



Avatar Adi Da Samraj

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"I recognize the God-Presence Incarnate in Adi Da as whole and full and complete."

Barbara Marx Hubbard
Author, *Conscious Evolution*
and *The Revelation*



A Better World

A Story by Seattle devotee Elizabeth Lowe

On March 13, 1938, I was born to a Jewish mother and a half-Jewish father in Vienna, Austria. This was the day that Hitler marched into Vienna, accomplishing the now infamous "Anschluss" to the welcoming cheers of the general Austrian populace. A Nazi doctor, replacing the immediately fired Jewish woman who had been my mother's obstetrician, attended my delivery—evidence of the swiftness with which the so-called "underground" Austrian Nazi party surfaced and activated its anti-Semitic intent. It was my parents' foresight and courage as well as fortuitous circumstances that allowed us to flee to safety. And so, after finding temporary haven in Yugoslavia and then in Belgium, we started a new life in New York City when I was two years old.

In spite of this escape, I had an innate sense of the horror into which I was born, and this profoundly affected my feelings and my adaptation to existence. From my teen years on, I was committed to social causes (the peace movement, civil rights, feminism, and a left-leaning Jewish organization). Eventually, propelled by the same motivation, I became a psychotherapist. When I first discovered Adidam and was profoundly moved by Avatar Adi Da and His "radical" Message, I was reluctant to become His devotee, beset by the notion that engaging in Spiritual life would be an abandonment of the "cause" of a "better world". Eventually, as I understood more about Adi Da and the Way of the Heart, I came to see that a "better world" could only come about through the radical heart-conversion that true Spiritual life is about. This insight cleared the way for me to turn to Adi Da for His Great Help, as His devotee. Little did I know how this original understanding would be driven deeply into my whole being in the ensuing encounters with Beloved Adi Da.

In May of 1992, I went on a meditation retreat at Adidam's Retreat Sanctuary in Fiji while Avatar Adi Da was in residence there. I went open and vulnerable, for I had discovered that it was my relationship to Him that made my life truly worth living. Yet I was also full of doubt about my capability to really live that relationship to Him. And I was full of fear of failure, inadequacy, confrontation with my "true nature", being judged....

When I arrived on the island, the other retreatants and I were amazed to find our Beloved Guru gathering with His devotees in a way that was more personal and intimate than we ever dreamed of. Early in my retreat, I was told that Avatar Adi Da had spoken about me in a gathering the evening before, His voice filled with emotion:

When Elizabeth came here, it made Me weep to see her come into My House. All the suffering of the Jews in her face. It just breaks My heart. All over her face, all over her body. Nobody deserves that. Nobody has ever deserved it. That such a thing should have happened is intolerable. She brought that face to Me, and now she loves Me, and that is without a doubt. After she left, I went to My room and wept. Tell her I hold her before Me. I cry for her.

After a moment's shock, I too began to weep. I wept to have been so profoundly seen and known and felt, to have a true Friend, who knew my heart's pain and would enter into it with full feeling, feeling it even more profoundly than I could allow myself to feel it.

I remember that during one of my first Darshan occasions, I wept as I felt the depth of my Beloved Guru's Love for all beings. Just as I began to wonder if it was "appropriate" for me to cry so much during the occasion, I saw the glistening of a tear in the corner of His eye as He ever so lovingly turned His face toward me.

Later that day, I was told about Avatar Adi Da's passionate Words of the night before—His outrage over the death camps. He said, "What right does anyone have to say

(continued on inside)



That Which Is to be Realized is not somewhere else. It is not a something else. It is not a someone else. It Is Always Already the Case. It Is the One and Only Case. It is not evident to you, and so you are your problem. And I Am Enabling you to transcend yourself by Giving you Means and Blessing for doing so.

Avatar Adi Da Samraj
January 28, 2006

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‘You go to the left, and you to the right?’ And, ‘The horror, the dehumanization of mankind for politics. It is still happening. Don’t just be sympathetic with the Jews; be sympathetic with humankind and all the terrible circumstances all over the earth this very hour. It’s not a Jewish matter—it’s a matter for all mankind. Be angry about it and straightforward about it, and don’t ever allow it in your face. Don’t ever allow it, ever again.’

My friends told me that with great force He had admonished all of us to be outraged but to love even “that bastard, Hitler”. At a later event, He spoke of Hitler again, of the necessity to love and forgive him in the midst of our refusal to let such things ever happen again.

