



# HEART to HEART

*Consciousness speaking to Consciousness*

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The Association of Happiness for All Mankind

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## Truth



Arunachala – Photo by Jim Dillinger Photography [www.devotionalimages.com](http://www.devotionalimages.com)



## In "Truth"

The following is an excerpt from the book *There is Neither I, Nor Other Than I, There is Only...* by A. Ramana pp. 156-157

TRUTH (CAPITAL "T") is what's so. What is *now so* is the Truth. You can't reason, change or compare Truth.

Truth is. It is its *own* standard. Truth supports and allows for comparison of itself with all that it is not, but it doesn't change with any or all its apparent comparisons.

Truth *just is*.

To know the Truth, I must empty my mind of all that I think I now know. When the mind is totally emptied of all my held concepts about the Truth, Truth is what remains. This is then the ability for unobstructed *direct insight* into the Truth to occur.

Any definition of Truth is not the Truth it defines. It only points to or indicates the Truth, which is not definable. Truth believed is a lie.

Truth can be realized only subjectively. It cannot be known in any objective sense. Yet, actually, Truth is prior to *both* objectivity *and* subjectivity. Truth is what is left when all objectivity and subjectivity, all non-Truth, is removed. Concepts, beliefs, definitions and opinions are all non-Truth. They are the past. Truth is now.

Truth abides in and as eternity. All descriptions, beliefs and definitions are in the dimension of time. Truth is prior to time, prior to mind or thought. Descriptions, beliefs and definitions are all thoughts or concepts in the mind, which is in time. Therefore, what I *believe* or know *about*, is not the Truth.

Truth is one; descriptions, beliefs and definitions are many. Truth is Source. Out of Source (Truth) all seeming "truth" arises, moves and returns, but Truth is not affected. Truth can neither be added to nor subtracted from. That which can be added to or subtracted from is not Truth, for Truth doesn't change.

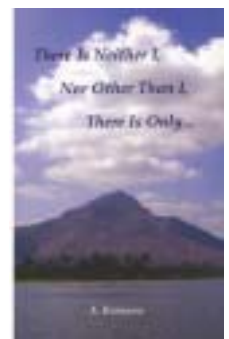
Truth is Reality. Reality does not change. That which changes is only relative; it is not Truth or Reality.

Relative "truth" (small "t") is being responsible. Being responsible is "being with" whatever is occurring (whatever is at hand) and "owning it" as one's own. It is the willingness to realize and know that I AM (we all are) the Source, the Cause of everything that occurs on the screen of Awareness.

So, Truth is knowing that nothing "I" am aware of occurs outside of Consciousness. The Truth being, I AM *is* Consciousness. Therefore, everything that occurs in my perception is occurring in the Self by means of "my" perception of it, which includes my apparent "bodily self." This is true, but not *the* Truth, not the totality of Truth.

There is no objective reality to the world outside of or independent of consciousness itself. Since all I am aware of, as occurring in "my" world, is occurring in this Consciousness, and since Consciousness is the Self that I AM, then I am the Source and Cause of everything, whether it is occurring or not occurring in "my" space. In Truth, I am even the cause and source of what appears to happen to someone else, since it is apparently occurring in this space that is "the world" as I perceive it.

It is the "I"-thought or ego that gives rise to all that is occurring in "my" space *as it appears to be*. But the "I"-thought or ego cannot arise apart from the Self, which is its Source and Cause. Therefore, I am the source and cause of all that appears in my space, including that which occurs to "others." But this does not mean that I am "to blame" for everything negative or unpleasant that occurs in "my" space to others; nor am I "to be appreciated and congratulated" for everything positive that occurs in "my" space to others. What is occurring is just what is occurring —*as it is apparently occurring*. And *it is occurring in "my" world*, but only as I see it occurring. It is *also* occurring in the world of everyone, *as they are seeing it as occurring*. ♥



## Be True to Yourself

From *Living From the Heart ... It's all about Love*

By Elizabeth MacDonald (AHAM's Assistant Spiritual Director and Senior Trainer) pp. 59-62



**Participant:** I have a question. In my work I need to make a lot of choices and do a lot of planning. I also need to write a lot as well. And I wonder, how does it work to be in the Heart and not identified with thinking, and yet continue to plan, write, make choices, etc.

**Elizabeth:** The first choice we must make is the choice to be in the Heart. And as we make that choice to be in the Self, to be the One who's *aware* of the choice, the One who's aware of thought itself, and abide in the Heart, just being Here, then whatever comes up from Here is appropriate, is naturally right, is *exactly* what is. Then thought is conducted from Here. Choice occurs from Here.

