



HEART to HEART

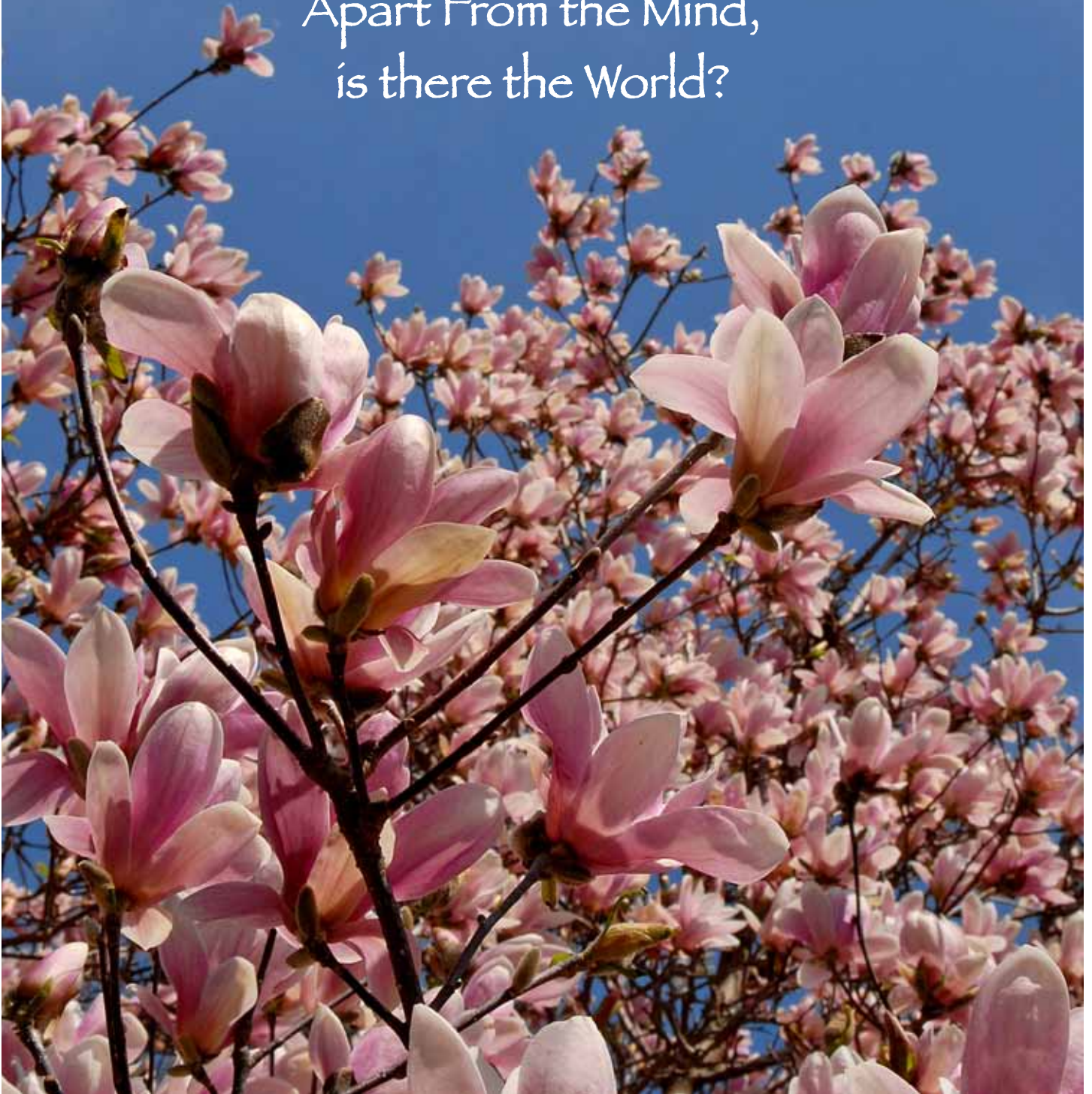
Consciousness speaking to Consciousness

Vol. 32 No. 7

The Association of Happiness for All Mankind

April 2011

Apart From the Mind,
is there the World?



