



The Avataric Great Sage, Adi Da Samraj

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"We have waited for this moment in history for countless lifetimes. Adi Da Samraj is the True Heart of the world."

Roger Savoie, PhD
Philosopher, writer and translator



The "Bright" in the Darkness: How Adi Da Found Me

by Frank Marrero, Sr.

Frank ("Cheech") Marrero, Sr., first encountered Avatar Adi Da Samraj in 1971, before the initiation of His formal Teaching-Work, in April 1972. Frank has been a devotee for more than 30 years. Currently, he lives at the Seattle ashram and serves the Northwest region of Adidam.

Part One

I grew up in one of the worst neighborhoods of New York City, an area of youth gangs, drug dealers and criminals. Although I came from a good family, right outside my front door was a world of constant threat and danger. I dropped out of school at 14. By the time I was 30, I had spent more than 8 years in prison.

In 1967, I was imprisoned at Riker's Island Penitentiary, awaiting trial for a crime I hadn't committed. At a plea bargaining session, I was told that if I pled guilty, I would receive "only" 20 to 30 years, instead of life without parole.

I was at the lowest point of my life. One evening, around midnight, with the lights out and the cellblock quiet, I sat on my mattress and concluded that death couldn't be worse than this life. I calmly made a decision to end it all.

I put on the best clothes I had, shaved, and brushed my hair. Then I lay down on my mattress and prepared to end my life. At that point, everything around me became acutely sharp. I could hear my heart pounding. I could hear every tiny sound. The intensity stopped my mind, which had been racing. I paused...

The room suddenly filled with bright light. I felt a Presence I could not explain, but which was as obvious to me as the brightness of the room. I bolted upright and looked around the cell. I knew that not only was I not going to commit suicide, but that somehow everything was going to turn out okay. Incredibly energized, I stayed awake all night, until guards came in the morning to take me to a prison van for the long ride to the courthouse.

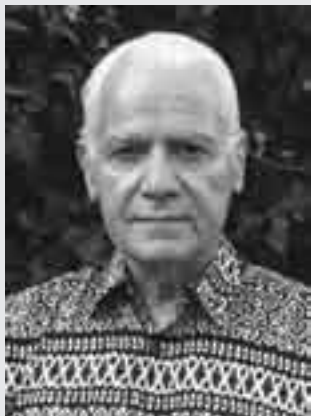
I was not the same person after this experience. I felt that life was more important than I had considered it to be from my previous perspective. I began to make different choices. And, in a miraculous turn of events, I discovered the identity of the man who had committed the crime for which I was charged, and I was released within a year.

While in prison, I had educated myself in counseling, psychology and law. After my release, I continued my education, eventually enrolling in a Ph.D. program in psychology. I co-founded a multi-million dollar drug and alcohol rehabilitation center in the South Bronx, and became the executive clinical director, responsible for over 500 residents.

I was successful and professionally respected, and in my free time socialized with other Latino professionals. However, underneath the psychological expertise and professional and social success, I was still a guarded, mistrusting person.

One morning, in June 1971, I had an appointment with an executive from a meditation institute who was selling a program for treating addictions. Since I had no personal experience with meditation, I didn't feel comfortable interviewing him. I remembered that a colleague had told me about an acquaintance of his who knew about meditation and that, coincidentally, the acquaintance was visiting him that morning. I did not know that the "acquaintance" was Avatar Adi Da Samraj, still known at that time by

(continued on page 2)



Cheech

There is nothing in the body-mind that knows about Realizing Me. Therefore, you must be devoted, surrendered. Forget yourself, accept My Instruction, and be Governed by Me in your doings. This is not childish – this is what it is to be truly human...it takes profound discrimination to choose to surrender to the Divine Heart-Master, not the absence of it. I look for those who will function as my devotees for real.

June 18, 1996
Avatar Adi Da Samraj

The Northwest Adidam Advocate is published by the Northwest Adidam Mission as an inspirational and educational vehicle for individuals interested in Adidam. The confessions and statements of our contributors are personal responses and do not necessarily reflect the views of Avatar Adi Da Samraj or Adidam.

his born name, Franklin Jones.

I walked into my colleague's office and asked Avatar Adi Da if he could assist me in the interview. He gave me a big smile and agreed.