It isn't an "I" separate from the Heart, making the choice. It's not *trying* to make the right choice, or not to make the wrong choice. "You" as a separate "self" are not in it, not "doing" it. You're being directed from the Heart, *by* the Heart. Experience this now ...

**Participant:** I think what you're saying is, I would just know, from an intuitive base, what I need to do, or know what is the right choice, as opposed to trying to *decide* what is the best thing or the better choice?

**Elizabeth:** Yes. Haven't you had an experience when you've made a choice from the Heart? You knew it was exactly right - there was no question?

**Participant:** You mean where I would just *know* what to do instead of asking myself "what is the better choice here?"

**Elizabeth:** Yes. When you've got the doubt or the question, then certainly that's not the Heart. That's the mind. The mind loves to have questions and problems and tries to solve the problems and come up with good choices. It loves that. That's the mind's way to keep you distracted from really being in the Heart. It asks, "What should I do now? This is a good problem to solve." And then, once you've solved that problem there's another problem to solve. And it just keeps you busy, distracted from the Heart. Because, when you go to the Heart, you're *prior* to the mind. You're not involved in the mind anymore, and it doesn't like that. Eventually you won't be relying on it any more; you'll be relying on the Heart.

So even right now, as we're speaking, aren't you Here, and all of these questions that are coming up, thoughts or whatever, are "there?" Can't you feel that right now?

**Participant:** Yes, I can.

**Elizabeth:** Well, stay Here. Then the Self-Inquiry is a tool, to keep you reminded to be Here in the Heart, no matter what's going on "there." So everything is done from the Heart, from now on.

**Participant:** It's like what Bhagavan said in the book, *Be As You Are*, that everything that is supposed to happen has already been decided before you were born. In that case, even if you decide you want something else, if it's not already meant to be, then it will not happen anyway. It doesn't matter what the mind wants.

**Elizabeth:** So you may as well go to the Heart and be Here in the Heart, and find out what's really happening. And then you're in tune, you're in alignment with "what's already so," and then what do you have to do to make what is already so, happen?

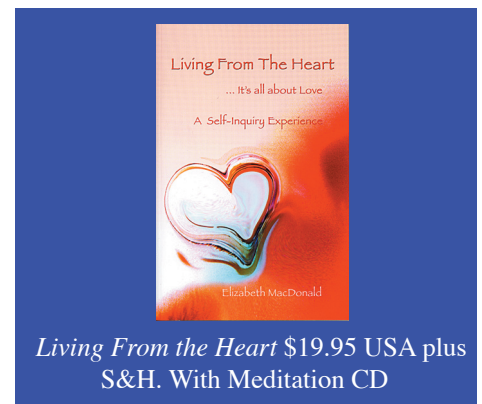
**Participant:** It's not up to me anyway.

**Elizabeth:** It's *never* been up to you. Not as a separate doer. You just have to be true to yourself, then tune in and turn on to the plan, so to speak, and follow it directly. And then it's like water flowing downhill; otherwise, it's a struggle, an effort. I've always found that if I'm in something, and there's a lot of chatter, a lot of question, effort, or struggle, I stop, because I know that I've gotten out of the Heart. This is the ego-mind in charge, and it's not going to work. It's just going to be a giant distraction. So it's a clue, a *giant* clue, actually.

**Participant:** Right. And if it's simple, and easy ...

**Elizabeth:** ... Then it flows; it just flows. Not to say that the mind isn't going to come up and say, "You can't do this, this is too simple! You've never done this before. Who do you think you are?" Don't listen to that! You know this is just the way it is. This is what's so. We have that sense; it's like a sixth sense about us. We have that wisdom; it is right here. But we usually don't go into the Heart and give it absolute faith, absolute trust. No, we give it over to the mind, and all *it* knows is the past, and it projects that into the future. And, that's all just concepts. That's not what's real. That's not what's here and now in this moment, knocking on the door of your Heart saying, "What about me? I'm here for you." The present moment is like a gift.

It's time to be open. Open our Heart, open our hands to receive what's already so. ♥





## The Truth Behind the World

From *Be As You Are: The Teachings of Sri Ramana Maharshi* pp. 86-88

Sometimes there was a more pressing anxiety about the state of the world and a desire to assume responsibility.

