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The Association of Happiness for All Mankind

February 2008

Love is What We Are



*"If you seek God first, you are seeking love first,
and you are then in that realization that God is love."*

– A Ramana

Happy Valentine's Day



Love is What We Are

By A. Ramana

The following is a portion of a transcription of an “Interlude with Ramana” on September 4, 2005.

Participant: *I don't know how profound this is going to be. But, what was coming to me is, Ramana is sharing the rajasic or active mind. That is, using the active quality of mind, how we are, or would be, living our lives when we are living our lives from love, compassion, kindness, generosity. To me, that is what transforms the rajasic (active) quality into a beneficial use - by using it from love, living from love. Is that correct?*

Ramana: Yes, I agree. It's all about love...

You see God is love. God is the true Self, and God is love.

That is a simple and yet somewhat profound statement. If you seek God first, you are seeking love first, and you are then in that realization that God is love; you bring that love into all your relationships (that are apparently occurring in duality.) You see, the majority of people, unfortunately, miss this through their ignorance – and that's not a judgment when we say a person is ignorant, it's just a statement of fact. Through the ignorance of not knowing the true nature of the Being that we are – as being love, we really are love – most of us go through life looking for love. Love is what we are.

We only manifest, whatever it is that we manifest, through self-love, through the love of the Being that we are. And we all love to express; in one way or another we are all expressing something. Who is it that doesn't love to express? Everybody loves to express. But we don't recognize love for what it is. It's the expression of our Being.

Now, if we are pure in our Being, in the knowing of our Being, if we have, like Jesus, sought God first, if we seek first the kingdom of God, if we seek first the Source and are in this knowing of the Source, that is what righteousness is. Righteousness is the true knowing of the Source, that is, being of the Source and knowing this. Then from this knowing, we now live our lives in apparent duality, but really as the Self appearing as “I and other.” The Self is appearing as “I and my mate” and we then bring our love into the relationship. We are not looking for love from the relationship. The love is already there; it is within us, as us. We give it to each other and to everyone else.

Now that is a marriage made in heaven. That is a true relationship that is made in heaven. Are you all with me?

Basis of Ordinary Relationships

Other relationships, and unfortunately it seems like in America most (I understand it's over 50 percent of marriages that end in divorce in America) are not relationships that have been made in heaven, meaning made in, of, and from the Source. They are not made in God, made in pure Awareness as the Self that we are. Most relationships are made on the basis of each one's sensual passion and “need.” Do you get it? We all, as a society, come together in our relationships mostly based upon “need.” You see it in the movies and TV dramas. In practically every romance, not all of them but practically all of them, about the time one is getting ready to leave for good because the mate has become intolerable or indifferent, the one that is being left says what?

The key words:

All: *I need you.*

Ramana: Oh, yes... I need you!!!!

(Ramana acting very dramatically) “Oh... oh... oh... I'm needed?!! Well then, I will stay.

I'll stay and suffer with you...” Which means, continuing to “tolerate,” “put up with” or learning how to better “live with” the same ongoing bullshit! Does anybody know where I am coming from, and “the key words?”

Everyone: *Yes. (With gentle laughter)*

Ramana: Relationships that are based upon “need” are also usually based upon greed. “I want ‘you’ to provide ‘me’ with what ‘I’ need.” Or, “You are not providing ‘me’ with what ‘I’ need.”

Well, how can one ever provide that? And then, God forbid, there come children out of those relationships. And, for what reason? Why does a child often come into being from these relationships? As a way of providing seeming satisfaction to the neurotic need of the parents who can't themselves get along with each other. Do they (incorrectly) believe that a child will help? Again, it is for fulfilling one or the other's needs. Does anyone get this?

So now, we put this burden of responsibility upon the backs of our children. They are supposed to provide us with this satisfaction and fulfillment of our neurotic needs, while the real need that we have is the need of love. And where does it, true love, come from? Not from the world. Love does not

(Continued on next page)





Love is What We Are ... Continued

come from the world or from anyone in the world; love comes from where? Where is love? What did I say to start with, to start this topic off? Where is love? What, in truth, is love? Love is God; it is God, the true Self.

