

Attaining the Highest Truth

By A. Ramana

The Purpose of AHAM stated simply and directly, is to provide the way and means for *any* truly serious spiritual seeker to easily Awaken, without fail, to the Highest Truth, that being the realization and perfect abidance in one's True Self. This is accomplished quite easily when one diligently and persistently applies oneself to the one, simple practice of AHAM's pure teaching. This is Self-Inquiry, the one direct and immediate way to True Self-abidance, as shared with the world by the great sage Bhagavan Sri Ramana Maharshi of South India, whose fame is now rapidly growing around the world. AHAM has been teaching Self-Inquiry for 30 years.

New students, guided and encouraged by AHAM's thoroughly dedicated staff, first determine if this teaching is compatible with them and their perhaps hectic lifestyle. They usually do this by attending their choice of a 2 to 5-day "Awaken to Awareness Retreat," or other AHAM program, at either our center in Asheboro, North Carolina, or our ashram (place of retreat and spiritual study) in Tiruvannamalai, South India. If a genuine readiness to living a spiritually oriented life is recognized, then they may elect to apply for AHAM's 8-day Intensive Self-Inquiry Training Retreat (I SIT). "Readiness" means appreciation for being in a natural space of inner and outer Stillness and Silence, to "living in the world, but not *of* the world." From the extended intensive training, life is found to be far less dominated by the past, and all the conditioned patterns of the ego-mind with its compulsive thoughts, its wants and its fears.

This intensive training/retreat is facilitated by one of AHAM's authorized and thoroughly taught spiritual trainers, and is usually held in the Conscious Atmosphere of either of AHAM's centers. It also usually occurs in the presence or near proximity of Ramana, AHAM's founder and spiritual director, himself an awakened being living in the true Self. Ramana has either himself personally trained the AHAM trainers, or he oversaw their training as it happened under the tutelage of Elizabeth MacDonald, AHAM's cofounder and senior trainer. All AHAM trainers have had years of training and living AHAM's pure conscious teaching under Ramana's care.

When one graduates from AHAM's 8-day, Intensive Self-Inquiry Training-Retreat (I SIT), he or she may apply for the Continued Practice Program (CPP) where there is assigned an advanced AHAM graduate who functions as one's personal Buddy and assures he/she is properly utilizing Self-Inquiry in daily life, and is thereby remaining in true Self-Remembrance and Self-Abidance. He or she also has regular access to the trainer's guidance throughout CPP.

One of the books studied in CPP is "*The Heart of the Ribhu Gita.*" Verse 44 in it states (slightly revised), "Attain purity of mind by constantly thinking that everything known is the Supreme Being, and That Supreme Being is Oneself; then, by abiding in the state of complete identity with the One Absolute Reality, Liberation can be attained here and now. This is the simple Truth." This can be easily seen and understood as being the Highest Truth when one consistently practices AHAM's pure Conscious Teaching, and dedicates him/herself to the constant practice of Self-Inquiry, and to daily reading the transforming verses of the ancient holy writing of "*The Heart of the Ribhu Gita.*" Sri Bhagavan Ramana placed special importance and emphasis to its study for all sincere spiritual aspirants who wished to finally and fully Awaken to the True Self, in which the entire world of time and space are infinitely and eternally inherent.

Know this for yourself, and be ever at Peace, Free, and Happy. For it is the One Reality, and the Highest Truth, only awaiting our Re-Cognition, or direct Awakening and Abidance therein.

**AHAM Meditation Retreat and Spiritual Training Center
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