

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.

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Genuine Spirituality Is Understanding of the Entire Process of Motivation

An Excerpt from a Talk by Avatar Adi Da

The following Talk appears in the book The Divine Siddha-Method Of The Ruchira Avatar, a collection of some of the earliest Discourses Given by Adi Da. In it, Avatar Adi Da explains what the process of Spiritual life is at its root:

The "ego" is just another form of concentration, of distraction. In the case of the ego, the distraction is not a particular thought but the separate self-sense that all contraction generates. The ego is an activity, not an entity. The ego is the activity of avoidance, the avoidance of relationship.

Therefore, any thought, any function, anything that appears as form, that seems to be form, is produced by concentration—or contraction. Thus, apart from understanding, all processes, even life itself, tend to become an obstruction. The root of it all is called the "ego", but it is actually contraction, in countless forms, endured unconsciously. The unconsciousness is the key, not the acts of concentration themselves (which are only more or less functional). Apart from responsible consciousness, or present, conscious understanding, functional contraction tends to become the assumed condition of life. Unconscious contraction gives rise to separation, which manifests as identification, or the sense of separate self.

The root of true Spirituality is not some activity, like desire, that seeks to get you to the "super-Object". Genuine Spirituality is understanding of the entire process of motivation. It is to re-cognize the root of it—this contraction, this separation. When you no longer have any more options, when you have worn yourself out playing your game, and you have tried all the techniques and methods, paths and lifestyles, strategies and places to go, all the forms of concentration, whatever they are, then all of that begins to break down. You discover that you just do not have the impulse to really carry it

on anymore. You find yourself more depressed, just a little bit too depressed to meditate or to hunt for sex. You just do not have the necessary fire of motivation. Then upsetness begins to overwhelm you. The crisis begins to come on. You do not really have a path (or a strategy) anymore. You may talk a lot about it, feel a lot about it. It remains a part of your mind, but you do not really have a path (or a strategy) any longer. That is really the most hopeful sign. The ego is beginning to rot! When fruit begins to rot, it falls with seed into the earth. But as long as you are very righteous, as long as you have your game to play, you are not ripe. It is only when the game begins to kick you in the face that you begin to soften up, bruise a little bit, feel your fear, your suffering, your dilemma, this constant upset of all your mortality.

Two Stories About the Miraculous Touch of Adi Da Samraj in the Context of Retreat

Adidam offers retreats in many different locations through the world to people who are interested in Avatar Adi Da's Person and Teachings. The two stories that follow are contributed by Tim McKinnon and Jym Daly; they both stem from Adidam retreats in the south of Holland at "The European Danda", the Adidam center (a former monastery) where retreats are offered throughout the year.

Adi Da has often emphasized the importance of regular periods of retreat for His devotees: "To establish the religious life," He once said, "you must step aside, step out, go on retreat—in effect, organize your life on the basis of truth, the right principle, the Great Process." This is a wonderful opportunity for anyone who is just beginning to explore the relationship to Avatar Adi Da. (To find out about retreats that are being offered near you, please contact your local Adidam center.)

A Strong Desire for Liberation in My Heart

by Tim McKinnon

TIM: My parents became interested in the teachings of Avatar Adi Da when I was quite young—about 8 years old—and in 1997 they both became formal devotees of His. At that time, we were travelling around the world as a family and arrived at Adidam's sanctuary in northern California, the Mountain Of Attention, for one of the major Spiritual Celebrations that are held there each year. I was 12 now and my sister and I were invited to two occasions with Avatar Adi Da, but these did not impress me very deeply at the time.

My parents did not push me to become involved with Adidam, but they did encourage me to read books such as *The Knee Of Listening*, Adi Da's autobiography. Another book that had a great impact on me was *The Two Secrets*, written by one of Adi Da's daughters about her relationship to Him. I remember wishing that I had grown up in that circumstance, demanding as it obviously was, and I remember feeling sure that one day I would be a devotee of Adi Da's. I also remember feeling overwhelmed by Avatar Adi Da's love and compassion when I would read these

books. But even though I would feel happier when I read the books, I would always finish them and just go on with my ordinary life—even though I knew that I was not happy.

Later, at college, I also began listening to audio tapes and CDs of Adi Da's Talks. It was obvious to me through listening to these that Avatar Adi Da was a great being and that He was speaking great wisdom and truth. I used to listen to a tape or a CD if I was troubled or concerned about something and find that my sense that there was a "problem" would literally just disappear.

It was around this time that I first visited Adidam's European retreat center, the Danda, and it was the experience I had there that finally drew me to take my relationship to Adi Da seriously.

