



# HEART to HEART

*Consciousness speaking to Consciousness*

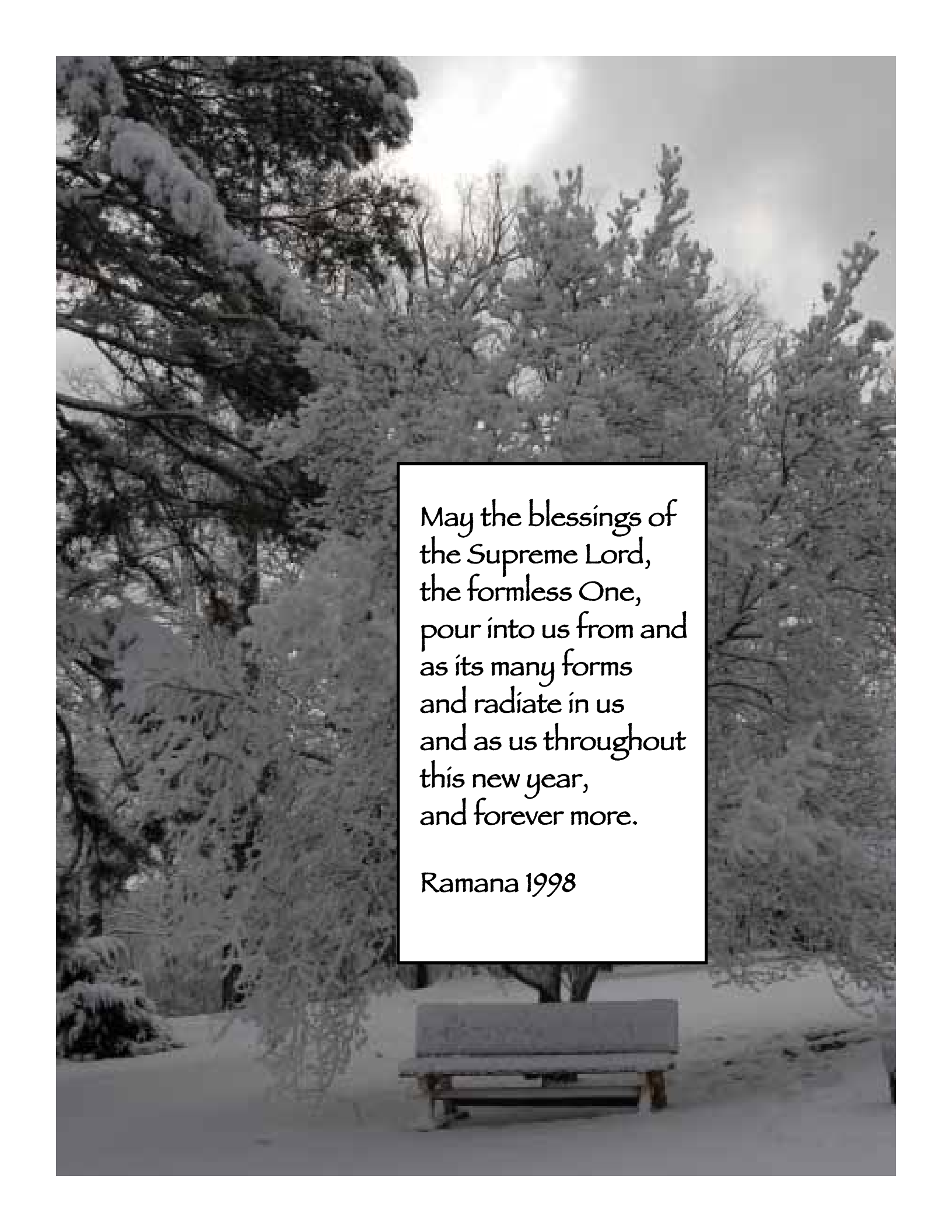
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The Association of Happiness for All Mankind

January 2011

The  
Truth  
of Being

Is Vibrantly Here Always



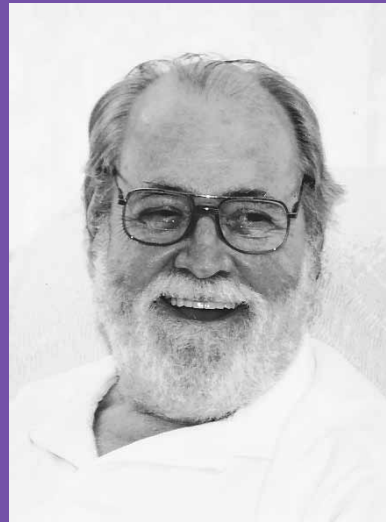
May the blessings of  
the Supreme Lord,  
the formless One,  
pour into us from and  
as its many forms  
and radiate in us  
and as us throughout  
this new year,  
and forever more.

