



HEART to HEART

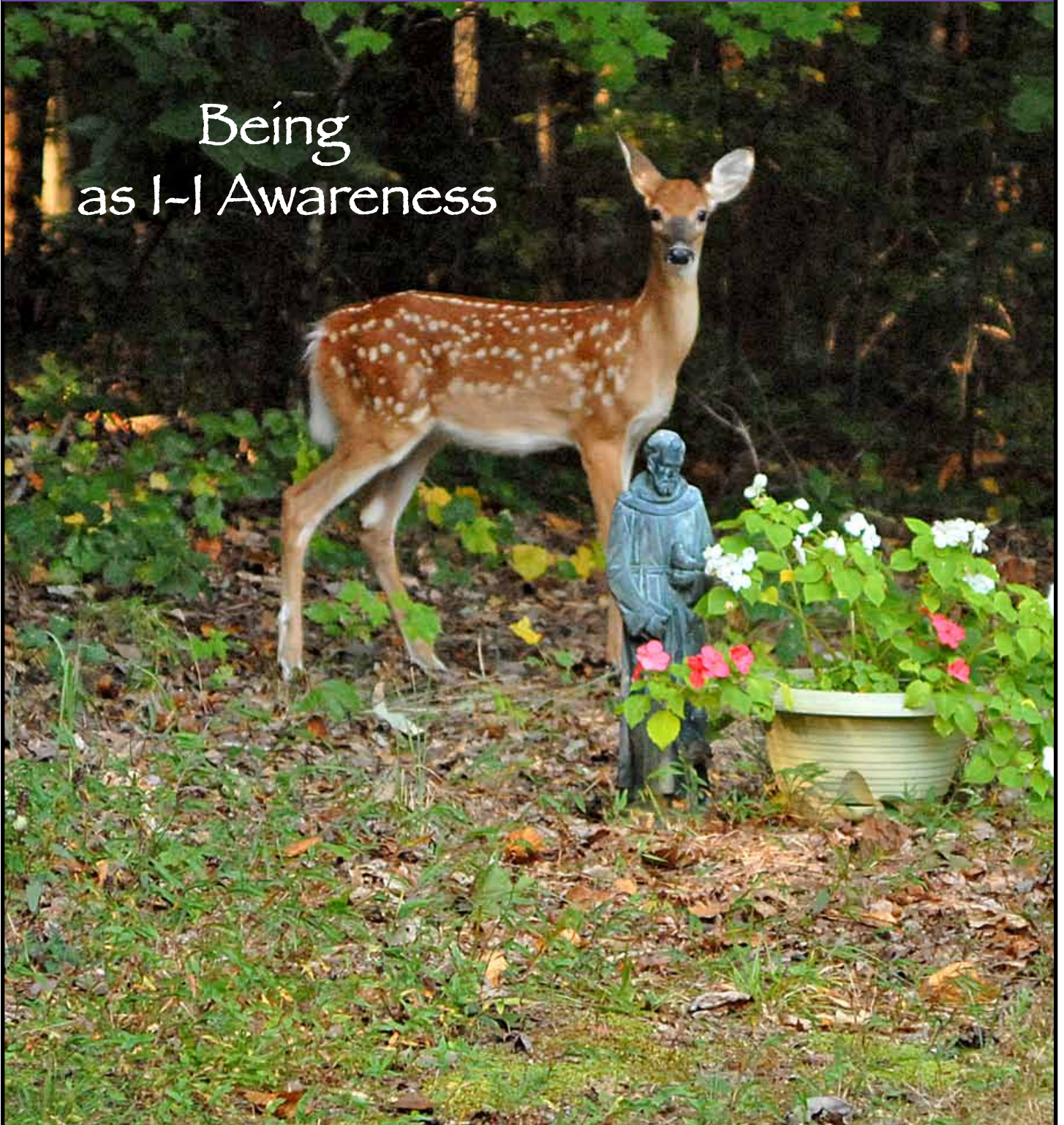
Consciousness speaking to Consciousness

Vol. 32 No. 2

The Association of Happiness for All Mankind

November 2010

Being
as I-I Awareness



Heart of the Matter



Arunachala Ramana

Self Realization

“I-I” Awareness is the awakening to the true and real nature of one’s being, or realizing who one actually is prior to all concepts or conditioned beliefs about oneself.

