



HEART to HEART

Consciousness speaking to Consciousness

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The Association of Happiness for All Mankind

February 2011

True Freedom

Eternal
Liberation



Is Here Now

Heart of the Matter



Arunachala Ramana

We really don't know what anything is.

The world appears to happen. But the world actually doesn't happen as it appears to happen. We also appear to be, but we are actually not what we appear to be. Actually, the truth is now concealed from us, as long as we are meditating a separate self-identity. All that is appearing to be occurring is really only going on in consciousness, in the actual awareness that we are, which is the One Reality. This is much like the image appearing in a mirror not being real; for only the mirror is real. The reflected image in a mirror appears to exist of itself, but it doesn't. If you try to grasp the image, of course, you only get the mirror.

The same is so with regard to the world, which is in truth only consciousness. When you fully awaken to the truth of the Self, and you try to grab for the world, all you get is the One Reality.

This is consciousness, the Self that everything actually is.

Freedom

from the Unconscious Illusion of Ordinary Life

The world is a multi-sensory illusion; it is an optical or all-senses illusion.

Being is not being anything, or anyone, it is just being in itself, which is no thing or no one. There is only being, which is the Self. Being "this" or "that" is the mind; it is thought, which is not actual, or real.

The highest purpose of life is to eventually pull or withdraw the ego-mind back into the Source, the Heart, pure Being, or the true Self, and it (the ego-mind) will actually cease. When this happens there is bliss. With it, humility, love and compassion are awakened, re-cognized and given natural expression in and from the Core of Being. These are then naturally known as the actual qualities of the Self.

Humility is self-acceptance. It is love and compassion for oneself, just as you are, with all your faults. However, this may first require that you go through the experience of humiliation, before the true humility is awakened as a lasting state in consciousness. Also essential, is sincere confession of your "sin," which in truth is the recognition and acknowledgement of your previously unconscious activity of "meditating a separate-self-identity." This forgiveness frees you into authentic Love of God, which is in truth the Self of all selves. This brings true Peace, Freedom and Joy that is known, felt and expressed as one's natural state of being. This is not the result of an effect, or given as some reward from something or someone outside oneself. ♥

Written in 1999 between 4:40 and 6:00 AM in meditation

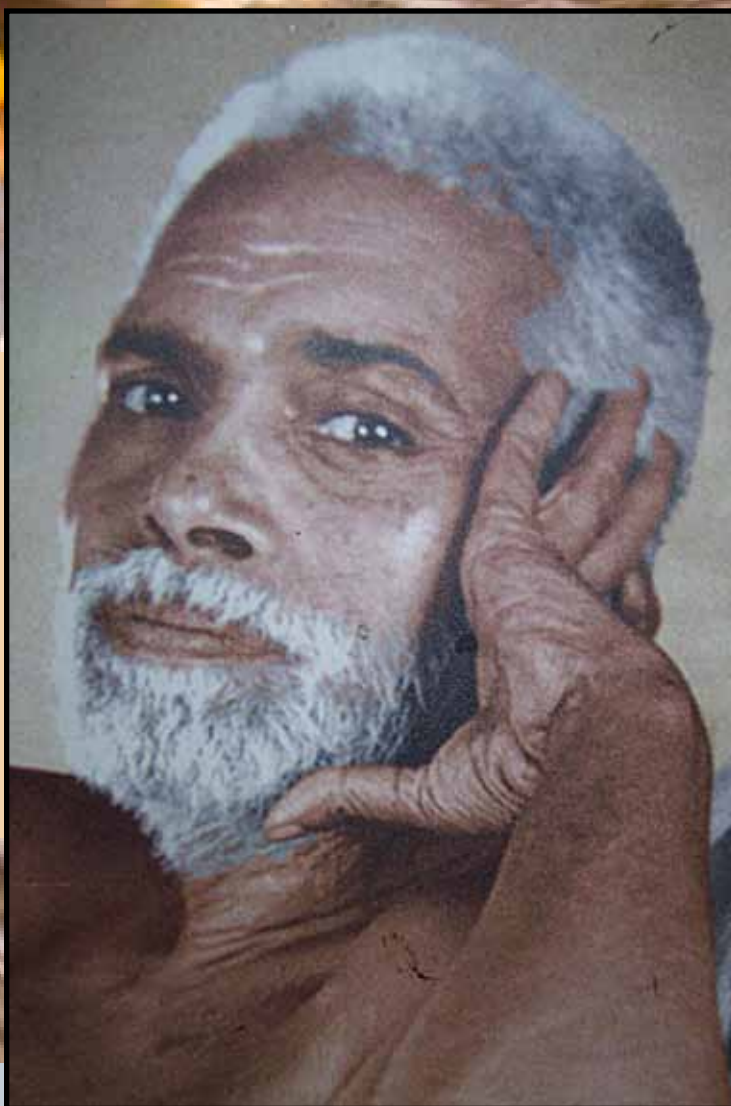
Teachings of Bhagavan Ramana Maharshi

Forty Verses on Reality

Verse 38

The sense of doership reaps the fruit of action (karma). But as soon as one realizes one's true nature (who is the doer), karma comes to an end.