Love is God, God is Love

God is love. We must return consciousness to God. Once we come into alignment with God, we are coming into alignment with the Source of our own Being. When we are in alignment with the Source of our own Being and living in that alignment with that Source of our own Being, we are never out of love. Love is ever "with us," for it is us. Now we bring that alignment which we always, already are, into expression, into our relationships. And we share or give that to our children. We don't look to our children to give it to us. We give it to them. We give it to our mate. And what does that mean? That means that we give our children and our mate the clear space to freely express themselves fully, as they feel like expressing themselves. Not demanding of them, "You've got to express only the way that 'I' want you to." "You've got to do only what 'I' want you to do." Like, "I saw you talking to him (or her) or someone else. Now, just what was that all about? You were talking to someone else. How dare you to talk to someone else, especially him (or her). Have you got something 'going' with him (or her)?"

Does anyone know what I am talking about? Is jealousy love? Jealousy is not love. Jealousy is selfishness; it is greed. Yes, greed. Do we get it?

Participant: So the word generosity goes a long way.

Ramana: Not the word "generosity," but being generous. Live openly, freely, and abundantly. Live abundantly in the Allness of Being. In your connectedness with the Source, live abundantly, generously, giving of your Being to the world. That's what we are here for. We're here to love the world. That is our most important function, our primary purpose. We cannot expect God to love the world. God is the Source of it all. We are the ones that have to bring this quality of love into activity, into manifestation. This is living consciously.

Another Participant: I have a question, Ramana. I'm very comforted in being in this space of "God as love." If we are trying to remain in, "I am not this" or "I am not that," how do we assume God is love? Isn't God just whatever is happening?

Ramana: Didn't you say you are "comforted" being in this space of God as love? That itself is it; that very comfort is love. It is God. So God is love. Yes, and it's what happening in the moment, for God is the All. Can you tell me anything or anywhere that God is not?

Participant: So He is the bad things that are happening, too?

Ramana: That is an expression out of the creation of "us." Are you saying God is the source of all of the evil, or that the evil is taking place in this Awareness that we all are?

Participant: It's taking place in the Awareness that we are.

Ramana: Yes, and we as expressions of the mind, we as expressions of Being, can be misinformed and misguided and incorrectly use this creative process that we are, and the abilities we have, in an ill-informed or ill-directed way, and thus produce results that are apparently harmful to us and to one another. Okay? That does not mean that God "did" it.

Participant: We did it.

Ramana: Yes, we did it. There are no innocent victims. Who sees evil?

Participant: We do.

Ramana: Yes. Who is seeing and questioning evil right now?

Participant: Got it.

Ramana: Now, I am not saying that you are evil, but look and see where it is coming from. Who is seeing it? I'm not accusing. I am asking. I'm pointing out that we have to look to see how we are the source and cause of our own experiences. One might ask, but what about all those innocent victims of Hurricane Katrina. There are no innocent victims. How did they happen to chose to live where they are? How did they get there? Their lives or their destiny (their past actions) directed or took them there. You get it?

Participant: Yeah.

Ramana: This is not an accusation; it is merely the facts. So there are no so-called "innocent victims." That doesn't mean, however, that we don't have compassion for those suffering. We do have compassion for those apparent victims of circumstances. But they're not so-called "innocent victims." We all have contributed.

We are all right now contributing to the high price of gasoline. We all are in some way, perhaps with our big gas-guzzling automobiles, our wanton misuse of nature and its resources, etc. All of us are. I'm not accusing; I'm only pointing it out. Are we all getting this?

All: Yes.