Ocean at Vancouver Island, BC

Self is the underlying Reality which is never absent,

...but is only concealed by the crowded mind – the ego filled with false notions and concepts. When this false identification is removed, then the underlying Truth is naturally and effortlessly revealed. It does, of course, require a great deal of effort to remove the false superimposition of the mind, or body identification. This is done most directly by means of the inquiry “Who am I?”

When asked, “How shall I reach the Self?” Bhagavan replied, “There is no reaching the Self.” If Self were to be reached, it would mean that IT is not here and now but elsewhere and that it is yet to be obtained. What is got afresh will also be lost. So it is impermanent. What is not permanent is not worth striving for. So it is said, “the Self is not reached.” You are the Self; you are already That. The fact is, you are ignorant of your true blissful state. Ignorance supervenes and draws a veil over the pure Self, which is Bliss. Attempts are directed only to remove this veil of ignorance which is merely wrong knowledge. The wrong knowledge is the false identification of the Self with the body-mind. This false identification must go, and then the Self alone remains. Therefore, Realization is for everyone; Realization makes no difference between aspirants. This very doubt – whether or not you can realize, and the notion “I-have-not-realized” – are themselves the obstacles. Be free from these obstacles also.

Mental and emotional tendencies conditioned in the body-mind are the main obstacles to Realization. So the question was asked, “How am I to realize that State in which the mental tendencies are effectively destroyed?” Sri Bhagavan answered, “You are in that State, even now!”

Remain in the Self – the natural State – and the tendencies of the mind will of themselves be destroyed. No effort is necessary, other than the effort needed to stay fixed in the Self. ♥

Love Note From Elizabeth



Elizabeth MacDonald

That which Is, the Pure I-I Awareness,

...is going on between the words, between the movement of thought or the body. Pure Awareness is what is still and present eternally. It is always awake, always aware, always present.

Pure Awareness is entirely conscious of what's occurring in the moment. When we can come from That, in every moment, we don't miss a thing. We catch what's really going on, and are guided wisely from the Heart for the good of all concerned. We are choosing from the perspective of the Whole and no longer from an individual "piece."

Many of us are into problem solving and trying to figure it all out, rather than just going into the Heart and seeing what's so. It is all there. The wisdom and the insights are there.

Following these insights may be scary because maybe you haven't followed the Heart before, and you don't know what's next. But somehow intuitively we know it's real; we know it is what is true for us. We don't compromise that, and we follow that. It will give us the strength to go through the changes that we need to go through to complete what we're here to complete.

So it makes life very simple when we come from the Heart in our day-to-day lives. Initially it makes for a little adjustment, but after a while everything falls into place. It is just right and true. Feel this simplicity...now...from the Heart's perspective....

Giving our attention to the Heart may seem as though all our responsibilities get left behind. But exclusive attention on the Heart is inclusive of everything else. We become more aware, more conscious and more creative, because we're not limiting ourselves in any way. We're not missing things. We're picking up on things. It actually works much better.

The key here is to be able to remain in the Heart throughout the day, in your day-to-day life. And that's a challenge – keeping that connection and not being pulled out and distracted. Realize this for yourself...

“Exclusive contemplation of the Heart is inclusive of everything else.”

Love Note From Elizabeth...continued

October 26, 2010

My Dearest AHAM Family,

There is something I would like to share with you. This was going to be announced on one of our AIC evening Heart-Line calls and as I said then, it needed more time to cook. Thank you for being so kind to wait until I could say it in a clear way and all the details have fallen into place. Writing you feels like the best way to get it all out without the emotion getting in the way as it does for this one when I speak of something that is close to my Heart. Please feel free to email me and we can speak directly about it if that is what you wish to do.