I liked Him right away. He was very bright and open, and His smile was genuinely happy. I don't remember what He said as we walked together, but He laughed a lot, and soon I was laughing too — in fact, we laughed most of the way to my office. As we entered my office area, I remember my secretary looking up in surprise. This wasn't my typical disposition.

During the interview, I kept asking the salesman if he used these techniques himself, to which he responded affirmatively. But it was obvious to me that he wasn't happy. After the salesman left, I looked at Avatar Adi Da and said, "What do you think?" He pointed both thumbs toward the ground, and we both laughed. He said, "They are well-intentioned people, but there is much more to meditation than that."

Then Avatar Adi Da noticed something in my office. In a far corner, partly hidden by a plant, I had a small photo of Swami Muktananda. (Swami Muktananda functioned as one of Avatar Adi Da's Spiritual Masters during the process of His Re-Awakening to His Divine Self-Condition.)

A few months earlier, I had responded to an article about Swami Muktananda, and received an invitation to meet him during his upcoming New York visit. The photo had been a gift from Amma, Swami Muktananda's secretary, who I later learned was a great Spiritual friend of Avatar Adi Da's.

Avatar Adi Da seemed interested that I had this photo, and began asking me questions about it. In the course of my answers, I remember asking Him, "What do you think about somebody like this who claims to be in direct communion with God?"

He looked straight into my eyes and said, "Just do everything in relation to the Guru." Then He left. It would take me many years to realize that He had given me the essence of His Wisdom-Teaching in that single statement.

After that meeting, I kept thinking about Avatar Adi Da. But I had no recognition of Him as an Enlightened Being — let alone the Divine Incarnation of Real God! Other than my Catholic upbringing, I had little knowledge about religion or spirituality.

I tended to be cynical about life, regarding religion as mostly nonsense — false doctrines to keep people from abusing and killing one another. Although I felt something special about Him, at that point in my life, Avatar Adi Da was just another man to me.

The full text of Cheech's story can be found on the online magazine, The Adidam Revelation, at www.adidam.org.

From Part III

In that moment, I had an intuitive revelation: I realized that it was Avatar Adi Da who had visited me in the extreme darkness of my prison cell, some 20 years earlier.

He was the "Bright" Presence I had felt and experienced there. I had no doubt about it — He and that Presence felt identical. Although I had received His Blessing many times in the preceding years, for some reason I had never made this connection.

But then I knew: His Blessing-Regard had been mysteriously coincident with my life before I had any direct knowledge about Him. And He had given me the strength and clarity to persist and to change my destiny — from a life of seeking and suffering, to a life in His Divine Company of heart-satisfying Love and Blessings.

Complimentary Offer from the Adidam Bookstore

Cut out this coupon and bring it with you to the Adidam Spiritual Center and Bookstore. The coupon is good for 10% off on any book, CD, DVD or snack sold in the store.

Adidam Spiritual Center and Bookstore
1429 N. 45th St., Seattle, WA 98103

Offer good through
March 31, 2007.

Sensitivity to the Divine Reality Requires the Re-Patterning of the Body-Mind

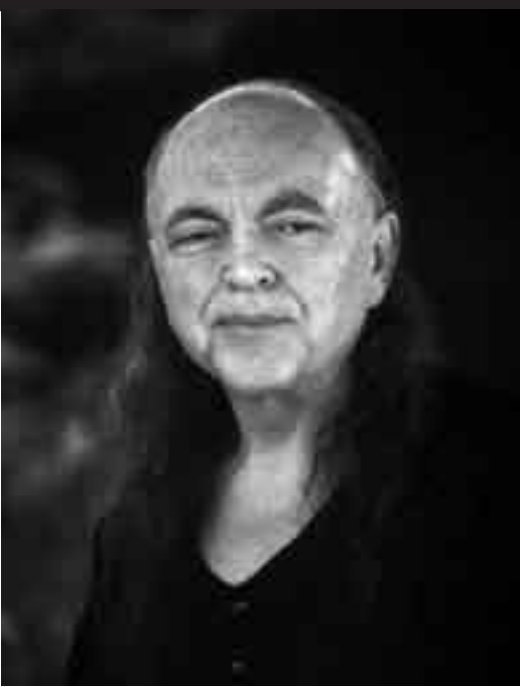
An Excerpt from the book Adidam

This is an excerpt from the section of the book Adidam: The True World-Religion Given by the Promised God-Man, Avatar Adi Da Samraj, that introduces the topic of form and discipline in the Way of Adidam.

