



HEART to HEART

Consciousness speaking to Consciousness

Vol. 32 No. 6

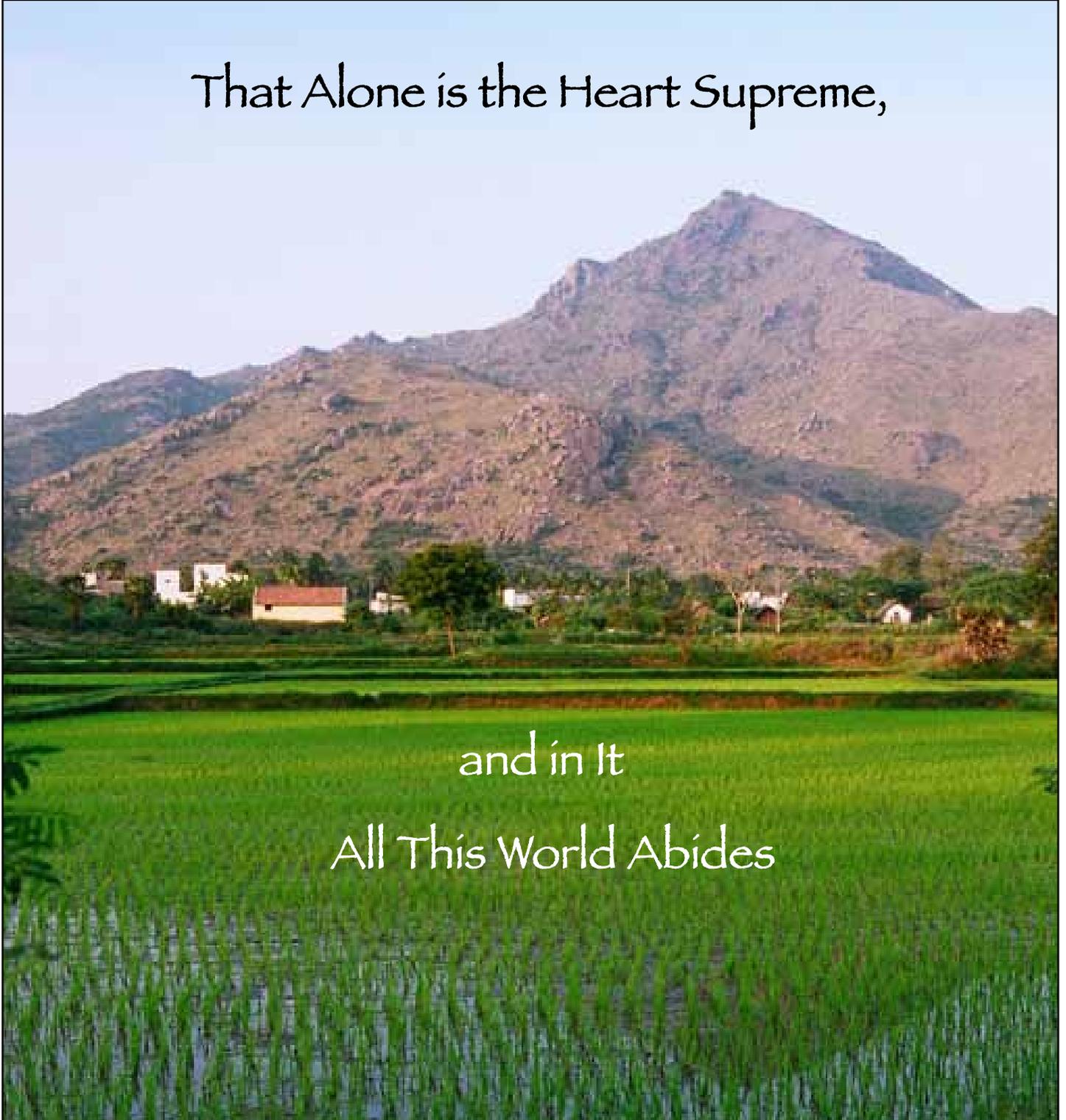
The Association of Happiness for All Mankind

