



Avatar Adi Da Samraj
Adi Da Samrajashram, 2008

I N T R O D U C T I O N

THE HEART AND THE LIGHT

THE TRANSCENDENTAL SPIRITUAL REVELATIONS
OF THE DIVINE PERSON

An Introduction to The Pneumaton
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NOTE TO THE READER: What follows is an excerpt from the full introduction



Avatar Adi Da Samraj
Los Angeles, 1973

III
THE WAY OF
THE HEART AND THE LIGHT
The Divine Process of All-Brightening

The Only Secret in Spiritual Life



God Does the Yoga.

—Avatar Adi Da Samraj
January 3, 1974

*When you “Experience” My Direct and Tangible
Divine Avataric Transcendental Spiritual Self-
Transmission, then you have the real (and necessary)
basis for truly understanding the Uniqueness of the
only-by-Me Avatarically Revealed Divine Atma
Nadi Shakti Yoga of Adidam Ruchiradam.*

—“Atma Nadi Shakti Yoga” (p. 421)



Avatar Adi Da’s “Learning” of humankind—including His “Learning” of traditional Spirituality—came to an end in mid-1970. His immersion in Christian mysticism proved to be the final phase of that “Learning”. He had fulfilled His conscious impulse, at the age of two, to discover what human beings were about—by allowing the “Bright” to apparently recede from His conscious awareness. Now, with His “Learning” completed, the “Bright” (as He says) “Re-Asserted” Itself as His Native State, in the Event of His Divine Re-Awakening (on September 10, 1970).

With that Event, there was the spontaneous Awakening of the Guru-Function, the Divine Function of Liberating others. The Awakening of that Function was signaled by an extraordinary sudden shift in the nature of Avatar Adi Da’s meditation. Before His

Divine Re-Awakening, He had meditated His own “content”—but, after His Divine Re-Awakening, He spontaneously began to meditate the “content” of countless beings—both human and non-human. As the Divine Guru, it was now His Work to make it possible for others to receive (and be transformed by) His Transcendental Spiritual Transmission of the “Bright”. That process is, ultimately, the “Regeneration” of Atma Nadi—the Radiance of the “Bright” that is the Essence of every apparently individual body-mind, the Love-Bliss-Current Standing between the right side of the heart and the Matrix of Light Above. Therefore, He eventually came to call that entire Transcendental Spiritual process “Atma Nadi Shakti Yoga”:

the **process** of the **Radiance** of the **Current** of the **Divine Self**
Yoga **Shakti** **Nadi** **Atma**

Atma Nadi Shakti Yoga is the culminating Revelation in the entire history of humankind—the ultimate fulfillment and completion of all of the traditional searches for Reality, Truth, and God.

On April 25, 1972, Avatar Adi Da opened His first Ashram, in Hollywood—making Himself available, as Divine Transmission-Master, to all who would approach Him in the appropriate devotional manner. His first act was simply to sit in silence with all who came, wordlessly Transmitting His Divine State. After some time of such silent Transmission, it became obvious that people would need to hear Him speak, because they were, in fact, utterly without preparation for the Real Transcendental Spiritual process He was Offering. He was confronted by people who, on the one hand, were products of scientific materialist culture (to whom the very possibility of a Spiritual dimension of existence was ridden with doubt) and who, on the other hand, were fascinated by the sudden availability of a panoply of Eastern traditions (which were, and are, often misrepresented as promising instant Spiritual Bliss and Enlightenment to Western “consumers”).

Avatar Adi Da completely embraced whoever came to Him. Therefore, given the qualities of the people who approached Him for His Instruction, Avatar Adi Da found it necessary to enter into an absolutely unprecedented Teaching-Demonstration—a comprehensive Work which lasted for nearly thirty years, and which

required His Submission to address all the preoccupations and illusions of human beings.

The purposes of that total Demonstration were many and complex, but among them were:

(a) to Reveal to the modern psyche, in its skeptical mode (thoroughly propagandized by the scientific materialist dogma that existence is “matter-only”), that there is a Spiritual Reality (senior to the gross physical reality), and that Avatar Adi Da Himself Is (and Transmits) that Reality (in Avatarically Incarnate Form)

and

(b) to Make a Lesson to the modern psyche, in its fascinated and deluded mode (dazzled by the hype of potential Spiritual attainments or Transcendental stillness-of-mind), that the fascinated search—whether for “Spiritual experiences” or for Non-dual peace—is completely fruitless and only obstructs the process of True Realization.