Ramana: Okay. In this Awareness, let's just acknowledge it. Let's don't beat ourselves up. Let's just take responsibility for our part in contributing to it. We all have been, and are, contributing. Don't beat yourself up if you recognize that you have been living in ignorance. If you have been living mostly involved in what your own "I, me, my and mine" is wanting, it's okay. Just acknowledge that and see that. Don't beat yourself up; just see it. See to what extent you have been, and how or where you have been, contributing to wantonness or ignorant and unrestrained living or behavior. And now, fully remain in this pure Awareness of Being and see it. Remain, here and now, in this pure Awareness of Being, and be happy.

Namasté ♥

If you have a question for Ramana, email the Center at: ahamcnr@asheboro.com



Love is What We Are ... Continued

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Namasté ♥

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“Turning On To What We Are”

By Elizabeth MacDonald

This “Love Note” is coming to you with some reminiscences...

When these messages began in the early 90's, I was traveling and sharing Discover Meditation programs with a number of Unity Churches. It came to me that this would be a way to communicate with those who were meeting AHAM for the first time, much like a letter of love and encouragement from a friend. Over the years, this intention somehow got lost in the shuffle. I would like to renew this context with you in this issue.

Ok, so in being with the theme of this issue, “Love Is What You Are,” let's begin by asking ourselves, “what is true about this statement as my own direct experience?” This has been a question that has been coming up for me lately. Yes, we realize, Love is certainly demonstrated in our relations with “others” in being compassionate and loving in our communications. But, what is even prior to that? To begin this investigation, for it to be revealed from within us, let's start with the question, “What is true Love,” if that is indeed what we ARE?

“What is true Love?”... not thinking about it ... just being still and letting it come. And, what comes up here is a process that Sri Bhagavan gives from his Collected Works. Let's experience this process together in the following: (Sri Bhagavan's words are in italics)

In the Interior of the Heart Cave, the Lord God alone abides, with direct immediacy as “I-I”... Enter into the Heart Cave with questing mind ... Who am I? ... I-I-I ... Feeling and following “I-I” inward ... diving deep within ... relaxing into “I-I”... releasing into “I-I”... receiving the Being that I am ... controlling the breath ... resting in this Breathless Awareness ... this Stillness of Being ... consuming all into Itself ... [pausing here]

Here is Pure Love ... shining in the very Core of Being Itself ... Formless yet Full ... abiding as This Love ... [pausing here]

If you walked with me in this process, we are now experiencing for ourselves the truth about “Love.” Now it's a matter of living this Truth no matter what arises. This is the challenge. Sri Bhagavan, in his compassion, has given us the way. And, he has gently reminded us in his last words, saying, “*put my teaching to practice.*” Gently bringing our attention back into alignment with this “inward flow of consciousness,” and relaxing into this “I-I” Current is the core of this “practice.” The Divine Magnetism takes us the rest of the way. Any amount of *doing* at this moment actually interferes with what's already happening naturally. Isn't this truly Loving What We Are ... not as a slogan but as Truth revealing itself to us from the Heart of Being ... in us ... as us?

Let's end our time of sharing with the words of Sri Bhagavan: [Excerpted from *Be As You Are* Page 88]

“The experience of not forgetting consciousness alone is the state of devotion (Bhakti) which is the relationship of unfading real love, because the real knowledge of Self, which shines as the undivided supreme bliss itself, surges up as the nature of love. Only if one knows the truth of love, which is the nature of Self, will the strong entangled knot of life be untied. Only if one attains the height of love will liberation be attained. Such is the heart of all religions. The experience of Self is only love, which is seeing only love, hearing only love, feeling only love, tasting only love, smelling only love, which is bliss.” ♥

Elizabeth is AHAM's Assistant Spiritual Director and Senior Trainer.





Silence is the True Teaching

From *Be As You Are* pp. 109-110

Questioner: How does this silent power work?

Bhagavan: Language is only a medium for communicating one's thoughts to another. It is called in only after thoughts arise. Other thoughts arise after the "I"-thought rises and so the "I"-thought is the root of all conversation. When one remains without thinking one understands another by means of the universal language of silence. Silence is ever-speaking. These words I am speaking obstruct that mute language. For example, there is electricity flowing in a wire. With resistance to its passage, it glows as a lamp or revolves as a fan. In the wire it remains as electric energy. Similarly also, silence is the eternal flow of language, obstructed by words. What one fails to know by conversation extending to several years can be known instantly in silence, or in front of silence – Dakshinamurti and his four disciples are a good example of this. This is the highest and most effective language.