The practice of the...Way of Adidam is founded in the transcending of the human psycho-physical structure—but not by means of a dissociative act. Thus, the fundamental (and necessary) basis for the practice of the...Way of Adidam...is equanimity relative to one's own psycho-physical structure and relative to the psycho-physical context of human (and cosmic) existence.

—Avatar Adi Da Samraj

Real God Is The Indivisible Oneness Of Unbroken Light



Avatar Adi Da Samraj

In the first sixty years of His Life, Avatar Adi Da undertook a thorough investigation of all aspects of human life for the sake of Revealing the complete Way of

Divine Realization, the true world-religion that can be embraced by any and all. He left no part of human existence untouched by His Divine Wisdom. A fundamental lesson emerged from that investigation: The ego is programmed, or patterned, to seek its own satisfaction, under any and all circumstances—whether in the ordinary dimensions of life or even in religious and Spiritual terms. Thus, if our lives are not re-patterned—such that we go beyond the orientation to self-fulfillment—our being is literally shut off from the Divine.

During His Teaching years, Avatar Adi Da also Revealed that the true Spiritual process cannot take place unless the body-mind enjoys the equanimity of being rightly oriented to the Divine. The body-mind is not “automatically” ready for Spiritual life—there is preparation that must take place in order to be capable of receiving Avatar Adi Da's Spiritual Transmission. This preparation requires that all four faculties be consistently turned to Him, such that the being is granted freedom from the ego-programs of separateness.

The Spiritual process in the Way of Adidam is about “Enlightenment of the whole body”. By contrast, the ego is the contraction of the whole body. Ego-transcending devotion to Avatar Adi Da, turning the faculties of the body-mind to Him, must be lived concretely and demonstrated in every area of life. It is thus that the being transcends the impulse to self-fulfillment in body and mind. And it is for this reason that disciplines are introduced into the life of devotional turning to Avatar Adi Da—in order to support the deepening of that process....

Avatar Adi Da has established a complete range of disciplines relative to functional and practical life for His devotees. These disciplines are established at the very beginning of the practice of Adidam, and you maintain the basic design of life-discipline (continuing to refine it) from that point on.

The disciplines of the Way of Adidam are “life-positive” because they are based in the disposition of accepting the realities of human life (such as the basic matters of “money, food, and sex”), rather than making any kind of attempt to “get away” (or “escape”) from these realities. The disciplines bring equanimity and well-being to the entire being—body, emotion, mind, and breath. (Detailed instruction in all of the principles and practices described here is given in the literature and coursework published by the Avataric Pan-Communion of Adidam.)

Even more, the disciplines are “life-positive” because (as Avatar Adi Da describes) they are a means to “allow the body-mind to become a participant in the Divine Spiritual Sphere of Existence”. Thus, the aim of the life-disciplines in the Way of Adidam is not a merely moralistic or puritanical attempt to be “well behaved” (in the manner of conventional religion), nor is it a means of intentionally dissociating from the body-mind (in the manner of traditional ascetic practice). The purpose of the life-disciplines of Adidam is entirely a matter of allowing your body-mind to become an ever greater “vessel” for receiving Avatar Adi Da's Spiritual Transmission of the “Bright”. And when the body-mind is infused by His Divine Transmission, further transformation occurs in the body, mind, psyche, and relations—without any effort on your part.

AVATAR ADI DA SAMRAJ: There is a traditional notion that the way to Realize the Divine Condition is to excise or shut down or eliminate the body-mind in some strategic effort. What I have Proven, Demonstrated, and Taught you is that such is not the true

method. Such strategic effort is the method of egoity itself, and only becomes more so. The Way of Adidam is not about strategic dissociation from the body-mind as a technique, but (rather) surrender as the body-mind. The Way of Adidam is utter surrender of the body-mind—transcending it by surrendering as it, rather than trying to dissociate from it.