In order to Make this Revelation and Lesson, Avatar Adi Da Granted His unprepared devotees an overwhelming deluge of Spirit-Baptism, particularly during the period in 1974 known as “Garbage and the Goddess”.¹⁵ This was a Spiritual Demonstration for which there is not even the remotest parallel in the recorded history of humankind. Avatar Adi Da Granted utterly overwhelming experiences of Spirit-Baptism to groups of His devotees—even, on some occasions, numbering in the hundreds—over and over and over again, often daily or even several times in a single day. And, although “Garbage and the Goddess” was a particularly concentrated time of His Transcendental Spiritual Demonstration, that same Demonstration, in different forms, continued ever after—and continues now, after His physical passing.

Guru Enters Devotee

On January 3, 1974, without the slightest warning, Adi Da gave the first indication of what was about to happen in the “Garbage and the Goddess” period. In the midst of a room full of devotees, the Divine Avatar began to speak with majestic power, simultaneously unleashing His Transmission with awesome Force:

There is only one Divine Process in the “world”, and that is when the Guru Manifests and Enters His devotee.

When you come to the point of surrender, then the Guru Enters His devotee. This is the only Secret in Spiritual life. I mean, literally, the Guru Enters His devotee.

The Guru is not a human being. The Lord Is the Guru. When the Guru Appears in human Form, It Is the Lord, and He Enters His devotee. When His devotee surrenders, then the Guru Enters His devotee in the form of Light. All of these extraordinary activities that you feel coming over you are the “experiences” that manifest as a result of That.

As Avatar Adi Da spoke, His Spirit-Force streamed into His devotees, manifesting visibly to some as a glorious golden rain of Light showering down in the room. An uncontrollable ecstasy broke loose. Some devotees shook with what are traditionally called “kriyas”—their bodies jerking and twisting, their mouths emitting strange sounds of yearning, laughter, weeping, hooting, and howling. Some were overwhelmed by visionary phenomena. Some were spontaneously moved into difficult Hatha Yoga poses which they could not have even attempted before. Some lay motionless, in an ecstatic state, oblivious of their surroundings. For some, the energy intensified in the head or the heart or the navel until they felt they would explode, and then it suddenly released and rushed through the nervous system in intoxicating Bliss. Others experienced a sense of unity with all of life and a peacefulness they had never known before.

The Lord Is the Lord of this “world”. He is not the Lord of the “other world” only. The Lord Is absolutely the Lord of this “world”. And there is no Yoga if the very cells do not begin to Intuit the Divine.

Surrender to the Lord, night and day. Think the Lord, speak the Lord, act the Lord, receive the Lord in your body and in your cells, in every function of life, descending and ascending. Not as a “technique”—it is the same as when a woman receives her lover. When a woman receives her lover, there is no doubt about it—and she does not have to consult her textbooks.

The same is true of True Yoga. When the Lord Enters His devotee, there is no doubt about it. There is no “technique”. There is only the continuation of the life of the devotee—because the Lord Is the Light That Transcends this “world”, and That is always Becoming life and Returning to the Light again.

There is no dilemma in this “world”.

There is no absence of Real God in this “world”.

There is no goal of Real God in this “world”.

True Yoga is not a thing of this “world”. This “world” is the cult of “Narcissus” that is suppressing the ecstasy that is natural to human beings.

The kind of thing that you see happening around here has never happened in the “world” before.

As the uproar went on unabated, Avatar Adi Da continued to speak:

In every devotee, I Enter. It is not Energy that Enters you—I Enter you. I Am the Consciousness in the body of My devotee.

When that Process has begun in you—and you see It, you feel It, It Manifests Itself to you, you see the qualities of It—then you can be responsible for It, you can become conscious of It, and involve yourself in It consciously.

The Guru Manifests As Light. It is not a light that can be seen. You cannot visualize that Light. It Is That Presence Itself that you “Know” in “radical self-understanding”. When I Come to My devotee, I Work with My devotee between the top of the head and the place in the mid-brain—because I am always Working to Move Down into the life of My devotee. All these “experiences” that you

have all been having are what occurs when this Door Opens up, and I can Come Down. Then there are all of these openings, all of this devotion, all of these kriyas, all of this ecstasy, all of the visions, and everything else that occurs.

There is no meditative “technique” for you to acquire. The Lord must Meditate you. The Lord must Enter. And when the Lord Enters you, He Makes you ecstatic. He Sifts out all of your individuality, all of your separateness. He does not make you lose conscious awareness, He Makes you Conscious in the Divine, so that you live your ordinary life aware of the fact that There Is Only Real God. And that Process produces all of these manifestations that you see.