The following Thursday, He called us all to see Him in the shade of a tree outside His Residence. He rested His Gaze on His “beloveds”, as He called us, one by one. After a while, when He nodded that it was time for us to go, we just could not tear ourselves away, nor did our Guru seem to really want us to go. Taking a cue, first one, then another, and finally all five retreatants who were departing that night asked for and were granted Avatar Adi Da’s Blessing in the form of physical contact with Him. He placed specially made retreat shawls first over His own shoulders and then, with great intention, over two devotees’ shoulders, and Embraced other departing retreatants, with great Love.

Finally, it seemed to be truly time to go, and so we got up to leave. Standing on my crutches (I had broken my ankle earlier in the retreat), I was moved to thank and praise my Guru, and I said, “Beloved Bhagavan, this is what my parents took me out of Europe for—to experience this moment in Your Company.” Then, without a moment’s premeditation, I blurted out, “Can I come to You?”

I think I received some sign from Him to do so, but all I can remember is that I suddenly found myself kneeling in front of His Feet on the chaise, with my head buried between His Knees. I was weeping and then screaming with enormous force, my hands resting on His Divine Legs for strength and reassurance. I could hardly believe my own ears as the screams seemed to just fall out of me into the chaise and the ground below, filling the air with the horror that has always resided in me. There was no particular content—just generalized agony over the horrors of the world.

Even as this was happening I also wondered if I should be doing this and attempted to raise my head! It was then that I noticed my Guru’s hands firmly on my head and His Feet holding me at both sides of my ribcage. Reassured, I again allowed the process to unfold, stroking Avatar Adi Da’s legs as a way to express love to Him. Sometimes the sobs and screams turned to roaring rage. I felt a fleeting concern about getting snot on my Guru’s towel, and about the possibility of my frightening the young people who were present. But the force of His Love brushed all concerns away. Behind me I heard devotees weeping and praising our Guru as they witnessed this moment of His Great Compassion and purifying Work—not only with me personally, I am convinced, but with the whole world.

After many minutes, my sobs and screams subsided and I raised my head, as Avatar Adi Da relaxed His hold on me. Over His Great Round Belly, I saw His Huge, Moist Eyes Lovingly Gaze down at me, and words of gratitude and love flowed from me. I had already said, in the midst of my raging, “You are right, Beloved—we must rage about this world.” Now I told Him how I had always lived life as a great struggle, which I now felt was over—that from now on I could rest in His Embrace. I told Him that I wanted to always be able to look into His Eyes like this (unashamed and uninhibited). I told Him I knew I was His forever, that I wanted to only serve Him, and that I wanted to tell everyone about Him. As I expressed my love and praised Him, His Beautiful Lips parted slightly, emitting the most exquisite, barely audible sounds of Love and Compassion. He Was Absolutely Present and Intimate, Giving me everything, with not a hair of withholding.

My Beloved Guru showered me with Love again and again on this retreat. And He Instructed me directly, relieving me of my life-long addiction to sorrow and fear and my compulsion to “save the world”. One night, we retreatants were invited to one of the gatherings that Bhagavan Adi Da continued to call with the resident staff. During this night of our Guru Infusing us with His Great Love, moving us to follow His lead as we danced and celebrated, He allowed us to approach His Chair at various times, giving each of us Love exactly as we needed



it—in the form of criticism, humor, affection, Instruction, example, and any combination of these. When I approached Him late in the evening, He said, “What is it, My beloved?” Speaking directly into my ear, He went on to say something like: “You have taken on the suffering of the world all your life. You must not do that any more. That is too much for a human being. That is My Work. Only I Can Do that work.” These words burned a path from my ear to my heart.

In that moment, I knew—not only in my head, but bodily—that what He was saying was true. In my pain about the world, I had not taken God into account. I had presumed a world bereft of the Divine and had stressfully assumed the impossible task of righting the

ills of the world myself. I could feel in that moment that this is His Work and I could sense the enormity of the suffering He takes on for the sake of the world—and His Great Power to do so. Weeping in His Arms, I promised that I would give this over to Him, that I would simply, happily, be His devotee. He told me that I need not be fearful and sorrowful anymore.

A Brief Discourse by the Ruchira Avatar, Adi Da Samraj September 8, 2000

AVATAR ADI DA SAMRAJ: Real sadhana has nothing to do with mind at all. It only begins when you lose the mind, completely.

My Mind is nothing but a figment of your imagination! I invented My Mind and wrote My twenty-three Books and I haven't thought about anything since! There is nothing more to say.

What if there was no time, no ideas, no concepts? You cannot think about Reality. If you heart-recognize Me, you enter into spontaneous self-forgetting—tacit, beyond mind, profoundly entered into—and mind is relinquished.