Teachings of Bhagavan Ramana Maharshi

The whole universe is only mental.

But what is mind? Let us consider. The world is seen when one wakes up from sleep. It comes after the 'I-thought'. The head rises up. So the mind has become active. What is the world? It is objects spread out in space. Who comprehends it? The mind. Is not the mind, which comprehends space, itself space?
(p.443-444 "Talks")

Do you not create a world in your dream? The waking state is a long drawn out dream. There must be a seer behind the waking and dream experiences. Who is that seer?
(p.484)

Who is this 'I'? It cannot be the body nor the mind. This 'I' is the one who experiences the waking, dream and sleep states. These states alternate with one another leaving the Self unaffected. The waking and the dream states are creations of the mind.
So the Self covers all. (p.485)

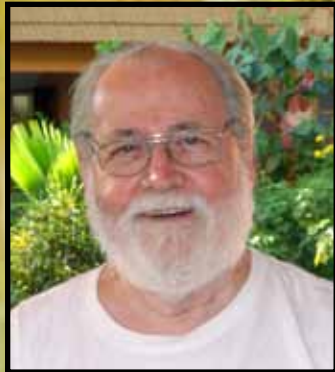


The truth of the Supreme Being is the One Infinite Reality transcending all relativity, which is the fundamental Substance of the 'I', which is the basis of the world.
(verse 86 "Guru-Ramana-Vachana-Mala")

Footnote: The ego is the starting point of all creation because without the ego there can be no manifestation of a world; as soon as the ego disappears in sleep the world-appearance ceases; therefore it is said that the ego is the basis of the world. The ego in its turn is an appearance in the Infinite Reality; the latter is the eternal Substance, without which there can be no ego, no mind. Hence this Infinite is alone real; the soul and the world of objects are only illusory appearances in the Infinite. But this is valid only when the ego dies in the Light of Self-Realization. ♥

Heart of the Matter

The Mystery of Maya



Arunachala Ramana

Maya means “illusion.” It is the veiling power of Consciousness. It is that which makes us see Reality as unreal, and unreality(the world) as real. It is a power that occurs in Consciousness, and that we, who are Consciousness, become identified with. Everything is Consciousness. Yet we don’t always see everything as Consciousness, even though everything *is* Consciousness. That’s the veiling power of *maya*.

So, if someone is identified with the body-mind, then one does not see that everything is Consciousness. We see things *as* things, people *as* people, places *as* places, situations *as* situations, as though they all have their own objective reality, independent of our Consciousness of them

This is so no matter how many times we may be told, over and over repeatedly, that *only* Consciousness is, and *nothing* else is, and that *nothing* has existence independent of our consciousness of it, and that the existence that we give to a thing is only in our consciousness.

Yet we still, due to habit, identify with the body and the conditioning of the mind as Self; as though this body-mind configuration is in fact the Self. When that is happening, one does not see oneself as Consciousness, but rather one sees oneself as name and form.

Now, unless one has released identification with the body-mind, has fallen free into Consciousness in its purity, and is expressing naturally as that (which is just the natural state), as long as one is still identified, this will only be conceptual.

So in the beginning, this argument of Truth has to be taken on faith. Then you must work on it within yourself, through deep contemplation of it, until Consciousness has been purified and cleansed of its patterns of identification, and is able to fall naturally into its own state. When that occurs, it is seen that all is Consciousness, that all has *always* been Consciousness, and that all will *always* be Consciousness. It is seen that there is no manifestation apart from Consciousness; and paradoxically, Consciousness cannot know itself without manifestation, or without a body-mind. Do you see? ♥

“Consciousness Being Itself” pp. 48-49

Making a Connection



Dan and Jenny Ngo
at AHAM's Sat Sanga Weekend

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and Peace
into your life*



Cindy Pasternak and Jewell Jordan

Making a Connection *continued...*

HEART WATCH

Every four hours, during our Heart Times

...one of our staff or volunteers 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

“The mind cannot kill itself. So, your business is to find the real nature of the mind. Then you will know that there is no mind.

