

# The Adidam Advocate

The Monthly Newsletter for Associates, Pre-Students,  
the Third Congregation and others interested in  
The Avataric 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.

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### **"He Knows Me": A Story by David Rosen About Discovering Avatar Adi Da**

DAVID: In 1976 I was working as a counselor at a therapy center. Among my responsibilities at the center was to put together a public film series that would bring new people into contact with our center. There was an excellent film series on Carl Jung that I knew would be popular and I had ordered it for the film series, but it was delayed in the mail and didn't arrive in time. A lot of people were expected at the film showing that week! When a local professor brought a film to me on Adi Da Samraj, which he suggested as a substitute, I was very hesitant. I had not the slightest interest in "spiritual teachers". And when he told me that the teacher in the film was called "Bubba Free John" (a name used by Adi Da in the 70s) and that He was from New York, I shot back "I'm from New York, and *nobody* from New York is enlightened!" But, having no alternative, I finally agreed to show the film.

The night of the film I very uncomfortably made the introduction, apologizing for the change in films, and sat down in the audience. Within a few minutes of the film's opening, I felt myself drawn into a very, very deep state of relaxation. Eventually, I lost bodily consciousness. When I awoke, I felt incredibly open, like a clean slate, completely wiped clean. I looked up at the screen and there was Adi Da's face, simply gazing in silence at devotees. Looking at Him, I began to weep uncontrollably. As I wept, I said over and over again, "He is my Master, He is my Master."

"Are you ok?" asked the friend sitting next to me.

"I don't know," I replied, hardly able to speak. "But He is my Master, and He knows me." I was widened and

expanded beyond myself in a way I had never experienced or even imagined was possible.

When the film ended, I went up front again and thanked everyone for coming and extended my usual invitation to our various programs at the center. Shortly, we had a second showing of the film, and the same thing occurred—the deep relaxation, but this time without the loss of bodily consciousness. I became totally still, at peace, with a feeling of great bodily pleasure and enjoyment at simply watching Adi Da move and speak on the film.

That night, I took home Avatar Adi Da's autobiography, *The Knee Of Listening*. I skipped around in the book, reading various passages at random. I dreamed about Adi Da most of the night, but the dreams had a very unusual quality—very direct, very bodily, as if I were awake.

The next morning I awoke and reached for the butt of a cigarette in the ashtray by my bed. I was a heavy, two-pack-a-day smoker in those days. As I reached for the butt, I realized that I should stop smoking. To my amazement, I did this easily, without any withdrawal symptoms. Within a few months, I formally became a devotee of Adi Da.

I have been Adi Da's devotee for 28 years now. I have been given countless Gifts and Blessings by Him. I have seen Him many times and served Him personally. But the most valued moments in my direct relationship to Him are those when He simply and silently grants the sighting of His human Form to His devotees. Everything is revealed in these moments, as in the first sighting of Him I had in that film in 1976. There is again the tangible Transmission of His Divine Realization, the revelation of His complete Freedom, and the obviousness of His capability to Liberate and Transform me.

Adi Da offers a direct Spiritual relationship to Himself to everyone. Don't allow the cynical, doubting, and mortal conventions of the world to shut down this possibility in your own case. Through the relationship to Avatar Adi Da, there is the direct intuition of Truth and God in a way that is so obvious, so tangible, and so radical that it has completely shifted and changed my assumptions about everything I thought I knew. In every moment of my contemplation of Him I am drawn beyond limitations and suffering—and so can you be.

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## Two Talks by Avatar Adi Da Samraj

Like the Sunlight in the Morning  
An Excerpt from "The Gorilla Sermon"  
A Talk by Avatar Adi Da

*In this Talk, Avatar Adi Da describes the Nature and the Function of the Guru—how the Guru actually Works to serve devotees. As we join His Discourse, Adi Da is using a traditional metaphor in which the waking state is likened to Enlightenment, and the dream state to the state of un-Enlightenment:*

AVATAR ADI DA SAMRAJ: There is no reason for any perception to change in order for Truth to Appear as a consequence. The dream doesn't have to be changed in any manner for the waking person to feel that he or she is awake. There is nothing that has to happen to the dream—only waking is necessary.

To one who is awake, the dream is obvious. There is no illusion, no suffering, no implication—regardless of what appeared in the dream. A blue god, a dirty old drunk, the gorilla of death—it makes no difference. It makes a difference within the circumstances of the dream—to the one who is dreaming. But, to the one who is awake, it no longer makes any difference.

The nature of perception, of waking consciousness, is obvious if you are truly Awake. If you are asleep, if you do not understand, if self-understanding evades you, then there is nothing obvious about this at all. Then life is a very serious predicament—very serious. What do you have in such a case? "A few more years and everything is dead." It doesn't make any difference what the drama is, or what you manage to amuse yourself with during that time.

There is One Who is Wide Awake while He Appears in the dream. By not supporting the dream, He Awakens others. He Is the Divine Avatar. He Is the True Divine Guru. I Am That One.