This is the final Liberation.



Ganesan's Interpretation:

The mature seeker, in one's spiritual ascent, is assailed by certain deep doubts which could only be transcended through experiential understanding and never by intellectual clarification alone.

Out of compassion for such advanced seekers based on his own experience, the Maharshi authoritatively establishes the true state of a Self-realized sage in the next three concluding verses. Hence these verses are of prime importance.

S.S. Cohen's Interpretation:

Who is the doer? If the body is the doer then we have to attribute intelligence to it, an intelligence which it does not possess. The identification of the instrument of an act with the actor is the cause of much trouble.

As for the apparent karmic suffering of the realized one, it is not as painful for them as it appears to others. It is greatly mitigated by the bliss of realization which unceasingly wells up in their heart.

Forty Verses on Reality continued...

Verse 39

Bondage and Liberation are mere notions in the mind. These come to an end when an inquiry is made into the nature of the one who is bound or free, and the ever-present and ever-free Self is realized.

Ganesan:

Thought is the only bondage. The concept of freedom arises for the one who conceives of oneself as being caught in bondage. So one has seriously to inquire within: Who is bound? By whom? Who am I? Such intense, inward search will land one in Truth.

S.S. Cohen:

The sense of being bound or free makes bondage and liberation exist. But these wrong notions can be rectified by right knowledge, which can be had only through an inquiry into the nature of the person who is the victim of the wrong notions. Then the real Self will reveal Itself and will dispel all notions, all senses and all thoughts.

Verse 40

I shall proclaim in truth the quintessence of the established conclusions of the entire Vedanta.

**Know that when the ego dies and the Self is THAT, only THAT remains which is
Consciousness Absolute.**

Ganesan:

Any mental movement is falsehood. The Maharshi firmly declares that true Freedom, final Release or eternal Liberation is nothing but the annihilation of the mind – “I”.

“Pay complete attention to, and be rooted in, this simple, single Truth, untouched by thought,” he says.

S.S. Cohen:

One who aspires to reach the highest has to exert oneself hard here and now by the self-inquiry method which Bhagavan has so graciously propounded and so often reiterated in these verses. The determined one cannot fail to verify these truths by one’s own experience if one puts them to the test, full of confidence in one’s own Self and the unfailing support of the Master. This One is not other than the very Reality one is so earnestly seeking, and who ever abides in one’s own Heart as Existence, Consciousness and Bliss. ♥

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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:


ahamcntr@asheboro.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:

ahamcntr@asheboro.com



“...for those who have realized the Self within the body, the ‘I’ shines without limits.”

Bhagavan Sri Ramana
Maharshi

Happy
Valentines!



Never Stop Digging

Johnnie was delighted. He was going to spend the weekend at his Grandma and Grandpa's farm. He loved the smells there, and loved to explore.

Saturday morning his grandparents were at the breakfast table reading the paper and having their after-breakfast coffee. After awhile, the grandma said, "Honey, it's awfully quiet outside. I wonder where Johnnie is." So they finished their coffee and went outside to look. Within a few minutes they found him scooping a tunnel into a huge pile of steaming, ripe, malodorous, horse manure. He was *covered with it and smelled like it*. The grandfather asked, "Johnnie, what on earth are you doing? Look at you. You're filthy and covered with horse poop. That's awful!" And Johnnie replied, "No, grandpa, it's not awful; it's wonderful. With all this poop, there's got to be a pony for me in there."

When I am snarled in a habitual, destructive pattern; bulging with being right; paralyzed or demeaned by feeling unloved, victimized, or unappreciated, all I need to do is to remember that even though I'm covered from head to toe with horse manure, and that I'm emitting toxic effluvium, "*there's a pony in there somewhere, just for me.*"

My experience has been not just a single pony, but a herd of ponies which I got one-at-a-time by continuing to dig. These are the ponies that have been running me and eating my lunch. *In AHAM's truth process, the very last thing we ask ourselves is, "what is the blessing I am receiving from this?"*

Yes, a pony named blessing, or an entire blessed herd.

