

Open Eyes

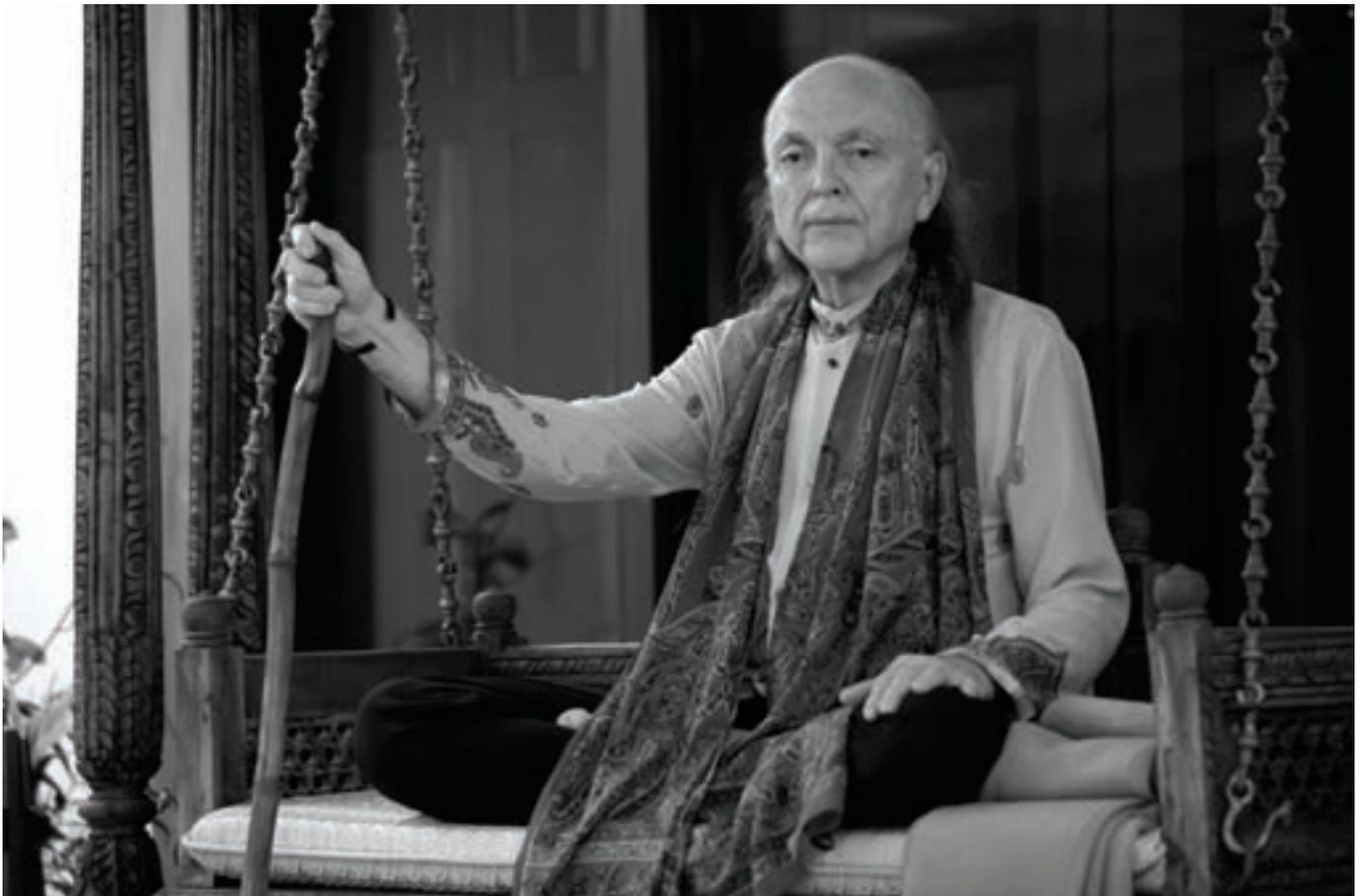


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Love Is the Practice



Avatar Adi Da Samraj, November, 2008

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Love is the principle of functioning. It is the principle of relationship. Love is what is to be realized and expressed. You must overcome all limits upon it. Spiritual life is many things, but at the level of human relations, its essence is love."

–Avatar Adi Da Samraj



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.

'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 radiates the Love-Bliss of His Divine Reality-State to everyone. During His human lifetime, He only spoke and wrote about the Divine Reality, and served His devotees' realisation of this same Reality. Part of the foundation for the Reality-Way He gave was His instruction on how to live as Love in all relationships. Adi Da stresses that true practice is not an inward process, but rather a discipline lived in relationship to life and others.

This issue of *Open Eyes* presents excerpts from Adi Da's Wisdom-Teaching about the practice of Love. A devotee tells a story about the love between guru and devotee, and the practice that grows from this core relationship.



Learning How to Love

Once in 1975, Adi Da invited His devotees to meet with Him individually to ask Him questions about their spiritual practice. I was interested in the healing arts at the time, so I asked Him, "Is it possible to heal someone from a distance, without touching them?"