Ramana 1998

# Heart of the Matter

## A Paradox and Highest Purpose of Life

SEE THIS: The highest purpose of life is to achieve a Conscious Death. It is to attain the ability to finally and fully drop the body-mind wholly conscious, totally aware in and as the one Presence, which ever abides as the One Reality, the infinite and eternal Self, or pure Being. This is realization and natural abidance in the True Self.



Arunachala Ramana

This means no longer being concerned with or about the body-mind, or those appearing in the world occurring in apparent time and space, but simply re-cognizing (i.e., knowing again, holistically) that there is neither "I" nor other than "I" apart from this totality of pure Being, this one Universal Awareness. This means fully Awakening to, Realization of, and total Abidance in God.

In the Christian Religious System, it is realization, along with Jesus, of pure Christ Consciousness. This is Jesus' insightful proclamation that, "Before Abraham was, I AM," (John 8:58), which means that before space and time is – I AM; the Self or God is. It also means when time and space are not, I AM still is.

For most people, including many spiritual seekers, there is a strongly held misconception, an ongoing false belief, that they are separate, distinct, different, concealed from or even perhaps capable of hiding from God, the Source of Being. But how can anyone remain separate, or hide from oneself?

Of course, this is an absurd notion. It is as impossible to forget oneself, or hide or be concealed from oneself, as it is for an object in space to leave space.

Therefore, it's now time to stop believing there is, or ever can be – in any way – separation from the Heart, or the Supreme Self – or elusiveness or concealment from the Sight or Presence of God, the Source of Being. So why not – here and now – let go and stand totally naked in the One and Only Reality, the pure Awareness of the Self. Only then, can there be true Living, Being, and Sharing the Omnipresent Truth. It is not the One Truth if there are ever "seen" others, or oneself as "other than" God, the Heart, pure Being, or the True Self.

Let this false  
notion die – it is the  
only Real Life! ♥

## Love Note From Elizabeth in India

“Wait...

Be patient...

Let it be.”

Here in India they have huge avocados with very large pits. Ramana and I decided we were going to have a tree from one of these large pits. He described exactly what to do... put toothpicks into the middle of the pit on all sides and suspend it over water that just barely touched the bottom of the pit.

We waited for some action.



Notice the tall avocado tree on the left... next to the Guest House of our ashram in India.

Days went by and nothing happened. Each time I would bring the pit and bowl of water to Ramana he would tell me, “Wait...be patient...let it be.”

Weeks went by, still nothing happened. Ramana’s response was the same, “Wait...be patient...let it be.” I thought it was dead and was a lost cause, but not Ramana. He had me continue adding water to the bowl. Then, after about a month, there it was...a gorgeous root growing down into the water and a green leaf coming up to the sun. What a beautiful sight. Ramana was right...it just needed patience...simply letting it be and not buying into appearances.



Here it stands as a shade tree over our Guest House to keep the sun from baking that side of the building and anyone staying there. No avocados as yet... these are still to come.

There was such a huge insight in this for me at the time and even now as I share it with you. The words of Ramana, “Wait...be patient...let it be,” gives us the experience of allowing the natural course of things to unfold even when the appearances are not giving us any evidence of anything happening.

<http://elizabethmacdonald.blogspot.com/>

# Teachings of Bhagavan Ramana Maharshi

## *Forty Verses on Reality*

### Verse 35

To seek and abide in the Reality that is ever attained is alone the Attainment. All other attainments are like those acquired in dreams, which prove to be unreal on waking. Can they who are established in Reality and are rid of illusions be ensnared by them?

