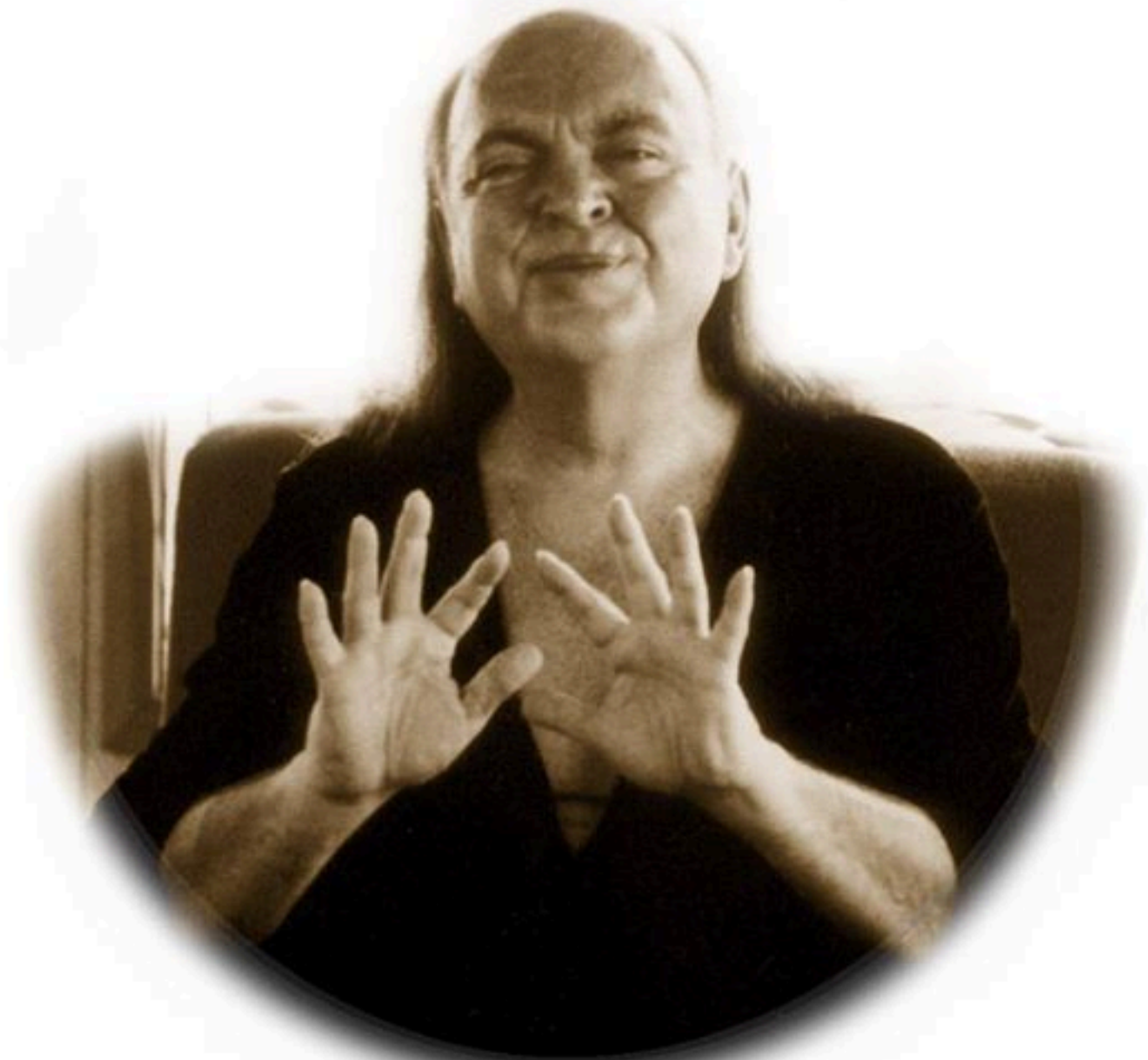


Open Eyes

An ADIDAM™ Periodical —Asia-Pacific region ISSN 1176-4570

VOL 21/2

Be The Open Hand



Love is the action in which ego and all its reactions are dissolved, since all such things are only contraction... When Love is altogether True, when Its Radiance Shines so hard it opens up the hand, then there is Only Real God—and Real God Is Love.

- Adi Da Samraj, *The Paradox of Instruction*



During The Years of My Own Ordeal of Transcendental Spiritual Re-Awakening... I spontaneously Developed the total process of the understanding (and the transcending) of the ego... Nevertheless, even all of My "Years of Testing-by-experience" were founded on The same basic Insight (or Heart-Awakening), and all those Years were punctuated by sudden Great Moments of Awakening and sudden Great Leaps of Understanding.