When the Self is sought, the mind is nowhere. Abiding in the Self, one need not worry about the mind.”

Sri Bhagavan Ramana Maharshi

(A Daily Message example)



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

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

Sat Sanga Weekend February 11-13, 2011

A Special Commemoration of The One-Year Anniversary

*of A. Ramana's
Passing*



1st row, left to right: Jim Dillinger, Carmen Sweetman, Jenny Ngo, Usha Raj 2nd row: Martin Dunn, Sandra Turner, Jewell Jordan, Iris Myers, Linda Swanson, Coordinator 3rd row: Jim Kee, Pam Freeze, John Shelor, Anna Scott, Jeanie Rehder, Chuck Rehder, Teresa O'Connor, Peggy Sarsfield 4th row: Dan Ngo, Debra Andrews, Patricia Thompson, Cindy Pasternak, Beverly Stevenson, George Lutman, Michael Toohey

Participants are from North Carolina, Virginia and Tennessee

“I realized with some surprise on Friday night with all of us in the Meditation Hall, that the quality of Consciousness was so thick it almost felt like It could be touched or breathed in. A quality that I had attributed to Ramana’s or Ganesan’s physical presence in the room with us was fully Present, here and now, in the Community.”

Linda Swanson, Asheboro NC

“Thank you so much for creating this time together.

The Stillness and Silence was intensely felt by this one.”

Cindy Pasternak, Roanoke, VA

Sat Sanga Weekend *continued...*



“The benefit of Conscious Company to Eternal Peace is Real. I am thankful for every bit of it that I can get.”

Beverly Stevenson, Durham, NC

“Being in Conscious Company is beyond thought or experience. It’s opened up a way of life and living I’ve searched for all my life.”

Peggy Sarsfield, Roanoke, VA

“This weekend has been a blessing in oh, so many ways.”

Jewell Jordan,
Stoney Point, NC



Jeanne Rehder, Jenny Ngo and cake

“It’s been a wonderful time with family. It was nice not to be ‘doing’ all the time. Enjoyed hearing the stories about Ramana, especially since I didn’t really know him. But he gave me AHAM and that has made all the difference.”

Anna Scott, Winston-Salem, NC

“This special Sat Sanga weekend celebrating Ramana’s energy connected his devotees as one in the message of Love and Peace, starting with me; and each one of us together can take the Energy of Bhagavan Sri Ramana Marharshi and A. Ramana and ‘pay it forward’ as Love, as One!”

Carmen Sweetman, Nashville, TN

“A wonderful weekend in Oneness.”

Chuck Rehder, Asheboro, NC

“I feel the Sat Sanga weekend has helped me meditate better; really brought me to the Source.”

Michael Toohey,
Durham, NC



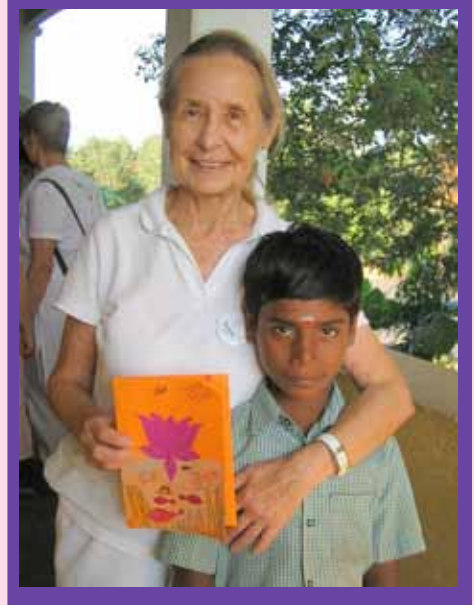
Love Note

The Button People



Around our Ashram in India we are called “the button people” since everyone who stays at the ashram wears a white button which reveals the AHAM butterfly logo, the word AHAM and under which is pasted our first name and USA.