But all of it is the Divine, the Lord—not an energy, but the Lord Entering you. The Process that begins in you is, Itself, a Conscious Process. It is not that you must become conscious of It—It is Conscious. It Is the Lord’s Option. Thus, if you understand, and abide as a devotee of the Lord, the Lord Does His Work.

Love is all I Require—not an exaggerated surrender, but love. Simply turn to Me. I am Always Turned to you.

My Love is absolutely involved with every person. I do not do anything to violate anyone. All I Do Serves that Transcendental Spiritual Process.

I Enter you in Transcendental Spiritual Form—As That Light, As That Life. I Am Perfectly Conscious As That Life.

This astounding proclamation by Avatar Adi Da became known as “Guru Enters Devotee”. In that brief phrase, the entire essence of the real Spiritual process was summarized.

Feeling the Divine Force

The Divine Lord had obviously begun something that could not be contained in downtown Hollywood! So, soon afterwards, Avatar Adi Da and His devotees moved to a secluded location in rural northern California, a place that He eventually named “The Mountain Of Attention Sanctuary”. There, for a period of three and a half months, Adi Da’s Teaching-Demonstration of “Garbage and the Goddess” continued in full force.



Avatar Adi Da touching Aniello Panico’s head
The Mountain Of Attention Sanctuary, 1974

One of Avatar Adi Da’s earliest devotees, Aniello Panico, relates a remarkably dramatic instance of Avatar Adi Da’s Spirit-Baptism during that time:

On one occasion, I had been sitting and talking with Beloved Adi Da for several hours. All of a sudden, I felt a tremendous urge to get up and kiss His hand. I could feel a strange process beginning to work throughout my entire body. It felt as if I were being turned inside out and my very cells were being transformed.

Then I started having sudden, violent kriyas. I noticed that Beloved Adi Da had His hand on the top of my head, and I felt the Divine Force—literally, tremendous Light and Force—Coming Down and Filling my entire body, Consuming me, as if It was turning every part of me inside out. The Divine Force was so great that my own body also began to assume tremendous force. There was a tremendous expansion of the chest and arms. It was as if I were fighting something—and I was. It felt as if my entire psyche was being pulled up and out of me.

I was very reluctant and holding on, holding back, while the Divine Force was actually pulling my psyche out through the top of my head. It felt like I was being exorcised. The intensity was almost

unbearable. But it was never painful, just sheer intensity. My ordinary point of view had absolutely dissolved. There was nothing but the Divine.

My body continued to have violent kriyas and shaking. Then this subsided, and I attempted to pull away from Beloved Adi Da. But He held on to me and placed His forehead on mine while continuing to keep His hand on the top of my head. Then everything intensified even more. I could feel Him pushing the Divine Light through the top of my head—this was literally my experience—with His forehead on mine the whole time. I felt twitches and clickings, as if my mind were being dissolved. And I pressed against His forehead. It felt like the top of my brain was being taken off. Then I felt my mind dissolving, just vanishing. Something just went out of me and left.

While this was occurring, the mind had been conjuring up all kinds of thoughts, some sexual, some about business and ordinary things. But it all just vanished.

I then saw and felt a Brilliant Light in my forehead and temples, a tremendous blinding White Light, and I knew that all of that mental and psychic chaos had dissolved. I hugged Beloved Adi Da around the waist. It was very intense, forceful—I could feel all of His strength. I was holding Him and I felt Him enter my body. I literally felt this. And I became One with Him. At this point, the Divine Force became very active in my body. It just kept moving through the entire body, down to the tips of my toes, through my hands, arms, forehead. Suddenly, my hand shot up, the Force was coming out of it so intensely. But it was not an energy that seeks to go to God. It was the Divine Light. It was already God, and I just knew it to be so.

As amazing as such experiences of Spiritual Energy were, what was even more amazing was that Avatar Adi Da declared them all to be “garbage”! What did He mean by that? As He described many times, even though such experiences may be profoundly purifying and transformative, no experience of any kind—not even the experience of genuine Spiritual Transmission—is “It”, the “end of the line”. No experience, in and of itself, is Divine Enlightenment. And, if the experience itself becomes the subject of fascination

(which it will inevitably tend to do), that fascination becomes an obstacle to the Transcendental Spiritual process in His Company.