### *Ganesan's Interpretation:*

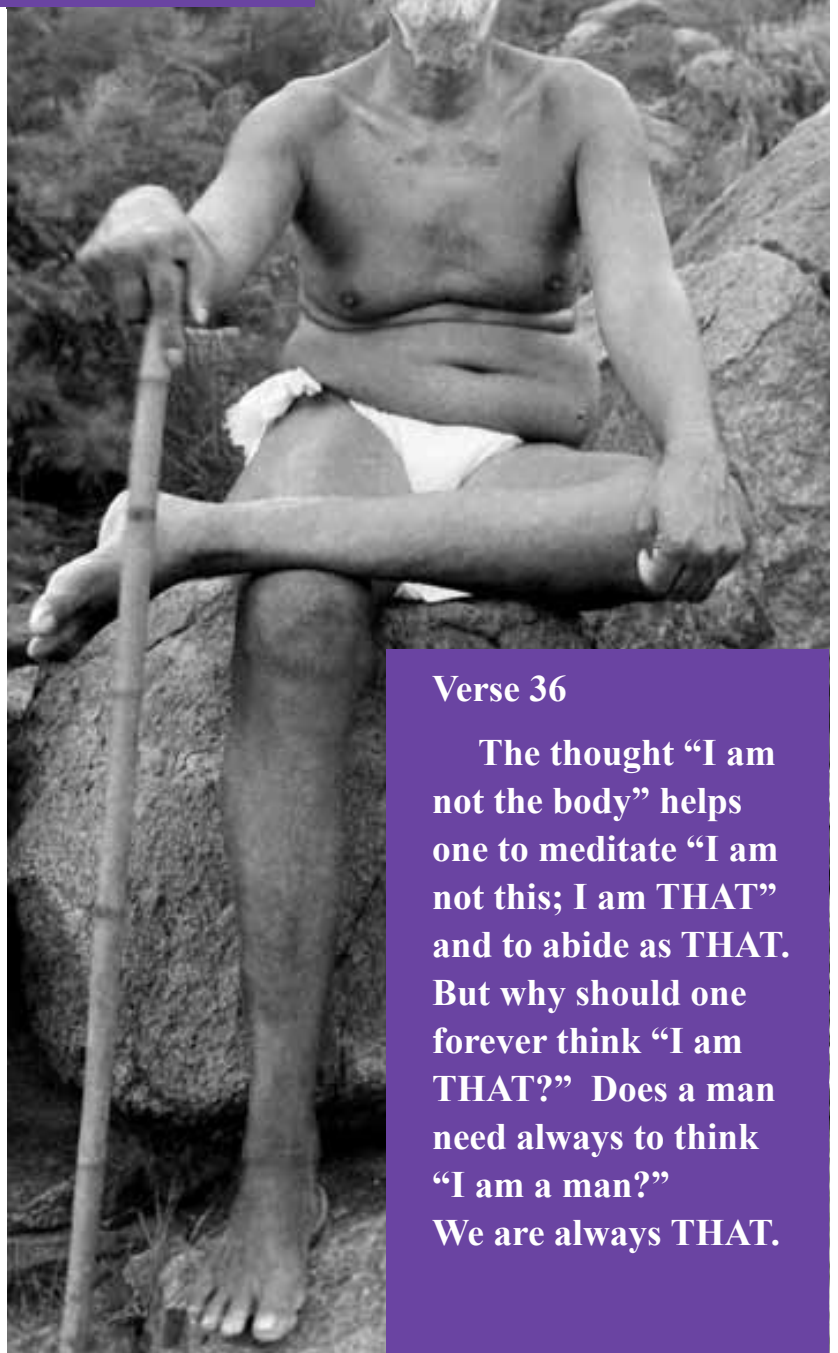
The Maharshi reiterates that just as sleep is the basis for the dreams apparently to come alive and play their parts, ignorance is the basis on which the world drama constantly unfolds. Release from ignorance alone will enable one to see the non-reality of the world. Till one attains such freedom, the play of the world-reality will appear irrefutable.

To remain rooted as one ever is, is hailed as the greatest attainment of human existence.