Questioner: Bhagavan says, "The influence of the jnani [one who has realized the Self] steals into the devotee in silence." Bhagavan also says, "Contact with great men [mahatmas] is one efficacious means of realizing one's true being."

Bhagavan: Yes. What is the contradiction? Jnani, great men, mahatmas – do you differentiate between them?

Questioner: No.

Bhagavan: Contact with them is good. They will work through silence. By speaking their power is reduced. Silence is most powerful. Speech is always less powerful than silence, so mental contact is the best.

Questioner: Does this hold good even after the dissolution of the physical body of the jnani or is it true only so long as he is in flesh and blood?

Bhagavan: Guru is not the physical form. So the contact will remain even after the physical form of the Guru vanishes. One can go to another Guru after one's Guru passes away, but all Gurus are one and none of them is the form you see. Always mental contact is the best.

Questioner: Is the operation of grace the mind of the Guru acting on the mind of the disciple or is it a different process?

Bhagavan: The highest form of grace is silence. It is also the highest *upadesa* [teaching]. The Guru's silence is the loudest *upadesa*. It is also grace in its highest form. All other *dikshas* [initiations] are derived from *mouna* [Silence], and are therefore secondary. *Mouna* is the primary form. If the Guru is silent the seeker's mind gets purified by itself.

Questioner: Sri Bhagavan's silence is itself a powerful force. It brings about a certain peace of mind in us.

Bhagavan: Silence is never-ending speech. Vocal speech obstructs the other speech of silence. In silence one is in intimate contact with the surroundings. The silence of Dakshinamurti removed the doubts of the four sages. *Mouna vyakhya prakatita tattvam* means the truth expounded by silence. Silence is said to be exposition. Silence is so potent. For vocal speech, organs of speech are necessary and they precede speech. But the other speech lies even beyond thought. It is in short transcendent speech or unspoken words [*para vak*].

Questioner: Can everyone benefit from this silence?

Bhagavan: Silence is the true *upadesa*. It is the perfect *upadesa*. It is suited only for the most advanced seeker. The others are unable to draw full inspiration from it. Therefore they require words to explain the truth. But truth is beyond words. It does not admit of explanation. All that it is possible to do is to indicate it.

Questioner: It is said that one look of a mahatma is enough, that idols, pilgrimages, etc., are not so effective. I have been here for three months, but I do not know how I have been benefited by the look of Maharshi.

Bhagavan: The look has a purifying effect. Purification cannot be visualized. Just as a piece of coal takes a long time to be ignited, a piece of charcoal takes a shorter time, and a mass of gunpowder is instantaneously ignited, so it is with grades of men coming into contact with mahatmas. The fire of wisdom consumes all actions. Wisdom is acquired by association with the wise [*sat sangha*] or rather its mental atmosphere.

What one fails to know by conversation extending to several years can be known instantly in silence, or in front of silence – Dakshinamurti and his four disciples are a good example of this. This is the highest and most effective language. ♥



Sharing Love

Sri Ramakrishna tells the story of three men who saw a wall and a ladder...

One climbed the ladder, saw what was on the other side and jumped over.

The second climbed saw what was on the other side, called the third one and jumped over.

The third one climbed, saw what was on the other side, climbed back down and told others about it.

Seeing what was on the other side is *Jnana* or Liberation. The different behavior of these three *jnanis* (liberated ones) is only on the outlook of others - they are all one and the same in *Jnana*; their different behaviors are only according to the destiny of the body, as the doer is dead.

The first man is drowned in Oneness (*Samadhi*) and remains always unaware of the body and surroundings.

The second man will give only clues. He does not care to get involved with the people and the world, but if he is pressed, he will give clues.

