

The Adidam Advocate

*The Monthly Newsletter for Associates, Pre-Students,
the Third Congregation and others interested in
The Eleutherian Pan-Communion of Adidam*

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The Revelation of Divine Truth

In the depth of every human being, there is a profound need for answers to the fundamental questions of existence. Is there a God? What is beyond this life? Why is there suffering? What is Truth? What is Reality?

The Adidam Advocate is an opportunity to be introduced to the Wisdom-Revelation of Avatar Adi Da, whose Teachings truly and completely address all of these fundamental questions. How can Avatar Adi Da resolve these fundamental questions? Because He speaks, not from the point of view of the human dilemma, but directly from the unique Freedom of His Divine State. Adi Da's Birth in 1939 was an intentional embrace of the human situation, for the sake of Revealing the Way of Divine Liberation to all and Offering the Spiritual Blessing that carries beings to that true Freedom. He is thus the fulfillment of the ancient intuitions of the “Avatar”—the One Who Appears in human Form, as a direct manifestation of the Unmanifest Reality.

Through a 28-year process of Teaching-Work (beginning in 1972), Avatar Adi Da established the Way of Adidam—the Way of the devotional and Spiritual relationship to Him. In those years of Teaching, He spoke for many hours with groups of His devotees—always looking for them, as representatives of humanity, to ask all of their questions about God, Truth, Reality, and human life. In response, He Gave the ecstatic life of real Divine Communion with Him, and all the details of how that process

unfolds. Thus, He created a new tradition, based on His direct Revelation (as Avatar) of the Divine Reality.

To read Avatar Adi Da's Writings and the stories of His devotees is a great Blessing—for His Teaching is itself an Agent of His Spiritual Awakening-Power. As you will discover, Avatar Adi Da Samraj does not offer you a set of beliefs, or even a set of Spiritual techniques. He simply Offers you His Revelation of Truth as a Free Gift. If you are moved to take up His Way, He invites you to enter into an extraordinarily deep and transformative devotional and Spiritual relationship to Him.

To find Avatar Adi Da Samraj is to find the Very Heart of Reality—tangibly felt in your own heart as the Deepest Truth of Existence.

This is the great mystery that you are invited to discover.

The Heart of Understanding

An Essay by Avatar Adi Da Samraj

Death is utterly acceptable to consciousness and life. There has been endless time of numberless deaths, but neither consciousness nor life has ceased to arise. The felt quality and cycle to death has not modified the fragility of flowers, even the flowers within the human body. Therefore, one's understanding of consciousness and life must be turned to That Utter, Inclusive Truth, That Clarity and Wisdom, That Power and Untouchable Gracefulness, That One and Only Reality, this evidence suggests. One must cease to live in a superficial and divided way, seeking and demanding consciousness and life in the present apparent form, avoiding and resisting what appears to be the end of consciousness and life in death.

The Heart Is Real understanding. The Heart Is Real Consciousness and Real Life. The Heart Is What Merely and Only Is, but Which Is also Appearing In and Behind the conditions of mortal life and its death. Therefore, it is said of old, the One That Is, Is neither born nor come to death, not Alive merely as the limitation of form (itself), not Itself (or Entirely) Rendered in what appears, and yet It Is the Living One, than Which there Is no lesser other (and no Great or Greater Other), Appearing As all of this Play of changes, but Eternally One, Unchanging, and Free.

There Is Only the Constant Knowledge and Enjoyment of the Heart, moment to moment, through the instant of all conditions of appearance and disappearance. Of This I Am Perfectly Certain. I Am That.

“A Foundation and a Structure for Sanity”

An Interview with Robert Hall

Robert K. Hall, M.D., a psychiatrist and a “contact person”, is the co-founder of and an active trainer and teacher at The Lomi School—a “school of awareness” founded on the principle of the integration of mind, body, and spirit, with particular emphasis on the life of the body. (The Lomi School has evolved over the last thirty years into a large agency that offers holistically oriented counseling to the public at low fees and a training center for psychotherapists.) Robert is also one of the council of teachers (practicing within the Theravadin Buddhist tradition) that comprise Spirit Rock, a retreat center in Marin County, California.

ROBERT: I first learned of Adi Da in 1972, when the Lomi School was in full bloom and we had a growth center in the Santa Cruz Mountains and someone brought me a copy of *The Knee of Listening*. I remember reading it and feeling profoundly inspired by it because it was the first time I had read a Westerner’s writings that were speaking to what I felt intuitively about spiritual life. I was very excited by the book and from then on I was a follower of all of His writings—everything of Adi Da’s that was published, I read. I gained so much inspiration from all of His books. His Teachings about the Heart, about love, and particularly His description of the “self-contraction” and the ego-centric position was immensely helpful to me, because He was putting into clear sentences what I was struggling to understand and express. And so my coming across His Teachings was a Grace for which I have always been very grateful.

