

OPEN EYES

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Your Fundamental Stress Is Self-Contraction

AVATAR ADI DA SAMRAJ: If any one Will Feel and Examine his or her (psycho-physical) state In any moment, Whether Under the worst Or Under the best Or Under the most ordinary of circumstances, he or she Will Surely Discover That There Is Always A Characteristic Feeling Of Stress, or Dis-ease, or A Motivating Sense Of Dilemma. Therefore, human life (Characteristically Felt As Such Stress, Dis-ease, or Dilemma) Is Also Always Characterized By Struggle, or A Generally Uninspected (and Never Finally Satisfied) Search For Release and Fulfillment.

The usual life Is Always Actively Involved (Whether Consciously Or Unconsciously) In This Motivated Search and This Native Distress. Therefore, every such a one Is Involved In ego-Based (or psycho-physically self-Contracted) Programs Of Seeking (Via Desire, In all kinds of relations and circumstances).

My Avatarically Self-Revealed Divine Teaching-Word Is A Direct Address To The Distress and The Search Of each individual. I Do Not Suggest A Way (or A Method) By Which To Seek. Instead, I Call the individual To Observe himself or herself, To Feel and Examine The Distress That Motivates the life Of Seeking itself.



—AVATAR ADI DA SAMRAJ

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ELCOME TO OPEN EYES

"Open Eyes" is one of Ruchira Avatar Adi Da Samraj's descriptions of Perfect Enlightenment, or the non-exclusive, non-inward, Native State of One Who is identified unconditionally with Real God. In other words, the Realiser of Open Eyes inherently recognises everything to be arising in and as Real God. Through these pages we will introduce you to the Wisdom-Teaching of Avatar Adi Da Samraj.

IN THIS ISSUE

In this Issue of Open Eyes we look at Avatar Adi Da Samraj's description of the "self-contraction". Some of these excerpts are from the very first Talks Adi Da gave, published originally in *The Method of the Siddhas*, and about to be re-published in the text now titled *My "Bright" Word – The Divine Siddha Method of The Ruchira Avatar*.



One will discover the truth of Adi Da's description of the self-contraction more and more, as one enters into consideration, and then practice, of the Way of Adidam.

Avatar Adi Da also tells us the "secret" to growing beyond this self-contraction:

All seeking to be relieved of the self-contraction, is simply the ego trying to go beyond itself. Seeking is itself based in the self-contraction. Instead of a form of seeking, Adi Da Samraj gives the process of Satsang or relationship to Him, the Divine Incarnate. This relationship is not based on a 'belief' that Adi Da is the Divine, but rather is founded in heart-recognition and response to His Revelation as the Divine Person. Avatar Adi Da invites you to consider what He has to say and allow yourself to be moved to what is shown to be True and Free and Happy.

ALL ORDINARY SUFFERE



Avatar Adi Da uses the sign of the fist to describe the self-contraction.



AVATAR ADI DA SAMRAJ The usual person lives in the state that I call "vital shock". Ultimately, this shock includes more than the vital. Indeed, this shock operates even on a very subtle level. But its most obvious (and directly motivating) form is the sense of shock in the vital being. Ordinarily, the vital – at its chief centre in the middle of the body – is contracted. You constantly feel that contraction, even physically. You may feel a kind of cramp, a tension in the middle of the body. And everyone constantly tries to relieve that tension through various experiences, various pleasures.

The vital centre is like the shutter of a camera. It curls in on itself in order to close, and unfurls in order to open. It is like your hand. If you clench your fist as tightly as you can, it eventually becomes painful. Like your hand, the vital centre is alive, sentient – and, like your hand, the vital, when it contracts, causes a painful sensation. Indeed, it causes not only a physical sensation, but also many other repercussions in life and conscious awareness. Therefore, when this contraction occurs in the vital, you not only get a cramp in the stomach – you have an entire life of suffering.



What people are suffering is not their distinctive life-patterns (or strategies) in and of themselves, but this original shock, in the form of a primal reaction –

the self-contraction. People seek, through all kinds of means, to become free of their various symptoms, their various strategies – including the cramped sensation in the region of the navel. But, if you observe and understand this contraction itself – this activity, this drama – in the present, then you do not have to deal with all the endless extensions of it.

To live True Spiritual life, you must deal with your fundamental, present activity, the self-contraction itself – rather than attempting to deal with the search that is an expression of the self-contraction. True Spiritual life in My Avataric Divine Company is not a matter of dealing with the symptoms or the strategies manifested by the activity of self-contraction, but of observing the activity itself, in present time. This fundamental ego-activity is the root and the support and the form of all the ordinary manifestations of suffering, all the patterns of life that people acknowledge to be their suffering. The self-contraction, the avoidance of relationship, is, fundamentally, everyone's continuous, present activity.



All ordinary suffering is only a cramp. It is the self-contraction. Wherever there is self-contraction, there is obstruction to the flow of the life-force. And, wherever there is self-contraction, there is also the sense of separate existence.

If you cramp the hand together in a fist, there is a sensation in the hand, as the hand, that is different from the space around it. When the vital being is contracted in the same manner, the apparent "centre" of that contraction is the ego, the "me", the

RING IS THE SELF-CONTRACTION

separate-self-sense. The mind of this "me" – like its body – is separate, separative, compulsively differentiating.

