



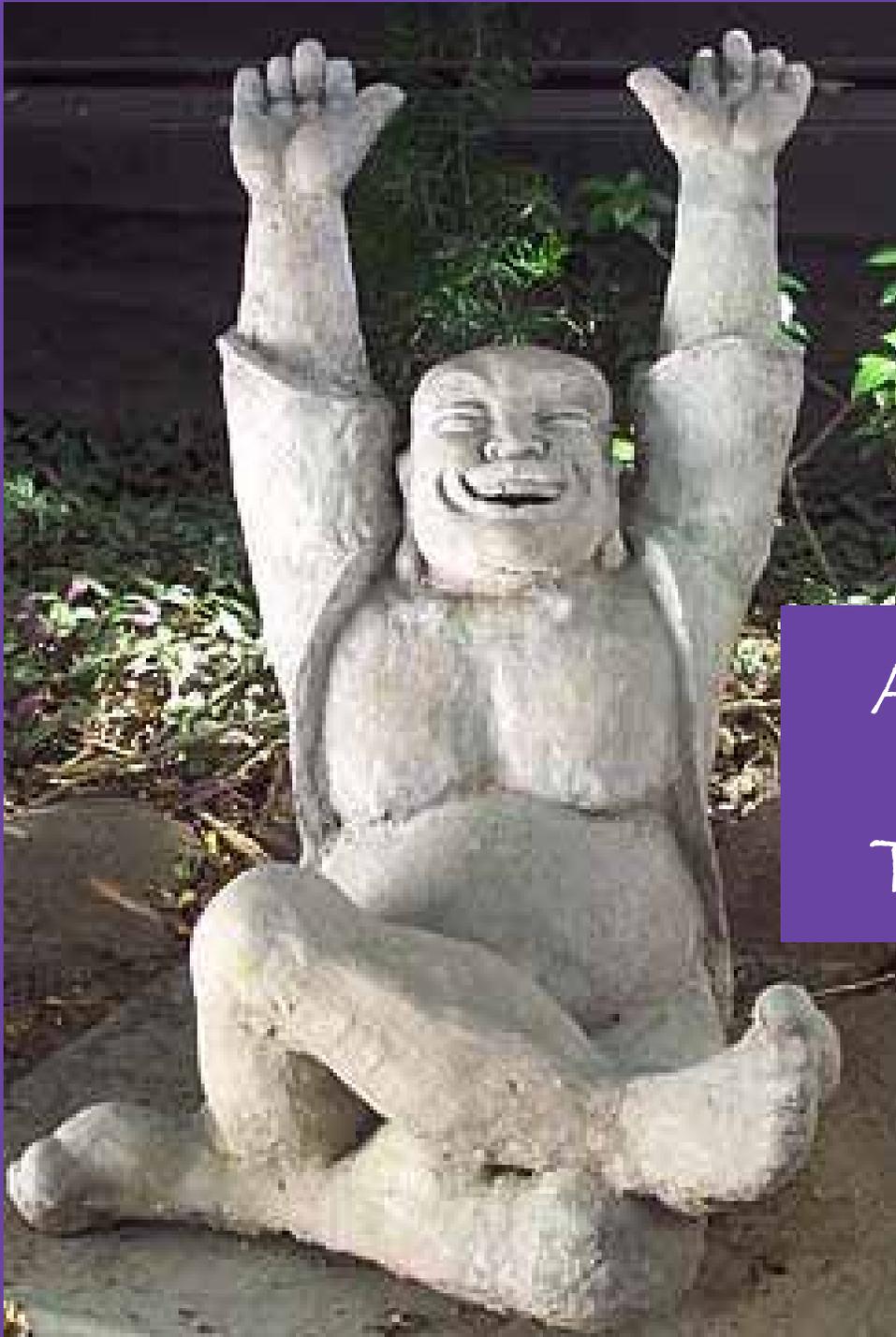
# HEART to HEART

*Consciousness speaking to Consciousness*

Vol. 32 No. 3

The Association of Happiness for All Mankind

December 2010



Abide  
as  
THAT



I am in Christ, Christ is in Me.  
There is no Christ, apart from Me.  
I am in you, you are in me.  
There is no you.  
There is no me.

