



# HEART to HEART

*Consciousness speaking to Consciousness*

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The Association of Happiness for All Mankind

June 2011

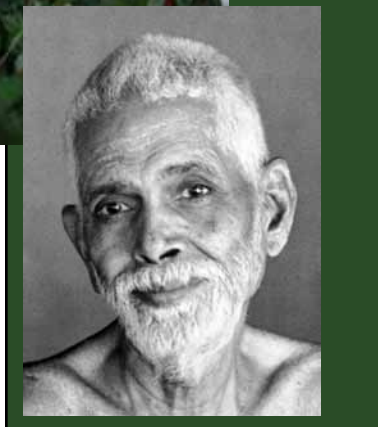


It's  
All  
God



Look Upon All Things That are Perceptible  
and the Perceiver as the Self

# Teachings of Bhagavan Ramana Maharshi



**You cannot by any means escape the Self.  
You want to see God in all, but not in yourself?  
If *all* is God, are you not included in that *all*?  
Being God yourself, is it a wonder that *all* is God?**

Seeing the world, the realized one sees the Self which is the substratum of all that is seen.

Take the instance of moving pictures on the screen in the cinema show. What is there in front of you before the play begins? Merely the screen. On that screen you see the entire show, and for all appearances the pictures are real. But go and try to take hold of them. What do you take hold of? Merely the screen on which the pictures appeared so real. After the play, when the pictures disappear, what remains? The screen again.

So with the Self. That alone exists; the pictures come and go. If you hold on to the Self, you will not be deceived by the appearance of the pictures. Nor does it matter at all if the pictures appear or disappear. If one knows that without the Seer there is nothing to be seen, just as there are no pictures without the screen, one is not deluded. The realized one knows that the screen, the pictures, and the sight thereof are but the Self. With the pictures the Self is in its manifest form; without the pictures It remains in the unmanifested form. It is quite immaterial if the Self is in one form or the other. He is always the Self.

The Self means the embodied being. It is only after the energy, which was latent in the state of deep sleep, emerges with the idea of "I" that all objects are experienced. The Self is present in all perceptions as the perceiver. There are no objects to be seen when the "I" is absent. For all these reasons it may undoubtedly be said that everything comes out of the Self and goes back to the Self.

*from "The Spiritual Teachings of Ramana Maharshi" Shambala Publications*

288. The three categories of the creator, the creature and the world, *Maya* the creative Consciousness who plays with them, and the place where she plays; all these are the pure Reality only.

290. Though these (three) are unreal, they are not different from the Supreme Reality; but the Supreme Reality is different (from these), because It exists without these in the State of Self-Realization.

292. The mind (in the case of the ignorant) is greatly confounded, ignoring the Self – which is like the unchanging screen – and looking upon one of the moving pictures as the individual self, and other pictures as other selves, and as the world.

293. As the sky is in no way affected by the formation and dispersion of clouds, so the Real Self is in no way affected by the birth and death of the body.

295. The truth of the Real Self is that unborn and deathless Supreme Reality, which is the basic substance, by virtue of which all this, which is unreal, seems real. ♥

*from "Guru-Ramana-Vachana-Mala" by Who*

# Heart of the Matter



**Arunachala Ramana in India 2009**

## *The only way to see the Self is to be the Self.*

You cannot project the Self and know the Self as an object. It can never be done. We all need to look to see how strong the inclination is to attempt to objectify the Self and then come to know the Self as though it is some object, some goal. We look at it as being some attainment, some 'thing' that has to be achieved or accomplished. While all the time the subjective awareness of Being is going on, it's the very basis on which this whole process is occurring. Otherwise, the process could not even occur, Do we see? The Self is this Awareness, this Subjective Awareness.

The Self is purely Subjective, capital 'I', not a little 's', but a capital 'S'. It is the true Subject, the *only* Subject. The 'self' little 's' is just a reflection of It.

Object must have subject in order for an object to exist, and subject with little 's' must have an object. They are counterparts of the same thing in consciousness, and are both consciousness. The subjective 'I' and the object (not 'I') are occurring in a prior Awareness that is neither one or the other. You see? All is occurring in this prior Awareness that is neither – it is the Witness, the Observer of both the subjective 'I' and the objective object – the thing, the experience, the event, the situation, whatever. They, the subject-object, are each interdependent. They can only coexist. They're totally dependent upon one another. Do we see this?