The significance of My Work is not in anything I do within the dream. I simply do not support it. I do not live as it. I do not believe it. I do not take it seriously. Apparently, I can feel and act as I please within the dream. I persist in the common (or ordinary) manner. But I do not support the dream. I do not live from its point of view. I do not live its structure to others. I do not live the self-contraction to others—the avoidance of relationship, the separate-self-sense.

Simply because I live in this manner, those who are devotionally related to Me tend to become Awake. But, while they are Awakening, they persist in dreaming to various degrees. Forms of the dream persist. The search persists. Often, they get a little distance from the dream—it seems to break up at times, seems to disappear. It becomes vague, it becomes uninteresting, it becomes unserious, it becomes serious again.

You are just beginning to Awaken. Satsang with Me is the dream in which I Appear. Now it is as if you are beginning to wake up in your room. You are in bed, and it is morning. There are a few things you begin to notice, which indicate that you are in another state. Those who are Awakening in Truth begin to notice something. They begin to recognize the signs. They begin to recognize the activity of dreaming. They begin to sense something very unusual about Me. Before their actual Awakening, I appear as all kinds of things to them. I suggest all kinds of fantastic things. All the things they can imagine while they dream, everything unbelievable, is what they think I am. I may appear to be extraordinary, a doer of famous things. I may appear playfully as that. But I am simply Awake. Not a single thing is happening. Not a single thing has been accomplished. I Am Only Awake.

I am like the sunlight in the morning. I Intensify the light of morning until you Awaken.

The Way Out of Pleasure and Pain  
An Excerpt from a Talk by  
Avatar Adi Da Samraj  
February 19, 1994

*In this next excerpt (originally published in the book Ishta, and which will appear in the third volume of Adi Da's "Source-Text" The Divine Siddha-Method Of The Ruchira Avatar), Avatar Adi Da speaks about the addictive nature of our relationship to life and the understanding that we must enjoy in order to take up the real religious life.*

AVATAR ADI DA SAMRAJ: If you want What is Ultimate and Most Profound, you must be changed—in your choices, in your understanding, in your involvement in everything. Such transformation requires a profound discipline and a great ordeal.

Sooner or later, any kind of self-indulgence reaches the point where discomfort is greater than pleasure. So it is with the world—and with everything karmic, with every indulgence of attention in conditions. There is some pleasure in your self-indulgence—but, as you repeat the indulgence, you inevitably reach a point (after a while) where the pleasure is greatly reduced and you are mostly suffering the results. Sex, intimate feelings, drugs, cigarettes, alcohol, TV, food—absolutely everything you can do in the domain of conditional existence produces the same result in due course, which is that (inevitably, at some point) the pleasure is greatly reduced and you are mainly suffering ill effects. Such is life.

All indulgence in conditionality is the same. Conditional existence is a play of opposites. If you work on the pleasure side, then (sooner or later) the pain comes into play—and, like any addict, you continue to seek for pleasure, but now your search is to relieve yourself of some pain, rather than to magnify your enjoyment of pleasure. Most of the time, you are just suffering, and the pattern is repeating itself automatically. You do not quite know what to do about it. You notice it is repeating itself, and you think, "Well, that is the way it is supposed to be." You are basically just feeling the pain of it and trying to get rid of the pain. Your entire life feels like a dilemma of dis-ease.

This understanding about conditional existence is one dimension of life in My Avataric Divine Company that makes you into a renunciate. The other dimension is your devotion to Me. The more profoundly your devotion to Me is magnified, the less consistently your attention moves toward pleasure or conditionality or addictive patterns. Devotion to Me is the primary dimension of life in My Avataric Divine Company that makes you into a renunciate. When these two dimensions of your practice of the Way of Adidam become most profoundly consequential, then you are fully and truly a renunciate—one who is not moved in attention toward conditionality, but whose attention and entire body-mind are moved in devotional surrender to Me.

The way out of the cycle of pleasure and pain—the cure for your addiction—is also painful, to some degree.

There is tapas in it. However, when you understand the reasonableness of the cure and its purpose, you become willing to endure it. Having so thoroughly adapted to what is inherently painful, you must understand that you have to endure a process of purification—like a 500-pound man committed to losing weight. Therefore, a part of self-discipline is that you become willing to endure that process—because of your intelligence, your understanding.

Participation in conditional existence ends in pain. In the meantime, conditional existence shows all the signs of the addictive cycle, which eventually becomes the endurance of pain and the search for release. Everything associated with conditional existence is nothing but this cycle. If you are noticing this truth about some things but not about others, then you have more to learn about your desires and your bargaining. You must find out that every indulgence in conditions is the same: It becomes the addictive cycle, and it ends in pain.

If you could make a truly summary and most profound estimate of the nature of conditional existence and the option of true devotion, what would you do?

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## The Spiritually Awakened Practice of Adidam and the Ultimate Process of Divine Enlightenment

*In the book, Adidam, all the fundamental elements of the Way of Adidam are described. In this excerpt, we are introduced to the process that unfolds on the basis of the devotional and Spiritual relationship with Avatar Adi Da. It is a unique process, as His devotees discover, because of the unique nature of Adi Da's Divine Spiritual Transmission of His Realization.*

The Divine Is Above and Prior—but You Don't Have to Go  
"Up" or "Within" in Order to "Get There"

In the world's highest Spiritual traditions, there have been two characteristic approaches to attainment or enlightenment. One is the effort to "go up" and the other is the effort to "go within".

