

Sacred Service Participants



There's Something About Carrots

There's something about sitting in silence, peeling carrots that opens me up to insights. These insights have an awareness of something coming up for clearing. And I have learned I can scrape carrots and do the Conscious Forgiveness process at the same time. Most of my Sacred Service time is spent in the kitchen helping with meal preparation. I am receiving the benefits of Conscious Company in a Conscious kitchen. Now when you consider I'm not that crazy about cooking and really don't like washing dishes it becomes even more remarkable that I choose to be there doing just that (being in the kitchen is one of many opportunities there to serve). It's my way of supporting AHAM and giving back for all I have received.



Namaste. Anna Scott

My life changed when I learned about AHAM. I did an Awaken to Awareness weekend, thinking I probably wouldn't go back. So of course I was soon registering for ISIT and so then knew I had to do NNP. But it wasn't until I started volunteering for Sacred Service by assisting with programs that it all really started to come together for me. I responded to a call for assistants in February thinking I could do that once or twice a year. Then it became once a month, then sometimes twice a month as I was looking for the opportunities to be there. I soon realized that Sacred Service was a program in itself and came home renewed each time. A coworker said "she's been at that place again, she's glowing!"

I had a very brief time with Ramana last summer but being there frequently in the past few months has helped me to know him better. My work days flow more smoothly. My relationships are easier. I have family all over the world that I have met at AHAM and I meet someone new each time. Maybe it's someone whose voice I know from the calls or someone completely new. But they become a part of my AHAM family as are you. I hope you will join me in assisting. I'm fortunate to live an hour away but if you can only assist once a year because of the distance you must travel, the benefits you receive will last a lifetime and beyond. Hope to see you soon. I'll share the carrots. Anna Scott, Winston-Salem NC

from Vivian Barna

I cannot express in enough words how much I appreciate all of you and AHAM.

While driving back home to New York, I described to a friend of mine that you all are so kind, open hearted, considerate, gentle, giving, generous and truly open to being/giving whatever knowledge you have to help others; also disciplined with kindness. There were about 20 plus positive adjectives overflowing in the one sentence.

I truly had a great and memorable time these last few days (at AHAM). It was fun, easy and although a short 4-day stint, above all, it was still life changing and "mind" altering.

For me, Sacred Service and spending time with you all and participating in the activities was/is a very powerful tool.

I am planning and looking forward to seeing "y'all's" soon before the end of the year.