



# HEART to HEART

*Consciousness speaking to Consciousness*

Vol. 32 No. 10

The Association of Happiness for All Mankind

July 2011

**Find  
The  
Present**

*and Everything Else  
Follows*



# Teachings of Bhagavan Ramana Maharshi

*The Illumined one  
that is happy in the peace of the Self,  
without thought of the past and the future,  
and like a witness of the present,  
is said to have the knots of bondage cut.*

*Guru-Ramana-Vachana-Mala verse 314*

I exist now. I am the enjoyer. I enjoy fruits of action. I was in the past and shall be in the future. Who is this 'I'? Finding this 'I' to be pure Consciousness beyond action and enjoyment, freedom and happiness are gained. There is no effort, for the Self is perfect and there remains nothing more to gain.

So long as there is individuality, one is the enjoyer and doer. But if it is lost, the Divine Will prevails and guides the course of events. The individual is perceptible to others who cannot perceive divine force. Restrictions and discipline are for other individuals and not for the liberated.

*Talks With Sri Ramana Maharshi p. 184*

The mind, having been so long a cow accustomed to graze stealthily on others' estates, is not easily confined to her stall. However much her keeper tempts her with luscious grass and fine fodder, she refuses the first time; then she takes a bit; but her innate tendency to stray away asserts itself; and she slips away; on being repeatedly tempted by the owner, she accustoms herself to the stall; finally even if let loose she would not stray away. Similarly with the mind. If once it finds its inner happiness it will not wander outward.

*p. 186*

There is no reaching the Self. If the Self were to be reached, it would mean that the Self is not here and now but is yet to be obtained. What is got afresh will also be lost. So it will be impermanent. What is not permanent is not worth striving for. So I say the Self is not reached. You *are* the Self; you are already That.

The fact is, you are ignorant of your 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, etc. This false identification must go, and then the Self alone remains.



Therefore Realization is for everyone; Realization makes no differences between aspirants. This very doubt whether you can realize and the notion "I have not realized" are themselves the obstacles. Be free from these obstacles also. *The Spiritual Teaching of Ramana Maharshi pp. 61-62*

That bliss of the Self is always with you, and you will find it for yourself, if you seek it earnestly.

The cause of your misery is not in the life without; it is in you as the ego. You impose limitations on yourself and then make a vain struggle to transcend them. All unhappiness is due to the ego; with it comes all your trouble. What does it avail you to attribute to the happenings in life the cause of misery which is really within you? What happiness can you get from things extraneous to yourself? When you get it, how long will it last?

If you would deny the ego and scorch it by ignoring it, you would be free. If you accept it, it will impose limitations on you and throw you into a vain struggle to transcend them.

**To be the Self that you really are is the only means to realize the Bliss that is ever yours. ♥**

*p. 77*

# Heart of the Matter

*Abiding  
in that consciousness  
by which we know  
that we exist  
is absolute stillness.*



**Arunachala Ramana**

It's thoughtless Awareness. It's consciousness without an object or a subject. It is the Awareness that's prior to subject, prior to object. This is what is meant by Self-abidance.

This is what is meant by Silence. This is Stillness. In this silent stillness, there is peace.

Simply abiding in this Silence, this Peace, whatever appears to occur can still be occurring and not disturb the Peace, not disturb the Silence, such as the sound in the distance right now of the car passing. Chances are, there was an awareness of the car going by but it did not necessarily give rise to the thought of the car going by, until I just mentioned it. And, even then, there can be the awareness of my mentioning the car going by, but without thought. That is, without identification with the thought of the car going by, or the thought of me mentioning the car going by.

So, it's in this Awareness that we abide and allow what is occurring to occur and not affect the Stillness in which we're abiding. This is abiding in the natural state of Being, which itself is the Location of Happiness. When you're abiding in this awareness that's prior to thought, there is no upset, because there's no thought. In order to be upset, it's necessary that you give rise to the thought of upset.

The thought of upset must be there in order for the experience of upset to be present. Identification with thought as upset, or in the form of upset, must occur, which is a disturbance of the Peace. But if one abides in the Stillness, in the Silence, without identification, there is no disturbance in the Peace, for there is no thought.

We are not aware of this state until we are directed into this quality, until we have this quality revealed; and then, in the revealing, abide therein until the full insight or understanding happens. We are not aware that this qualitative state, so to speak, is even present – which is not really a state, for it's prior to all states – yet we were not aware that it was even present.

Actually it is always present, even when thought is occurring, it being the underlying ground of being, the very basis upon which thought moves or occurs. Attention must be directed into this quality, and thus abide in this quality, or otherwise this quality is not known.

This means that it is necessary that one be in the presence of someone in whom this quality is awake, known and lived, in order for this quality to be revealed in you. Otherwise this quality would never be known. Once it's known, however, then it can be recalled; attention can be redirected, and one can recall oneself being in this quality; and thereby, and thereafter, remain in it as one's own being.