**Questioner:** Will Maharshi give his opinion on the future of the world, as we are living in critical times?

**Bhagavan:** Why should you worry about the future? You don't even know the present properly. Take care of the present and the future will take care of itself.

**Questioner:** Will the world soon enter a new era of friendliness and mutual help or will it go down in chaos and war?

**Bhagavan:** There is One who governs the world and it is His task to look after it. He who has given life to the world knows how to look after it also. He bears the burden of this world, not you.

**Questioner:** Yet, if one looks around with unprejudiced eyes, it is hard to see where his benevolent care comes in.

**Bhagavan:** As you are, so is the world. Without understanding yourself, what is the use of trying to understand the world? This is a question that seekers after Truth need not worry about. People waste their energy over all such questions. First find out the Truth behind yourself, then you will be in a better position to understand the Truth behind the world of which you are a part.

**Questioner:** Should I try to help the suffering world?

**Bhagavan:** The Power that created you created the world as well. If God created the world, it is His business to look after it, not yours. Nevertheless, this does not mean that Bhagavan's teaching condoned coldness or callousness to human suffering. Those who were in distress had to be helped; only they had to be helped in a spirit of humility. What was forbidden was only the self-importance inherent in trying to act

the part of providence.

**Questioner:** But we see pain in the world. A man is hungry. It is a physical reality. It is very real to him. Are we to call it a dream and remain unmoved by his suffering?

**Bhagavan:** From the point of view of *jnana* or Reality, the suffering you speak of is certainly a dream, as is the world of which that suffering is an infinitesimal part.

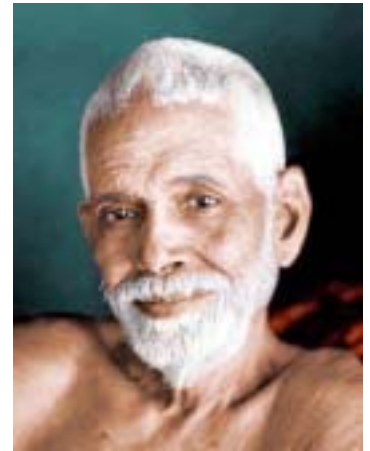
In a dream you have when you are asleep you yourself feel hunger and see others also suffering from hunger. You feed yourself and, moved by pity, feed the others who are hungry.

So long as the dream lasted, all this suffering was quite as real as the suffering you see in the world is to you now. It was only when you woke up that you discovered it to be unreal. You might have eaten heartily before going to sleep, but you still dreamt that you had been working hard in the hot sun all day and were tired and hungry. Then you woke up and found that your stomach was full and that you had not

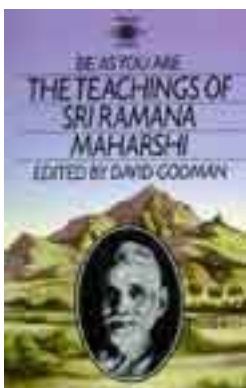
stirred from your bed. But all this is not to say that while you are in the dream you can act as if the suffering you feel in it is not real. The hunger in the dream has to be appeased by dream food.

The fellow beings you find hungry in the dream have to be provided with dream food. You can never mix the two states, the dream and the waking state. Similarly, until you attain the state of Realization and thus wake out of this illusory, phenomenal world, you must do social service by relieving suffering whenever you see it. But even so you must do it without *ahankara*, that is without the sense of, "It is I who am doing it." Instead you should feel, "I am the Lord's instrument."

Similarly you must not be conceited and think, "I am helping a man who is below me. He needs help and I am in a position to give it. I am superior and he is inferior." You must help him as a means of worshipping God in him. All such service is serving the Self, not anybody else. You are not helping anybody else, but only yourself. ♥



Find out the Truth behind yourself



*Be As You Are* available from  
AHAM Publications.  
[www.aham.com/bookstore/  
index.html](http://www.aham.com/bookstore/index.html)



## Intensive Self-Inquiry Retreat/Training

*"I received the blueprint for living my life connected to Self in every waking moment. A sense of 'coming home.'"*

– Rachel C.  
Courtenay, BC  
Canada

## Neutralizing Your Negative Past

*"I am experiencing a deep peace intermingled with lightness and joy. My commitment to and understanding of the AHAM processes (Self-Inquiry and Forgiveness) deepens with each program."*

– Gwen I.  
Washington, DC

## Living Meditation Training

*"The Living Meditation Training blended all previous trainings, expanded upon them to create a waning of the mind's noise, a blossoming of silence, and a constant presence of peace, oneness and happiness."*

