

AHAM's Focus and its Spiritual Teaching

By A. Ramana

The focus of AHAM's spiritual teaching can be genuinely called "praxis," meaning it's based on actual direct experience rather than theory or concepts. Likewise, there is no doctrine associated with or conveyed in AHAM's teaching, even in its occasional use of sacred scriptures. All scriptural use is also experientially based, and used more or less as auxiliary argument or confirming evidence. AHAM honors and draws from both eastern and western scriptural sources, such as the Bible, the Upanishads, the Bhagavad Gita, and occasionally from Buddhist and Sufi texts. AHAM's interpretation of scripture is topical, currently applicable, and most practical, often being exploratory, leading to deep insight and understanding of the scripture's metaphysical significance, and not just an introductory or precursory bit of information.

AHAM's teaching leads to ending the never-ending sense of compulsion in the seeming "self" of an individual. This is the compulsive or insane desire and pursuit of all the world's objects, and for more, better, and different experiences in the world. This compulsion is obviously escalating, bringing about the shortage of most needed natural resources, with escalating costs for those still available, plus the ever-increasing pollution of the earth's air and water, and leaving our earth with the waste products that follow the consumption of those things that are used daily.

Leo Hartong, in his book, "From Self to Self," says, When the idea of "you" being an individual "I" with volition or willful intention, and the power to do, *is seen through* – as being just another piece of content in the Awareness-That-You-Are – the pathless path ENDS *there and then* (or here and now)... It is seen that this is where you have *always* been.

AHAM's *sadhana* (or spiritual practice) begins with Self-Inquiry; it progresses to Self-attention, and develops into (or completes with) Self-abidance... remaining herein at all times, in all places or situations, and all circumstances or conditions...

In AHAM, one's spiritual practice is not conducted *toward* the Self, as some goal to be achieved, but rather is conducted *by* the Self, as one is always, already abiding in the Self whether aware of this fact or not. Therefore, AHAM's spiritual practice is a matter of spiritually Awakening to the Self *we always, already are*, which in most individuals is covered or concealed by the false sense of "I," this being the body-mind or ego.

Spiritual practice in AHAM is therefore simply remaining still *in* and *as* the Self. It is to just simply BE... or being Still in the Silence of Being... in the Heart of Being... this Now-Presence.

One is always working, playing, and living *ever aware in the Self*, which is the One Location of Peace, Freedom and Joy... or Real Happiness.

Sense-objects, or the world, can only provide pleasure, which soon turns to pain or suffering with their loss or change. There is no true happiness in the world. Happiness is only in the Self... the Heart of Being... which is Real God...

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