This is the significance of Sat Sanga, or Conscious Association, Conscious Relationship. It's abiding in Consciousness, as Consciousness. ♥

*from*

*“Consciousness Being Itself”*

*pp. 111-112*

## 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 July 1-3 & Aug. 5-7



### ♥ 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.



# Sat Sanga Weekend at AHAM



*left to right 1st row:* John Shelor, Vivian Zelig, Anna Scott, Beverly Stevenson, Karen Stewart, Lina Landess

*2nd row:* Melinda Bern, Teresa O'Connor, Tammy Sanders, Stan Davis

*3rd row:* Peggy Sarsfield, David Stewart, Annette Davidson, Steven Jacobson,

*"Conscious Community is a very important benefit in spiritual process, and progress; to be able to come together in Conscious Company...You have it just by being here, just by being in this energy, by being in this dedication, all of us, we are all each contributing to this quality by our commitment to it, by our respect for it, by our living it. This sustains it, it holds it, it maintains it here, since this place is entirely dedicated to this purpose, for this purpose.*

*With the grace of this Conscious Association you are able to sustain this quality and your entire spiritual process is conducted from this quality."*

*A. Ramana*

## *The Power of Now*

by Eckart Tolle

*Your life situation exists in time.*

*Your life is now.*

*Your life situation is mind-stuff.*

*Your life is real.*

*Find the "narrow gate that leads to life." It is called the Now.*

If you found yourself in paradise, it wouldn't be long before your mind would say "yes, but...." Ultimately, this is not about solving problems. It's about realizing there *are* no problems. Only situations – to be dealt with now, or to be left alone and accepted as part of the "isness" of the present moment until they change or *can* be dealt with. Problems are mind-made and need time to survive. They cannot survive in the actuality of the Now.

Focus your attention on the Now and tell me what problem you have at this moment.

Narrow your life down to this moment. Your life situation may be full of problems—most life situations are—but find out if you have any problem at this moment. Not tomorrow or in ten minutes, but now. Do you have a problem now?

When you are full of problems, there is no room for anything new to enter, no room for a solution. So whenever you can, make some room, create some space, so that you find the life underneath your life situation.

Use your senses fully. Be where you are. Look around. Just look, don't interpret. See the light, shapes, colors, textures. Be aware of the silent presence of each thing. Be aware of the space that allows everything to be. Listen to the sounds; don't judge them. Listen to the silence underneath the sounds. Touch something—anything—and feel and acknowledge its Being. Observe the rhythm of your breathing; feel the air flowing in and out, feel the life energy inside your body. Allow everything to be, within and without. Allow the "isness" of all things. Move deeply into the Now.

You are leaving behind the deadening world of mental abstractions, of time. You are getting out of the insane mind that is draining you of life energy, just as it is slowly poisoning and destroying the Earth. You are awakening out of the dream of time into the present.

What we are doing here is part of a profound transformation that is taking place in the collective consciousness of the planet and beyond: the awakening of consciousness from the dream of matter, form, and separation. The ending of time.

As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out of present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love—even the most simple action.

## *Picnic Time*

# Potato Salad



*serves 6-8*

8 C. cooked potatoes  
2/3 C. celery, diced  
1/4 C. fresh parsley, chopped  
1/8 C. scallions, diced  
1 C. sweet onion, diced  
2/3 C. carrot, grated (optional)  
1 t. dried dill weed  
1 T. nutritional yeast  
1 t. sea salt  
1/4 t. black pepper

### **Blender Mixture**

2/3 C. oil  
1/3 C. apple cider vinegar  
1 C. soft tofu, rinsed and drained  
1 T. Bragg Liquid Aminos or tamari  
2-3 T. mustard  
2 T. rice syrup  
1/2 T. garlic powder  
1/2 T. onion powder  
1 t. mixed spice blend such as Spike

1. Peel and cube the potatoes (approx. 4-5 lbs.) Boil until soft, but still somewhat firm. Drain and rinse. Chill to harden the potatoes.
2. In a bowl, mix chilled potatoes, celery, parsley, scallions, onion, grated carrot and dill weed. Sprinkle on the nutritional yeast, salt and pepper.
3. In a blender, blend the remaining ingredients, beginning with the oil. Pour this mixture over the potatoes in the bowl. Stir in to cover potatoes completely. Allow to marinate for several hours or overnight before serving.

*Thanks to "Incredibly Delicious Recipes for a New Paradigm"*

*"He whose mind is swallowed by the Light of the Self is not affected as before by anything whatever, though seeing, hearing, smelling, eating foods, breathing and walking as before."*

Sri Bhagavan Ramana Maharshi



## From A. Ramana's Archive

### *Regarding "Bondage and Liberation"*



Bondage and liberation are entirely in the mind, being a concept in the mind maintained or sustained by the false notion "I am this body-mind." They arise as dual concepts from the false sense and belief that one is a separate entity, an individual being that was born into this world as a body with a mind, and a personal history, and as subject to death.