Love, Doug High

Simply Divine

Hello Everyone,

This is just a note about what AHAM means to me. This morning while preparing my lunch, a salad, I was being very deliberate – mindful – in what I was doing. I thought about the instruction given to prepare food mindfully for the AHAM Interlude lunch contributions. I felt that so strong this morning. I used to follow a macrobiotic eating regimen years ago and preparing our food in a place and state of peace, beauty, and mindfulness was one of the teachings. I reconnected with that consciousness this morning and it felt so good and I realized just how important it is to prepare food in this way.

I liken it to being in a type of meditation and prayer.

What an experience!

Peace, Love, Blessings, Brenda Bey, Greensboro, NC



3 cloves garlic
2 T. oil
2 T. water
2 lg. onions, diced
6 C. potatoes, cubed
2 C. carrots, sliced
6 C. water
2 T. cashew butter
1 lg. Vegetable bouillon
cube
2 T. tamari
1/2 T. sea salt
1 t. dried dill weed
1/2 t. black pepper
1/4 C. fresh dill weed,
chopped

Creamy Potato Soup **Serves 6-8**

AHAM's
dinner bell

- 1. In a blender, blend garlic with oil and water. Pour into a soup pot.**
- 2. Saute the onions in this garlic oil. When the onions are partially cooked, add the potatoes and the carrots. Add 2 cups of water and cover. Cook until the vegetables are soft, stirring frequently.**
- 3. In a blender, blend 2 cups of water, cashew butter, bouillon, tamari and 1 cup of cooked potatoes from the pot. Blend well. Pour back into the soup pot.**
- 4. In the blender again, blend 1 cup of the cooked potatoes and 2 cups of water. Pour back into the pot. Add sea salt to taste, dill weed, pepper and fresh dill. Simmer for 15-30 minutes. ♥**

Thanks to "Incredibly Delicious Recipes for a New Paradigm"

CD/DVD Selection of the Month

Love
is
God



**Arunachala
Ramana**

Ramana expounds on the importance of making the distinction between the sense of "I" and the Awareness that is prior to it.

We have been meditating a separate sense of self-identity and it is now necessary to redirect our attention back into Awareness.

It is time to love ourselves.

Consciousness attending to the Source is Love.

God is Love.

We can't get away from ourself.

We can't lose what we are.

Awareness is always present.

This is truly a recording worth having, for what is being shared is coming from One who lived this truth.

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

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From A. Ramana's Archive



May 11, 1986

Love – as commonly seen, known, felt, and expressed – is a state occurring in dualism; it is one's willingness to unconditionally acknowledge and accept the existence of another. Pure Being – the "location" and very nature of the True Self – does not, nor can It ever, know or acknowledge any "other" as having separate existence. In truth, all is contained in that One Supreme Being as the One Being, without being known as such, whether seen or not. The Supreme Being, or One Self, does not even know itself as "I", so there is no knowledge of anyone as a "you." Everything is contained in this One Supreme Being which only pretends to express Itself in various forms or seeming expressions (being seen, believed, known or felt as another, or a seeming "other").

The multiple separate-selves seen and felt to be all these apparent "other" selves and objects are, in every case, the One Self Itself pretending to appear as these apparent separate selves and objects. By directly and immediately tracing the inner "self" that is doing the feeling – meaning the sense of "I" or "me" itself as it is felt in the body or mind as "I" – and following this feeling to the very Source of itself, where it takes rise and is presently sustained in consciousness, the separate-"I"-sense will totally dissolve. What remains is Extreme and Absolute Fullness – a Single Presence of Oneness, Peace, Love, and Joy – prior to any and all experiences or perceptions.

With the rising of the sense of "I and other," there simultaneously arises the potential cause of fear, doubt, suspicion, or concern, regarding being rejected or harmed by one or more apparent "others." For an "other" may not always prove to be a friend, but rather a predator, enemy, opponent, or rival. We see that there is the possibility of being rejected, harmed, or even killed by "other," just as there is also the possibility for companionship and support. The determinant factor in seeing "other" is one's conditioned mind. When "I" rises as a separate individual, an objective ego, or body-mind living in time and space, seen and sensed as being apart from all "others," this itself is duality. "I" and "other" can only exist in duality, which gives rise to thoughts of desire for various objects and fear regarding others.

Thus, all apparently separate perceptions occur in duality, as duality, and actually create and sustain the sense and/or belief in duality. This is seen with all the various opposing pairs, such as events, situations, conditions, circumstances, and objects or things. These include love/hate, good/bad, likes/dislikes, small/large, hot/cold, etc.. You cannot have a position without the presence or the potential of its opposing position; they are in fact entirely dependent on one another.