This is a very practical matter, then. The method of egoity is dissociative. The Means of Divine Self-Realization is the relationship to Me, whole bodily turning to Me. It is surrender as the body-mind, turning the faculties to Me, entering into Communion with Me on the basis of surrender as the body-mind. On that basis, I am able to do My Blessing-Work of Transmission of the “Bright”, Transmission of the Divine Self-Condition. In the surrendered disposition, My devotee becomes combined with My Spiritually Self-Transmitted Person.

—March 15, 2003

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Area Study Groups

Check out the Adidam area study group in your area. Groups meet once a month with a minimal charge. Join others interested in exploring Avatar Adi Da and His Way of the Heart. Watch videos and DVDs of Adi Da, hear recorded stories by devotees about their life with their Master, listen to recitation of Adi Da’s Word, and meet and talk with others attracted to the transformative relationship with Adi Da Samraj. ASG contacts are listed below.

Olympia, WA	Patti Brandt	360.490.1099
Vancouver, BC	Connie Barker	604.736.7528 or Cage 604.575.7455
Portland, OR	Suzanne Hryniw	503.288.3511

Introductory Courses

Courses are a great way to learn more about Adi Da’s Teaching. Introductory classes are based on the study of a single book by Adi Da. Classes are run in various cities in the Northwest (Olympia, Seattle, Vancouver, BC), as well as by teleconference call. Let us know your interest in enrolling in a course by calling the Adidam Bookstore in Seattle, 206.527.2751 or Val Contini in Vancouver, 604.264.9165.

A Class on Adi Da’s Masterpiece, *Easy Death—Spiritual Wisdom on the Ultimate Transcending of Death and Everything Else*.

Learn...

- How to grow beyond fear.
- How to serve family and friends who are in the dying process.
- What really happens in the after-death states.

Five Weeks \$150 Offered in fall 2006 in Seattle

Adidam—An Introductory Class on the True World-Religion Revealed by Adi Da Samraj

Each week’s study focuses on one of the Five Fundamentals of Adidam. These Fundamentals are the comprehensive key to living an ecstatic life of Real-God-Communion in Avatar Adi Da’s Divinely Enlightened Company.

Six weeks \$195 New class forming in October in Vancouver, BC



Avatar Adi Da Samraj

Adidam is not a conventional religion. Adidam is not a conventional way of life.

Adidam is about the transcending of the ego-“I”.

Adidam is about the Freedom of Divine Self-Realization.

Adidam is not based on mythology or belief.

Adidam is a “reality practice”.

Adidam is a “reality consideration”, in which the various modes of egoity are progressively transcended.

Adidam is a universally applicable Way of life.

Adidam is for those who will choose It, and whose hearts and intelligence fully respond to Me and My Offering.

Adidam is a Great Revelation, and It is to be freely and openly communicated to all.

Avatar Adi Da Samraj

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 for any reason.

Seminar and Book Signing

Love and Blessings—The Divine Compassionate Miracles of Avatar Adi Da Samraj

Help for the Body-Mind, Freedom for the Heart

The seminar will include discussion of Who Avatar Adi Da Samraj Is and how His Compassionate and Liberating Blessings “flow” to all beings, all the time. Recent discourse excerpts by Adi Da will also be shown.

Presenter Bill Gottlieb compiled devotees’ heart-breaking stories in *Love and Blessings*. Bill is former editor-in-chief of Rodale Books and Prevention Magazine Health books and author of four books on health and healing. Bill has been a devotee of Adi Da Samraj since 1990.

*Saturday, September 30 at the Adidam Spiritual Center and Bookstore
1-5 pm • \$40 at the door, \$30 with preregistration • 20% discount on the book!*

Call 206.527.2751 to reserve your space.



What’s New at the Bookstore

Easy Death

Spiritual Wisdom on the Ultimate Transcending of Death and Everything Else
By The Avataric Great Sage, Adi Da Samraj.
\$24.95

DVDs

Cracking the Code of Experience, The Divine Is Not the Cause and Transcend the Self-Knot of Fear
Recent discourses in DVD. By The Avataric Great Sage, Adi Da Samraj.
\$26.95 each

CDs

Da Mahamantra
Chanted by Adi Da Himself
\$16.95

New Section on Raw Diet

Avatar Adi Da instructs His devotees to eat a maximally raw diet. He describes the dietary discipline in this way: “ It establishes equanimity, releases energy and attention for the real and fundamental practice, and is another self-reflecting mechanism, on the basis of which fundamental

self-understanding is established.” (September 25, 2005). On this diet people will show signs of good health, regardless of age.