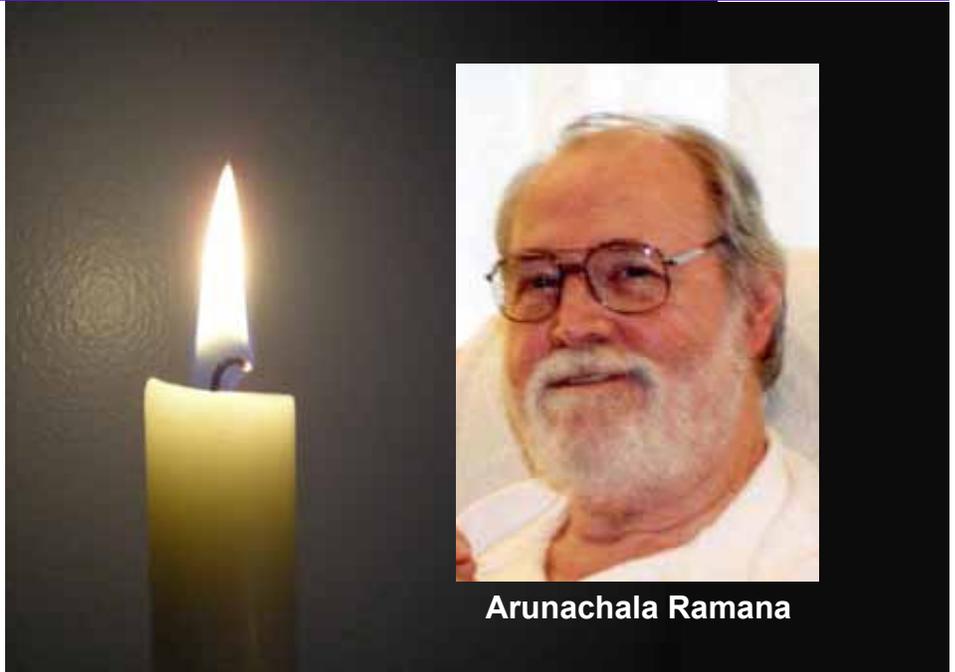
*May Peace be your gift  
at Christmas  
and your blessing all year through!*

**HAPPY HOLIDAYS!**

# Heart of the Matter

## Vigilance in Pure Awareness is Self-Abidance

Self-Abidance is beyond thought. When you make a true inquiry into the “I”- thought and go even further into the thinking process, by vigilantly tracing each thought back to its origin, this “I” thought disappears, leaving only Pure Awareness.



Arunachala Ramana

Now, one is to *not* just think about this, taking the above statement for granted; that only feeds a strong identification with the mind and ego. Instead, one should be vigilant and truly “do” the practice with each rising thought. Practice the Self-Inquiry of “Who am I?” or “What is the source of thought?” until its actual source is attained. There, Pure Awareness is fully “experienced.” All that remains is the Awareness itself. That is the continuous conscious quality that is I-I, or the state of pure I AM, in which there is neither “I” nor other than “I”—neither this separate individual subjective ego-self or thinking about all these objects.

This requires *extreme* vigilance, for remaining entirely *in* and *as* the pure Awareness that is the true Self, prior to thought. Vigilance means, being “watchful, alert, attentive, and truly on guard” against unwanted, unintended, accidental, inadvertent, or planned or unplanned thoughts that are compulsive and ever attempting to invade this field and ground or range of simple awareness.

This quality of vigilance is itself pure Awareness. It is *not* thinking. Awareness is in truth *prior* to the mind *and* the thinking process. Very seldom, does anyone actually recognize this state of pure Being, prior to the mind, or even *consider* that it exists, when it is in fact the *natural* state of all of us.

This cannot be contained or grasped by one’s thought of it, for it is *prior* to and *beyond* the mind, which is the mechanism in which discrimination, or thought, is occurring. Any thought *of* it, or *about* it, only covers and conceals it with the mind, and it is ever prior to or beyond the mind and all mental activity; being NOW, prior to time and space.

But it can be realized and known, for it is in Truth THAT which we all are, it being our own very Awareness itself. When the mind, which constantly discriminates by analyzing, categorizing, judging, classifying, etc., disappears,

...what is left is the original or pure state of Being,  
or this pure Awareness, which is the Real or True Self. ♥

# Love Note From Elizabeth



Find peace wherever you are.  
Whatever is occurring ...  
Wherever the body is placed ...  
Whatever the responsibility ...  
Find peace right where I am ...  
Receiving it ALL as a blessing.

***Come and Share the journey  
with me on a new blog.***

<http://elizabethmacdonald.blogspot.com/>

photo by  
Tess  
Amoruso

Something came to me to share with you that has to do with my traveling on December 1st and returning to the Center the end of June 2011 ...