Well, here we are mostly all Americans with our white skin and lighter hair – we stand out even if wearing Indian cloth and no buttons. I had noticed that particularly children would look at us and ask, “What is your name? Where are you from?” It was so easy to show the button and point out our first name and tell them that we are from America. It was always delightful for the children to meet us and vice versa. The children then drew friends and parents to us. We always had a great togetherness with everyone and I feel that they were intrigued to talk with Americans who were just like them but looked a bit different. The next question of the children was “photo, photo.” We obliged. They loved to see their picture and they also seemed to love being with us.



Renate and Friend



**Steven Jacobson (button person)
and many Friends**

While walking in Ramanashramam a large group of women of Moslem faith dressed completely in black, entered the ashram together with their children. Only their eyes were visible, beautiful inquiring eyes while looking at us. Some of their older children came and asked, “What is your name? Where are you from?” We again pointed to our first name and told them that we were Americans. Curiosity was present at first and then we both engaged with each other in a loving way. More and more children came and then the adults came to be with us. The adults had little English skills but we all talked with each other in perfect friendship. They showed us their babies – all were most beautiful. We had a wonderful time together.

I do not know what women of Moslem faith or every other one we had met were told or know about America. I believe that when they were back in their homes or wherever they mentioned that they had met and talked with Americans...that it was a friendly and respectful get-together; it was ok.

When talking to each other without fear, speaking the truth about whatever, looking at issues on both sides, then mutual understanding and friendship develops. Realizing there is ‘neither I nor other’ there is only One.

I like to wear the AHAM button and network with everyone. It has shown me that it opens interest in so-called “others” who then approach me for a chat. My interest is in learning from one another and being able to improve earthly life for all. *by Renate Chevli, Naples, FL*

Love Note



Melinda

Ever since saying “Yes” to India, it feels like there’s been a gentle letting go into a net of Grace.

This deepening into Grace continues even now as I write these words, as I wash my clothes, and as I set the table for dinner.

What came to me clearly in meditation soon after I arrived in India was that “Things are not as they seem.” Here in this far away place the world suddenly seems unreal, dreamlike, and as Ramana used to remind us – the world is but a stage and we are only playing out our parts. Yet, underneath this dreamlike quality there is something solid, something very real.

The process is similar to that of a sculptor chipping away at what’s not the image to reveal what has always been there in the stone. And so this chipping away process began as things I’d been holding onto started breaking down and falling away naturally, effortlessly. It was time.

And there is a giving over to Source, to what’s real and true – not a mountain or a sage or a teaching. These are simply the vehicles that brought me here to this center within that is perfectly still and wordless. And there is an awe and reverence for what cannot be described but only experienced.

The path around Arunachala is the path home. And as Dorothy in the Wizard of Oz said as she tapped her ruby slippers three times, “There’s no place like home”. The whole time Dorothy had the slippers and the power to go home, she just didn’t know it.

Walking in silence around Arunachala feels like a sacred act.

The mountain is vibrant and still, the Heart of all religions. And there is an energy that seems to emanate from its rocky surface, a power that purifies and draws me into itself. It feels very ancient and omnipresent. I give over to it willingly and it sets me on fire.

Here, I am able to see things I hadn’t seen before like the intricate workings of the mind, the complexities it throws out to draw me away from what is pure and simple. Some of the more subtle tricks are spiritual ones that keep me forever seeking when all I ever wanted is right here, closer than breath, nearer than hands and feet . . .



Spring Beautification Day – April 16

Spring is springing up all over and we are starting the annual planting and sprucing up at the NC AHAM Center, ...caring for the Center and making it an even more inviting place to come to participate in programs and retreats.

Come Join Us



Come for the weekend or the day. While most of the focus will be on planting and sprucing up outside, there will also be meal preparation needed indoors, for those who are so inclined. If you are able to come in person, bring a plant you feel would add to the Center's "curbside appeal" if you'd like, or just bring your willingness to serve.