March 2011

That Alone is the Heart Supreme,

and in It

All This World Abides



Teachings of Bhagavan Ramana Maharshi

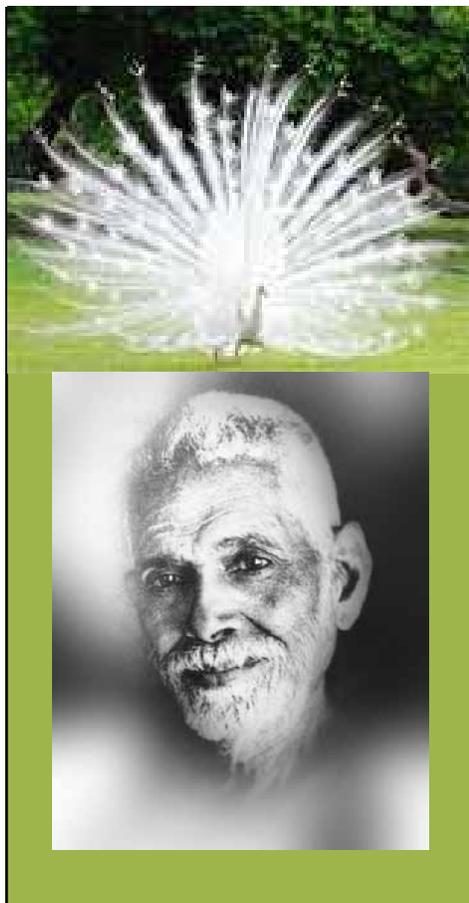
This world, which is the stuff of dreams, but appears as real by veiling the Self, will be seen as the Self Itself...in illumination the Self veils the world.

As the many-hued peacock is but the substance of the egg, so this (variegated) world is the Self and nothing else; thus wilt thou see when thou art in thy Natural State as the Real Self.

To the one that never strays from the Self, who is Consciousness, this world is of the essence of the Self.

How can the world, which is diversified by space and time, mutable and transient, be real?

That alone is real, which is eternal, unchanging and beyond space and time; nothing else.



The world is not other than the body; the body is not other than the mind; the mind is not other than Pure Consciousness. That exists unborn in Peace.

There is neither creation or destruction; there is no one that is bound, nor one striving for liberation; nor is there any liberated person; such is the Truth as realized by the sages.

There is no mind, nor body, nor world, nor anyone called a soul; the One pure Reality alone exists, without a second, unborn and unchanging,
abiding in utter Peace.

Therefore only by seeing the world as illusory and turning the mind inwards can one dive into the Heart, persevering in the will to realize the Self, and thus attain Liberation. ♥

Excerpts from Guru-Ramana-Vachana-Mala by Who pp. 4-8

Heart of the Matter

Shifting from Body (World)-Orientation to Heart-Orientation

In truth, the whole world is enlightened, because the whole world is the Self. But you can't fall back on your laurels and justify it with that. You can't rationalize your conditioned state by saying, "Well, the whole world is enlightened, and therefore so am I," and then still live the ordinary life of identification with the body-mind, as though the body and mind are "me," the Self.

When you are in Sat Sanga (Conscious Association) and remaining alert, then you can literally feel the clearing process like a physical sensation going on in the body. You can feel the purification taking place almost like pulling weeds out of the garden. Can you feel it? You can keep that process perpetually occurring by remaining in the Awareness, in the Self.

The Self is the unconditioned and unconditional Being. Not only is it not conditioned, it is not capable of being conditioned, for it is prior to conditioning. But when Consciousness is externalized, when the mind is identified with all this objective conditioning – which is what the mind is, it's just objectivity, or externalized Consciousness – then the conditioning process is going on and identification with it occurs. Then time is identified with, the body is identified with and the whole play of maya (illusion) is happening.