On my 19th birthday my father gave me the gift of a late summer retreat at the Danda. I actually really didn't want to accept the gift, but my life had reached such a low point—everything just seemed so empty and meaningless—that I decided to go. When the time came, I grudgingly accompanied my parents to the Danda. I remember on the trip thinking how much I wished I hadn't come, and when we arrived at the front door that feeling was magnified intensely so that all I wanted to do was go home. At the same time I knew I couldn't and I had nothing I was looking forward to back in England anyway, so I quietly accepted the fact that I was there. I knew I was in a special place and that the least I could do was respect that.

We arrived late so we basically went straight to bed. I remember when I went to my room the sheets and blankets were all neatly folded at the foot of the bed and so I set about to make the bed. What was strange is that I seemed to be finding this ordinary task incredibly difficult, so that it almost seemed impossible for me. I remember laughing at how stupid the situation seemed and how pathetic I felt. I felt that the situation was testing me and requiring me to be responsible.

The next morning I got up early and went to the guided meditation and then the exercise class. I enjoyed them both, and all the things we did. But the whole of the first day I felt a very strong sense of what felt almost like hatred toward everyone else there. I felt incapable of relating to other people and even felt annoyed if I made eye contact with someone. At the same time I felt incredibly annoyed if someone didn't make eye contact with me (as if they thought they were better than me!). At the end of the first of the four days I was ready to just go home—but another part of me wanted to stay.

On the second day this feeling of not being able to relate to people was still there, but I enjoyed all the activities and was also meeting some nice people. I remember feeling each day a stronger sense of being able to relate to others, even to love them, and I also felt more energised. Especially after talks by long-time devotees of Adi Da I would feel full of happiness. I also began to feel what I can only describe as a constant "presence" with me all the time, which I knew must be Adi Da.

In meditation and during the presentations I would often look at Adi Da's face—He would appear to be smiling at me with such an enormous smile. It seemed obvious to me that He was laughing—but not unkindly—at my limitations

and frustrations and encouraging me to let them all go and laugh with Him. I really wanted to but I knew that if I did I would probably also cry and do all kinds of embarrassing things, so I desperately tried to restrain myself from laughing.

As time went by, however, it seemed more and more obvious that at some point I would just have to let go. I was definitely not happy about this, but somehow I felt a very strong desire for liberation in my heart. This desire was so strong that on the second day I made a decision before going to bed that the following day I would attend all the talks and all the activities and do everything that was being offered as fully as I could, even “perfectly”, in order to feel the wonderful “presence” that I knew was Adi Da, even more strongly.

But in spite of my resolve, the next day was the first day that I missed the guided meditation and nearly the exercises, too. I didn’t feel Adi Da so strongly for the whole morning or even during the talks throughout the day. I became a bit desperate and couldn’t figure out why I couldn’t feel anything anymore.

It was quite late in the day when I realised that my decision to try harder and put more effort in so as to receive more of Adi Da’s blessing was actually creating a block. I was seeking for the happiness that I had freely felt before. It was after I realised that, during a sacred arts performance with devotional chanting, that Adi Da suddenly took over my body.

First, I felt a warmth below my belly button and it rose up inside me. At first I thought nothing of it, except what an unusual sensation it was. For a while nothing happened, but, as we watched a video of Adi Da and listened to the chanting, I began to feel a tingling in my fingers. Then the tingling started to spread, finger by finger, in both hands, until my hands and then my arms were tingling with what felt like pure energy. Then before I knew it, my whole body was buzzing with this warm fuzzy tingling energy and it was ecstatic. I had never felt this before!

My hands and fingers then started to spontaneously twist into very unusual shapes and my head and back arched backwards. My breathing had become very strong and deep and fast. (I learned later that I was experiencing purifying movements called “mudras” and a form of involuntary breathing known as “automatic pranayama”.) It felt great and incredibly liberating.

Everyone had begun to join in the chanting and I also tried, but as I went to sing I found that my entire head was paralysed. I couldn’t even move my tongue and my eyes were wobbling about uncontrollably in their sockets, I couldn’t even focus. At the same time, the rest of my body wanted to jump up and down out of sheer ecstasy. I wanted to throw myself at Adi Da’s feet in gratitude—but I was still a little too self-conscious to do that!

All of that eventually faded away, but afterwards I noticed that all the hatred in me and all the inability to relate to others was completely gone. When I looked at the other people there I now felt like hugging and kissing every one of them. They all seemed incredibly beautiful to me. Adi Da Gave me such a profound glimpse of existence relieved of the

egoic overlay that I can never forget Him and what He Revealed to me.

Shortly afterwards, I began studying the course you take in order to become a formal devotee of Adi Da’s. My relationship with Adi Da has deepened profoundly and this has been the most intense year of my life. The relationship to Adi Da is the greatest Help anyone could possibly have in this life.