From A. Ramana's Archive *continued...*

We think of love and being loved as an appropriate emotion toward others. However, in duality, love and hate are natural opposites. There can and often do occur times when others are not loving or very lovable, and in fact are to be avoided. Hate, or its potential, may arise as one's love subsides. For example, we all may love our parents, siblings, children, or our mate, but there are times when we also may hate them, if only temporarily. Love cannot exist without hate being also possible; for they are the dual aspects of one another, like the opposite sides of the same coin.

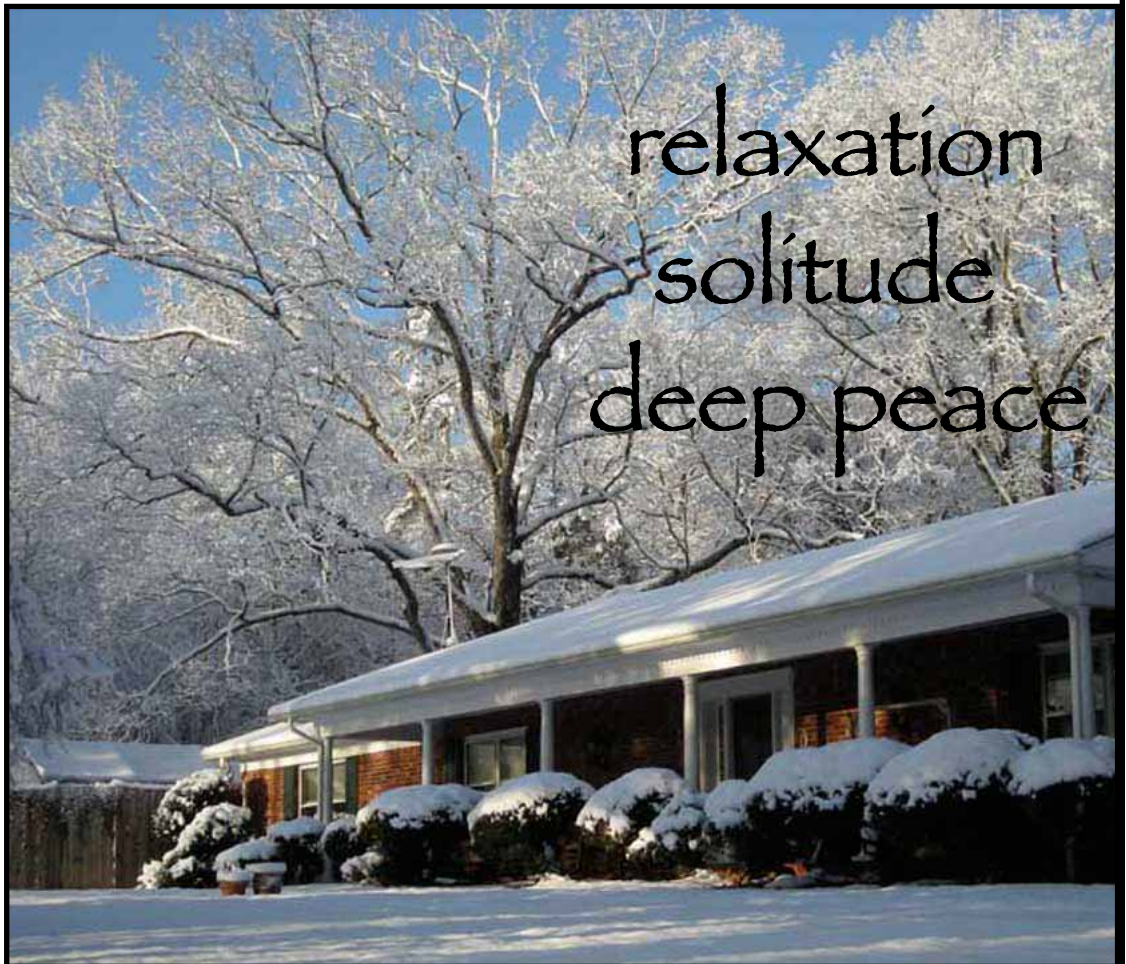
The only way to perpetual and unconditional love, without the possibility of hate, is to transcend duality. That is, to trace the sense of "I," or one's seeming separate "self" as an apparent individual, person, or entity, back to the very Source, out of which it appears, and allow this separate sense of "I" to fully dissolve or merge into the Heart and Core of Pure Being, Itself. This is the One Pure Being without the sense of "I" or "not-I," which is the True Self. Its very nature is Love.



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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

Transform your Life!



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.

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www.dillingerphoto@gmail.com and www.ronwhitaker.ca**

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Past issues can be found on our website: 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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