Adi Da’s Teaching has also been a source of major support for me in the continuation of my personal Vipassana meditation practice. He has always represented for me an example of the truly Realized individual—especially since there are so few of those. In fact, I can’t think of more than one or two that I’ve come across in my life who I could honestly say I feel have Realized to any degree. And so His example has been important to me. Particularly in my practice as a psychotherapist, His Teachings have been a foundation for me when I sit with clients and recognize the need for open-hearted compassion and taking a non-egoic point of view of the situation—and so my therapy work has greatly benefited from His Teaching.

The first time I saw Adi Da was at a Darshan in 1986. That first Darshan was very powerful for me because I experienced a transcendent “exit” from the body and a meeting with Him outside of the body. It was exhilarating and ecstatic. It happened spontaneously and, for me, it removed any doubt and concern I might have had about His authenticity as a Great Spiritual Realizer. From that time on I became even more interested in His Work.

My second Darshan, which was very recent, was truly wonderful. I had an experience of being totally “there” with Him, relieved of all contraction at the heart, and I was lifted into a simple, happy everything-just-as-it-is state and I carry that

state of mind and body with me still. Seeing Him in person has changed my relationship to Him only in the sense that it has deepened my respect for Him and my feeling of devotion to Him.

Though I am not a formal member of Adidam, I feel the greatest devotion to Him. His Work enters my life, His Teaching enters my heart, and I gratefully use what I assimilate from His Presence in my service to others.

I also actively talk about Adi Da to others—to people who have a spiritual bent, to other Spirit Rock dharma teachers, and I talk a lot about Him with my personal friends. In fact, I have described my recent Darshan of Him so many, many times now that I’m needing to stop talking about it!

I feel that Adi Da’s Teachings have tremendous significance for humanity in general. He presents a foundation and a structure for sanity. The equation “Cooperation + Tolerance = Peace” that He has Taught is deceptively simple but extremely profound as a guide for sane living that applies to all human beings, both individually and collectively. He is one among the very few genuinely sane public figures that I have ever encountered. And so I think that His Teachings, particularly in the West—in this culture where there are so few people who can be admired and are serving as role models—are of the greatest significance.

“Happiness Itself Is the Only Truth That Sets the Heart Free”

an excerpt from *Eleutherios (The Only Truth That Sets The Heart Free)*

SIX

. . . No bodily experience is an encounter with Truth.

No bodily experience can set you Free.

SEVEN

Real God is not an Object (or an Image, or an Idea) that can confront the mind.

Whatever confronts (or is known by) the mind only modifies and occupies the mind itself. Occupation with ideas, or states of mind, can only motivate you toward further activities of mind (and body). Therefore, there is no idea that Is Truth—since attention to an idea cannot liberate attention from mind itself.

EIGHT

Bodily experience and mental (or conditional) knowledge are both based on encounters with objects. In general, bodily experience and mental knowledge motivate you to seek more bodily experience and more mental knowledge. Your

seeking, therefore, is for more and more encounters (and emotional associations) with bodily and mental objects.

Your search for bodily and mental and (altogether) emotional objects is your bondage. Your search (or moment to moment effort of wanting need) is the sign of a fundamental stress, or always already presumed un-Happiness. If you (always already) Understand that your search is un-Happiness (and that, indeed, seeking is, itself, the root, and the only form, of all un-Happiness), then you (always already) Stand heart-Free in relation to all of your possible objects, all of your possible experiences, and all of your possible ideas. This prior Understanding inherently transcends all experiences and all ideas. Therefore, in any moment, your exercise of this prior Understanding reduces your motivation toward objects—and, thus, it permits your attention to (by Means of the exercise of free feeling) be relaxed, released, and transcended in the otherwise uninspected (and Perfectly Subjective) Source (or Self-Existing and Self-Radiant Self-Condition) That Is Consciousness Itself and Happiness (or Love-Bliss) Itself.

Happiness (or Self-Existing and Self-Radiant Love-Bliss) Itself Is the only Truth That sets the heart Free.

The Lesson of Life and The Futile Search for Ultimate Happiness

Happiness is the Native State of Being. No matter what arises, you are already established in that State—except that attention moves toward the various objects and conditions of the egoic self and forgets or abandons the Position and the Consciousness of Happiness.

As long as the conditions and objects of the egoic self are relatively pleasurable (or at least hopeful of attaining pleasure), the prior sense of Happiness “bleeds through” into the conventional states of the egoic self. But if the conditions and objects of the egoic self become profoundly pleasureless and hopeless, then the feeling of un-Happiness becomes utterly profound. The first great crisis of human existence is the observation of the tentative, minimal, and always temporary association between life and Happiness—and how the mortal and limited nature of embodiment itself makes the search for Happiness both a necessary and a futile enterprise.