A Deeply Vulnerable and Very Beautiful State

by Jym Daly

JYM: It was the last day of a four-day retreat at the European Danda retreat center. I had been up late the night before at an occasion of devotional music, and the last thing I wanted to do when I heard the morning bell was get up and attend the guided meditation and “conscious exercise” classes. But I got myself there, feeling I could slide through with minimum participation.

The only space left was up front next to a large photograph of Avatar Adi Da. I took my seat and was following the guided meditation half-heartedly, when I began to notice some unusual “thoughts”—communications that were commenting on the thoughts I felt I was having. It was very subtle at first, gently showing me what my negative thoughts were creating in relation to the exercise. It was not like an irritated teacher telling me I’m all wrong. This communication was elegant and graceful, showing me that the exercise in and of itself was not useful, but that it is in the surrendering to it and doing exactly what I was actually being asked to do that the gifts of such activity can be received.

By now we were done with the guided meditation and doing the “conscious exercise” class. In response to what was being revealed to me, I participated fully and did everything just as I was being asked to do it.

Now, the thoughts that had been running previously, such as “Will I do the exercise this way or that way? How do I do that? Can I get away with doing it like this?” gave way to the gentle instructing thoughts. These then started to show me how each ordinary thought that arose in me was constructed in a way that was actually creating this sense of “me” and, by that means, making the sense of difference between me and Avatar Adi Da and everyone and everything else.

At this point, I wondered, “Is this Adi Da who is instructing me?” The instant, gentle, and clear response showed me how saying “is this?” presumes and, therefore, creates a sense of “me” and then “this” and “other”. This Instruction went on for about fifteen minutes, each thought dissected perfectly to reveal how I was creating this sense of separation. With each clean cutting away of the language that “I” uses to create this sense of “me” experiencing an “other” there was a stronger and growing feeling of Avatar Adi Da being there, in the place where “I” had previously been creating the idea of “me”. The body-mind was now no longer referring to itself as “I”. There was no usual sense of a separate “I”. Instead, the “point of

view” was that of no-separation and a deeply vulnerable and very beautiful state.

Tears were rolling down from the eyes. Looking at the photograph of Adi Da, this same “Beingness” was clearly alive and looking back. In moments, there would be a sense of a “me” looking at Adi Da’s photograph, and then the gentle instruction would point out the thought-language being used to create this idea of a “me” looking at a picture of Adi Da, showing me how I create duality and separation. As this became clear, this sense of “I” would just dissipate. Deep feeling would arise. Extreme love for remembered “others” would cause more tears and still the gentle instruction showed the error in creating any sense of separation by thinking of these others as separate and as “not Da”. Soon there was only a clear understanding and intuition that there is only Da, only Reality. And This Is It.

The class ended. The body called “Jym” walked unsteadily toward the breakfast buffet. A friend was seen. Trying to communicate that “there is only Da” came out along with massive floods of tears and deep pulsing emotion. There was what felt like an electric current fizzing through the body and especially the hands. It calmed a bit. Food was loaded on to a plate. It was very difficult.

Each friend encountered on the way to the dining table evoked the deepest of feelings—sorrow mixed with love mixed with deep compassion. “I” held it together till the table was reached. Seeing my friends there, I was gone again in the most profound feeling-depth. I thought “This is so profound and beautiful. Is this the Divine?” Then I started to laugh, such a full and forceful laugh that it hurt in the first few bellows and then jerked me off my chair onto the floor where it got more and more intense. If I were the type who is embarrassed easily this would have killed me—early in the morning in a big echoing hall and I’m on the floor howling and laughing louder and harder than ever in my life among a room of quiet, sobered, early morning people!

This beautiful and incredibly powerful feeling lasted in strength only for an hour, but it has left at least a lifetime’s impression on me. It undermined one of my deepest questions, which has always been, “Why, if Reality is One and Indivisible, is there this limited ‘me’ running around in dilemma and pain, and certain to end in death?” I was shown how there is a “mechanism of presumed difference” and that the sense of separate self is a product of that presumption, arising out of identification with it. There was such deep gratitude and love of Adi Da for this Gift of understanding that there is only Him, only Love, only Consciousness. Soon I will come under vow as Avatar Adi Da’s formal devotee and will begin the process and ordeal in His Company of actually becoming responsible for and truly Realizing the Truth that He allowed me to glimpse on this retreat.