Just to give you some background, first ... when the ticket was booked to India, it came up to ask the ticket agent what it would cost to stop a few places on my way home. When she told me the cost, it went way over what I could afford. Then, she said, "You may want to talk to the Around the World ticket desk." So, I was transferred to that desk and the magic began. Before I knew it, I had a ticket package for "around the world" with a number of stops, to visit several folks in the AHAM family, and at an affordable price. The places that I will be stopping are: Hawaii, Vancouver Island, Denver Colorado, Quebec Canada, Maine, and Puerto Rico.

Then an idea came up to do a blog and share together, in a conscious way, as this trip unfolds. Today the idea expanded ... this trip around the world will give us an opportunity to surround the world with the Love and Radiance, through our Heart to Heart Connection. We can carry a Heart Wave around the world ... covering this entire planet and everyone in it with this Light of Love that we ARE. Simple and yet very powerful! What an awesome opportunity! Are you with me? Can you see it?

Can we all remember the Peace Pilgrim? She made a commitment to walk 25,000 miles for peace. As it all turned out, she went over her goal and caused a huge stir in Consciousness in creating peace wherever she went. Well, this feels like the same context, but it is done over an electronic networking field of Consciousness.

So, I am not spanning the globe alone ... you will all go with me each step of the way. In the picture on the next page it has AHAM's butterfly ... "aham" = "Self" surrounding the world. Actually, we are the sky that surrounds and includes the world ... embracing all. Are we together in this? ... if so, Welcome aboard! ❤️

## Love Note From Elizabeth...continued

Let's hear from one of our graduates, Tess Amoruso, on this subject:

How did Gandhi and the Indian people get control of their nation from one of the most powerful empires in the world without firing a single bullet?

How did Martin Luther King Jr. and his followers mandate the radical institutional shifts that occurred in the 1960's in the US without ever picking up a gun?



They each had radical, utopian visions and summoned change through non-violent power, things proposed by many of us. The concrete changes we imagine will only happen when there are enough of us to collectively create the paradigm shifts necessary in business, government and other areas of human endeavor. The song cannot be sung until we know the words of love. But we can hum, and that hum is already vibrating in this electronic networking field of Consciousness.

It feels like putting a drop of water into a vast sea. But that drop has changed the nature of the larger body, and that molecule is in itself changed. It will only require a critical mass of fresh water, not all the waters of the sea, for the complexion of the water to change....We are moving the heart to all breathe air ...all eat earth...all are blood...all in all.

Please link at <<http://tessays.blogspot.com/>>. **The web is already woven.**

# Teachings of Bhagavan Ramana Maharshi

## *Forty Verses on Reality*



### Verse 32

**The scriptures proclaim, “THAT thou art.” Why not investigate what one really is, and abide thus? To simply contemplate, “THAT I am, not this” is only want of mental strength. Really one is eternally THAT.**

#### *Ganesan’s Interpretation:*

You are THAT, I am Brahman, is not a mantra to be repeated, but to be realized as one’s own true existence, which one has forgotten and now is made to remember.

The Supreme Truth shines vibrantly within one’s Heart, as the Self, non-dependent on one’s verbal confirmation of it.

Thus, one is ever the Supreme Reality only.

#### *S.S. Cohen’s Interpretation:*

When the scriptures tell us we are THAT, we are bound to conduct an inquiry into ourselves in order to experience the truth of it rather than just mechanically thinking that we are not the body but THAT. Investigation and meditation will eventually rise above the body-thought, and will reach the state through which the pure awareness can be directly apprehended. This is the silent Heart Itself.

### Verse 33

**“I have not realized the Self”– “I have realized the Self,” to say either is ludicrous. Because, are there two selves in order that one may objectify the other? That the Self is but one, is a truth within the experience of all.**

## *Forty Verses on Reality continued...*

### ***Ganesan:***

The Maharshi literally yet mildly condemns one's mental movement to gauge one's own spiritual state. The mind moves only in alternate states of affirming itself in arrogance or wallowing in self-pity.

All Self-realized beings unanimously affirm that there is only one Awareness, for, such a unique Oneness of Awareness is uniformly each one's direct experience.

### ***S.S. Cohen:***

The Self is non-dual, homogeneous and indivisible, and can abide pure by itself with no thoughts to disturb it, being itself not a thought, but the intuitive recognition of oneself as the eternal knower, the substance of all one knows. It is evident that the "I," being pure indivisible consciousness, is experienced as the same in all Self-realized beings.