So subject has to have object, object has to have subject, but both of these occur in this prior Awareness that is neither, and is not dependent on either. Yet, the subjective 'I' is a reflection of this prior Awareness, and hence is more of the nature of the prior Awareness, being a reflection of it. But it is a reflection of it from off the object. Then it identifies with this whole process, this whole mechanism, and takes on the notion of a pseudo self, a pseudo 'I', a pseudo or false reality. Do we see?

Just observing the mechanism, seeing the mechanism as it happens, in the moment of its happening, as it's going on, we are able to see the configuration of consciousness. As we are able to observe, see and fully understand the total configuration of consciousness, we can fall free of the configuration, fall free of identification, free from the dual pattern of consciousness and simply abide in Pure Awareness in which the configuration appears to be occurring. Notice that it only *appears* to be occurring. It's not actually even occurring. When there is apparent identification going on, it seems like it's occurring, so we can say it's occurring, but that's from identification that we say it's occurring. Do you get that?

So, then, we can get it that all of this that is appearing, is appearing only in Consciousness, is appearing only in imagination. So this entire apparent concrete universe, this apparent, solid, objective universe, comprised of solid granite, hard steel, tough concrete, sturdy bodies, ancient redwood trees, et cetera, is actually still only a thought, an appearance in Consciousness. It's actually comprised of Consciousness. Without Consciousness it has no existence. Have you got that?

**Now, if you identify with it and think that it is solid, watch out! ♥**

*from "Consciousness Being Itself" pp. 163-164*

## Making a Connection...see details on AHAM's Website

♥ Sunday Evening "Wake-Up" Call  
MEDITATION ON THE TELEPHONE

♥ AWAKEN TO AWARENESS WEEKEND RETREAT  
Enjoy 3 days in Training and Quiet Retreat – upcoming June 3-4 & July 1-3



*AHAM's Reflection Lake*

### ♥ 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.

### ♥ 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

# Graduates Speak

*I now have the tools to forgive others and myself in the Heart.*

*I feel like this will open so many doors in relationships and Self-love.*

*I also was reminded that it's not for me alone. The Source in all of us is here to forgive, release and love.*

Emily Stewart, Cincinnati, Ohio



## Neutralizing Your Negative Past

**The Purpose of this Training is to neutralize, through Conscious Forgiveness, the negative memories of the past that interfere with our ability to experience the Freshness of Now.**

*I hadn't expected to experience such significant shifts in the clearing process.*

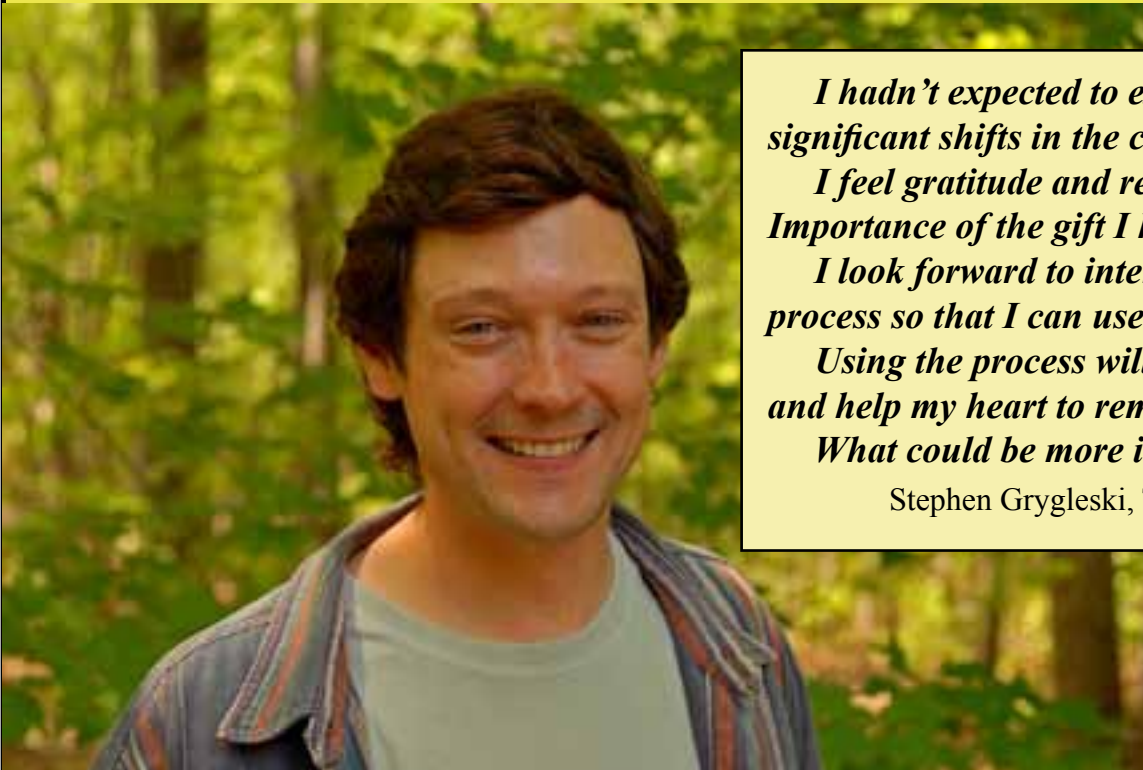
*I feel gratitude and recognize the Importance of the gift I have been given.*