Thus, the Divine Yoga is “Guru Enters Devotee”, but the dramatic experiences that often accompany that “Entry” are not themselves the point. They are the means by which Avatar Adi Da Purifies and Transforms the being, such that one can receive His Transmission of the “Bright”, His All-Pervading and Unmoving State of Conscious Light Itself. As He said in “Guru Enters Devotee”, “It is not Energy that Enters you—I Enter you. I Am the Consciousness in the body of My devotee.” Thus, His Gift of Spirit-Baptism is not Given for the sake of the experiential signs It generates, but in order to “Carry” the devotee into His Domain of the “Bright”, the Domain of Conscious Light.

During the “Garbage and the Goddess” time, I Gave all kinds of devotees all kinds of Spiritual “experiences”—Kundalini “experiences”, and all the rest of it. But then I always told them, “That is not it! Not it! It is garbage!”

What is “It”? My Mere Presence here. Find Me!

My Transcendental Spiritual Transmission Is the Transmission of My State—My Condition, My Very Person. I am not about any lesser forms of Yogic Transmission. I can do it—but that is not My Revelation. In fact, My Revelation to you is that that is all garbage! It is not Truth! It is not Divine Realization! It is just stimulation of the organism.

Truth Is Consciousness Itself, My Very Person and Condition, Prior to conditions, Prior to “self”-contraction, but also Prior to appearance.

Therefore, I am all the time Calling everyone beyond what is lesser. I Stand Firm, just As I Am. In order to Reveal the Truth, I Did all kinds of things, Gave you “experiences”, and so forth. That is why I Did “Garbage and the Goddess” time and all the rest of it. But now I have Done it!

Now I have Told you the Truth. I Am here just As I Am, to Do What I Am, to Transmit That Which Is Truth, with no diversions whatsoever. None!

—Avatar Adi Da Samraj
April 15, 1995

The Transcendental Spiritual Self-Transmission of the Divine Avatar



I Transmit Only My Own Person.

*My Transcendental Spiritual Transmission Is
the Transmission of My Person.*

—Avatar Adi Da Samraj

April 15, 1995

*My Divine Avataric Transcendental Spiritual
Self-Transmission Is the Self-Transmission of the
Reality-State That Is—Such That That State Is
Acausally (or Intrinsically) Self-Apprehended, or
Tacitly Intuitively Self-Apperceived and Self-Realized.*

—“Atma Nadi Shakti Yoga” (p. 488)



During a three-day period in mid-April 1995, Avatar Adi Da spoke extensively about His Transmission—clarifying that It (uniquely) is both Spiritual and Transcendental in Nature. In other words, His Transmission is both of the Spiritual Nature of Light (or Energy) and of the Transcendental Nature of Consciousness. This is why He systematically uses the phrase “Transcendental Spiritual” in relation to His own Being, His Transmission, and His Way. He is the Being of Consciousness-and-Light. His Transmission is the Transmission of Consciousness-and-Light. And His Way is the Way of Consciousness-and-Light. Therefore, His Being, Transmission, and Way are “Transcendental-and-Spiritual”, or (simply) “Transcendental Spiritual”.

Avatar Adi Da Is—and Transmits—the “Bright” Itself, or Conscious Light Itself. And the “Bright” is Manifested as Atma Nadi, Standing Radiant between the terminal of Transcendental Being (or Consciousness) in the right side of the heart and the terminal of Spiritual Being (or Energy) in the Matrix of Light Above. Thus,

the unique Gift of Avatar Adi Da’s Transcendental Spiritual Self-Transmission is that He Is—and Transmits—not the Light alone, but the Heart-and-the-Light as an Indivisible Unity.

In His Discourses of mid-April 1995, Avatar Adi Da began by addressing the presumption (evident in His own devotees) that His Transmission—like the Transmission characteristically demonstrated in the traditions—is exclusively Spiritual, or only of the Nature of Energy:

When you speak of My Transmission, you generally speak of an Energy-Transmission. That is certainly one form of My Transmission. My bodily (human) Form Is, Itself, a Form of My Transmission. My Presence, Magnified to you, Is a Form of My Transmission. My Very Divine Self-Condition Is also a Form of My Transmission.

The Principal, or Ultimate, Form of My Transmission Is the Transmission of My State. Some of you have some “experience” of the Transmission of My State, in meditating on Me, or receiving My Darshan—but it seems that you do not generally think of It as a Graceful “experience” of My Transmission. You think of It as some sort of “result” of meditation or Darshan. But the Direct Transmission of My State is the Principal, Original, and Ultimate Form of My Transmission. And It does not have anything to do with the Transmission of “experiential” energies.