Arunachala Ramana

This will go on as long as it is indulged in. It takes the intentional desire and volition of the apparent individual to come into alignment with the inward flow of Consciousness. Or, for this activity in Consciousness to be withdrawn from identification with the externalized flow, and instead reestablished in its own source and essence. That's what true spiritual practice is all about, withdrawing Consciousness into its own purity, into its own essence and ceasing completely from all identification with externalization.

If you are genuine, if you are truly in earnest about your spiritual process, then you want to look to see to what extent you are identifying with the externalized flow of Consciousness and no longer allow that to happen. You must cease from that. It really doesn't matter what it is, or may be, that you identify with, it will bring you into the externalized flow of Consciousness. Whatever it is, it is the strategy of the body-mind, or the ego – anything at all – even the most blissful or delightful spiritual thought!

Do you get that? ♥

from "Consciousness Being Itself" pp. 183-184

Making a Connection

MEDITATION
ON THE
TELEPHONE

AHAM's "Wake Up" Call

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.)



Bring stillness
and peace
into
your life

Making a Connection *continued...*

HEART WATCH

Every four hours, during our Heart Times

...one of our staff or volunteer 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, please phone, mail, or e-mail your prayer request to the AHAM Center:

ahamcntr@asheboro.com



*The one
who is deluded
by the conviction
“I am the body”
thinks that God’s
world is outside
and far away.*

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:

ahamcntr@asheboro.com

*Really,
God’s world
is inside the Heart.*

(A Daily Message example)

Mailing Address: 4368 Hwy. 134 Asheboro, NC 27205 Phone: (336) 381-3988

Pilgrims in India



Pictured at Ramanasramam left to right front row: Jacob Stewart, Wilmington, NC; Vivian Zelig, AHAM Center USA; Emily Stewart, Cincinnati, Ohio; Lina Landess, AHAM Center USA; Renate Chevli, Naples FL; Melinda Bern, Roanoke, VA; Jan Sundell, AHAM Center India; *back row:* Karen Stewart, Hillsborough, NC; Annette Davidson, Gainesville, FL; Stan Davis, AHAM Center USA; Steven Jacobson, AHAM Center USA; David Stewart, Hillsborough, NC.

Hello AHAM Family and Friends,

Here at the AHAM Center in South India, we are basking in the presence of the Holy Hill Arunachala. All who are here participating in AHAM's India Seminar and Pilgrimage/Retreat say that being here is a most profound and eye-opening spiritual experience. It is obvious by the happy look on everyone's face. There is only peace-stillness-bliss. All are feeling totally embraced in grace.

***Peace, Love and All the Best,
Stan, for all of us at AHAM India and USA***

Words of Wisdom

...This beauty will not show itself like a face or hands
or any bodily thing at all,
nor as a discourse or a science,
nor indeed as residing in anything,
as in a living creature or in earth or heaven
or anything else,

but being by Itself with Itself always in simplicity;
while all the beautiful things elsewhere
partake of this beauty in such manner,
that when they are born and perish

IT becomes neither less nor more and nothing at all happens to IT...



Do you have a question that can't be answered?

*Do the stars frighten you by their heaviness
and their endless number?*

*Does it bother you, that mercy is so difficult to
understand?*

*For some souls it's easy; they lie down on the sand
and are soon at peace.*

*For others, the mind shivers in its glacial palace,
and won't come.*

*Yes, the mind takes a long time, is otherwise occupied
than by happiness.*

Now in the distance, some bird is singing.

*And now I have gathered six or seven deep red,
half-opened cups of rose petals between my hands.*

The body is not much more than two feet and a tongue.

Come to me, says the blue sky, and say the word.

*And finally even the mind comes running, like a wild thing,
and lies down in the sand.*

Eternity is not later, or in any unfindable place.

Roses, roses, roses, roses.