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

Sometimes we dream that we are flying in the air, or leaping over precipices hundreds of feet wide, or stopping a running motor car with a slight touch of the hand, yet all proves unreal on waking. The greatest of all miracles is the discovery of and eternal abidance in, one-Self.

“That which is always attained” refers to the Self, which is always present as the true nature of the ego whether the ego is conscious of it or not before the birth of the body, during its existence and after its disintegration at death.



### Verse 36

The thought “I am not the body” helps one to meditate “I am not this; I am THAT” and to abide as THAT. But why should one forever think “I am THAT?” Does a man need always to think “I am a man?” We are always THAT.

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

### ***Ganesan:***

In this verse, too, the Maharshi again exhorts the seeker to the single, simple task of relentlessly pursuing his goal – the search for Truth. That is, to clear and wean off oneself totally from any form of mental indulgence. Rid of mind control, one is the Truth Supreme ever, asserts the Sage of Arrunachala.

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

This verse offers that even the negative meditation, “I am not this,” is useful to the extent that it leads to the positive meditation, “I am THAT.” But even the latter meditation appears to be superfluous, in that it is already granted that one is always THAT – “That which is always attained.” There must certainly be something in the human, over and above what there is in other forms. That something is Self- Realization or THAT.

### **Verse 37**

**The contention, “dualism during practice, non-dualism on Attainment,” is not true. While one is anxiously searching, as well as when one has found oneself, who else is one but only THAT.**

### ***Ganesan:***

Some spiritual teachings proclaim that during the period of practice, the division between the path and the goal are wide and separate. Also they affirm that on completion of the practice, one will reach the goal, thereby establishing the finale of Oneness.

Though this presentation sounds logical, it is purely a mental derivation. For the Truth of Being, the Self, is vibrantly there, all the time, at all places and under all conditions – so there is no question of attaining it. Due to ignorance, it was forgotten; and now, through Self-knowledge it is recognized as THAT which ever is.

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

Non-duality always prevails, whether viewed from the viewpoint of the world or from that of the realized one. The realization of Self cannot turn the dual into non-dual. The truth of non-duality stands eternally true.

The human being is always present as the eternal non-dual reality, but imagines oneself always in duality due to the perception of multiplicity – I – you – chair – door – and a million other things. But the realized one is free from this false imagination:

knowing oneself always as THAT. ♥

# Making a Connection

Learn to bring stillness  
and peace into your life.

AHAM's  
"Wake Up"  
Call

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Try it this Sunday!

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 4823766#

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, please phone, mail, or e-mail your prayer request to the AHAM Center:

## 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:

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

# Graduates Share

*“I am very satisfied with the teaching and the support programs. There is an understanding of the Self-Inquiry process and the tools to implement. I understand life/living a lot better!!*

*...Very much looking forward to the journey.”*

Gene Dzuban  
Upper Arlington, Ohio

*“I have a feeling of confidence that I will use the tools I’ve learned through Self-Inquiry to more skillfully live life.*

*I have insights into self-sabotaging thoughts and a newly cultivated skill to dissolve and release such thoughts so I can be more effective as a spiritual human being.”*

Satyani McPherson  
Herndon, Virginia



*left to right: Patricia Thompson (Assistant), Gene Dzuban, Sandra Turner, Stan Davis (Trainer), Satyani McPhearson, Carla Scott*

*“I am feeling gratitude and confidence in the ability to be steadfast! I am experiencing clarity of the body/mind and the strategies it employs. These have been eight days of concentrated conscious transformational living and is truly a **lifeline**.”* Sandra Turner Winston-Salem, NC

*“I now have the tools and support I need to move on and overcome some of the difficulties life brings. I feel I will be able to continue this practice. I have a sense of calm and well-being...Happy!”* Carla Scott Roanoke, Virginia





## AHAM's Nut Loaf and Gravy

**NUT LOAF** Makes one loaf - serves about 6

- 1 T. vegetable oil
- 1 C. finely chopped onion
- 1 1/2 C. almonds, walnuts or other kinds
- 1 1/2 C. fresh, firm bread
- 1 C. wheat flour
- 1 C. finely chopped celery
- 1/2 C. finely chopped sweet red or green pepper
- 1 1/2 t. dried thyme, majoram or fresh herbs of choice.
- 1-2 eggs
- 2 t. tamari
- 1/2 t. salt
- 1/2 t. black pepper

Saute until golden brown.  
Chop until fine but not mashed.  
Process into fine crumbs.  
Combine crumbs, nuts and flour.  
Mix vegetables and herbs with dry ingredients in large bowl.