To begin ... for the past 32 years there has been nothing more important to me than the growth of AHAM and having it's Teaching shared with as many folks as possible. Everything else in my life has taken a back seat. People have asked me why I did that and all I can say is "IT chose me" and there was no thought about it, but to follow the Heart each step of the way. I never understood what it was to receive a "calling" until this occurred. Over these 32 years, this has included serving in any roles and functions that were needed in AHAM, without any question. And, I am so happy to have had this opportunity to be able to serve in this way. During this time, a Retreat Center and Spiritual Educational Institution, an Indian Ashram and a "Heart" family has come about for us all to enjoy, support and benefit from...a community of those who are choosing to live from the Heart. I am so grateful and honored to have been a part of what has created itself through us all.

Well, it appears there is another shift occurring again in this lifetime that "chose me." There are two aspects to this. The first one is, as some of you may know, four years ago this body experienced a "burnout". After a seven-month sabbatical in our ashram in India, I slowly moved back into all of my responsibilities at AHAM. As health professionals are revealing it now, the energy required to keep up with the daily responsibilities at AHAM has not allowed a full recovery. The "signs" of burnout have started to come up again and so, it has been recommended that I slow "way" down and find a different lifestyle from the one I've had for these past 32 years. But I didn't know how this could happen. So, to be still and to allow, "what is" to reveal itself from the Heart, I took time out for a Seclusion Retreat. During the Retreat, it was revealed ... I am to shift into a different relationship with AHAM ... one of a retirement status and to release all staff responsibilities in AHAM. This time of retreat gave me an opportunity to "give space" to my reaction to this and the layers of attachment that came up to be fully seen through and cleared out. Then the second aspect of this was revealed ... it was for me to travel and be with my AHAM family in a more informal way. It was clearly revealed. This can be a way that I continue serving my AHAM family, but in an entirely different way ... outside of the center and in your little corner of the world ... not really knowing what will come of each visit ...

Love Note From Elizabeth...continued

... we will just let that happen naturally. I actually just had a small sample of this recently, when I visited a few folks in our family in Chapel Hill area. It was beautiful how things just unfolded in different ways for each one. I would also be open to having “conversations” with a gathering of friends, wherever or whenever that happens, naturally. Even though, in my “retirement” status, this is would not be an official “outreach program” it can be a way to let folks know about AHAM. We will just let this all unfold in its own natural way. And, as far as my sacred service in the AHAM center, I will primarily be focusing on the training of Trainers, when and where needed. So, what is important to this one can continue ... I am so grateful. :0)

As you know, Stan Davis has been a part of AHAM for 29 years (since 1981) and capably serving for 22 years on staff, contributing greatly to AHAM’s growth and mission. On November 1st, 2010, I am stepping down from being Spiritual Director. With support from the AHAM Staff and Board, Stan will begin functioning in the capacity of Spiritual Director, as well as continuing to serve in his present role of AHAM’s Executive Director. I have full confidence in his ability to serve in this dual function. At this time, they actually seem to go very well together. So AHAM is being left in very capable hands. I feel confident in the strength of the AHAM Community in working together, bringing AHAM into a whole new level of growth and prosperity as it carries out its mission.

On December 1st, I will leave for India so that I can begin my retirement with my spiritual “roots” ... at the feet of the Holy Hill, Arunachala with Bhagavan and Ramana ... to fully bless this new phase of my life. I will arrive in India at AHAM Ashram initially, and then in mid-December through February, I am going to stay at Ramanasramam so I can have time to just simply Be and bask in the Grace-full Presence of Sri Bhagavan and Arunachala.

On my return trip home from India, following the aspects of my retirement, I have personally added several stops along the way and will be visiting various members of our AHAM Family. Then, I will be back at the AHAM Center in N.C. by the end of June of 2011. Michele and I will be creating a blog to keep you updated with pictures and stories as to what is happening, as well as giving us a format for whatever wants to be expressed along the way. That should be fun to see and hear from our family in their world. Once back at the ATC in our Center in N.C., my focus will then be with the training of Trainers for several months. Then, I am “on the road again” and my “blog.”