In truth, only Consciousness, or "I am," is what we are – prior to any and all concepts of birth and death, existence and nonexistence, bondage and liberation, good and bad, man and God, etc. – and unaffected by any and all counter-opposing dualities. You should turn away from the experience of bondage to the experiencer, and realize the full import of the only true statement you can make, which is "I am."

Just keep in mind the feeling "I am"; merge in it, until your mind and feeling become one. By repeated attempts you will stumble on the right balance of attention and affection and your mind will be firmly established in the thought-feeling "I am." Whatever you think, say, or do, this sense of immutable and affectionate being remains as the ever-present background of the mind.

Some call this liberation; but in fact, it is what's normal, or the natural state. What's wrong with being, knowing and acting effortlessly and happily? Some consider this so unusual as to expect the death of the body in order to have it. That's not true or necessary. What's wrong with the body that it should die in order for you to be free? Correct your false assumption and attitude regarding your body, that it is "you," and leave it alone. You are not your body. Don't pamper it, and don't deprive it, just maintain it appropriately like you would a good vehicle, such as your automobile. But most of all, keep your consideration of it below the threshold of time and attention, or only enough to keep it going.



# *Final Talks*

*By A. Ramana*

## **Final Talks given in India in 2010**

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# AHAM'S 2011 PROGRAMS

## **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

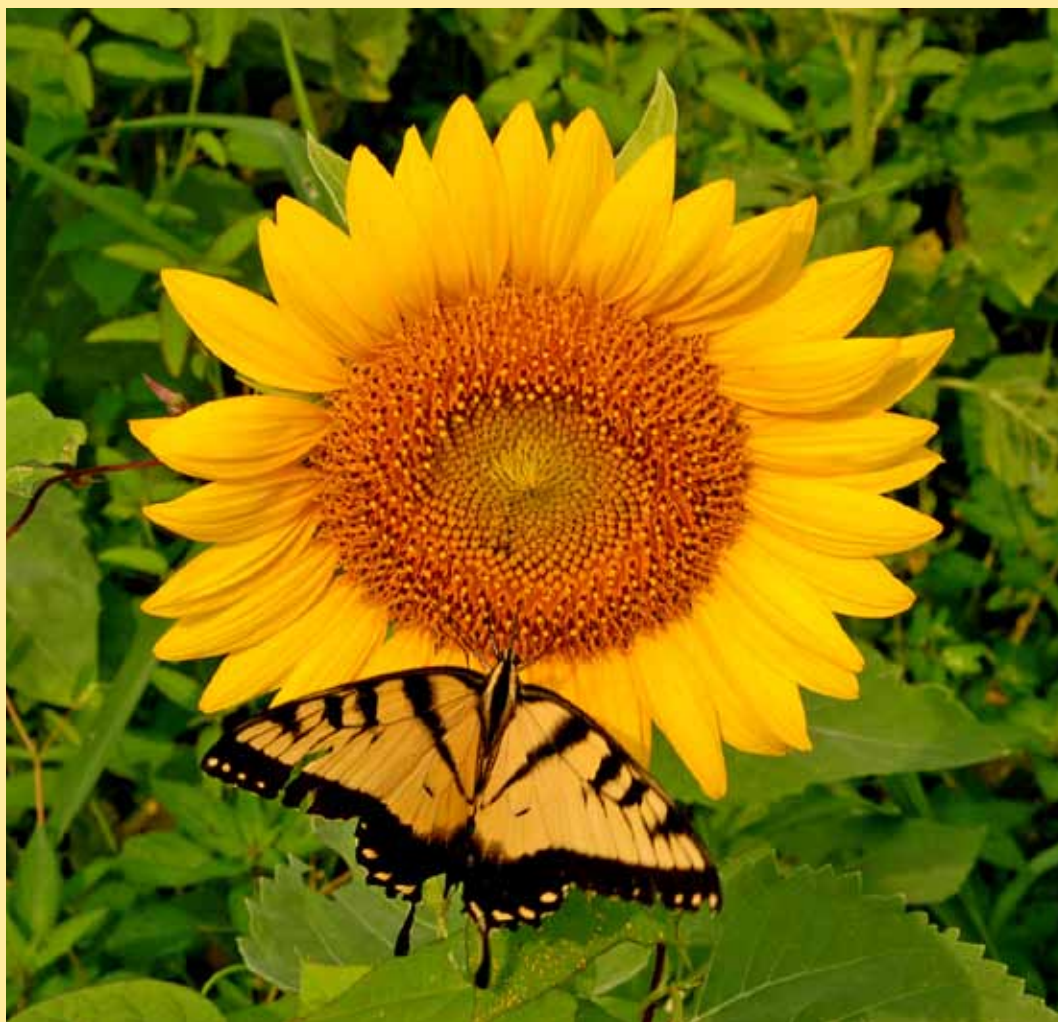
## **December**

2-4 Awaken to Awareness  
Retreat

14-18 Neutralizing Your  
Negative Past

For Advanced Graduate  
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*Transform your life*

***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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**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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