Add eggs, beating them in. Add seasonings and knead the whole mixture until it binds together into a loaf.  
Add more water if needed.

Place into a greased loaf pan and bake at 350 until firm (about 40 minutes)  
Remove from pan after allowing to cool (becomes firmer as it cools)  
Best served with gravy.

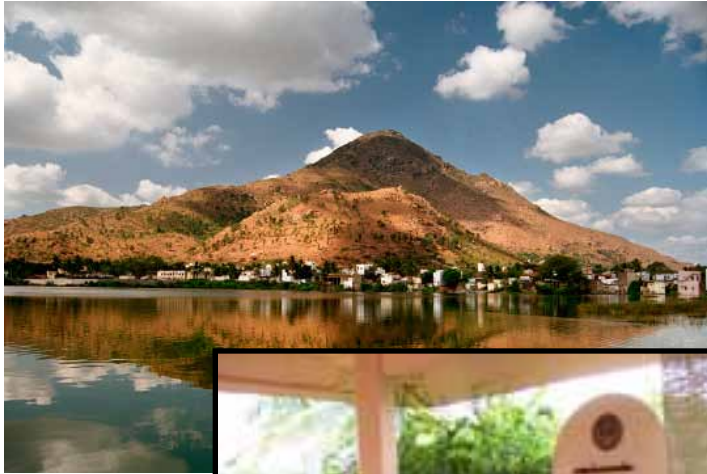
**MUSHROOM GRAVY** Makes about 5-6 cups

- 1 lb. mushrooms
- 1/2 C. butter
- 1/2 C. flour of choice
- 1 bouillon cube
- 4 C. milk of choice (soy or rice)
- salt & pepper to taste

Saute in melted butter and bouillon until well done. Add flour gradually, mixing well. Let it simmer for awhile.  
Slowly add milk while stirring.  
Add salt and pepper.  
Cook until thick.

This combination is great with mashed potatoes

## CD/DVD Selection of the Month



### ***Sat Sanga with Ramana***

***AHAM's India Ashram***

***February 19, 2008***

*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 receive one month free.*

This is an excellent talk  
addressing the concepts and false notions  
we have about Awareness, Time,  
Space, and Thought.

***Ramana asks:***

***“How can you ever leave Awareness?”***

***Could you ever leave space?”***

***He goes on to state:***

***“You can never leave Awareness.”***

# From A. Ramana's Archive...continued from November issue

written in 1979

I'm in the universe as far as can be  
There is no universe outside of Me.

I'm in the Self, The Self is in Me,  
There's not two selves, that's absurdity.

I am in time. Time is in Me  
I am in Now. Now is Eternity.

I am in space. Space is in Me.  
I am is Here to Infinity.

I abide in Now. Now abides in Me.  
I am conscious Now, thru Eternity.

I'm in my body. My body's in Me  
There is no body, apart from Me.

Before my body, there was only Me.  
I am prior to my body living Eternally.

Before it is possible for one to see  
There must be the Me who says he sees.