### **Verse 34**

**Not to know and abide as THAT, but to engage in disputations as to whether the reality exists or not, or is real or not, denotes delusion born of ignorance.**



### ***Ganesan:***

Plunging within one-pointedly and being immersed in that movementless Awareness is truly the goal of Self-realization.

It is the easiest and most natural attainment. Any deviation away from being immersed in this Supreme Quietude, in the form of mental disputations surely drops one into the bottomless pit of total ignorance.

### ***S.S. Cohen:***

The realization of one's Self is the realization of the true nature of all else, the Self being single and homogeneous. Disputations deepen the ignorance and not infrequently lead to arrogance and jealousy among among the disputants. They should thus be shunned by seekers of Truth and Peace everlasting. ♥

## Making a Connection



EXPERIENCE MEDITATION ON THE TELEPHONE  
Try it this Sunday!

**A FREE (only your own long distance charges apply) one-hour phone call with guided meditation, sharing, fellowship, and answers to your questions.**

**Call (213) 417-2120 + code 482 3766#**

**Do not say your name when prompted.  
Simply press the # key to enter the call.**

**Call begins at 7:30 pm EST. (Call in five minutes early.)**

Learn to bring stillness and peace into your life

## Words of Wisdom

Abide as THAT, which, when scrutinized, does not show any duality in the form of these various objects, nor the least trace of cause and effect, That in which, when the mind is absorbed in it, there is no fear of duality at all – and be always happy, unshakable, and free from the fear arising from duality.

Abide as THAT in which there are neither thoughts nor a thinker, neither the arising nor the preservation nor the dissolution of the world, nothing whatsoever at any time – and be always happy, free from all traces of thought.

Abide as THAT in which there is neither any defect nor good quality, neither pleasure nor pain, neither thought nor silence, neither misery nor austerities practiced for getting rid of misery, no “I-am-the-body” idea, no objects of perception whatsoever – and be always happy, free from all traces of thought.

Abide as THAT in which there is neither the Self-limiting power of illusion nor its effects, neither knowledge nor ignorance, neither separate soul nor Lord of creation, neither being nor non-being, neither world nor God – and be always happy, free from all traces of thought.

# Buddy Training



(left to right in back row) Patricia Thompson (Assistant), John Shelor (Assistant Trainer), Annette Davidson, Mieke Rose, Elizabeth MacDonald (Trainer), Lina Landess, Kelly Santillo  
(left to right in front row) Jenny Ngo and Cindy Pasternak.

**For those who are not aware of this, Buddies are those who are available to be with our Intensive Self-Inquiry Training (I SIT) students, as they apply the teaching into their daily lives. This is one of the most significant services that is being offered in AHAM. Therefore the Buddy Training is very intense.**

The picture above is of Buddies currently in training. These six students have been living the teaching and putting it into practice in their daily lives. In the Buddy Training, it is realized and directly experienced that to serve as a Buddy shifts our perspective from a receiving mode to a giving mode...one that opens us up to a Wholeness and a nurturing warmth of Being. This shift is a maturing that awakens us out of the “what about me?” framework into “all is me” ...there is no longer a “me” perspective, separate and apart from a “you.” We discover the only way we can serve as a Buddy is from the Heart and to simply get into the student’s shoes. By the Buddy asking questions and being the Heart-support, the I SIT student experiences whatever comes up and gently releases it all into the Heart through the Self-Inquiry. In this exchange, there is only this Oneness being experienced...not two. With this everyone wins. What an awesome practice, not just with I SIT students, but with anyone in our world. Actually, this is what all of our seasoned Buddies have told us...how much Buddying has given them this skill... which is now a part of the fabric of their every day relationships in life.

*Participants are from Virginia, Florida, North Carolina, Maine and Canada*

# Vancouver Island Graduates Share



*“The Conscious Forgiveness Process continues to strengthen my abiding in pure Awareness and enables me to BE Love in all I do.*

*When I stumble or trip up I now have a process to clear myself.”* Mary Crowley BC, Canada

*“Forgiving self and loved ones is seen to be important. I am calm and peaceful with less guilt.”*

Krish Dhunoo AB, Canada

*“I am using Self-Inquiry more directly and more often. The Forgiveness Process has made me more fully aware of only One and that what I perceive in others is also in me. This became clear and I am grateful.”*

Christine Goyer BC, Canada

## The NNP Program

## Neutralizing Your Negative Past



Ocean Resort's Buddha

*“I understand that I am not to blame nor is anyone else. That we are all One and Divine.*