*I look forward to internalizing the process so that I can use it instinctively.*

*Using the process will keep me clear and help my heart to remain open.*

*What could be more important?*

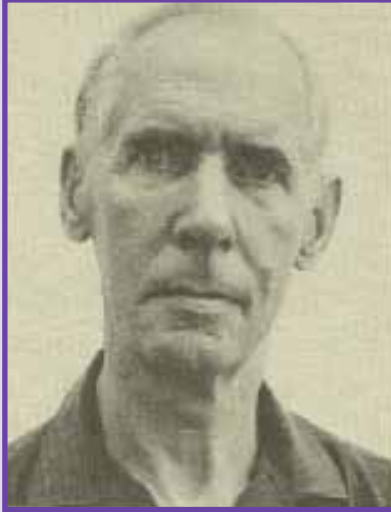
Stephen Grygleski, Tomah, Wisconsin



# Writings of Arthur Osborne

## For Those With Little Dust

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



Arthur Osborne



### THE TWO PATHS

Don't ask if I believe in God;  
Not that the query,  
But whether I believe in me,  
In life and theory.

If I am then the world is, and above  
A God that made me, God whose living love  
Still draws me back to Him, until I yearn  
For that last ineluctable return  
To Oneness with Him, otherness burnt out  
In fires of love – and find out thus I am not.  
As though in dream through distant lands  
to roam.

Then wake where down you lay; that  
too a way,  
And therefore good; for every way leads  
home,  
Though roundabout.  
For those who go direct  
There is an austere, high mountain path;  
to be  
A haven to yourself, a lamp to yourself,  
Knowing there is no separate you to pray  
To be united to a separate God  
Outside of you, knowing that there just  
IS.

Let scholars argue this or that is right  
And follow neither; whichever way you  
Choose  
For you is right.

### Karma Marga is the path of action.

...In ancient times Self-inquiry was a path for the world-renouncer, to be practiced in silence and solitude. When the Maharshi re-adapted it to suit conditions of our age, his instruction was to practice it while continuing one's work in the world, coolly and harmoniously, without grasping or self-interest, without even the idea "I am doing this"...."To take a common example, an accountant working all day in his office and scrupulously attending to his duties might seem to the spectator to be shouldering all the financial responsibilities of the institution. But, knowing that he is not personally affected by the in-take or out-going, he remains unattached and free from the 'I-am-the-doer' feeling in doing his work, while at the same time he does it perfectly well.

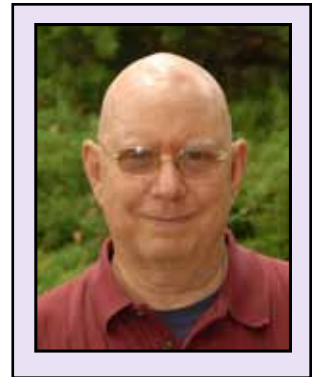
...Such activity is not an obstacle on the path to Knowledge, nor does Knowledge prevent one from discharging one's duties in life. Knowledge and activity are never mutually antagonistic and the realization of one does not impede the performance of the other, not performance of one the realization of the other."

