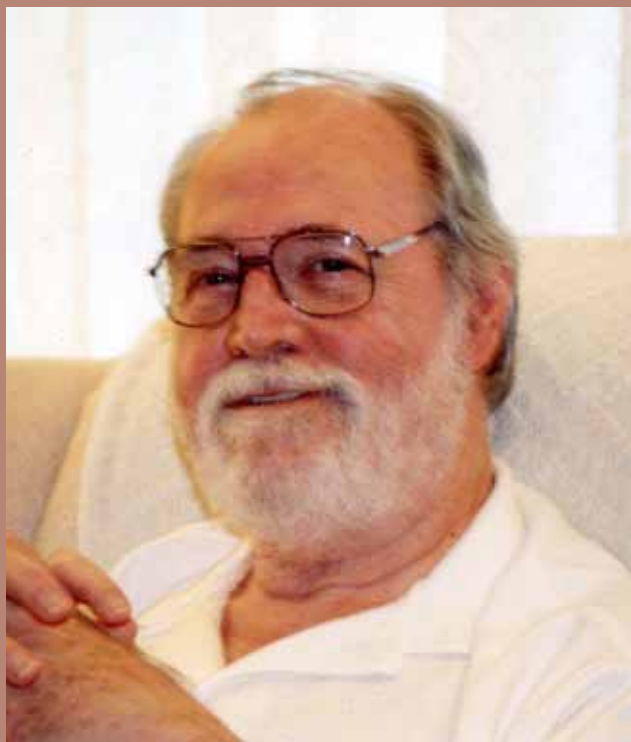
*During LMT I realized that I had imprisoned myself for a very long time – self induced. I take responsibility for that. I did not know how to escape it. I lived as the not-Self experiencing unhappiness and pain, and yes, short lived happiness, which really is just pleasure. I was not feeling/experiencing I AM alertly, consciously. I did not experience the inner being – there was no awareness of true life. Sometimes I was confused about what life is all about. I felt intuitively that there is more to life; I did not know what that was. LMT opened the self-created cage and out came that which/who I really am. I realize that creating space in consciousness that is clear, in and from which to experience the process of living and to work out and clear upsetting events in the process of living itself, is it – that is such a good feeling/experience.*

*Life is being lived through me – I am not the doer – I am just playing the role as well as I am able to; being here and now present. Will there be perfect sailing as I go on? I do not know that. It is all ok. I take whatever comes along whenever it comes. Be happy Now, and Now. Love, Renate Chevli, Fl*



**AHAM's Reflection Lake**

## CD/DVD Selection of the Month



Arunachala Ramana

This essential recording addresses the functional side of life.

Actually prosperity is our natural state. More important than having money is having the consciousness for abundance.

This is one recording you won't want to miss!

### Try to Out-give the Universe by A. Ramana

“What would be wrong if you had all of the abundance of the universe?”

“We don't solve money problems with money!”

*Recorded during Sat Sanga at AHAM*

*60 minutes*

*CD \$10*

*DVD \$20 plus S&H.*

*ahampublications@aham.com*

*A different selection will be featured  
in each month's  
Heart to Heart*



*Purchase helps support the  
A. Ramana Archive Project*

*If you would like to know more  
about how to live from prosperity  
consciousness, Ramana goes into  
great detail in his book,*

*“The Handbook  
to Perpetual Happiness.”*

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

# SPECIAL SALE

## *Reality in Forty Verses* By V. Ganesan

*Sunday Morning Talks with V. Ganesan*  
*May 2-August 1, 2010*  
*at AHAM Center in Asheboro, N.C.*



### Option #1: Single

1 Talk on CD \$10  
1 Talk on DVD \$20

### Option #2: Combination

2 Talks on 2 CDs \$18 / 2 Talks on 2 DVDs \$36  
3 Talks on 3 CDs \$25 / 3 Talks on 3 DVDs \$50  
4 Talks on 4 CDs \$30 / 4 Talks on 4 DVDs \$60

### Option #3: Package

14 Talks on 14 CDs \$100 **MP3 on 2 CDs \$75 (New)**  
14 Talks on 14 DVDs \$200

We have discovered that the sound quality of recordings of Ganesan's talks is clearer than what is heard over the phone. Therefore, we are offering special options for CDs and DVDs of these exceptional talks.

*Note: S&H Charges based on the package option*

Email <ahampublications@aham.com> to place your order. Subject: Ganesan's Talks  
Website: [www.aham.com](http://www.aham.com)



# Awaken to Awareness Retreats



**October 1-3  
&  
November 5-7**

*AHAM's resident fawn*

## 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!***

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336-381-3988  
or e-mail:  
ahamcntr@asheboro.com**

***Come and experience***

***deep peace***

***solitude***

***relaxation***

# AHAM'S 2010 PROGRAMS



## **October**

- 1-3 Awaken to Awareness Retreat
- 6-10 Neutralizing Your Negative Past  
Vancouver Island, BC
- 13-17 Neutralizing Your Negative Past

## Plunge Within

## **November**

- 5-7 Awaken to Awareness Retreat
- 13-21 Intensive Self-Inquiry  
Training/Retreat

## **December**

- 3-5 Awaken to Awareness Retreat
- 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.

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<http://www.aham.com/inspiration/index.html>

In loving service,  
AHAM Publications



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Executive/Operations Director.....Stan Davis  
AHAM India Ashram Manager.....Jan Sundell  
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