

Open Eyes



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The Root of Healing



The body, itself,
cannot deny
the Conscious
Love-Bliss-Light
—That Is Reality,
and Real God.

There Is only the
Enjoyment of That.

Prior to the
adventure and the
means, Prior to the
Deliverance, and
the any event
—there Is only
Love-Bliss, in
the space of
no-thought's
body-"I".

—Avatar Adi Da,
The Mummery Book



Welcome to Open Eyes

This newsletter is produced by devotees of Avatar Adi Da Samraj. Avatar Adi Da established 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 Teaches that this Indivisible Reality is the Truth of everyone and everything. He has said that we could be completely Happy in every moment, if we truly Realised this. Instead, we chronically feel and think—and experience—that we are separate from apparent others and things.

This feeling-sense of separation is what Adi Da calls the "I", the ego, or the "self-contraction". He Teaches that the self-contraction is something we are doing, not something that is happening to us. Adi Da appeared in human form for a time to "learn" this limitation, and to fully Reveal the means to transcend self-contraction in the Prior Divine Reality that is His Eternal State.

IN THIS ISSUE:

Avatar Adi Da says that the basic principle of health and healing is the presumption of Prior Perfection rather than trying to fix the apparent "problem". While clearly stating that the conventional approach to bodily disorders from "outside" of the body has its right use in the hands of those qualified, Adi Da teaches that "radical" (or "at-the-root") healing truly occurs only through Liberation from separate and separative "self" in the Love-Bliss-Light that He Is.

Also in this issue are two Leelas (stories) by people who received His compassionate Divine Healing Touch. At the end of every year, devotees especially focus on recounting Adi Da's Divine Leela or "Play" and the ways that He Teaches and Blesses everyone.

The Presumption of Prior Perfection



In the common "world", The Approach To Health and Healing Tends To Be (Primarily) An Effort To Combat The grosser Aspects Of ordinary Suffering. Thus, the Suffering individual Presumes (and Tends To Take The Form Of) The Principle Of Disease. If Disease Is Presumed To Be The "Problem", Then "Cure" Is Presumed To Be The Only Possible Resolution Of Your Situation—and You May

(Therefore) Tend To Become (Irresponsibly) Involved In The "doctor-patient Game". When "Cure" Seems To Be The Only Answer To Your Suffering, You Become Obsessively Involved In The Search For something that (You Hope) Will "Cure" (or Excise) Your Apparent "Problem"...

Disease, or Poor Health, Is Always The Result Of Three Basic physical (and even psycho-physical) Factors. The First Factor Is Toxicity, or The Failure To Eliminate psycho-physical waste From the body-mind-complex. The Second Factor Is Imbalance, or The Result Of A Tendency To Throw The Two Halves Of the nervous system Out Of Harmonious and Balanced functioning. The Third Factor Is Enervation, or The Loss Of nerve-force (or Natural Life-Energy) and Of the vital, Energizing chemistry of the endocrine system. Therefore, The Process Of "Radical" Healing Always Involves Three Phases—First, The Purification Of Toxicity, Then The Re-Balancing Of the body-mind-complex (and The Restoration Of psycho-physical Equanimity), and, Finally, The Regeneration Of nerve-force (or Natural Life-Energy) and vital chemistry...

Disease Is A Reflection Not Only Of gross physical Habits (Which Are Themselves Only Symptomatic Of emotional Impulses "Rooted" In Uninspected Conflicts) but Also Of emotional Motives (or desires) That Have Become Unconscious, and Have (Thus) Become A Matter For Which You Have Ceased To Be Consciously Responsible. Therefore, When Disease Appears (Whether physical, emotional, or mental), Inspection (or "self"-Observation) Is The First Responsibility Of Healing. Habits Must Be Transformed—but

Their "Root" Must First Be Consciously Observed and Understood, So That The Habits Become Something For Which You Can Take Responsibility...

Merely Mechanical or Analytical Attempts At ego-Based "self-Liberation" and "self-Healing" Are Incapable Of Undermining The Principal Seat Of Conflict (or Dilemma), Which Is egoic Identification With the Separate and Separative "self" and Rejection and Forgetting Of The Prior Condition Of Intrinsically egoless Divine Transcendental Spiritual Conscious Light. Improvement Of the individual ego-"self" Is Not "Radical" Healing. Only Liberation From the Separate and Separative "self" Allows Perfectly "Radical" Healing and True Joy.

—Avatar Adi Da, *Right Life Is Free Participation In Unlimited Radiance*

His Utterly Loving Touch

A STORY OF HEALING

Denise Getz received Adi Da's Healing Grace in many ways during her first recovery from breast cancer in 2003, on its recurrence in 2004, and then through His Physical Touch in 2005. Denise writes:

The night I was told that the cancer had returned was extremely difficult. I was very afraid and my mind raced in every direction, seeking for comfort. I couldn't fall asleep and was exhausted from mental agony.