Let us know if you can come.
Looking forward to seeing you.

If you'd like to participate, but are not able to come in person, donate the money for a type of plant you feel would work and we will see if we can locate the plant locally.

(336) 381-3988
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Writings of Arthur Osborne

For Those With Little Dust

Selected writings of Arthur Osborne
1st edition, 1990, Ramana Publications

to Sri Ramana Maharshi:

Such have I known,
Him of the Lustrous eyes, Him whose sole look
Pierced to the Heart,
Wherein the seed was sown
Of wisdom deeper than in holy book,
Of truth alone.

by Arthur Osborne

Ramana Maharshi...came neither to found a new religion nor to give guidance strictly within an existing one, but to open a path to those who seek in all religions the world over. The mode of his teaching is a response to the conditions of the world in which he came....

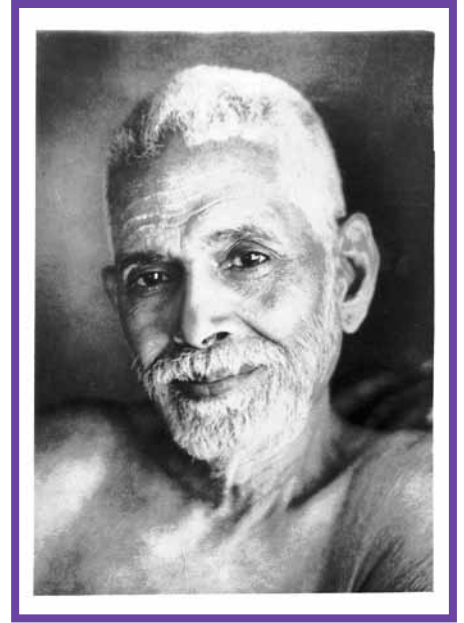
In itself, but for the Grace of Bhagavan, it (the path of Self-Inquiry) would be the most inaccessible to modern man on account of its very simplicity and directness; it requires no ritual or forms of worship, no priesthood or congregation, no outer signs or special observances, but can be practiced in the workshop, kitchen, or city office, as well as in the monastery or hermitage....

And that the Direct Path as taught by Bhagavan: to forget the ego and discover the Self, not as one self discovering another, but by awakening Self-awareness of the Self, by beginning, occasionally and imperfectly at first, but ever more constantly and powerfully, to be the Self. It is in this sense that knowing is being.

Bhagavan's instruction was to ask yourself, "Who am I?" I am not this body which changes but leaves me the same. Nor am I these thoughts which pass through the mind and go out again, leaving me the same. Ten years ago I had thoughts, emotions, aspirations, which are gone now, but I am still the same. What, then, am I?....

The beginning of the answer is the awakening of a current of awareness, a sense of being, in the heart. This awareness is neither physical nor mental, though body and mind are both aware of it. It can no more be described than hearing could be described to a deaf man....

He never encouraged anyone to give up life in the world. He explained it would only be exchanging the thought, "I am a household-er" for the thought "I am a sannyasin (renunciant)," whereas what is necessary is to reject the thought "I am the doer" completely and remember only "I-am;" and this can be done by means of the vichara (self-inquiry), as well in the city as the jungle.

