

# THE FIRST THREE STAGES OF LIFE



Serving the Right, True, and Free Development  
of Children and Young People  
and  
Completing the Human Work of Individuation,  
Socialization, and Integration for Adults

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PRESENTING INSTRUCTION GIVEN BY HIS DIVINE PRESENCE,  
AVATAR ADI DA SAMRAJ

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*Compiled by Meg Fortune McDonnell,  
for the Vision of Mulund Institute*

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AN ADIDAM™ PRACTICAL WISDOM GUIDEBOOK

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## ABOUT THIS BOOK

This book contains profound Wisdom about the universal requirements of the human developmental process—including the conscious rearing of our children, as well as the ongoing growth challenges still facing most of us as adults. All of the useful instruction contained herein stems from a unique Source, and a unique sacred history.

Born in 1939, and impelled by the “Bright” State of Transcendental Spiritual Illumination He had always enjoyed, Avatar Adi Da Samraj began Teaching others in 1972. In the decades that followed, He created a vast repository of Wisdom—the body of His Teachings consists of over seventy-five published books, many internationally acclaimed. While Avatar Adi Da’s Teachings are intended to be usable by everyone, they were generated from His living dialogue with those who approached Him as devotees. In other words, His Teachings stem from His interactive involvement with many people, and are addressed to our most fundamental and real human needs.

In addition to generating this body of Instruction, during the twenty-eight years of Avatar Adi Da’s formal Teaching-Work—from 1972 to 2000—He called into being a new Spiritual way of life, founded in the devotional relationship to Him. He called that way of life “the Reality-Way of Adidam”, and, as a wholly new form of human culture, it includes unique forms of worship, learning, artistic creativity, and community participation, all based in the life of devotional Communion with Him.

In the year 2000, having planted the seed of this new culture and having established a comprehensive body of Wisdom-Literature, Adi Da relinquished the work of Teaching to concentrate purely in Radiating His Transcendentally Spiritually “Bright” State—not just to those who approached Him directly, but to all. From that time, until the end of His physical life in 2008, Avatar Adi Da worked to express the Truth of existence through this Blessing-Work, and by creating works of visual art and new written communications to which everyone, universally, could respond.

The Wisdom presented in this book reflects this history. These pages include an understanding that is useful to, and urgently needed by, everyone—no matter what the level of their response to Avatar Adi Da. One need not be a participant in the Reality-Way of Adidam to benefit from the guidance given here. At the same time, it is also true that quite a few of these pages are dedicated to explaining the devotional practices and right-life disciplines that Avatar Adi Da Offers to those who do take up the practice of Adidam.

If you, as a reader, are not a participating member of Adidam, use these instructions as Avatar Adi Da intended—allow the principles given here to inform and illuminate your life and heart, and use them in your service to children as you see fit, to the degree you are able. There is much to benefit from, as you will see.

If you are an adult participating in Adidam but are not involved with children, you will find that this book includes specific sections addressed to you—sections focused on the necessary adult process of “growth and out-growing” in the first three stages of life. (For easy access, you will find these sections listed in Appendix C.) And even though you may not be much involved with children, you will most likely find that the sections of this book geared toward children and young people also contain Wisdom that is supportive and helpful to you in your own adaptation to the practices of Adidam.

If you are a participant in Adidam and are involved with children, if you are a parent, other relative, teacher, mentor, or guide to young people in this unique Reality-Way, you will undoubtedly find directly usable Wisdom in every section of this book. You may also observe that the passages concentrating on the practical issues of conscious childrearing are addressed to you, the responsible adult. Other passages, interspersed throughout, are addressed directly to children themselves. The sections addressed to children are generally set apart in visually distinct boxes, to make it easier to share this book with the children you love, relate to, and serve. There are also some passages (integrated into the general text) in which Avatar Adi Da speaks directly to third stagers. (For ready access, you will find all these sections specifically addressed to children and young people listed in Appendix B.)

## About This Book

If you have further questions about how to use the guidance in these pages, you will find information about the educational programs offered by the Vision of Mulund Institute at the back of this book. The Vision of Mulund Institute is a nonprofit organization dedicated to making available Avatar Adi Da's universal Blessings for children and His specific Wisdom about the first three stages of life for people of all ages. ■



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