On this path the devotee, training oneself to see God manifested in all, serves God in serving all, loves God in loving all. It is not social service but divine service since whoever one serves is, for them, a form assumed by *Ram*.

Join us in June for continued sharing

# AHAM's Prison Ministry

AHAM's Prison Ministry is a program for sharing Bhagavan's teachings with those who are incarcerated. Our role in corresponding with the inmates is to "buddy" them as they are "being with" reading materials they've requested from us. We do not discuss personal matters with them unless they pertain specifically to meditation or Bhagavan's teachings. We do not teach or preach; we share from our own direct experience.



*Here is a poem from an inmate in California.  
Read it and you will see why AHAM has a Prison Ministry.*

*Doug High*

## **All There is to Know**

**Our lives are like mirrors of high-polished glass...  
Reflections of what we can't hide.  
What you see in another, you'll find in yourself...  
If you look deep enough, down inside.**

**The master is one who sees through the illusion...  
That everyone's separate...apart...  
She knows that humanity is actually One...  
One spirit, one mind, one heart.**

**Who among us can say what's good or what's bad?  
It's all a matter of choice.  
What's important to see is that we act as one being...  
We speak as one single voice.**

**Without taking credit for virtuous deeds...  
Let us share all the things that we do.  
As I said, we reflect humankind's plight...  
So let it begin with you.**

**Delusions will collapse as you study this lesson...  
And the truth will appear at last...  
Breathe deeply and dwell in this present moment...  
Separate yourself from the past.**

**And as you begin to discern in yourself...  
Answers to questions you ask...  
Remember that sharing your new-found wisdom...  
Is your life's most virtuous task.**

# Simply Divine

## Kale



## *The “The Captains of the Leafy Greens”*

You can't find foods that are packed with more nutrition and flavor. If they came with a slogan, it would be three words:

**eat these now!**

## Spinach



### **Janet's Kale Salad** *(a favorite at AHAM)*

Pull kale leaves into bite size pieces.

Dressing:

- 1 part soy sauce
- 3 parts sesame oil
- grated ginger to taste (for easier-to-peel ginger, freeze and then grate)

Apply the dressing by massaging it well into the kale leaves which softens them.

*massage...massage...massage*

Before serving, sprinkle with hemp seed for added nutrition.

### **Moosewood's Spinach Avocado Grapefruit Salad**

**serves four**

- 5 ounces fresh spinach (pull into bite size)
- 1 teas. olive oil
- 1 garlic clove, pressed
- 1 grapefruit
- 1 avocado
- salt and pepper to taste

Stem and rinse the spinach. Spin or gently pat it dry. Mix together the oil and the garlic, add the spinach and toss well. Set aside.



*AHAM's sweet-sounding dinner bell*

Peel, seed and section the grapefruit. Cut the avocado into 1 inch slices. Gently mix together and add to the bowl of spinach. Sprinkle with salt and pepper, toss lightly and serve immediately.



## From A. Ramana's Archive



### Peace Is

Peace is a deep and unconditional surrender to what-Is! It is accepting what you own. It is "seeing" and accepting that you have created and are creating all that you experience and that no one else or nothing else is responsible for where you are and for what you are, outside of your Self. You as an individual are a functioned machine, moved by the thought-reaction tendencies that represent your unique belief systems. As long as you remain identified and attached to your belief systems you are functioned unconsciously as and by your belief systems and forget the very Self, which eternally witnesses what is actually occurring from a reality that is both within as well as without, for to It there are not two. It is the non-dual One.

Abiding in the Timeless Space, that witnesses from above; the balcony of Eternal Now; is sitting on the throne of Peace, unperturbed and unshakable, not touched by any witnessed experience, yet consciously and intently living the experience, as a great actor lives his role. This is abiding in the Spiritual Heart (and touches and supports the body in a location equivalent to the right side of the middle or the upper chest.) It is "like" a physical sensation in the region, but don't try to imagine it if you don't feel it throbbing under its own power, for this is a trap. – This is thinking about it.

Written February 28, 1978

# AHAM'S 2011 PROGRAMS

## **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

For Advanced Graduate  
Curriculum Programs  
Contact AHAM 336-381-3988

***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](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 traveling abroad in our global spiritual community.

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