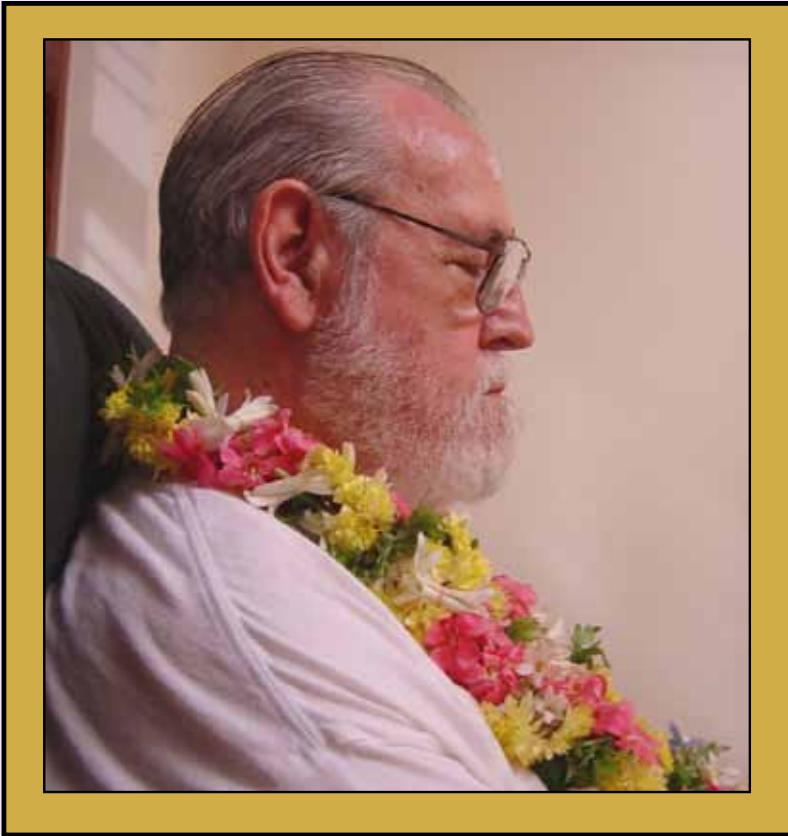


Join us in April
for
continued sharing

The Direct Path
awakens Love
through knowledge.
It is not knowledge
of one by another
or mind-knowledge,
but the awakening
Bliss of the Self
to which the mind is
drawn and in which
it is absorbed
in Love.

Excerpts from the chapter entitled
"The Direct Path"

From A. Ramana's Archive



Living and Dying the Truth

By A. Ramana –

It is not what or where we hope to be eventually, as/or when we are finally “enlightened” (awake to the actual Truth) that counts; it is the present actualization of what Truth we know; it is where we are, actually, now, that matters – with the rising of each and every event, especially those requiring our critically best efforts and abilities, such as when our life is threatened or in danger.

It doesn't matter what we pretend to know to others... or pretend to others that we are, or know, etc.; it is what and where we actually are that counts in the final analysis... or final moments of death.

Written in 1986

at AHAM's Ashram in India



Stan Davis, Vivian Zelig, Elizabeth MacDonald, Jan Sundell

Final Talks

By A. Ramana

Final Talks given in India in 2010

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Simply Divine



Iris Myers... having fun flipping pancakes in AHAM's kitchen during Sat Sanga Weekend

Fluffy Pancakes

makes 9-10 small cakes

1 1/4 C	whole wheat or spelt flour
1/2 teas	sea salt
2 teas	baking powder
1/4 teas	baking soda
1/2 teas	vanilla extract
1 1/4 C	soy milk
2 Tbs	oil of choice
	Stevia or other sweetener to taste

- 1– Sift all dry ingredients into a bowl, except sweetener, and stir.
- 2– Combine sweetener and liquid ingredients in a separate bowl. Stir well.
- 3– Pour dry mixture into liquid mixture and stir until smooth. Do not over-mix.
- 4– Drop a spoonful of batter into a hot oiled or non-stick skillet or griddle.

When edges turn brown and bubbles form and remain open in the middle (approximately 1-2 minutes), flip over for another minute or two until done.

Thanks to "Incredibly Delicious Recipes for a New Paradigm"

"A reduction in meat consumption is a potent single act you can take to halt the destruction of our environment and preserve our natural resources.

Our choices do matter.

What's healthiest for each of us is also healthiest for the life-support system of our precious planet."

Jeremy Rifkin, author



Usha Raj

contributing to Sat Sanga Weekend

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&
May 6-8

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...the simple "eyes open"
meditation you can practice
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AHAM'S 2011 PROGRAMS

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

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

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***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

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www.dillingerphoto@gmail.com and 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/

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 traveling abroad in our global spiritual community.

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