The third man is a great guru such as Sri Bhagavan, Sri Ramakrishna, or Sankara to name a few who fall into this class. ♥

"If it is said that there is the first person 'I,' then, there are the second and third persons 'you' and 'he'. When the real nature of the first person is known and the 'I'-feeling disappears, the 'you' and the 'he' disappear simultaneously, and that which shines as the only ONE becomes the Natural State of the Ultimate Reality."

– Sri Ramana Maharshi
Reality in Forty Verses, v.14

- By Sadhu Om
(*Mountain Path* Oct. '06)



Sharing Love on New Year's Eve with
AHAM Extended Family



The Self-Inquiry Series

I. The Intensive Self-Inquiry Training (I SIT)

Phase One:

In this phase, the student learns the I AM Meditation (the first phase of Self-Inquiry) and I AM Centering Process, which allows one to rest in the peace and calm of Pure Awareness, regardless of the situation. From this centered perspective, matters of life can be handled appropriately and calmly from alignment with the Source and Cause of all that Is, "I AM." By the end of this phase, students are thoroughly familiar with the feeling of Completion and know what it is to live *from* Completion.

Phase Two:

In Phase One, the student has the experience of resting in Pure Awareness. In Phase Two, the student learns how to intentionally abide all the time in Pure Awareness through comprehensive instruction and full experience of the Self-Inquiry process. *Self-Inquiry gives one the ability to attend to, abide in, or as we say: "to consistently 'Sit' in Self, the Clear Space of Awareness' no matter what is occurring on the rim of the wheel of life."* Supporting students in the realization and independent use of Self-Inquiry is the core of AHAM's mission. Self-Inquiry is the foundation for all of AHAM's other Conscious Programs.

II. Neutralizing Your Negative Past (NNP)

Phase Three:

After experiencing the I SIT Retreat in this series, it becomes obvious that there are strong negative mental or emotional distractions, based on past experiences and/or anticipated future events that pull attention out of the Freshness of NOW. This experiential workshop is designed to deal directly with these areas of distractions and neutralize them – that is, finish them once and for all. This completion enables one to *now* fully rest or naturally abide in the Self, one's true being, the spiritual Heart.

NOTE: NNP GRADUATES

In November 2007 the emphasis of the NNP has shifted to "Conscious Forgiveness: Pure Love and Gratitude." The following is its purpose:

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

We invite anyone who has taken NNP before November 2007, to come in and fully experience this new emphasis for your self. It is awesome! ♥

Upcoming Neutralizing Your Negative Past Programs: March 19-23 and May 14-18, 2008 in USA;
There is a 30-day registration cut-off date. Call or email the Center for information.
Ph: (336) 381-3988 or email: ahamcntr@asheboro.com



Quotable Quotes



Our inner journey takes us through the following stages relative to love and fear:

1. **UNCONSCIOUS LOVE:** *When we are born, we exist as pure love but we are not conscious of our love.*

2. **UNCONSCIOUS FEAR:** *Our souls have set the stage for our evolution. As we grow, unconscious fears arise in our personalities that draw experiences to us that wound us.*

3. **CONSCIOUS FEAR:** *Our wounds bring pain and suffering that enable us to become conscious of our fears.*

4. **CONSCIOUS LOVE:** *When we've suffered enough pain, we are motivated to move through our fears to consciously experience the love that supports all.*

"Love is but the discovery of ourselves in others, and the delight in the recognition."

— Alexander Smith



"Despite our passion for romantic love, relationships are not the easiest way to find love and peace. They are, however, one of the most effective for finding our blocks.

Relationships naturally bring out into full view our desires, attachments and unconscious programs – our likes, dislikes, belief systems, judgments, compulsions, conformities, etc. Relationships challenge us because they take us deep into thoughts, feelings and experiences we have suppressed for a lifetime. That's why they provide the very best arena for personal growth!

Human relationships are the perfect tool for sanding away our rough edges and getting at the core of divinity within us."