– Doug H.  
Asheboro, NC

## Conscious Communication and Relationship

*"I feel as though I've just made my way through a very tight tunnel and I've now come out the other end into a clear space of nothingness."*

– Barbara S.  
Columbia, MD

## Conscious and Clear Living

*"This program has given me the tools to remain in my natural state of awareness while functioning in the world."*

– Karen H.  
Woodford, VA



## Baba Ghanouj

From *Field of Greens*, page 52

This traditional dish of roasted eggplant, lemon, and tahini holds its own as a mainstay of Middle Eastern salad plates. The flavors are undoubtedly rich. Serve Baba Ghanouj with grilled or warmed pita bread.

2 globe eggplants, about 2 pounds  
 3 tablespoons extra virgin olive oil  
 2 tablespoons roasted tahini (sesame paste or jarred tahini)  
 1 garlic clove, finely chopped  
 1/2 teaspoon cumin seed, toasted and ground

Juice of 1 lemon, about 2-1/2 tablespoons  
 3/4 teaspoon salt  
 Cayenne pepper (to taste)  
 1 tablespoon chopped cilantro

Preheat oven to 375°F. Cut the eggplant in half lengthwise and brush the cut sides lightly with olive oil. Place on a baking sheet, cut side down, and roast until very tender, about 35 minutes. Place the eggplant in a colander to drain for 15 minutes, then scoop the flesh out of the skin.

*To make in the food processor:* Combine the eggplant, remaining olive oil, tahini, garlic, cumin, 2 tablespoons of the lemon juice, the salt, and a few pinches of cayenne in the work bowl. Pulse until the eggplant is somewhat smooth but retains some of its texture.

*To make by hand:* Combine all of the ingredients except the eggplant and cilantro and whisk together. Chop the eggplant and add to the mixture.

Allow the Baba Ghanouj to sit for an hour at room temperature, then season to taste with additional lemon juice, salt, and cayenne. Toss in the cilantro and serve. Serves 4. ♥



### Heart Watch

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, then phone, mail, or e-mail your prayer request to the AHAM Center. [ahamcntr@asheboro.com](mailto:ahamcntr@asheboro.com); Subject: Heart Watch Request

### 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 to Friday, simply e-mail your request to the AHAM Center at: [ahamcntr@asheboro.com](mailto:ahamcntr@asheboro.com) Subject: Daily Messages

Here's an example:

**The moment you start looking for the Self and go deeper and deeper, the real Self is waiting there to take you in.**

— Sri Ramana Maharshi

*Your are cordially invited to AHAM's...*



# Spring Fling

May 2 - 4, 2008



**Come join the fun in sprucing up our AHAM home. All talents welcome. Bring your family and friends. There's something for everyone.**

## Play by day

- Cleaning
- Gardening
- Cooking
- Repairs
- Yard Work

## Play by night

- Watch a movie
- Bonfire by lake
- Singing
- Bring instruments
- Relax and Retreat

***Be sure to reserve your FREE stay by April 15th. Call the AHAM Center at 336-381-3988 or email Charlotte at [cat09@aham.com](mailto:cat09@aham.com)***



# Upcoming Events



## April:

- 4 - 6 Awareness Retreat Experience
- 19 - 27 Intensive Self-Inquiry Retreat/Training

For information on any of our programs, contact the AHAM Center at: <ahamcntr@asheboro.com>  
Subject: Program Information

## May:

- 4 - 6 Spring Fling
- 9 - 11 Awareness Retreat Experience
- 14 - 18 Neutralizing Your Negative Past (Pre-requisite Intensive Self-Inquiry Retreat/Training)

### Awareness Retreat Experience

Why not "give yourself" 2 to 5 days retreat time of abiding in Pure Awareness? This is simple, effortless "being meditation" at AHAM's tranquil, 37-acre meditation Retreat Center. The "Awareness Retreat Experience" is perfect for those wanting to "get away from it all" and to experience deep peace, solitude, and relaxation. Enjoy our quiet meditation trails and beautiful Reflection Lake. There is personal guidance into the experience of Self-Inquiry – "the eyes open" meditation that can be used by anyone, anytime, and anyplace. Experience this, and much more of AHAM's transformational teaching... all in a very "laid back" and relaxed format.

A retreat experience can be scheduled to fit your schedule. It is also already offered on selected, specific weekends. Contact the Center soon.