Both poems by Mary Oliver

Simply Divine

AHAM's Hummus



Soak chickpeas 1-1/2 hours
and boil until very soft 1-1/2 hours
Mash into a thick paste in food processor

dried chickpeas (garbanzos)	1-1/2 cups
medium garlic cloves minced	3
salt	1-1/2 tsp
tamari	dash
juice from medium lemons	2
tahini	3/4 cup
parsley finely minced	1/4 cup packed
black pepper	to taste
cayenne	dash
scallions minced	1/4 cup

Add the rest of the ingredients
to the food processor and process thoroughly. Taste and correct seasonings.

&

Toni's Tabouli... wheat free a great combination in a warm pita

quinoa	1 cup
water	2 cups
fresh lemon juice	1/2 cup
olive oil	1/3 cup
tamari	dash
medium ripe tomatoes	3
fresh mint chopped	2 tbs
parsley coarsely chopped	1 1/2 cups
green onion chopped well	1 bunch
medium cucumber coarsely chopped	1
sea salt to taste	



1. Rinse quinoa thoroughly in a colander.
2. Combine water and quinoa in a 2-quart saucepan and bring to a boil.
3. Reduce heat to a simmer, cover and cook for 10-15 minutes or until all water is absorbed.
4. Combine the parsley, tomatoes, green onions and cucumber in a large bowl.
5. Add the lemon juice, olive oil and fresh mint to this mixture.
6. Stir in the cooked quinoa and salt. Mix well.

It's best to let tabouli sit in the refrigerator for a day to blend flavors.
Tabouli is traditionally served at room temperature
so remove from fridge 30 to 60 minutes before serving.

Wonderful served in a warm pita with hummus, or as a side dish.
Approximately 6 servings of both hummus and tabouli

CD/DVD Selection of the Month

Selection for March

Let Things Be As They Are

Ramana stresses the importance of using the mind, not letting the mind use you.

One must make the distinction between the Pure I AM and the thought I am. I AM is your existence. Fear is only of the mind: thoughts of the past and future. Your existence is right here, right now.

Ramana asks, "Imagine if you are the ocean and you jump into the ocean, will you be afraid? Why not let the mind dissolve into the Awareness you are?"

*This is definitely one for your library...
to appreciate
over and over again!*

Sat Sanga with A. Ramana

at AHAM's India Ashram

January 16, 2009

60 minutes.

CD \$10

DVD \$20

plus S&H.

ahampublications@aham.com

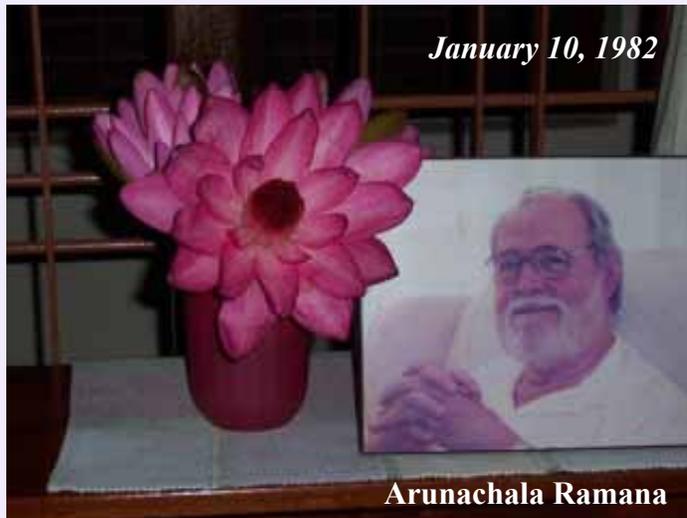
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From A. Ramana's Archive



Living Naturally in Unnatural Circumstances

Living naturally, as we mean it in AHAM, is living easily, comfortably, happily, healthily, effortlessly, and prosperously in all of one's daily activities and responsibilities.