Sensitivity to the Divine Reality Requires the Re-Patterning of the Body-Mind

An Excerpt from the book Adidam

This is an excerpt from the section of the book Adidam: The True World-Religion Given by the Promised God-Man, Avatar Adi Da Samraj that introduces the topic of form and discipline in the Way of Adidam. The stories in this issue of the Adidam Advocate from individuals who are preparing to become formal devotees of Adi Da Samraj illustrate how significant discipline can be even from the earliest moments of our acquaintance with Adi Da.

The practice of the . . . Way of Adidam is founded in the transcending of the human psycho-physical structure—but not by means of a dissociative act. Thus, the fundamental (and necessary) basis for the practice of the . . . Way of Adidam . . . is equanimity relative to one’s own psycho-physical structure and relative to the psycho-physical context of human (and cosmic) existence.

—Avatar Adi Da Samraj

Real God Is The Indivisible Oneness Of Unbroken Light

In the first sixty years of His Life, Avatar Adi Da undertook a thorough investigation of all aspects of human life for the sake of Revealing the complete Way of Divine Realization, the true world-religion that can be embraced by any and all. He left no part of human existence untouched by His Divine Wisdom. A fundamental lesson emerged from that investigation: The ego is programmed, or patterned, to seek its own satisfaction, under any and all circumstances—whether in the ordinary dimensions of life or even in religious and Spiritual terms. Thus, if our lives are not re-patterned—such that we go beyond the orientation to self-fulfillment—our being is literally shut off from the Divine.

During His Teaching years, Avatar Adi Da also Revealed that the true Spiritual process cannot take place unless the body-mind enjoys the equanimity of being rightly oriented to the Divine. The body-mind is not “automatically” ready for Spiritual life—there is preparation that must take place in order to be capable of receiving Avatar Adi Da’s Spiritual Transmission. This preparation requires that all four faculties be consistently turned to Him, such that the being is granted freedom from the ego-programs of separateness.

The Spiritual process in the Way of Adidam is about “Enlightenment of the whole body”. By contrast, the ego is the contraction of the whole body. Ego-transcending devotion to Avatar Adi Da, turning the faculties of the body-mind to Him, must be lived concretely and demonstrated in every area of life. It is thus that the being transcends the impulse to self-fulfillment in body and mind. And it is for this reason that disciplines are introduced into the life of devotional turning to Avatar Adi Da—in order to support the deepening of that process. . . .

Avatar Adi Da has established a complete range of disciplines relative to functional and practical life for His

What's New in the Bookstore

devotees. These disciplines are established at the very beginning of the practice of Adidam, and you maintain the basic design of life-discipline (continuing to refine it) from that point on.

The disciplines of the Way of Adidam are “life-positive” because they are based in the disposition of accepting the realities of human life (such as the basic matters of “money, food, and sex”), rather than making any kind of attempt to “get away” (or “escape”) from these realities. The disciplines bring equanimity and well-being to the entire being—body, emotion, mind, and breath. (Detailed instruction in all of the principles and practices described here is given in the literature and coursework published by the Avataric Pan-Communion of Adidam.)

Even more, the disciplines are “life-positive” because (as Avatar Adi Da describes) they are a means to “allow the body-mind to become a participant in the Divine Spiritual Sphere of Existence”. Thus, the aim of the life-disciplines in the Way of Adidam is not a merely moralistic or puritanical attempt to be “well behaved” (in the manner of conventional religion), nor is it a means of intentionally dissociating from the body-mind (in the manner of traditional ascetic practice). The purpose of the life-disciplines of Adidam is entirely a matter of allowing your body-mind to become an ever greater “vessel” for receiving Avatar Adi Da’s Spiritual Transmission of the “Bright”. And when the body-mind is infused by His Divine Transmission, further transformation occurs in the body, mind, psyche, and relations—without any effort on your part.

AVATAR ADI DA SAMRAJ: There is a traditional notion that the way to Realize the Divine Condition is to excise or shut down or eliminate the body-mind in some strategic effort. What I have Proven, Demonstrated, and Taught you is that such is not the true method. Such strategic effort is the method of egoity itself, and only becomes more so. The Way of Adidam is not about strategic dissociation from the body-mind as a technique, but (rather) surrender as the body-mind. The Way of Adidam is utter surrender of the body-mind—transcending it by surrendering as it, rather than trying to dissociate from it.

This is a very practical matter, then. The method of egoity is dissociative. The Means of Divine Self-Realization is the relationship to Me, whole bodily turning to Me. It is surrender as the body-mind, turning the faculties to Me, entering into Communion with Me on the basis of surrender as the body-mind. On that basis, I am able to do My Blessing-Work of Transmission of the “Bright”, Transmission of the Divine Self-Condition. In the surrendered disposition, My devotee becomes combined with My Spiritually Self-Transmitted Person.

—March 15, 2003

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