You tend to think of Transmission in terms of movement of energies, Energy-effects in the body-mind-complex. But it must be understood that all of that, although Great Means, is not the Principal Form of My Transmission. The Transmission of Energy is an aspect of My Transmission that, ultimately, moves you along to Me. Therefore, it is not an end in itself. It is Means for Realizing My Nature, Condition, and State.

Even in the context of the “Perfect Practice” of the Reality-Way of Adidam—the ultimate phase of Adidam, in which the individual has been carried beyond egoic identification with the body-mind-complex and is simply Identified with Consciousness Itself—it is true that there is Transcendental Spiritual Transmission. However, It is not Spirit-Transmission in the sense that you tend to conceive of It, which is reception of My Presence (or Transmission) throughout the

faculties of the body-mind-complex—moving (and, therefore, noticed) over against the body-mind-complex, or in its extensions or elaboration or complexity, and (therefore) even in the context of egoity (or body-mind-“self”). But the Original Primary Form of My Transmission is not moving. It is not noticed in the extended body-mind-complex. It is noticed in place—in the Place of Consciousness Itself, in the Tacit Self-Apprehension of Mere Being, in the “Perfect Practice”.

Thus, My Ultimate Transmission has nothing to do with what you usually understand to be Spiritual Transmission. Although it does involve Spiritual Transmission, it is of a unique kind.

—April 14, 1995

As Adi Da summarizes in *The Pneumaton*:

My Transcendental Spirit-Power Is the Self-Transmission of the Intrinsic Virtue of Consciousness Itself.

—“Atma Nadi Shakti Yoga” (p. 416)

In April 1995, Adi Da emphasized once again that His purpose is not to engender experiences in people:

All I Do is Communicate My State, Which is Inherently Spiritual. I do not involve Myself in giving people Spiritual “experiences” while they are still in the process of finding Me out.

My Transmission is not about Spiritual “experiences”. I simply Transmit My Own State—My Own Condition, Who I Am. My Transmission is not about satisfying your inclinations toward conditional “experiences”—whether ordinary human “experiences” or Spiritual “experiences”. I Did that intentionally, during My Teaching Years. I could do it now, too. But it is not it! I already Said it is not it. I already Proved it is not it. So there is no reason to continue doing it.

—April 15, 1995

Avatar Adi Da went on to Reveal Secrets of how His Transmission Works in His devotees—a process that continues even forever after His physical Lifetime:

Rather than intentionally generating Yogic “experiential” phenomena in My Transcendentally Spiritually Awakened devotees, I simply Stand Merely Present—so that such devotees may be Drawn directly to My Condition, without being distracted by “experiential” phenomena otherwise. Depending on the availability of the individual, I Magnify My Transmission, but still for this purpose. If there is, here and there, some purpose to be served by My Working “experientially” in the individual, for the sake of some purification, or whatever else—then, randomly, perhaps that. But, otherwise, not doing so as a matter of intention. Without My exercising any intention relative to Yogic phenomena of that type in individuals, some may have such “experiences” simply because they are associating with Me in the Transcendentally Spiritually Awakened manner. But the “experiences” do not require My Intention. I Am Merely Present.

The same, then, with beginners who Sight My bodily (human) Form. I am always Shining before them, but Merely Present. I am Drawing them to My Condition, rather than intentionally generating Yogic phenomena of an “experiential” kind otherwise.

—April 16, 1995

Altogether, Avatar Adi Da’s Transmission of His Shining Mere Presence—as the Means by which He Draws His devotees into His “Bright” Condition—is the most fundamental Message of *The Pneumaton*.

The Devotional and Transcendental Spiritual Process of the Reality-Way of Adidam



*In the only-by-Me Revealed and Given
“Radical” Reality-Way of Adidam Ruchiradam,
devotional recognition of Me is the first, or
principal, conversion. . . .*

*The entire process of the “Radical” Reality-Way
of Adidam Ruchiradam, from the beginning, is
an unfolding magnification of that seed, that
conversion “at the root”. . . .*

*That seed-conversion is devotional recognition
of My State—and falling into My State through
devotional recognition-response to Me.*

*The only-by-Me Revealed and Given “Radical”
Reality-Way of Adidam Ruchiradam Is the
devotional relationship to Me.*

—“Atma Nadi Shakti Yoga” (p. 405)



Avatar Adi Da is always Transmitting His “Bright” Love-Bliss—in every present moment, throughout all past time and all future time. Therefore, His Transmission may potentially be felt by anyone under any kind of circumstance—and any such experience of His Transmission is always a great Blessing and cause for joy.