As part of His reply, Avatar Adi Da said, "Your practice is to move life-force out" and He gestured outwards from His navel with His hands. "If you do this, you will have no concerns." He looked at me with a fierce expression and added forcefully, "The law is sacrifice. I am submitted to it, and you should be too."

In that moment I knew again that He Loved me and that I loved Him. The Guru's Divine Love cut straight through my self-applied limitations on love itself. I saw that love is

"The Most Direct Way To "Know" Love In every moment Is To Be Love In every moment."

—Avatar Adi Da Samraj

always greater than my reasons to withhold.

I have always felt that part of what He was speaking to was my characteristic tendency to withhold energy from people and situations and not invest myself fully in life. Over the years, I've found that when I remember His words and the way He said them, I can engage whatever situation I'm in as fully as possible. Because I always feel His loving regard for me and my love for Him, I've been able to stay loving with people instead of withdrawing.

—Lynn Houghton, NZ



Avatar Adi Da Samraj, 1987

The Heart's Requirement to Love

In The Dawn Horse Testament, Avatar Adi Da employs a unique scriptural convention of capitalisation, in which the overwhelming majority of words are capitalised, and only those words that indicate the egoic (or dualistic) "point of view" are left lower-cased. 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.

Love Does Not Fail For You When You Are Rejected or Betrayed or Apparently Not Loved. Love Fails For You When You Reject, Betray, and Do Not Love. Therefore, If You Listen To Me, and (Also) If You Hear Me, and (Also) If You See Me* —Do Not Stand Off From Relationship. Be Vulnerable. Be Wounded, When Necessary—and Endure That Wound (or Hurt). Do Not Punish the "other" In Love. Communicate To one another, Even Discipline one another—but Do Not Dissociate From one another or Fail To Grant one another The "Knowledge" Of Love. Realize That each one Wants To Love and To Be Loved By the "other" In Love. Therefore, Love. Do This Rather Than Make Any Effort To Get Rid Of The Feeling Of Being Rejected. To Feel Rejected Is To Feel

The Hurt Of Not Being Loved. Allow That Hurt, but Do Not Let It Become The Feeling Of Lovelessness. Be Vulnerable, and (Thus) Not Insulted. If You Are Merely Hurt, You Will Still "Know" The Necessity (or The Heart's Requirement) Of Love, and You Will Still "Know" The Necessity (or The Heart's Requirement) To Love.

The Habit Of Reacting To Apparent Rejection (By "others") As If It Were An Insult Always Coincides With (and Only Reveals) The Habit Of Rejecting (or Not Loving) "others". Any one whose Habitual Tendency Is To Reject and Not Love "others" (In The Face Of their Apparent Acts Of Rejection and Un-Love) Will Tend To Reject and Not Love "others" Even When they Are Only Loving. Narcissus—The Personification Of the ego, the "self"-Contraction, or The Complex Avoidance Of Relationship—Is Famous For his Rejection Of The Lady, Echo (who Only Loved him). Therefore, If You Listen To Me, and (Also) If You Hear Me, and (Also) If You See Me—Be Vulnerable In Love. If You Remain Vulnerable In Love, You Will Still Feel Love's Wound, but You Will Remain In Love. In This Manner, You Will Always Remain In The human (and, Ultimately, Divine) Sphere Of My Avatarically Self-Transmitted Person Of Love-Bliss.

The Most Direct Way To "Know" Love In every moment Is To Be Love In every moment. Do This By Means Of Devotional (and, In Due Course, Transcendental Spiritual) Communion With Me. If You Always Do This (moment to moment) Devotional (and, In Due Course, Transcendental Spiritual) Communion With Me, Then, By Means Of Every Act Of life, You Will Always (moment to moment) Do What and As You Are In Devotional (and, In Due Course, Transcendental Spiritual) Communion With Me.

—Avatar Adi Da Samraj, The Dawn Horse Testament

**The phrases "listen To Me", "Hear Me", and "See Me" are references to the process of maturing in the Reality-Way of Adidam.*

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The essence of amorality is the systematic elimination of the dimension of love, the systematic elimination of its acceptance and its communication, the elimination of your own love in relationship, and the refusal to accept the love of another. Because of their self-doubt, people do not believe they are loved. They are possessed by fear, and (therefore) they will not love. Out of this failure to love comes the usual life.

Egos have trouble with love. If I were to summarize the problem of egoity altogether, I would say that it is the betrayal of love. The betrayal of love is egoity. I do not speak of the ego as an entity. It is an action, or contraction, that is universally effective in every dimension of life, but it is most directly, most fundamentally effective at the level of feeling, or emotion, or love.

The ego is a problem about love. The ego cannot love. It cannot accept love and it cannot "do" love, cannot confess love, cannot be known to be in the world of love or allow itself to be known to exist in the world of sensation, action, desire, and pleasure.

The ego-transcending "point of view" actively acknowledges the principle of love. The individual who is functioning in an ego-transcending fashion presumes himself or herself to live in a world of love. In the world of relations, that one is alive in the Domain of Love.

Love is the principle of functioning. It is the principle of relationship. Love is what is to be realized and expressed. You must overcome all limits upon it. Spiritual life is many things, but at the level of human relations, its essence is love.

—Avatar Adi Da Samraj,
June 29, 1983