Therefore, the entire drama of seeking that is a reaction to the self-contraction (or a reaction to life altogether) always begins with this "me". "Me" is the core of your self-contracting activity. "Me" is the centre of the "fist". Every person seeks, by every possible means, to be relieved of his or her suffering – but the suffering cannot be relieved, the self-contraction cannot be uncoiled, unless the "me" (which is its center) dissolves.



One who indulges in the exploitation of desire is no longer conducting the force of life. In that case, there is only the misuse of the life-force, the reversing of it, the emptying of it. People do this because the self-contraction is painful. You discover that, if the life-force itself is diminished, the pain goes away. If the hand goes to sleep, there is no pain from the clenching of the fist. If you empty the vital of its force, the cramp is not felt – even though the contraction remains.

One who is self-indulgent empties the vital constantly – and thereby feels relief, feels open, feels satisfied. But, as soon as strength returns, the pain is felt again – unless the person has exhausted and contracted the vital to the point of impotence. A person who is self-indulgent tries, by every possible means, to get satisfied, to be free of pain. But all such efforts are made from the point of view of the self-contraction, the avoidance of relationship. In that disposition, you will simply continue your efforts – until the entire process of the search fails, and you feel its failure. When you begin to really feel that failure, then Satsang with Me becomes possible, the life of "radical" self-understanding becomes possible.



Satsang with Me is a paradox. For one thing, the self-contraction is the avoidance of the essential condition of life, the primary law (or form) of the cosmos: relationship. There is nothing conditional that arises on its own, or purely as its own "self". People come to Me dissociated from all "others", separating themselves from all conditions. But Satsang is the relationship to Me. Therefore, Satsang with Me is an offense to "Narcissus", an offense to the self-contraction – not a satisfaction of it. When you have become sensitive to your own

failure, then (and only then) are you able to tolerate that offense.

Living always in heart-Communion with Me, while rightly functioning in the cooperative culture of My devotees (and in the world altogether), is the means to release vital shock. But the release is entirely My Activity – for My devotee cannot do what My Avataric Divine Spiritual

Presence and Force Does. As My devotee, you simply live in that Presence and Force, conformed to the life-conditions I require. Such is the True Grace of Spiritual life in My Avataric Divine Company: Your vital shock is undermined by My Avataric Divine Spiritual Presence and Force – the Presence and Force of Reality Itself (or Truth Itself).

From: My "Bright" Word



The open hand describes the condition that exists prior to the self-contraction.

Isn't Everyone?

Nicola Gee, natural beauty therapist and caregiver, living in New Zealand

From when I was quite young I was always privately wondering what was the point of all this living. Where is it all leading? It didn't seem to go anywhere.

After exploring different paths when I was older, I was blessed to come into contact with the teachings of Adi Da Samraj. I went to a seminar, started reading His books, went on a weekend retreat and at some point during this time I had an experience of absolute freedom, love and real happiness that I had not felt so deeply anywhere else before. The happiness I felt was not because of anything ordinary – everything in my life was much the same. But I felt this lightness in my heart, in my whole body, as if a big weight had been lifted from my shoulders. I knew it was Adi Da Samraj. I had found what I didn't even know what I was looking for – my spiritual master.

I became a devotee of Adi Da Samraj, and my life has been continually transformed since then. He has given me great help, love and deep heart-satisfaction. I have discovered what the point of all this living is – to realise freedom, to be love, and this is who Adi Da Samraj is. He is pure love in a human body. He is the Divine Person, who can liberate everyone from unhappiness. And I have discovered that this is all I am truly interested in – being happy. Isn't everyone?



The Necessary Discovery

Avatar Adi Da Speaks about the process that occurs in the formal practice of Adidam.

AVATAR ADI DA SAMRAJ: At First.... the individual Becomes Acutely Aware Of his or her Habits Of Seeking, Desiring, Doubting, Believing, Manipulating, Betraying, and Always Returning To The Same Distress and Want. Then, As The Crisis Of Most Fundamental self-Understanding Approaches, It Suddenly Becomes Clear That All Of That Is Being Motivated By A Constant Feeling Of Distress, Which Is The Result Of self-Contraction In The Face Of all relations and conditions.

This Discovery Is Most Profound. It Is As If a person In Pain Suddenly Discovers That he or she Is Pinching his or her own flesh. (And This Discovery Produces Immediate Relief, As Soon As The Pinching Ceases.) Therefore, As Soon As an individual Discovers That The Painful Search That Occupies his or her life Is Being Created By A Fundamental Feeling Of Distress, attention Is Free To Examine That Distress Itself. And, When That Distress Is Directly (and Profoundly) Examined, It Is Discovered That It Is The Result Of A Chronic (and self-Induced) Contraction Of the body-mind, or, Most Simply, The Habitual (and, Ultimately, Always Voluntary and Un-Necessary) Avoidance (or psycho-physically self-Contracting Refusal) Of psycho-physical Relationship and psycho-physical Relatedness....

I Call everyone To Feel and To Thoroughly Observe and To Transcend The Habit Of Egoity.

From: "The Dawn Horse Testament Of The Ruchira Avatar"



About Adi Da Samraj

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?

Open Eyes 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 14-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 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 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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