*"I am experiencing a deep connection and an ever new relationship with my true spiritual-being and recognizing that as the Reality of 'Who I really am.' In just two days, I now have inner peace, serenity and contentment as well as excitement, joyfulness and some powerful insights and practices."*

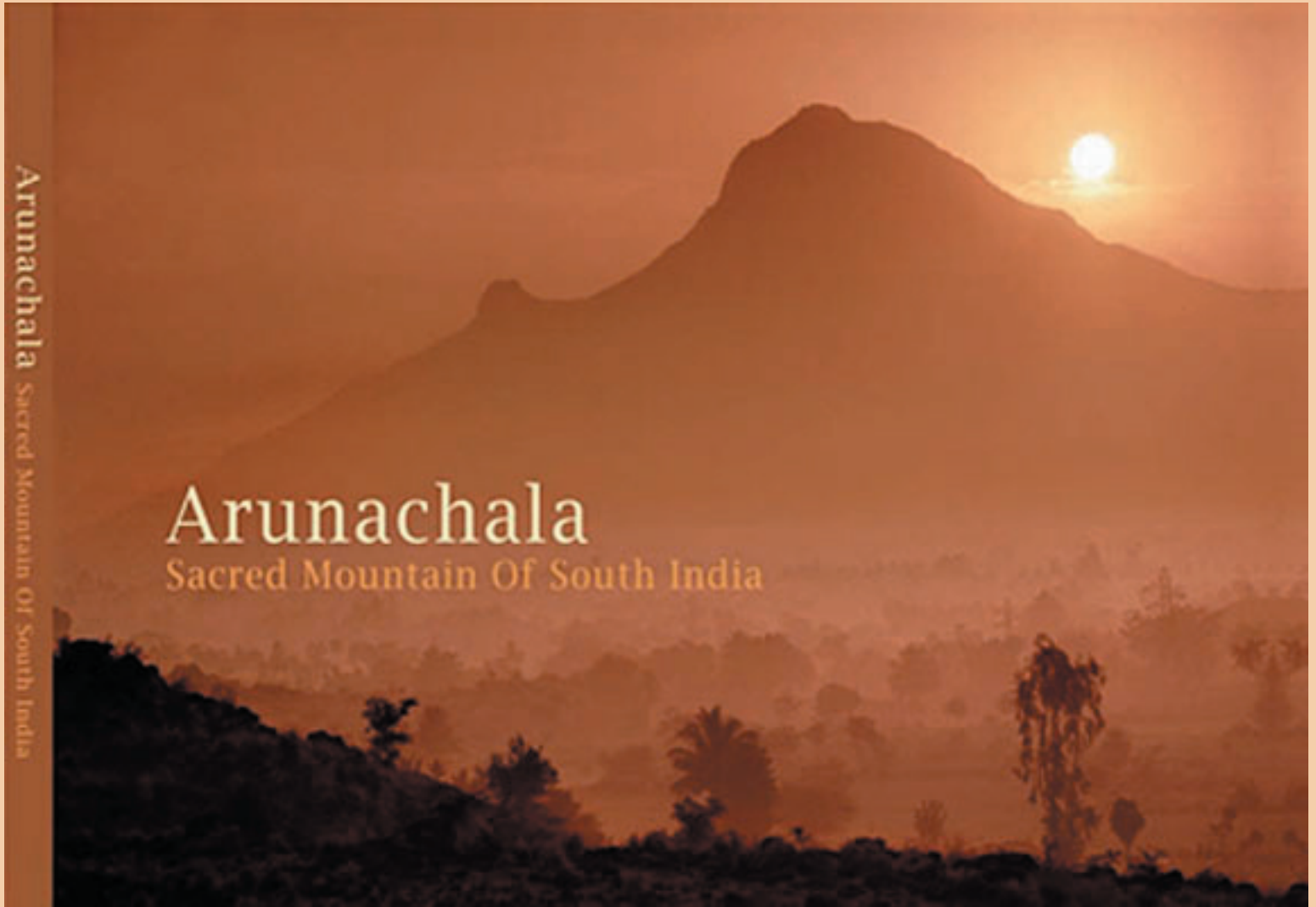
*– Josef "Sepp" Klein,  
Unity in Greensboro, NC*



AHAM's Reflection Lake



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AHAM, The Association of Happiness for all Mankind, invites you to experience its long-awaited, exquisite photographic album of the Holy Mountain, Arunachala, enriched by verses from Bhagavan Sri Ramana Maharshi.

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