*My mission is to transform and inspire myself and others by daily operating out of my true Self and in Highest Truth.”* Susan Landell BC, Canada

*“The Forgiveness Process is very powerful. I expect to develop this into a regular habitual response to clear obstacles that interfere with continual abidance.”*

Peter Lavelle BC, Canada

*“NNP opened another door for me where I can see the traits for what they really are.*

*I am experiencing stillness, peace, forgiveness and love.”*

Ali Shahidi California, US

# Autumn Graduates Share

## I SIT Intensive Self-Inquiry Training



Emily Stewart, Sundari, Linda Swanson (Trainer)  
Barbara Steinacker, Martin Dunn

*"I'm feeling tremendously lighter like I came in with 100 bags and leaving with only a few.*

*The program has brought light to so much darkness. I've found a way to get to the heart of it all and really experience life now."*

Emily Stewart Cincinnati, Ohio

*"I am **excited** about putting my "tools" into practice and having them **work!***

*I have a deeper **faith** in my **SELF** to enable this process of awakening and clearing to continue. I loved the processes. Very glad we had 8 days and am deeply grateful and happy to have come."*

Sundari Watertown, Massachusetts

*"I am experiencing much gratitude for this program and all responsible for it. I'm feeling light, natural and free with a renewed commitment to the practice of Self-Inquiry. I feel well cared for by my AHAM family."* Barbara Steinacker Columbia, Maryland

*"I am experiencing complete acceptance of the moment. I have great appreciation for these conscious processes. Words are not enough to describe how beautiful, enlightening and useful this has been and will continue to be."* Martin Dunn Sacramento, California

*"I've learned how to use the forgiveness process and don't have to hold on to anger and resentment of other people.*

*I just have a new way of looking at everything."*

Tammy Sanders Roanoke, Virginia

*"The program cleared my memory bank and I am using the process in my daily routine with my family, students, friends and everyone."*

Iris Meyers Roanoke, Virginia

*"I am feeling peaceful, at ease, complete, liberated, not attached to outcomes. I am feeling excited and happy about all the possibilities in this world for me and what I can bring to it."*

Sylvana Levy New York, New York

## NNP Neutralizing Your Negative Past



Iris Meyers, Linda Swanson (Trainer),  
Tammy Sanders and Sylvana Levy

## CD/DVD Selection of the Month

### ***Morning Talk with Ramana***

*AHAM's India Ashram*

*February 7, 2005*

*60 minutes.*

*CD \$10*

*DVD \$20 plus S&H.*

*ahampublications@aham.com*

*A different selection will be featured  
in each month's HEART to HEART.*



*Purchase helps support the  
A. Ramana Archive Project.*

*Place a subscription for the year  
and get one month free.*



**Arunachala Ramana**

## Transcending the Relative Plane of Existence **Awaken, Be the Awareness**

Ramana reads and gives commentary from  
*Awakening to the Dream* by Leo Hartong and  
*The Handbook to Perpetual Happiness* by A. Ramana.

*The title says it all!*



*Reminder:*

***Ganesan on***

***Reality in Forty Verses***

*available on CD's and DVD's*



# Self

A. Ramana  
January 28, 1980

The Self must exist as the substratum of Consciousness, prior to the existence of anything that is objectively perceptible in Consciousness as an object or thing existing.

Self is Existence. Self is Consciousness. Existence is Being.  
Being is I AM. I AM is Conscious Being.  
Conscious Existence is Being.

Being is Existence. Existing is having Being. Being is having  
Consciousness. To Be, is the quality of Being "I AM."  
"I AM" is the Statement of Being.

The Statement of Being, I AM, is Being Conscious.  
Being Conscious or Aware is Consciousness,  
Itself, existing as Awareness.

Conscious Awareness must exist prior to objective perception  
as the substratum or base on which, or in which,  
the process of conscious perception occurs.

Conscious Awareness is Consciousness,  
which is the underlying Existence of Being that cognizes,  
or allows cognition to occur.

# Awaken to Awareness Retreats

Enjoy 3 days in quiet retreat

***Transform your Life!***

**December  
3-5**

Call the AHAM Center  
336-381-3988  
or e-mail:  
ahamcntr@asheboro.com

Receive  
personal guidance  
in the transforming process  
of **Self-Inquiry**,  
...the simple "eyes open"  
meditation  
you can practice  
anytime, anywhere!