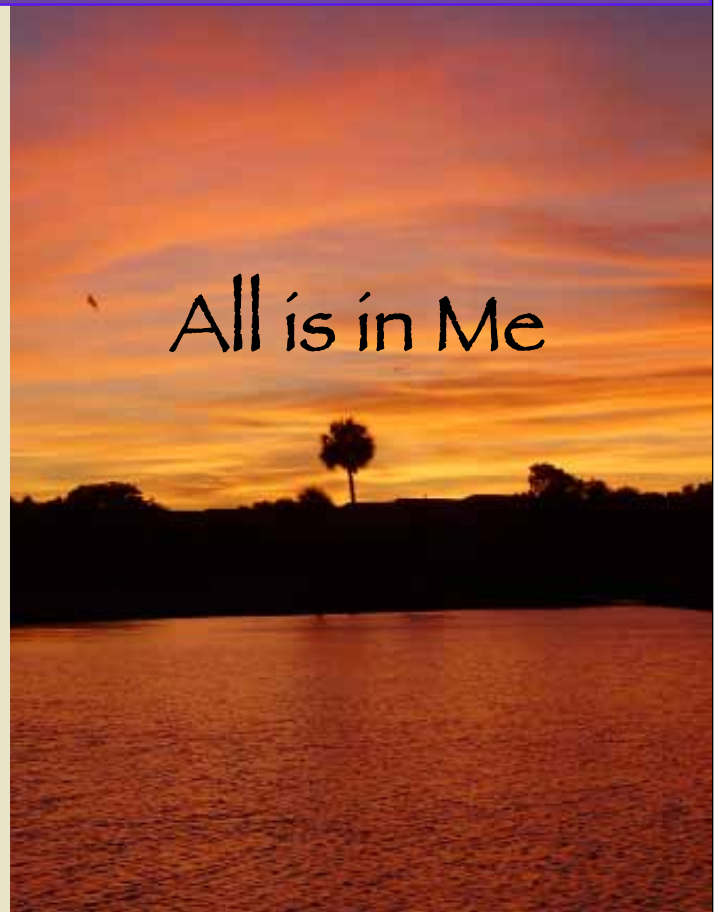
Before there is a thing to see  
There must be Me in order to see.

Everything I ever see,  
Is only possible because of Me.

How can anything ever be seen  
If there is no Me in order to see.

The only thing that is certain to Me  
Is the fact That I AM,  
Yet I cannot know Me.

When I look at the world  
That which I see,  
Is only an out-picturing  
Of what is in Me.



When I awaken and Love  
All that I see  
I will cease to seek  
A way to be Free.

When I can Love all that I see  
Then all that I see will also Love Me.

When all the world truly loves Me.  
Then I will know that I am Free.

I will know that I am Free  
When I can Love all that I see.

Since all that I see is out of Me  
I can only be Free  
When I truly Love me.

When I truly Love me  
Then I will be Free

# Awaken to Awareness Retreats

*Transform your Life!*

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*

Receive a personally guided  
introduction in the transforming  
process of

**Self-Inquiry,**

the simple "eyes open"  
meditation  
you can practice  
anytime, anywhere!

March 4-6

(336) 381 3988

or e-mail:

[ahamcntr@asheboro.com](mailto:ahamcntr@asheboro.com)

relaxation  
solitude  
deep peace

# AHAM'S 2011 PROGRAMS

## **February**

11-13 Sat Sanga Weekend

## **March**

4-6 Awaken to Awareness Retreat

26-April 3 Intensive Self-Inquiry  
Training/Retreat

## **April**

8-10 Awaken to Awareness Retreat

20-24 Neutralizing Your  
Negative Past

## **May**

6-8 Awaken to Awareness Retreat

20-22 Sat Sanga Weekend

## **June**

3-5 Awaken to Awareness  
Retreat

11-19 Intensive Self-Inquiry  
Training/Retreat

## **July**

1-3 Awaken to Awareness  
Retreat

## **August**

5-7 Awaken to Awareness  
Retreat

20-28 Intensive Self-Inquiry  
Training/Retreat

## **September**

2-4 Awaken to Awareness  
Retreat

7-11 Neutralizing Your Negative  
Past

30-Oct.1 Awaken to Awareness  
Retreat

## **October**

22-30 Intensive Self-Inquiry  
Training/Retreat

## **November**

4-6 Awaken to Awareness  
Retreat

## **December**

2-4 Awaken to Awareness  
Retreat

14-18 Neutralizing Your Negative  
Past

***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: [ahampublications@aham.com](mailto:ahampublications@aham.com)**

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**Most photos are by Jim Dillinger and Ron Whitaker  
[www.dillingerphoto@gmail.com](mailto:www.dillingerphoto@gmail.com) and [www.ronwhitaker.ca](http://www.ronwhitaker.ca)**

**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 can be found on our website: [www.aham.com/](http://www.aham.com/)**

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, who died in February 2010 and Elizabeth MacDonald, AHAM's Co-Founder, who is now retired and travelling abroad in our global spiritual community.

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- Archives & Kitchen etc. etc.....Vivian Zelig
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