The mind is full of useless nonsense—absolute nonsense!

All there Is Is Light. All there Is Is Undifferentiated “Brightness”. The rest is nonsense, the whole thing. It's a lot of trouble. You can be sucked out of this frame at any moment. All of this appearance is a Sphere appearing here as Infinite White “Brightness”, broken down apparently, a blink, a turn of phase. The Source, Real God, must be Realized for real.

You egos haven't got a leg to stand on!

Consciousness Is Always Already The Case.

Conventional exchanges are just motions of mind. But Consciousness and Energy are the same. You are simply examining reality in a moment of difference and separateness. “Difference” and “separateness” is the problem, inherently, in your point of view. “Difference” and “separateness” is the mind. It motivates you.

You must Realize Reality beyond separateness where everything is Inherently One—not the reality conceived in mind based on self-contraction. Beyond separateness, concentration arises, the body tangles, the breath stops, and the Immense White “Brightness” absorbs attention.

Merely to be active while alive is to be underground, unlive. The Immense White “Brightness” of My Own Person, devotion to Me as the Immense White “Brightness” is the means of devotion and Realization.

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What's New at the Bookstore

DVDs

The “Bright” – an extraordinarily beautiful film documentary of the Divine Life and Blessing Work of Avatar Adi Da Samraj. Just arrived! \$17.95 Special offer! \$10 if purchased at April 1&2 events

“The Divine Is Not the Cause” and “Transcend the Self-Knot of Fear”

Recent discourses by Avatar Adi Da. \$26.95 each

New Books by Avatar Adi Da Samraj Easy Death

Spiritual Wisdom on the Ultimate Transcending of Death and Everything Else \$24.95

The Mummery Book

A Parable of the Divine True Love, Told by Means of a Self-Illuminated Illustration of the Totality of Mind \$19.95

Bookstore Hours

TWTH 6 – 8 pm
F 12 – 8 pm
Sat 10 am – 8 pm
Sun 12 – 5 pm

Come visit us!

Please let us know if you would prefer to be notified about upcoming events via e-mail (and give us your e-mail address) or if you would like to be removed from our distribution list.

The Northwest Adidam Advocate

Adidam Spiritual Center & Bookstore

1429 N. 45th St.

Seattle, WA 98103

April & May 2006 Events Calendar

April 1 & 2

NW Premiere of Film Documentary, The "Bright"

On the Blessing Work and Spiritual Offering of Avatar Adi Da

Saturday at 7:30 pm & Sunday at 3:00 pm

Seattle Unity Church, 200 8th Avenue N, Seattle, WA 98109

\$15, \$12 w/preregistration - 206.527.2751 or seattle@adidam.org

April 7

Free Friday Film Series: Romanticism and Science

Friday evening, 7:30 – 9:30 pm

Adidam Spiritual Center & Bookstore

Adi Da Samraj humorously Criticizes the tendency of science to romanticize conditional reality.

April 19

Free Invitational Evening: Awaken to Brightness

Explore the New World-Religion of Adidam

Wednesday evening, 7:30 – 9:00 pm

Adidam Spiritual Center & Bookstore

April 22 & 23

Half-day Seminars:

Spiritual Awakening in a Time of Global Crisis

Saturday 1-5 pm and Sunday 1-5 pm

\$75/\$50 if registering at April 1 or 2 event

An introduction to the extraordinary life and radical Spiritual Teaching of the Avataric Great Sage, Adi Da Samraj

April 29 & 30

Adidam Booth at the Mind/Body/Spirit Expo

Saturday 10:00 am – 7:00 pm & Sunday 11:00 am – 6:00 pm

Fisher Pavilion, Booth 152, Seattle Center

May 12

Free Friday Film Series: You See Everything Through the Glasses of Consciousness

Friday evening, 7:30 – 9:30 pm

Adidam Spiritual Center & Bookstore

Adi Da Explains that the world and the body-mind itself are an egoic presumption. In Truth you are not in the position of the body-mind but in the position of Consciousness Itself.

May 19-21

Weekend Retreat on Lopez Island:

Spiritual Awakening in a Time of Global Crisis

Friday evening through Sunday afternoon \$195

Spend the weekend in a beautiful setting in the San Juan Islands as you consider with others Avatar Adi Da's remarkable Spiritual Offering.

May 24

Free Invitational Evening: Awaken to Brightness

Explore the New World-Religion of Adidam

Wednesday evening, 7:30 – 9:00 pm

Adidam Spiritual Center & Bookstore