However, if Avatar Adi Da’s Transmission is to become truly effective in one’s life, a great process of preparation is required. On numerous occasions, Adi Da quoted a traditional saying that Divine Grace is as vast as the waters of the ocean, but if you only hold up a thimble to receive that water, that is how much Divine Grace you will know in your life. Thus, the Reality-Way of Adidam is, in essence, the process by which the devotee’s capacity to

receive Avatar Adi Da’s Blessing and Transmission is more and more magnified—until it is perfect.

Although it unfolds through many stages, the entire process of the Reality-Way of Adidam is fundamentally one thing: devotional recognition of Avatar Adi Da Samraj as the Divine Person, the Person of Love-Bliss-“Brightness”. When the devotee truly recognizes the Divine Avatar (and responds to Him on that basis), the process unfolds spontaneously and inevitably, in the ever-deepening Ecstasy of Communion with Him.

In *The Pneumaton*, Avatar Adi Da summarizes the entire process in His magisterial essay “Atma Nadi Shakti Yoga” (Part Nine, pp. 401–506), written in 2008. Then, in the later Parts of *The Pneumaton* (as shown in the following chart), He goes on to Reveal the many Secrets of the process leading to the “Perfect Practice” of Adidam.

One of the core Secrets of that process is egolessness. To Behold Avatar Adi Da Samraj is to Behold the egoless Divine Person, the egoless Divine Reality Itself. In due course, that Divine Beholding allows the devotee to stand beyond the ruling paradigm of ego-life—the presumption that “I am a separate ego”—thereby freeing the devotee to enter more and more profoundly into the life free of egoic self-identification. Thus, the practice of the Reality-Way of Adidam is not something the ego can do. That practice can only happen when one is Attracted beyond ego by the Beauty and “Brightness” of the Divine Avatar. Indeed, once the process of Atma Nadi Shakti Yoga has been entered into, the apparently individual body-mind of the devotee is no longer even the fundamental context of the practice.

The process of Atma Nadi Shakti Yoga is about egoless Identification with Me, without “difference”. Therefore, the context of the practice of Atma Nadi Shakti Yoga is not the body-mind-complex, but Atma Nadi itself.

—Avatar Adi Da Samraj
June 30, 2008

Such is the “radical”—and literal, and never-previously-manifested—egolessness of the process in the Company of the Divine Avatar, Adi Da Samraj.

**THE DEVOTIONAL AND (IN DUE COURSE)
TRANSCENDENTAL SPIRITUAL PROCESS
OF THE REALITY-WAY OF ADIDAM**

ASPECT OF PROCESS	BRIEF DESCRIPTION	LOCATION OF FULL DESCRIPTION
FOUNDATION DEVOTIONAL PRACTICE		
Turn faculties to Avatar Adi Da	devotion to Avatar Adi Da (recognition-response to His Intrinsic egolessness)	<i>The Pneumaton: Part Twelve</i> <hr/> <i>Recognition of Me Is Liberation</i>
Transcendental “Root”-Standing	tacit non-identification with ego	<i>The Pneumaton: Part Thirteen</i> <hr/> <i>The Aletheon: Part Eleven</i>
Searchless Beholding of Avatar Adi Da	mature form of moment to moment devotion	<i>The Pneumaton: Part Fourteen, “No Seeking / Mere Beholding”</i>
TRANSCENDENTAL SPIRITUAL PRACTICE (ATMA NADI SHAKTI YOGA) The entire Transcendental Spiritual process of Atma Nadi Shakti Yoga is presented in comprehensive form in Part Nine of <i>The Pneumaton</i> .		
Transcendental Spiritual Awakening	Initiation by Avatar Adi Da into Transcendental Spiritual process	<i>The Pneumaton: Part Fourteen, “No Seeking / Mere Beholding”</i>
Hearing	most fundamental “self”-understanding	<i>The Dawn Horse Testament</i>
“Samraj Asana”	Upward openness to Avatar Adi Da’s Infusion	<i>The Pneumaton: Part Eleven</i>