It was also revealed, to facilitate my travelling, it would be good to have an RV to live in for my “home on wheels.” AHAM has graciously allowed me to stay at the ATC until this happens and will be spearheading the acquisition of an RV for my “home on wheels.” I use the term “spearheading” because the acquisition of the RV is not limited solely to AHAM having to pay for it. It may come from another source, such as an individual or individuals in the AHAM Community. If anyone has any ideas or ways to assist in my having an RV, please let me know. I am looking forward to having the time to spend with my entire AHAM family... hanging out with you in “your” world and just letting the current take me where It wants to go. What an awesome retirement this is ... such a big family ... all over America and abroad! :0)

Love Note From Elizabeth...continued

This is certainly a new adventure to fully experience and enjoy. Just know that no matter where I am, I carry you all with me in my Heart. I know that all will be revealed in its own natural way, step by step, through this “bubble of Grace” that I have been living in all these years. And, I know all that is needed will be taken care of. As many of you know, for the most part, all I own has been given over to this work. So, recently AHAM began to establish a retirement fund to assist me in this new phase of my life. My responsibility, now, is in fully “letting go and letting God” and in simply knowing all is in Good Hands.

As the co-creator of AHAM, it's much like being a mother with her child, and as that, it is natural for AHAM to be closely taken care of in its early years. Now this “child” has “grown up” and is ready to be guided through different hands, ones that I know have been preparing for this for a long time, and are all ready, willing and able to see that AHAM fully matures into what it has always been destined to be. And, my role as “mother” will never change. AHAM and my family are always being held dearly in my Heart.

Loving you,
Elizabeth

***Love settles within the Circle,
Embracing it
And thereby lasting forever,
Turning within it.
Luther Standing Bear***



Teachings of Bhagavan Ramana Maharshi

Forty Verses on Reality



Verse 29

Seeking the source of the “I” with a mind turned inwards and no uttering of the word “I” is indeed the path of knowledge. Meditation on “I am not this, I am that” is an aid to the inquiry, but not the inquiry itself.

Ganesan’s Interpretation:

While paying full attention to “I” by not wasting the slightest energy even to murmur orally “I,” one should delve deeply within to find the Source – “I” and abide therein and as the Silence Supreme. That is Self-knowledge complete.

S.S. Cohen’s Interpretation:

Bhagavan reminds us that the quest “who am I?” is not a formula to be repeated mechanically like a mantra, but an intellectual inquiry into the nature of the “I” which is carried out until its base is fully grasped and till it ends in the silence of the Heart. This transcends all faculties and grows in depth and duration when fully practiced.

Verse 30

Questing “Who am I” within one’s mind, when one reaches the Heart, the individual “I” collapses. Instantly Reality manifests itself spontaneously as “I-I”. Though it reveals itself thus, it is not the ego “I,” but the Perfect Being, the Self Absolute.

Forty Verses on Reality continued...

Ganesan:

The Maharshi decisively takes the seeker by the hand straight into the direct experiential perception of Self-Awareness. In simple but fully potent words of Wisdom, he pointedly portrays what exactly will take place if the seeker took the plunge within, pursuing Self Inquiry.

When the seeker takes to “Who am I?” inquiry and plunges within, the mind gets absorbed in the Source from which it emerged.

S.S. Cohen:

What happens to the “I” which has found its own source and collapsed? The meaning is that the “I” which has not been aware of its own reality has now, through inquiry, come face to face with it, and has turned from the notion of being a mortal body to the realization of being the shining sea of consciousness.

Verse 31

For one who is immersed in the bliss of the Self, arising from the extinction of the ego, what remains to be accomplished? One is not aware of anything as other than the Self. This State, who can conceive?

Ganesan:

A fully realized being is rooted in the movementless state of quietude. Such a being is ever-active, inwardly. Sri Bhagavan once said that the apparent inactivity of the realized one is perpetual and intense activity in Reality.

The Self Supreme state is a no-mind state. How can a mind-soaked being gauge or understand the all inclusive Supreme State of Oneness?