One such (and early) Incident of Heart-Awakening occurred quite gently (but most profoundly), in a moment in which I was mindlessly regarding My right hand, observing the (apparent and, suddenly, revealing) contrast between the natural (or open and functionally relational) attitude of the hand and the unnatural (or contracted and functionally dissociated) attitude of the clenched fist.

The natural sign of the human body is relatedness, not separateness and independence!

Therefore, when this sign convicted the heart, the "subjective" commitment to "self"-contraction was spontaneously released. In that moment, there was a quiet revolution in the body-mind. I "Knew" The "Always Already" State. And this began a period of Enquiry into the "self"-contraction (which appears, in action, as the avoidance of relationship).

- Adi Da Samraj, *The Aletheon*

"The Undoubted Revelation of God"

by Carolyn Lee

The previous day [in a Sacred Sighting], I had seen Avatar Adi Da's body as an appearance coalescing into Form out of pure Light. And now He was almost painfully present as a totally vulnerable human body, simply Radiating Love.

I felt unable, in that moment, to receive that intensity of Love—and immediately my life flashed before me, as happens (people say) at the moment of death. I saw everything unloving about my life from my earliest memories to that moment. I saw what I had done in all my relationships—with friends, family, lovers—that was all about my own satisfaction, my own agendas, the competitiveness, the anger, the heartlessness, the failure to be sensitive to anyone except myself. The intensity of this reflection grew and grew, until I felt I would explode. I wanted to run from the room.

Then I looked at Avatar Adi Da. His eyes were half-closed in Bliss, and it was obvious to me that He "knew" everything about me. And He did not care how it looked. He was there to Draw me beyond all of it.

I knew that some profound, pre-verbal longing in my being had been boundlessly answered and satisfied—and that the rest of my life would be devoted to the Revelation that had just been given to me.

It was the undoubted Revelation of God, yes—but not the "Creator-God" of my childhood religion. The "God" that had been shown to me on these occasions was not apart, not separate, not a great "Parent".

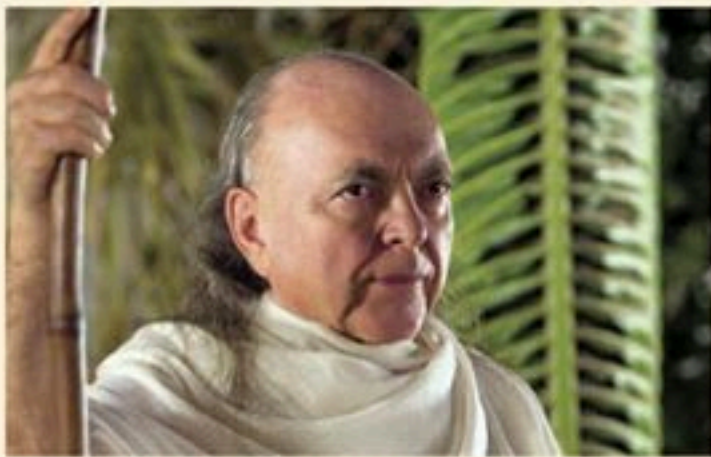
That One was simply Light, the inseparable Source and Substance of everything. He was Bliss, Love, and Joy—humanly Present and yet Radiating from Infinity.

I often make a fist out of My hand to represent this activity of avoidance, because it shows very clearly what happens when there is self-contraction. If you curl your hand in upon itself, a sensation is generated at the center of the hand that concentrates attention. That sensation in the hand is differentiated from every possible thing outside the hand. That sensation becomes the center of concentration.

- Adi Da Samraj, *My "Bright" Word*



Who Is Avatar Adi Da Samraj?



Avatar Adi Da's entire human lifetime was a unique demonstration of His Eternal Form — the State He calls the "Bright", the Conscious Light that is Reality Itself.

From His birth on 3 November 1939 on Long Island in New York, to His passing from the body on 27 November 2008 on the Island of Naitauba, Fiji, His Life is the story of the Intervention of the "Bright" in human time.

The fruits of Avatar Adi Da's Lifetime are the establishment of a new and unique possibility for the transformation of all beings and the world itself.

His Eternal Revelation is of the Divine Reality, which is always Shining — like the sun — as the Prior Condition of every one and every thing.

What I am Saying is a simplicity—and, also, a necessity.

Will you turn to Me—or will you protect "self"?

It is that simple.

Whether to be the closed fist, or else to be the open hand?—that is the moment to moment question of life.

Therefore, by always turning to Me, always choose and be the open hand.

- Adi Da Samraj

"Be The Open Hand", *The Aletheon*



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