- Avatar Adi Da Samraj

The pain of life is obvious to everyone to varying degrees. There is undeniable suffering in the catastrophes of human life. There is the suffering of everyday anxiety, stress, and concern—not to mention all the little dramas of rejection and lack of love that we each participate in every day. For those who are most sensitive, there is even the painful realization that all the pleasures and fulfillments of life are fleeting, temporary moments of relief that stand out against a background of fundamental dissatisfaction. Even the greatest

moments of happiness are essentially limited, not experienced to the degree of Infinite Pleasure, or true Happiness. Even so, everyone strives for Happiness in this realm of conditional appearances, seeking—consciously or unconsciously—for what is Totally Satisfactory in this place of constant change and death. The sober acknowledgement of the failure of this search for Happiness marks the beginning of real human and religious life.

Avatar Adi Da continually Works to wake human beings up to the understanding that human life, lived for its own sake, is not Happiness and does not ultimately produce Happiness. At the same time, He Reveals That Which Is True Happiness: the Divine Reality, or the Unconditional Reality, and He constantly expresses His Argument about the activity of the ego, which chronically turns away—or contracts from—the Happiness of Unconditional Reality. Heart-Master Adi Da first introduced His Argument about “the Lesson of life” in 1981, and it is an essential aspect of the “reality ‘consideration’” that anyone who is serious about Spiritual life must confront. To “consider” the Lesson of life is to confront the fact that the ego-“I”, the apparently separate self-by virtue of its very nature—cannot be permanently and utterly fulfilled. Sooner or later each of us comes to terms with the fact that “I” cannot become happy—“I” can only be happy.

As one who appreciates Avatar Adi Da’s Wisdom-Teaching, you have doubtless experienced the frustration of your search for Happiness. For many devotees of Avatar Adi Da, this frustration is what moved them to approach Him as Guru in the first place. This frustration of the search for Happiness, however, is what Beloved Adi Da Calls the “first great crisis of life”. The second great crisis of life, He Teaches, is to be converted to the Way of Happiness in His Blessing Company. In this excerpt from a conversation with a young devotee in 1991, Avatar Adi Da discusses this matter with great humor and compassion:

DEVOTEE: Thank You, Beloved Adi Da, for coming here today and Speaking with us. I have a question about the Lesson of life. Sometimes in Your Communications to us and during this conversation today, You have mentioned that maybe we need more experience.

AVATAR ADI DA SAMRAJ: Like My Uncle Gene! He always needed more experience to figure anything out. I don’t think He ever got enough of it. But if you cannot be completely intelligent at the moment, maybe it takes more experience to wake you up.

DEVOTEE: My question is, could someone have that experience while remaining as fully involved in the Way of the Heart, or would the person have to find it out in the world?

AVATAR ADI DA SAMRAJ: It depends on how stupid you are! [Laughter.] If you have to go into the world to find what you can only get from your Guru, that is the height of

stupidity, isn't it? It sounds like you just want to give yourself an excuse to blow it away for a while.

People do not learn anything from indulging themselves. They just acquire illusions and habits that are difficult to deal with. But if you are not very intelligent, then, of course, you may make such a decision because of a lack of intelligence—not schoolroom intelligence, but real, human intelligence. You can receive everything necessary to get the Lesson of life just by being alive, not by any particular course of life. Basically My Word and Sign to you will awaken such understanding in you. If I did not tell you there was a Lesson of life, it probably would not even have occurred to you that there was one. “Last year I couldn't even spell ‘sadhana’—now I am one!” [Laughter.] What really is your question, then? Do you think I really was going to say, “Yes, you have to go out in the world”?

DEVOTEE: I believe that you didn't say that.

AVATAR ADI DA SAMRAJ: Did you hope that I was going to tell you this time that that was what you had to do? Are you looking for Me to give you permission to go and do that?

DEVOTEE: No, I don't want to do that.

AVATAR ADI DA SAMRAJ: Then why did you ask the question?

DEVOTEE: Because I was afraid that I couldn't become an intense practitioner with a strong will to practice unless I really understood the other choice.

AVATAR ADI DA SAMRAJ: The other choice?

DEVOTEE: The world, what suffering that is.

AVATAR ADI DA SAMRAJ: You live in the world. And to one degree or another you do make worldly choices. You do not live outside the world. You are not a renunciate. You are not in a cloister. You live in the world every day. To the degree that you make ordinary choices and associate with ordinary people, you are living in the world. Look at everyone else here. Most of them are, to one degree or another, making ordinary choices. You all live in the world, and you are all worldly. How worldly do you think you have to get?

DEVOTEE: I hope not very worldly.

AVATAR ADI DA SAMRAJ: How many people in the world have gotten the Lesson of life?

DEVOTEE: Not very many.