S.S. Cohen:

The purpose of all human endeavors, conscious or unconscious, is the gaining of happiness. The unwise seeks it outside oneself. The wise knows that the happiness that comes from an outside cause is illusory due to its precarious nature and its inability to confer contentment without trouble, fear and endless anxiety. Lasting, undiluted happiness is one’s very nature, and thus within the grasp of anyone who earnestly seeks it.

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 in five minutes early.)

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

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

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



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.

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

Sacred Service Participants



There's Something About Carrots

There's something about sitting in silence, peeling carrots that opens me up to insights. These insights have an awareness of something coming up for clearing. And I have learned I can scrape carrots and do the Conscious Forgiveness process at the same time. Most of my Sacred Service time is spent in the kitchen helping with meal preparation. I am receiving the benefits of Conscious Company in a Conscious kitchen. Now when you consider I'm not that crazy about cooking and really don't like washing dishes it becomes even more remarkable that I choose to be there doing just that (being in the kitchen is one of many opportunities there to serve). It's my way of supporting AHAM and giving back for all I have received.



Namaste. Anna Scott

My life changed when I learned about AHAM. I did an Awaken to Awareness weekend, thinking I probably wouldn't go back. So of course I was soon registering for ISIT and so then knew I had to do NNP. But it wasn't until I started volunteering for Sacred Service by assisting with programs that it all really started to come together for me. I responded to a call for assistants in February thinking I could do that once or twice a year. Then it became once a month, then sometimes twice a month as I was looking for the opportunities to be there. I soon realized that Sacred Service was a program in itself and came home renewed each time. A coworker said "she's been at that place again, she's glowing!"

I had a very brief time with Ramana last summer but being there frequently in the past few months has helped me to know him better. My work days flow more smoothly. My relationships are easier. I have family all over the world that I have met at AHAM and I meet someone new each time. Maybe it's someone whose voice I know from the calls or someone completely new. But they become a part of my AHAM family as are you. I hope you will join me in assisting. I'm fortunate to live an hour away but if you can only assist once a year because of the distance you must travel, the benefits you receive will last a lifetime and beyond. Hope to see you soon. I'll share the carrots. Anna Scott, Winston-Salem NC

from Vivian Barna

I cannot express in enough words how much I appreciate all of you and AHAM.

While driving back home to New York, I described to a friend of mine that you all are so kind, open hearted, considerate, gentle, giving, generous and truly open to being/giving whatever knowledge you have to help others; also disciplined with kindness. There were about 20 plus positive adjectives overflowing in the one sentence.

I truly had a great and memorable time these last few days (at AHAM). It was fun, easy and although a short 4-day stint, above all, it was still life changing and "mind" altering.

For me, Sacred Service and spending time with you all and participating in the activities was/is a very powerful tool.

I am planning and looking forward to seeing "y'all" soon before the end of the year.

Words of Wisdom



Gangaji

What a Gift

People say it with cancer,
or on their death bed;
people say it in the midst of scandal,
or in the midst of any situation
that they are certain isn't a gift,
a situation absolutely unwanted.

When we are willing to open
to what is here, **all** is a gift:
every instant,
every moment,
every event.

When the worst happens, and we are legitimately traumatized or horrified, we still have the capacity to open to it all. Opening doesn't deny the horror, or the injustice, or even that the event shouldn't have happened. But as an adult, as free consciousness, we always have the capacity to open.

How can this be? Because we are the source of it all.
One Self, one heart;
infinite forms, infinite experiences.
In opening, we eternally and freshly discover the gift.

CD/DVD Selection of the Month

***Recorded during Sat Sanga
on April 11, 2008 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.***

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



Arunachala Ramana

It's All Going On In You

Ramana starts out this experiential talk with a guided meditation, drawing one's attention into the Stillness and Silence of Being like a magnet attracting iron shavings.

Verses from The Heart of the Ribhu Gita (published by and available from AHAM Publications) are read and when contemplating the words, a transformative quality can be felt.

This is also an opportunity to tune into how all is going on in you, and to experience how freeing that truly is.



