

Open Eyes

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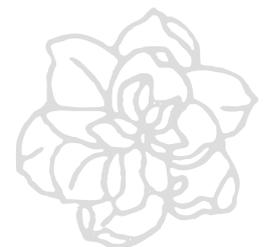
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The True Condition of Existence



Avatar Adi Da Samraj

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The heart has
a question.
The heart must
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Without that
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Which is
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Spiritual in
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Welcome to Open Eyes

This newsletter is produced by devotees of Avatar Adi Da Samraj. Avatar Adi Da founded the ego-transcending Spiritual Way of Adidam Ruchiradam.

When there is no ego, then The Divine Is Self-Evident—even with “Open Eyes”—in this apparent “world.”

—Avatar Adi Da, *The Aletheon*

“Open Eyes” is one of Avatar Adi Da’s descriptions of Perfect Enlightenment, or the non-exclusive, non-inward state of one who is identified unconditionally with the Indivisible Reality that is the Prior and Divine Condition of existence.

Avatar Adi Da Teaches that this Indivisible Reality is the Truth of everyone and everything. He has said that we could be completely Happy in every moment, if we truly Realised this. Instead, we tend to chronically feel and think – and experience – that we are separate from apparent others and things.

This feeling-sense of separation is what Adi Da calls the “I”, the ego, or the “self-contraction”. He Teaches that the self-contraction is something we are doing, not something that is happening to us. “Radical understanding” (or understanding “at the root” of ego) occurs when the activity of self-contraction is released and transcended in the Prior Divine Reality.

In this issue of Open Eyes, we introduce Avatar Adi Da’s liberating Teaching about the self-contraction and present two excerpts from His many talks and writings on the subject.

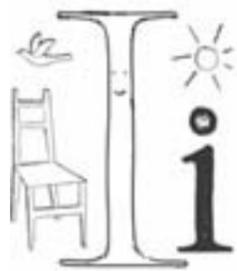
“Radical” Understanding

There is only One Indivisible Divine Reality, which is Free and Full and Happy.



Clench your fist up as tight as you can. This is how it feels to be separate from Divine Reality.

Now open up your hand. This is something like how it feels to be in relationship, or perfectly coincident, with the Divine.



As the ego-fist, each of us believes ourselves to be separate from the Indivisible Divine. We experience this as the sense of “I” or “self and other”.

This sense of separation makes us feel unhappy, and we seek to find a way to feel better again. “I” believes that “I” has to do something to get Freedom, and Fullness and Happiness back.



Avatar Adi Da shows that, in Truth, “I” is not who we really are. Rather, “I” is an activity of contraction away from the Divine Reality, that we are each doing in every moment.

True Happiness, or “Satisfaction” comes when we stop doing self-contraction, not when we get the things we want!



Recognising this is what Adi Da calls “Radical Understanding”.

“I” cannot cause Radical Understanding to occur because “I” can only seek.

Radical Understanding occurs naturally, when the self-contraction is forgotten in Communion with the Divine.



Avatar Adi Da Samraj, 1972

Realize the Spiritual Condition of Existence Itself

The heart has a question.

The heart must be Satisfied.

Without that Satisfaction—Which is necessarily Spiritual in nature—there is no Real Happiness.

The contraction of the heart is what you are suffering.

It is the ego.

The egoic life is a search—founded upon (and initiated by) the self-contraction of the total body-mind.

The egoic life is a self-caused search to be relieved of the distress of self-reduced, self-diminished, even utterly self-destroyed Love-Bliss.

Love-Bliss gone, non-existent, unknown—just this pumping, agitated psycho-physical thing.

The ego-“I” does not know What It Is That Is Happening.

You are just “hanging out” for a while, until “it” drops dead.

It is not good enough.

Therefore, I Advise you to begin to be profoundly religious, and not waste any time about it.

There are other planes, other dimensions.

But to enter into them, you have to be in their form—you have to break “above ground”, you have to climb the Tree that is Above the root ball of your brain, and you have to Find the Heart-Deep from Which even the Beyond (That Is Above) Springs Up.

You must Realize the Spiritual Condition of Existence Itself—Prior to the Cosmic domain.

You cannot be sane if you think there is only flesh, only materiality, only grossness.

Such thinking is not fully “natural”, not enough.

There is “Something” you are not accounting for.

Be open to “Whatever” That Is.

It is not enough to merely go on presuming the materialist disposition.

You must look into this.

—Avatar Adi Da Samraj

Hridaya Rosary (Four Thorns of Heart-Instruction)

Capitalisation

In His written Teaching, Avatar Adi Da employs a unique scriptural convention of capitalisation, in which only those words that indicate the egoic (or dualistic) “point of view” are left lowercased. This capitalisation convention is in itself a Teaching device, intended to communicate His fundamental Revelation that “There Is Only Reality Itself”, and that only the ego (or the dualistic or separative “point of view”) prevents us from living and Realising that Truth.

Glossary

Cosmic domain—The entirety of existence that manifests on the basis of “causes” and conditions. Avatar Adi Da uses this term in contrast to the “Divine Domain”, which is the Indivisible Reality, Prior to all cosmic conditions.

Grossness—Adi Da Samraj (in agreement with certain esoteric schools of spirituality) describes conditional existence as having three fundamental dimensions—gross, subtle, and causal. “grossness”, in this case, refers to “material, or physical, elements.”

Materialist—Someone who subscribes to the predominant philosophy and worldview of modern humanity, the basic presumption of which is that the material world is all that exists.

Psycho-physical—A phrase which Adi Da Samraj uses to indicate that the human being is not a purely physical phenomenon, but a phenomenon with both physical and psychological/psychic dimensions. He also uses this description to characterise not only the human being but the world altogether.

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(About the principle retreat sanctuary of Adidam)

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(online publication by Avatar Adi Da)

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Understanding

from Avatar Adi Da's first formal Discourse

There is a disturbance, a feeling of dissatisfaction, some sensation that motivates a person to go to a teacher, read a book about philosophy, believe something, or do some conventional form of Yoga. What people ordinarily think of as religion or Spirituality is a search to get free of the sensation, the suffering, that is motivating them. All of the usual paths—Yogic methods, philosophical investigations, religious beliefs and observances, Spiritual techniques, and so on—are forms of seeking, grown out of this sensation, this underlying suffering. All the usual paths are, fundamentally, attempts to get free of that sensation. That is the traditional goal. Indeed, all human beings are involved in the search—whether or not they are very sophisticated about it, whether or not they are using specific methods of Yoga, philosophy, religion, and so on.

As long as you are merely seeking, and have all kinds of motivation, all kinds of fascination with the search, this is not self-understanding—this is dilemma itself. But, when the dilemma is understood, then there is the clear

noticing of a structure in conscious awareness—the activity of separation. And, when that activity is observed more and more directly, then you begin to see that what you are suffering is not something happening to you but it is your own activity.

It is as if you are pinching yourself, without being aware of it...

Then you see that your entire motivation in life is based on a root-activity that you yourself are doing. That activity is avoidance, separation—a contraction at the root, the origin, the "place", of conscious awareness.

At first, the awareness of that sensation is only periodic. Then the awareness of it becomes continuous. Then you become capable of observing its actual structure, of understanding it as your own activity—as a deliberate, present-time activity that is your suffering, that is your illusion of separateness.

—Avatar Adi Da Samraj,
My "Bright" Word