AVATAR ADI DA SAMRAJ: What would they be doing if they had gotten the Lesson of life?

DEVOTEE: Practicing.

AVATAR ADI DA SAMRAJ: Well, there does not seem to be much usefulness in just going out into the world, completely indulging yourself in it from the point of view of getting the Lesson of life, because it does not appear that people who do that get the Lesson of life. If you observe that, without having to do all of that yourself, then you have your question answered.

It is not extreme worldliness that you have to deal with. It is the ego. It is your ordinary seeking. Indulging yourself more intensely will not provoke self-understanding. Although you or anyone could be moved to do that, it is not in itself going to produce self-understanding or the getting of the Lesson of life, that fundamental understanding that seeking cannot fulfill itself.

You cannot become Happy. “Happiness” is an Inherent Realization. “Happiness” is another word for the Divine.

DEVOTEE: Thank You, Beloved.

AVATAR ADI DA SAMRAJ: Tcha. [November 15, 1991]

NOTE: The Adidam Advocate is published as an inspirational and educational. The confessions and statements of our contributors are personal responses and do not necessarily reflect the views of Avatar Adi Da Samraj and Adidam.

We Praise and Acknowledge the Following People Who Deepened Their Formal Relationship to Avatar Adi Da in December:

New Course Participants

Ronit Correy, Santa Barbara, CA

New Prestudent Course Participants

Nik Boyd - Santa Monica, CA

What's New in the Bookstore?

1. **2004 Wall Calendar** The new annual Adidam Calendar celebrates Avatar Adi Da's Gift of the primary esoteric practice of the Way of Adidam: Ruchira Avatara Bhakti Yoga. Each month of the calendar features a quotation from Avatar Adi Da's "Source-Texts" about this Divine Yoga of ecstatic devotional resort to Him.

This year's calendar features large, full-color photographs of Avatar Adi Da that are suitable for framing. The inside calendar pages include descriptions of many of the significant events in Avatar

Adi Da's Life and Work, as well as all of the 2004 Adidam Celebrations. All 25 photographs in the 2004 wall calendar were taken over the past 12 months.

\$27.95

4. **New Double CD** The Structure of Existence, Vol.1: *The Grid of Attention*

In this Discourse, from August 15, 1995, Avatar Adi Da describes the fundamental nature of attention. He explains how experience in the conditional domain occurs through a mechanical association of attention with objects in an infinite "grid" of Light. He clarifies that attention does not move from one object to another, but only identifies with the apparent objects within this "grid".

Avatar Adi Da describes how this mechanism operates in each of the three dimensions of experience: "gross", "subtle", and "causal", and in each of the three human states: waking, dreaming, and sleeping. Finally, Avatar Adi Da describes the nature of His Spiritual Blessing-Work, and Offers the Way to Realize the Divine Reality that is prior to "the grid of attention", and prior to all states and experiences of the body-mind. \$26.95

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Calendar of Events

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Saturday Evening Introductory Events

Join us every Saturday from 5:00 – 6:30 pm for a weekly introduction to the extraordinary life and teaching of Avatar Adi Da. Discover why, beyond any other means, so many people have been utterly transformed by simply having a devotional relationship with Him.

Wednesday Educational Evenings

Join us every Wednesday from 7:30 – 9:00 pm to participate in our on-going study courses. This is our forecasted schedule:

1. *The Truth For Real Course* – 12/29 - 1/28
2. *The Adi Da Course* - 2/11 - 3/17

Cost: \$60/month. You can audit a class for free. Before joining you must attend a Saturday introductory event.

The Way of Adidam Introductory Course

This class meets by telephone once a week and is designed to help someone who lives at a distance from a seed group or regional center to further consider The Way of Adidam. Call 310-358-0555 for more information.

Prestudent Course

This class meets at our Center in LA and can also be taken by conference call for people that live at a distance. Call 310-358-0555 for more information.

Special Events

Weekend Retreats

at the Man of Radical Understanding

If you would like to immerse yourself in a weekend of Avatar Adi Da Samraj's Wisdom and Blessings, attend a retreat at the Man of Radical Understanding retreat center which is located next to the Mountain of Attention Sanctuary. These weekend retreats take place on the third weekend of each month. The cost is only \$108. For more information, please call Tom Williams's at (707)928-4915 or email him at Tom.Williams@adidam.org.

Parking for the Adidam Bookstore and Center of Los Angeles: Your simplest option for parking is to use the valet parking offered for Urth Caffè and the Bodhi Tree Bookstore which is available for \$3.50 across the street from our center. The valet service is an independent service and will park your car for all Adidam events.

The Heart's Connection is published by The Outreach Department of the Southwestern Region in cooperation with the Third Congregation Office of the Advocacy Department of the Eleutherian Pan-Communion of Adidam. For more information please contact Tim Peterson at 310-358-0555.

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