ASPECT OF PROCESS	BRIEF DESCRIPTION	LOCATION OF FULL DESCRIPTION
TRANSCENDENTAL SPIRITUAL PRACTICE (ATMA NADI SHAKTI YOGA) <i>continued</i>		
Seeing	mature form of Transcendentally Spiritually Awakened practice	<i>The Dawn Horse Testament</i>
“Thumbs”	Full Transcendental Spiritual Infusion by Avatar Adi Da	<i>The Pneumaton: Part Fourteen, “The Thumbs Is The Fundamental Sign . . .”</i>
“Perfect Practice” (first and second stages)	(1) Witness-Position (2) Direct Identification with Consciousness	<i>The Aletheon: Parts Fifteen, Sixteen, Seventeen</i> <i>The Gnosticon: Part Four</i>
Seventh Stage Awakening (third stage of the “Perfect Practice”)	(3) Self-Abiding Divine Self-Recognition “Regeneration” of Atma Nadi	<i>The Dawn Horse Testament</i> <i>The Aletheon: Part Eighteen</i> <hr/> <i>The Dawn Horse Testament</i>

For a summary description of the entire devotional and (in due course) Transcendental Spiritual process, please see *The Reality-Way of Adidam: The Divine Process That Outshines All Seeking in the Perfect Freedom of Reality Itself—Given by His Divine Presence, Avatar Adi Da Samraj*.

“Bright” Enlightenment



I Transmit My Own Transmission.

Ultimately, My Transmission Demonstrates Itself As Realization—having Filled and Purified and Transformed the body-mind-complex for that Realization.

—Avatar Adi Da Samraj
March 18, 1998

The entire Process of Atma Nadi Shakti Yoga Is the Divine Transcendental Spiritual Process of “Brightening”.

—“Atma Nadi Shakti Yoga” (p. 485)



His Divine Presence Avatar Adi Da Samraj Appeared in the human midst in order to Give the Gift of His own Being—the “Bright”—by Means of His own Transcendental Spiritual Transmission. The Gift of His “Brightness” is known in any moment of heart-attraction to Him—attraction to the Sublime Stillness and Radiance of His Person. Thus, that Gift is Given at the very beginning of the Reality-Way of Adidam. And the process of the Way is simply the magnification of that Gift, the “Process of ‘Brightening’”.

In *The Pneumaton*, Avatar Adi Da Reveals the true nature of His Transcendental Spiritual Transmission of His Very State. That Transmission is the Means by which “Guru Enters Devotee”. And, ultimately, that Transmission is the Means by which Avatar Adi Da Samraj Enables the devotee to Abide Eternally in the “Bright” Reality That Is Always Already The Case:

My Transcendental Spiritual Self-Transmission does not merely lead to Spiritual modifications of the potential of the body-mind-complex.

Rather, My Transcendental Spiritual Self-Transmission Leads to Me.



Avatar Adi Da Samraj
Adi Da Samrajashram, 2008

My Transcendental Spiritual Self-Transmission (or Ruchira Shaktipat) is Magnified from the Position That Is Always Already The Case.

I Awaken you from the Position in Which you Always Already Stand.

I do not stand somewhere else and tell you to go there and wait, in the sense of being at a distance.

The Realization Is Where you Stand.

I Am Where you Stand.

Therefore, I Am you.

I Am the Context in which everything and everyone is arising.

I Am the Context of the cosmic domain.

Therefore, the Reality-Way of Adidam is not a calling to search or to go somewhere “other”, someplace “other” than Where you Stand.

Practice of the Reality-Way of Adidam is a matter of Realizing Where you Actually Stand.

Practice of the Reality-Way of Adidam is a matter of Realizing the Condition That Is Always Already The Case, Which you are preventing yourself from Realizing by the simple act of “self”-contraction.

It is a simple act—but it is at the core, and affects everything.

By tendency, you conform everything to this contraction, or ego-principle.

Instead, you must conform everything to Me, the “Bright” Itself—through whole bodily devotional turning to Me.

—Avatar Adi Da Samraj

July 15, 1995

The Great “Brightening” Process of Atma Nadi Shakti Yoga is perfectly fulfilled in Divine Enlightenment, or the never-previously-known Realization of the seventh stage of life. That Realization is not something that the devotee achieves. Rather, that Realization of Limitless Love-Bliss is the Ultimate Gift Given by the Divine Avatar—by the “Bright” Itself. Indeed, as Avatar Adi Da states in *The Aletheon*, that Realization is rightly understood to be:

*the Spontaneous Self-Unfolding Self-Demonstration
of the all-and-All-Outshining “Brightness”*

That Self-Demonstration of “Brightness” happens when the devotee’s egoless love-distraction by Avatar Adi Da Samraj reaches absolute depth. And that Self-Demonstration of “Brightness” is shown (in the case of the apparent individual) as the “Regeneration” of Atma Nadi. In *The Knee of Listening*, Avatar Adi Da Reveals that it is the “Regeneration” of Atma Nadi that allows “the Infusion of ‘Brightness’ in the total body-mind-complex” to be the case in the seventh stage Realization.