At a certain point, by Grace, I just sort of gave up. I acknowledged that this situation was not controllable by me, and I turned my attention to my Heart-Master, Beloved Adi Da.

Suddenly, I felt as if I was collected to His Heart and then lifted up into a dimension of energy and feeling in which I "saw" the matrix or grid that is mind. I saw that there is an automaticity that is mind and thoughts—but that is not "me". I knew that I am not the struggle, the fear, or the mental agony of having a serious disease. I am free. I am free to "touch" that grid at any point, or not. I am free to turn my attention to Avatar Adi Da in any moment, rather than helplessly



follow the pattern of thoughts and fears that seemed to be programmed into this "experience". And, in that turning, there was Avatar Adi Da, "Bright" as Love and Light, completely obvious to my heart—and my heart-need. I felt how anything can happen in this conditional world—but that it does not affect my heart-relationship with my Beloved Guru, Adi Da Samraj.

Each time I wrote Him to tell Him of my situation and my progress, He gave me His Regard, in the formal Way that He does: my photograph,

" I Work on the Pattern that is Invisible, Prior, not yet observed —and then I Breathe it down into the world. "

—Avatar Adi Da, 1996

flowers and letter were presented to Him, and He would douse them with Blessing water. These photos and often the dried flowers were sent to me as Prasad, a Gift from the Divine.

To open this beautiful packet of Prasad was so wonderful. I would feel Avatar Adi Da's Grace and His Love and Blessings, and see that my picture (inkjet printed) had been transformed into a watery mass of color from His water-Blessing.

In the weeks of recovery from the surgeries, I would often hold Prasad packets to my heart, even sleep with them on my chest, and always feel comforted and helped.

In 2005, Avatar Adi Da Samraj walked among hundreds of people, stopping again and again, to Bless every person with His Regard. One time, as He walked nearby, I became absorbed in devotional regard of Him, in love—and suddenly felt His hand on the top of my head! I was completely shocked—I had seen Avatar Adi Da Bless others in this manner, but had not imagined that He would Bless me with His Touch. My heart melted in love and gratitude as He placed His hand on my head in several places and gently Touched my face. His hand was cool and soft, and I wished that the moment would never end. His Touch was utterly loving and compassionate, and I felt a weight of suffering and separation lift from my heart. It was and is a completely generous and inexplicable Gift of Grace and heart-intimacy.

—from *Love and Blessings*, ed. B. Gottlieb

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Beyond Fear, Mortality and Loss

In 2002, Adi Da Blessed Karl Kaiser's son, aged 3, during medical procedures which included open-heart surgery for a complicated heart-lung congenital condition. Then in 2005, at an occasion of Darshan (or Sighting), Adi Da embraced the boy. Karl writes:



After Avatar Adi Da had taken His seat, my son and I were brought before Him to offer our flowers. Adi Da Regarded me briefly, and then for a long while Regarded my son with incredible sweetness and love. There was a rising feeling of love throughout the gathering of people. I began to weep and then my son broke down as well.

Avatar Adi Da gestured for my son to approach, and then embraced Him with the greatest gentleness and affection. My son wept and thanked Him. Adi Da stroked his hair, kissed him, held his face, and put His hand over his heart.

With every gesture of Adi Da, waves of love swept through the gathering. Loving gestures towards one child seemed to be directly and intimately experienced by every person present, until many among those gathered were weeping. The tangible love felt by all was unmistakably recognizable as "Love"—and yet it felt infinitely more profound and pervasive than the "love" we normally feel.

Eventually, my son sat back down beside me, and we both continued to behold Adi Da. As He continued to Regard my son, I noticed tears on Adi Da's face.

Finally, after a few minutes of this intense tenderness, Avatar Adi Da stood up before all present and became utterly calmed and motionless. It seemed to me that He was Communicating, by way of direct demonstration, His Compassionate Blessing in the face of our loving and our fear of mortality and loss, and His offering to behold and commune with Him, as He Is, in the free and blissful space beyond fear, mortality, and loss.

—from *Love and Blessings*

I Am the Conscious Light of Reality Itself
—all-and-All-Surrounding and all-and-All-Pervading,
and Standing Free As the Heart of Being.

For those who would embrace a life based on
heart-breaking Freedom—I Am here.

I Am unique in the "world".

Let every one come and bathe in My "Bright" Light.

—Avatar Adi Da, *Always Enact Fidelity to Me*

About Capitalisation

In His written word, Avatar Adi Da uses a unique style of capitalisation, in which words describing the Divine Self or Spiritual realities are capitalised.