In the traditions of ascent, Spiritual practice has often been likened to climbing a ladder—a progress from "lower" to "higher". Some see this ladder primarily as a matter of going "higher" by becoming more and more "pure". Others (especially in the tradition of Kundalini Yoga) see the body itself as "containing" the ladder. The fundamental energy of life is presumed to lie at the base of the spine, and the aspirant engages practices that are intended to "raise" that energy up through the spine, eventually reaching the crown of the head (and going even beyond the crown of the head). This is held to be the method of attaining Union with the Divine.

In the traditions of interiorization, Spiritual practice has been described as a process of coming to Stand as the

True Self, by intentionally excluding awareness of the conditional world—a progress to the presumed “inner essence” of one’s being. Some traditions (such as certain schools of Buddhism) see this interiorization as a way of locating the Nirvanic “Void” of no-desire. Other traditions (such as Advaitism) see this interiorization as a way of Abiding as the Divine Self.

Adidam stands in contrast to all such approaches. The Way of Adidam does not require any effort either of “going up” or of “going within”. Indeed, in the Way of Adidam, all such efforts must be inspected, understood, and gone beyond. Whatever real impulse to Realize the Divine may be involved in such efforts, one of Avatar Adi Da’s core Revelations is that all such efforts are inevitably involved with ego—either the ego-search for the bliss of subtle experience (achieved by “going up”) or the ego-search for the bliss of no-experience (achieved by “going within”).

In the Way of Adidam, Spiritual Realization is a Gift freely Given by Avatar Adi Da Samraj. Avatar Adi Da’s Divine Spiritual Transmission Enters the conditional world from Above and Beyond, Infusing and Transforming all that appears. This is why Adidam is not a form of self-effort. There is no necessity to “climb the ladder” or “go inside” in order to “get to” the Divine. In fact, you cannot “get to” the Divine by any effort of your own. You can only receive the Divine—by responding to Avatar Adi Da’s Spiritual Attractiveness and relinquishing all forms of ego-effort and ego-activity.

Only the Way of Adidam is the Divine Gift of directly and fully receiving the Blessing-Transmission of Real God, from His Divine Self-Domain Infinitely Above and Most Prior—even in the midst of the world.

*AVATAR ADI DA SAMRAJ: My Avataric Divine Self-Revelation is a unique Revelation for the sake of beings, because It is the Revelation of That Which Is Prior and Divine, and not merely a description of how to “get back” to the Divine by seeking. Thus, My Spiritual Transmission is the Transmission of That Which Is Prior and Divine. My Spiritual Transmission does not originate below, or in the outer conditions of conditional existence. My Spiritual Transmission is Given from Beyond and Prior and Above.*

*You are Given the direct Revelation of That Which Is Prior and Above. That Is My Spiritual Transmission. It is not an energy that moves you toward What Is Above and Prior. It is the Spirit-Force of That Which Is Always Already Above and Prior. Therefore, to receive Me is to receive that Unique Divine Revelation and to be Purified and Grown by heart-Communion with Me—That Which Is Divine, and Priorly Ascended, and Infinitely Beyond (and Prior to) all conditions.*

*My Transmitted Spiritual Divine Presence Purifies and Affects all the conditions of existence, but It does not originate from below and outside. Therefore, the process and practice of heart-Communion with Me is not an egoic effort generated from below and moving toward Above by a process of seeking. It is a totally different kind of process, which*

*involves the always immediate transcending of egoity itself—the principle of egoity, the activity of egoity, the method of egoity. That is specifically transcended in the practice of Adidam.*

*Adidam is not a practice that leads toward eventual egolessness Above and Beyond. When it is truly lived, Adidam is an inherently ego-transcending practice. In other words, the sadhana is not ego-based. It is not that devotees of Mine—simply because they are devotees of Mine—are egoless. It is that the sadhana is not based on the method of egoity or the position of egoity or the bound condition of egoity. Rather, the practice is based on the devotional response to Me, the turning of the principal faculties to Me. Therefore, the practice of Adidam is Communion with Me—That Which Is Infinitely Ascended, Prior, Divine, Beyond—allowing My Spiritually Self-Transmitted Person and Presence, the “Bright” Itself, to Purify and Transform the conditions of existence, the conditions of apparent egoity. It is a constant process of ego-transcendence, of ego-surrender, of transcending the activity, disposition, and method of egoity itself. Therefore, it is a unique process.*

*The Way of Adidam does not develop by a gross effort relative to egoity. It is by a straightforward process of surrender into heart-Communion with Me—simply turning to Me, receiving My Infusion of the “Bright” Itself, the Divine Spiritual Self-Condition Itself, and allowing My Infusion to Purify the being (starting from the subtlest of the subtle levels and moving from thence toward the gross levels of existence)—that it becomes transformative and shows unique signs.*

—April 17, 2003

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