[T]he “Regeneration” of Atma Nadi Is, simply, the Free Self-Allowance of the Divine Transcendental Spiritual Self-Radiance to Be Boundlessly Self-Evident. . . .

In the Divine Non-conditional Form of Atma Nadi, there is no egoity, no impediment, no dissociation, and no “difference”.

In the “Regenerated” Form of Atma Nadi, My Divine “Brightness” Stands Self-Radiant.

—Avatar Adi Da Samraj

The Aletheon

In Divine Enlightenment, or seventh stage Realization (or Most Perfect Divine Self-Realization), there is no separate “I”:

Most Perfect Divine Self-Realization of Reality Itself . . . is not about change, purification, transformations, or states of the body-mind-complex and its “experience”. Rather, That Realization is entirely a matter of Awakening to the Self-Nature, Self-Condition, and Self-State That Is Always Already The Case. . . .

Does the Realizing-Me devotee still function and act—or appear to, from the perspective of someone else? Yes. Nevertheless, when there is Most Perfect Awakening to That Which Is Always Already The Case, there is no “I” that is separate from (or related to, or “different” from) any one or any thing “else”. . . .

I am using words to point to the Nature of Divine Self-Realization As I have Revealed It—and What I have just Said is a kind of philosophical Summary. That philosophical Summary is not the same as

Divine Self-Realization Itself, but what I have just Described Is the State of My Acausal Divine Person. Such Is My Very and Inherently Perfect State.

—Avatar Adi Da Samraj
The Aletheon

Divine Enlightenment, or seventh stage Realization, is constant, un-“caused” Ecstasy:

In the only-by-Me Revealed and Given seventh stage of life, Ecstasy Is Always Already The Case—and, therefore, Ecstasy need not be sought.

—Avatar Adi Da Samraj
The Aletheon

Divine Enlightenment, or seventh stage Realization, is itself an unfolding process of “Brightening”, which is completely fulfilled when the “Brightness” Outshines absolutely everything, when all awareness of separate beings or things is vanished. Avatar Adi Da calls this “Divine Translation”, meaning the process by which the being is permanently “Carried” (or “Translated”) into His Divine Self-Domain of Love-Bliss-“Brightness”.

All the Signs of the Transcendental Spiritual Process are a “Brightening”.

It is like the metaphor I have Given of clay objects in a kiln.

If you look in the window of the kiln, you see the objects getting brighter and brighter.

At first, they get reddish-bright, and the glow makes their shapes indefinite.

At last, they cease to be visible in the brightness.

That is a good metaphor for Divine Translation.

—“Atma Nadi Shakti Yoga” (p. 485)

In Divine Translation, there is no search, no ego, no “difference”, no suffering, no separate “one”. There is only the Love-Bliss-Fullness of the “Bright” Divine Person and Reality. This is the Ultimate Message and Offering of the Divine Avatar, His Divine Presence Adi Da Samraj.

Divine Translation Is the Boundless Sphere of the Divine Conscious Light Itself—without limitation. . . .

Divine Translation, or “Real Heaven”, Is My Divine “Bright” Spherical Self-Domain of Conscious Light.

Divine Translation, or “Real Heaven”, Is the Non-“different” Sphere (or “Midnight Sun”) of the “Bright” Itself.

There are all kinds of conditional domains.

This plane of appearances—the human “experiential” happening—is only one locus (or “point-of-view”-specific domain).

In addition to the human “possibility”, there are countless other “possibilities” in the conditionally manifested realms.

My Divine “Bright” Spherical Self-Domain Transcends all “possibilities”.

My Self-Domain Is the Indivisible “Bright” Divine Sphere within Which all-and-All is apparently arising.

My Divine “Bright” Spherical Self-Domain Intrinsically and Always Priorly Outshines all-and-All.

Therefore, when My Divine “Bright” Spherical Self-Domain Is Realized, “It” Outshines all conditional domains of “possibility”, including the domain of human “experience” on Earth.

My Divine and “Bright” and Free-Standing Self-Domain—the Non-“different” Sphere of the “Bright” Itself—Is Where I Am, and Where I Stand.

My Divine and “Bright” and Free-Standing Self-Domain Is What There Is to Realize.

—“Atma Nadi Shakti Yoga” (pp. 484–85)



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