INTRODUCTION

THE HEART AND THE LIGHT

THE TRANSCENDENTAL SPIRITUAL REVELATIONS
OF THE DIVINE PERSON

An Introduction to The Pneumaton
by Jonathan Condit, PhD
(senior editorial assistant to Avatar Adi Da Samraj)

NOTE TO THE READER: What follows is an excerpt from the full introduction

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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”. 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 uncontainable 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.
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

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.
unbearable. But it was never painful, just sheer intensity. My ordi-
nary 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 dis-
solving, 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 tem-

tles, 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 litt-
erally 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 dra-
matic experiences that often accompany that “Entry” are not them-
selves 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 Enteryou. I Am the Conscious-
ness 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 “experi-
cences”, 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 simulation 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 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:


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 egoc 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 egoty (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:


—“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 Transcendently 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 Transcendently 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-previous-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

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**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 *The Pneumaton*.

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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*. © 2011 The Avataric Samrajya of Adidam Pty Ltd, as trustee for The Avataric Samrajya of Adidam. All rights reserved. Perpetual copyright claimed.
“Bright” Enlightenment

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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)

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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.
That Self-Demonstration of “Brightness” happens when the devotee’s egoless love-distractions 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.

That Self-Demonstration of “Brightness” 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”:


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


—“Atma Nadi Shakti Yoga” (pp. 484–85)
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