— Eknath Easwaran



"When we experience the pain of another person, we instinctively want to take away that pain. But by taking away the other person's pain, we also take away his or her opportunity to grow. To be truly compassionate, we must be able to share another person's suffering and pain — knowing there is nothing we can do to relieve it and that we are not responsible for it, and yet knowing and understanding what that pain feels like."

— John Gray



"Conscious communication requires us to be truly present to what is occurring. When we are unconscious, we both speak to and react to others out of habit. And in the face of what we perceive as someone's judgment and criticism, we automatically (and unconsciously) defend, withdraw or attack.

To communicate consciously requires attention to two areas:

I need to speak from awareness of what I am perceiving, feeling and needing, and

Through watching and listening, I need to be aware of those same needs in others.

When we focus on clarifying what is being observed, felt, and needed rather than on diagnosing and judging, we discover the depth of our own compassion."

— Marshall B. Rosenberg



"The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another."

— Thomas Merton



Beefless Stroganoff

From Linda McCartney's *Home Cooking*, p. 86

Serve with rice and green vegetables or a salad. As a variation to this warming dish, put the whole vegetable burgers in the bottom of a casserole and warm through. Cover with the sauce.

- 4 tablespoons butter or margarine
- 1 large onion, chopped
- 6 cups mushrooms, sliced
- 1 teaspoon paprika
- 1/4 cup plain flour
- 6 vegetable burgers (cubed)
- 1 cup white wine
- a little vegetable stock or water
- 6 tablespoons sour cream
- 1/2 teaspoon mild mustard



Melt the butter in a pan, and fry the onions and mushrooms, with the paprika, for 10 minutes. Add the flour and the cubed vegetable burgers, stir well and brown for 2 minutes.

Pour in the wine and simmer very gently for 10-15 minutes. Stir often and add a little vegetable stock if the mixture seems dry.

Finally, add the sour cream and mustard, then heat through but do not boil or simmer. Serve immediately.

Preparation time about 25 minutes. ♥



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 Ravana 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 Subject: Daily Messages



“East Coast Barn” water color by Don Henderson, an AHAM graduate, involved with AHAM since 1980.

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; Subject: Heart Watch Request



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- 1/2 teaspoon mild mustard



Melt the butter in a pan, and fry the onions and mushrooms, with the paprika, for 10 minutes. Add the flour and the cubed vegetable burgers, stir well and brown for 2 minutes.

Pour in the wine and simmer very gently for 10-15 minutes. Stir often and add a little vegetable stock if the mixture seems dry.

Finally, add the sour cream and mustard, then heat through but do not boil or simmer. Serve immediately.

Preparation time about 25 minutes. ♥



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 Ravana 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 Subject: Daily Messages



“East Coast Barn” water color by Don Henderson, an AHAM graduate, involved with AHAM since 1980.

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; Subject: Heart Watch Request



Upcoming Events



February:

- 1 - 3 Awareness Retreat Experience (ARE)
- 7 - 10 Conscious & Clear Living **Refresher Program**
- 29 - Mar 2 Awareness Retreat Experience (ARE)

March:

- 6 - 9 Conscious & Clear Living **Refresher Program**
- 14 - 16 Sat Sanga
- 19 - 23 Neutralizing Your Negative Past (NNP)

If you would like to receive AHAM's e-Heart to Heart magazine, email the Center at: ahamcntr@asheboro.com
Subject: Heart to Heart

Feel free to pass it on to your friends or loved ones as well.

Awareness Retreat Experience (ARE)

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.



AHAM's Snowy Reflection Lake

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

Sharings From Graduates

Neutralizing Your Negative Past

"I have a much stronger connection to stillness. There is the realization that all I am is all that there is. There is a willingness to put down my back pack and turn it over to God."

– Cheryl L.
 Courtenay, BC. Canada



Awareness Retreat Experience

"I am experiencing Calmness. I constantly find myself thinking back on the past or looking towards the future, but it seems simple enough to be in the now."

– Nathan W.
 Halifax, VA



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