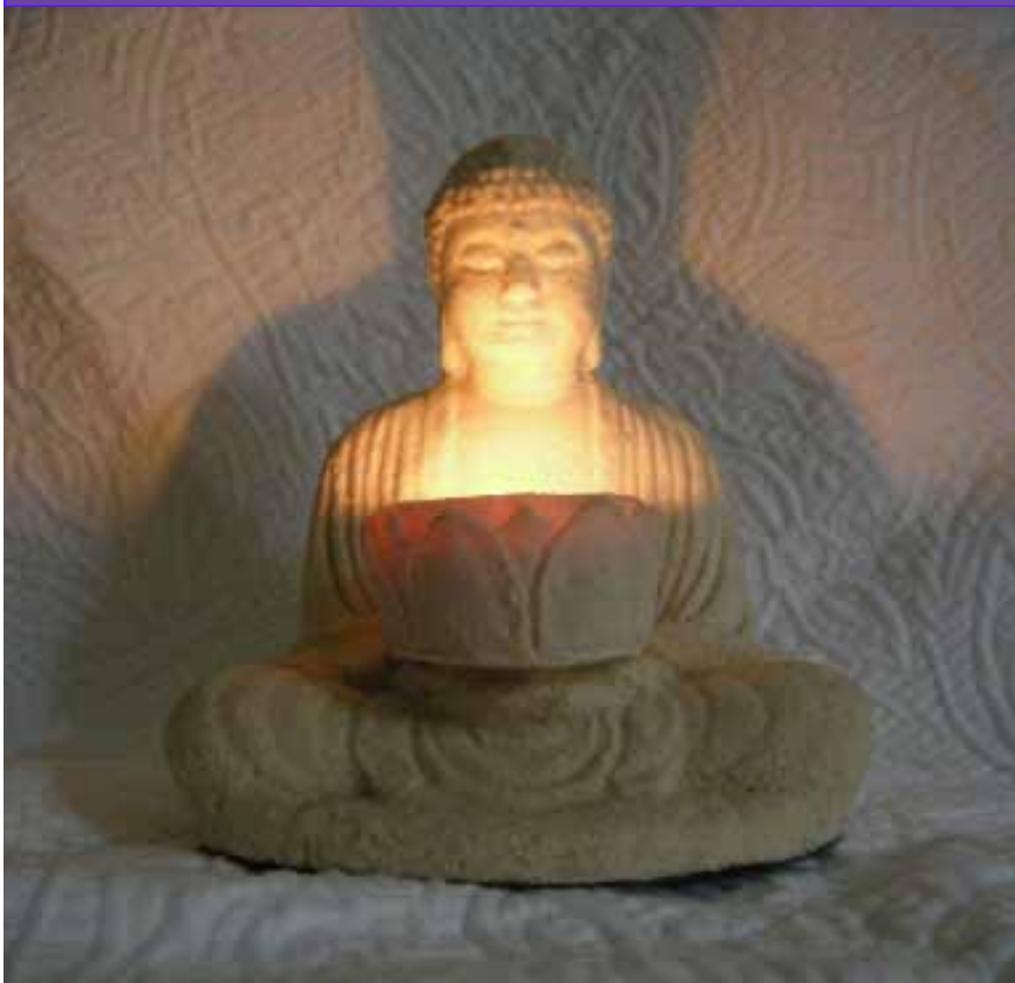
**Come  
and experience**

*abiding  
in the clear consciousness of  
Pure Awareness!*  
...at AHAM's tranquil, 40-acre Meditation  
Retreat and Spiritual Training Center

deep peace  
solitude  
relaxation



# AHAM'S 2010 PROGRAMS



Abide as THAT  
in which there are  
no fears of hell,  
no joys of  
heaven, no  
worlds of the  
creator god or  
the other gods,  
nor any object to  
be gained from  
them – and be  
always happy,  
without the least  
trace of thought.

**December**      3-5 Awaken to Awareness Retreat  
                         31 New Year's Eve Celebration

**January - February    AHAM India 2011**

Jan 23-Feb 13 Pilgrimage for NNP Graduates

## 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)

**Mailing Address: 4368 Hwy. 134**

**Phone: (336) 381-3988    Asheboro, NC 27205**

## 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.

***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.

**E-mail us at <ahampublications@aham.com>**

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**Asheboro, NC 27205**

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**www.devotionalimages.com**

**Note:** It has often been difficult to contact the artists or copyright owners of the art, recipes, or photos in the newsletters. Please consider it a compliment that your work has been selected.

Past issues starting with January, 2008 can be found on our website:

<http://www.aham.com/inspiration/index.html>

**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 travelling abroad in our global spiritual community.

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