Unnatural circumstances, as we mean the term, is being identified with upsets, worries, and the usual or apparent fears of life;

it is being at the effect of a sagging economy, the high cost of living, unemployment, resentment between people and nations, fear, anger, stress, disease, struggle, anxiety, and the apparent lack of love predominant in the lives of a large number of people in the world. This is living *unnaturally* in an abundant, perfectly balanced universe. However, the "perfect balance" is not always easily seen. All that we desire that is joyful, beneficial, uplifting, peaceful, happy, healthy, prosperous, easy and fun is realized as always, already *available*, only waiting to be called into expression, when we awaken to our true Self-nature, which is pure Awareness! All our misery or unhappiness is caused by only *one* thing. It is our own thought! That which causes all our upset is simply our thought of upset. It is our own mind, and its conditioned nature of separateness.

It is our seeking, and our struggle or effort to maintain and defend the ego – i.e., its continued form, or *its* survival. The mind with ego is a mysterious, moving power that works to divide the one unmovable and unmoving presence and power of Real God, the Absolute, into the appearance of seeming multiple things and events. The very nature of the mind in its duality is confusion, contradiction, and conflict. It is itself both upset and the cause of upset, being the motivating activity of seeking peace and happiness as though they are found in either the outer or inner-mental world. This world is only the mind, or is the mind's own making. It has no actual concrete reality of its own, or outside the mind. Our insight and clear understanding of the mind, its source, and its mechanism frees us to realize and experience the true Self and its nature. Our real and true nature, prior to our mind's conditioned content (which gives us the belief in a multiple changing world) is in fact abundance – or Prosperity itself, Life itself, Health itself, Love itself, Peace itself. In Truth, we never have to seek or pursue these qualities, as states or experiences, when we penetrate beyond the mind's real nature and function, and realize the true Self as being always, already all-inclusively prosperous, healthy, happy, and free. We merely rest or abide in the joy and abundance of life and love, which is already, always true to us; but which is presently concealed by our false belief that we are our body-mind, and by identification with these as though they are actually our "self." Living naturally is living happily. It's from knowing our true nature, experiencing it, and sharing from its ever-present fullness, not pursuing it out of emptiness or need. The sense of emptiness, lack, frustration, and fear is actually unnatural, and is why we desire and ever seek to avoid them. Turn your mind inward; and, from within, awaken to and realize your true eternal and infinite nature. ♥

Awaken to Awareness Retreats

March 4-6 & April 8-10

Receive a personally guided introduction
in the transforming process of **Self-Inquiry**,
...the simple "eyes open" meditation you can practice
anytime,
anywhere!

relaxation

solitude

deep peace



Enjoy 3 days in quiet retreat

abiding in the clear consciousness of Pure Awareness!

***...at AHAM's tranquil, 40-acre Meditation Retreat
and Spiritual Training Center***

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or e-mail:

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AHAM'S 2011 PROGRAMS

March

4-6 Awaken to Awareness Retreat
26-April 3 Intensive Self-Inquiry
Training/Retreat

April

8-10 Awaken to Awareness Retreat
20-24 Neutralizing Your
Negative Past

May

6-8 Awaken to Awareness Retreat
20-22 Sat Sanga Weekend

June

3-5 Awaken to Awareness
Retreat
11-19 Intensive Self-Inquiry
Training/Retreat

July

1-3 Awaken to Awareness
Retreat

August

5-7 Awaken to Awareness
Retreat
20-28 Intensive Self-Inquiry
Training/Retreat

Transform your Life!



September

2-4 Awaken to Awareness
Retreat
7-11 Neutralizing Your Negative
Past
30-Oct.1 Awaken to Awareness
Retreat

October

22-30 Intensive Self-Inquiry
Training/Retreat

November

4-6 Awaken to Awareness
Retreat

December

2-4 Awaken to Awareness
Retreat
14-18 Neutralizing Your
Negative Past

***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.

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**Most photos are by Jim Dillinger and Ron Whitaker
www.dillingerphoto@gmail.com and www.ronwhitaker.ca**

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 can be found on our website: www.aham.com/

In loving service,
AHAM Publications

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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