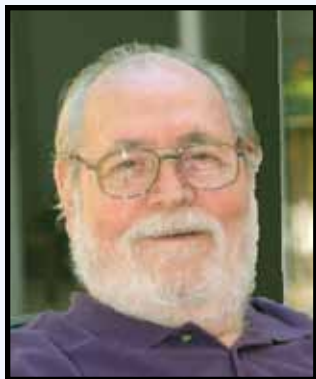
Reminder:

***Ganesan on
Reality in Forty Verses***

available on CD's and DVD's

From A. Ramana's Archive

written in 1979



All is in Me

I am in Christ. Christ is in Me.
There is no Christ, apart from Me.

I am in you. You are in Me.
There is no you. There is no Me.

I'm in the world. The world is in Me.
There is no world, outside of Me.

I am in God. God is in Me.
There is no separate entity.

I am in All. All is in Me.
There is no you. There is no Me.

I am in all. All is in Me.
There is no other. There is no Me.

I am in Now. Now is in Me.
There is no Now, apart from Me.

I am in time. Time is in Me.
There is no time, apart from Me.

I'm in the ocean, I'm in the sea
The ocean and sea and all are in Me.

Golden Harvest Soup

This soup glows because of the golden tumeric and sweet potatoes...a delectable brew and a favorite at AHAM!

3-4 Tbs. olive oil
2 cups chopped onion
2 cloves crushed garlic
2 cups chopped, peeled sweet potatoes
or winter squash
1/2 cup chopped celery
1 cup chopped fresh tomatoes
3/4 cup chopped sweet peppers
1 1/2 cups cooked chickpeas
3 cups stock or water

2 tsp. paprika
dash of cinnamon
1 tsp. tumeric
dash of cayenne
1 tsp. basil
1 bay leaf
1 tsp. salt
1 Tbs. tamari

In a soup pot saute' onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock or water. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or so until all the vegetables are as tender as you like them.

Note: The vegetables used in this soup are flexible. Any orange vegetable can be combined with green...For example, peas or green beans could replace the peppers. Carrots can be used instead of or in addition to the sweet potatoes.

Many thanks to the Moosewood kitchen and to Lina for this beautiful photo.

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*

November 5-7 & December 3-5

Call the AHAM Center

336-381-3988

or e-mail:

ahamcntr@asheboro.com

*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

Transform your Life!



AHAM'S 2010 PROGRAMS

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 23-Feb 13 Pilgrimage for NNP Graduates

Verily that Divinity which shines as the "I" in the cavity of the Heart-lotus is adored as the ONE.

When, through intensive practice, the "That am I" is as firmly established as happens to be the "I" notion deep-rooted in your body, and when you abide ever as that Divinity Itself, it shines forth, whereupon the ignorance, "The perishable body am I," is dispelled even like the darkness before the rising sun.

Ever be attuned to That.

Sri Bhagavan Ramana Maharshi

***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



Fair Use Notice

In legal terms: This newsletter may contain copyrighted material the use of which has not always been specifically authorized by the copyright owner. The material in this publication is distributed without profit to those who have expressed a prior interest in receiving the included information. We believe this constitutes a 'fair use' of any such copyrighted material as provided for in section 107 of the US Copyright Law. In accordance with Title 17 U.S.C. Section 107.

**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 AHAM's Founding Spiritual Director, A. Ramana, who died in February, 2010.

- Co-Founder and Spiritual Director.....
Elizabeth MacDonald
Executive/Operations Director.....Stan Davis
AHAM India Ashram Manager.....Jan Sundell
AIC Coordinator.....Linda Swanson
Outreach Director.....Stan Davis
Finances.....Jeanie Rehder
Kitchen.....Vivian Zelig
Audio/Visual Production.....Jim Dillinger
Gardens and Grounds.....Teresa O'Connor
Maintenance.....Chuck Rehder & George Lutman
Publications.....Steven Jacobson
HEART to HEART.....Esther Fisher
Prison Ministry.....Doug High

Board of Trustees and Advisors:
Stan Davis, President
Linda Swanson, Vice President/Treasurer
Barbara Steinacker, Secretary
John Shelor