To help you explore the raw diet, the bookstore now has a raw foods section, featuring the best raw food books, including:

Jennifer Cornbleet’s **Raw Food Made Easy** \$16.95
Rita Romano’s **Dining in the Raw** \$19.95
Ann Wigmore’s **The Hippocrates Diet** \$11.95
David Wolfe’s **The Sunfood Diet Success System** \$39.95

We also have great raw food snack bars!

Bookstore Hours

Tuesday, Thursday & Sunday 2 – 6 pm
Wednesday 2 – 8 pm
Friday & Saturday 10 am – 8 pm

New Books

Eleutherios (The Only Truth That Sets The Heart Free)

The “Late-Time” Avataric Revelation Of The “Perfect Practice” Of The Great Means To Worship and To Realize The True and Spiritual Divine Person (The egoless Personal Presence Of Reality and Truth, Which Is The Only Real Acausal God)

By The Avataric Great Sage, Adi Da Samraj.
\$34.95

Love and Blessings

The Divine Compassionate Miracles of Avatar Adi Da Samraj

Twenty-five of Adi Da’s devotees tell heart-breaking stories of human need and Divine Response.
\$19.95

The Northwest Adidam Advocate

Adidam Spiritual Center & Bookstore

1429 N. 45th St.

Seattle, WA 98103

August, September & October 2006 Events

August 16

Introductory Evening: Awaken to Brightness

Explore Adidam: The Way of Perfect Knowledge

Wednesday evening, 7:30 – 9:00 pm, \$5 suggested donation

Adidam Spiritual Center & Bookstore

A local devotee will speak about the Life and Teaching of Avatar Adi Da. The evening includes recent video footage of Adi Da.

August 25

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

Friday evening, 7:30 – 9:00 pm, \$5 suggested donation

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 the “Bright,” Consciousness itself.

August 25-27

Weekend Retreat at the Mountain of Attention Sanctuary

Public retreats at this empowered sanctuary in California are a unique way to deepen your understanding of Who Adi Is and the Way He offers.

\$295 for program, lodging additional, with 50% non-refundable deposit

For details, call the bookstore, 206.527.2751.

Retreats are also planned for September and October.

September 13

Introductory Evening: Awaken to Brightness

Explore Adidam: The Way of Perfect Knowledge

Wednesday evening, 7:30 – 9:00 pm, \$5 suggested donation

Adidam Spiritual Center & Bookstore

September 22

Friday Film Series – Transcend the Self-Knot of Fear

Friday evening, 7:30 – 9:00 pm, \$5 suggested donation

Adidam Spiritual Center & Bookstore

In this recent discourse, Avatar Adi Da explains that the root of fear is the same as the root of all suffering: the “self-contraction”. Rather than avoiding the fear inherent in the body, Adi Da Calls us to understand and transcend the self-knot in the Divine Condition.

September 30

Seminar and Book Signing: Love and Blessings: The Divine Compassionate Miracles of Avatar Adi Da Samraj

Help for the Body-Mind, Freedom for the Heart, Presented by Bill Gottlieb

Saturday afternoon, 1-5 pm

Adidam Spiritual Center & Bookstore

\$40 at the door, \$30 if preregistered. 20% discount on the book

October 18

Introductory Evening: Awaken to Brightness

Explore Adidam: The Way of Perfect Knowledge

Wednesday evening, 7:30 – 9:00 pm, \$5 suggested donation

Adidam Spiritual Center & Bookstore

October 27

Friday Film Series – The Divine Is Not the Cause

Friday evening, 7:30 – 9:00 pm, \$5 suggested donation

Adidam Spiritual Center & Bookstore

In His recent discourse, Adi Da Speaks of the self-confinement of human beings (in contrast to non-humans as natural contemplatives), the effort to trace any experience to its Source, and the Divine Reality as the True Condition of all things (not the “cause” of any thing).