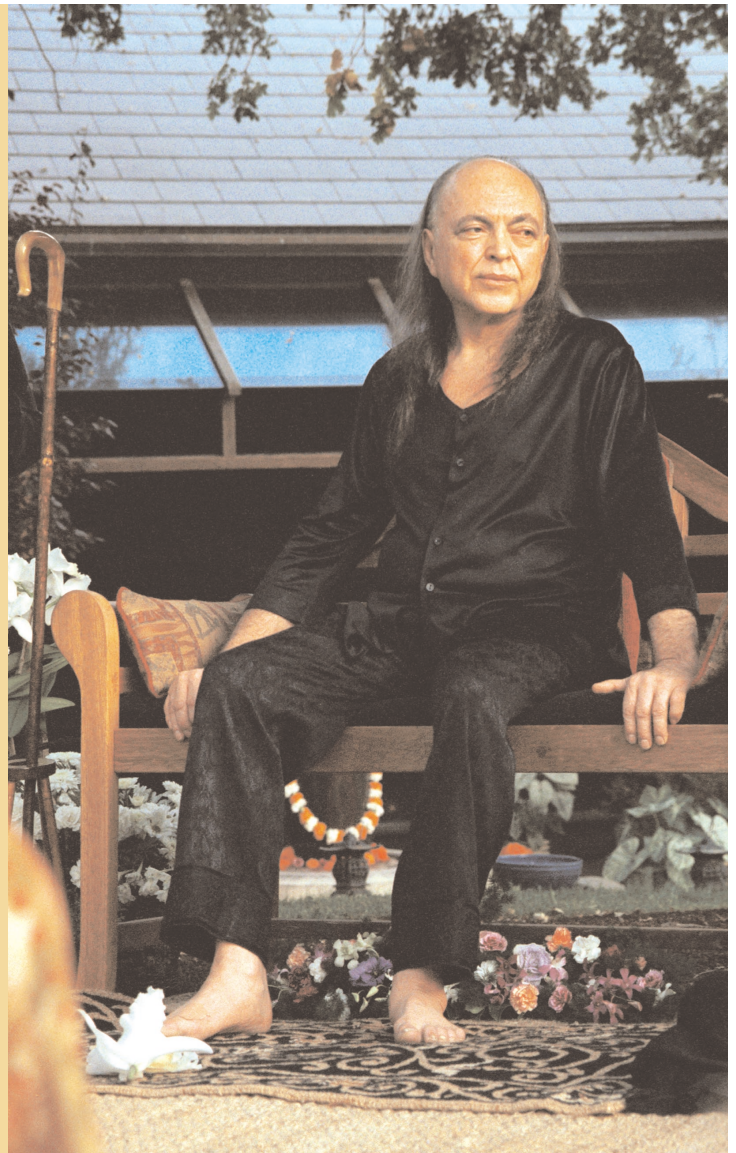


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For Those  
Who Would Embrace  
a Religious Life  
Based on  
Heart-Breaking Freedom,  
I Am Here

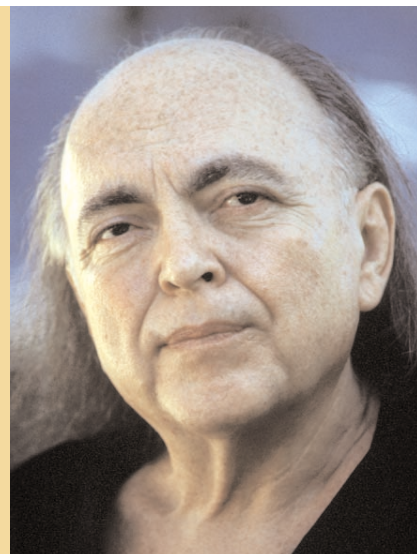
Readings from  
the Divine Teaching-Word of  
Avatar Adi Da Samraj



# Awakening from the Dream of Ordinary Life

By

Avatar Adi Da Samraj



*In this excerpt from “The Gorilla Sermon”, a Talk Given in the early 1970s, Avatar Adi Da describes His Awakening Function.*

**N**o event is, in and of itself, Truth. Everything that arises is an appearance to Consciousness Itself, a modification of the Conscious Light That Is Always Already the Case.

All of this is a dream, if you like. It is an appearance in Consciousness Itself. Truth is Very Consciousness Itself. Truth is to all of this what the waking state is to the dreaming state. If you awaken, you need not do anything about the condition you may have suffered or enjoyed in the dream state. What happened within the dream is suddenly not your present condition. It is of no consequence any longer, once you are awake.

If you persist in dreaming—and your point of view remains that of the dreamer and the dreamer’s role within the dream—then your possible actions are numberless. But none of them will work to awaken you. They will simply occupy you in the dream. They will modify the dream state—but no action in the dream is the equivalent of waking. There are simply forms of fascination, of occupation, of seeking—until you awaken.

The dream does not have to be changed in any manner for the waking person to feel that he or she is awake. Nothing has to happen to the dream. Only waking is necessary. To one who is awake, the dream is obvious. There is no illusion, no suffering, no implica-

tion, regardless of what appeared in the dream—a blue god, a dirty old drunk, the gorilla of death. It makes no difference. It makes a difference within the circumstances of the dream, to those who are dreaming. But to the one who is awake, it no longer makes any difference.

I am like the sunlight in the morning. I intensify the light of morning until you awaken. Until the light awakens you, even the Light of Consciousness Itself, you continue to dream, you try to survive within the dream, you manipulate yourself within the dream, you pursue all kinds of goals, searches—none of which Awaken you. All ordinary means only console you and distract you within the dream.

I Myself, the One Who would Awaken you, am not a person, not an individual, within the dream. I Am your Very Consciousness. I Am the Real, the Light, the True Waking State, the Heart—Breaking Through the force of dreaming. I Am your Awakening, and your Always Already Conscious State. ■

A more extended quotation from  
“The Gorilla Sermon” may be found in  
*The Way of Adidam: Five Steps to an Ecstatic Life  
of Communion with Real God.*

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# Your Suffering Is Your Own Activity

By

Avatar Adi Da Samraj



*In this excerpt from a Talk called “The Avon Lady”, Avatar Adi Da describes the fundamental activity of ego and how it can be gone beyond.*

Your suffering is your own activity. It is something that you are doing moment to moment. It is a completely voluntary activity. You cognize it in the form of symptoms—the sense of separate existence, the mind of endless qualities, of differentiation, and the entire form of motion, of desire. You are always already living in these things—but their root, the source of it all, the thing whose form they are all reflecting, is this contraction, this separative act, this avoidance of relationship, which constantly creates the form in your conscious awareness that you cognize as suffering.

One tends to take on the qualities of the things one spends one’s time with. If you watch a television program or a movie, you go through a distracting drama. Then, all of a sudden, a commercial! It breaks the trance. So you feel disturbed. Perhaps you go on a picnic, or you go fishing, or you go to church on Sunday. There are all these dramas being played. Now, it happens that, in the ordinary drama, in all of its millions of forms and in all the millions of people living it, there is a contraction. Every drama is a play of separation, of suffering, of seeking. The contraction is its subtlest

element, its foundation—such that, when you become involved with ordinary things, regardless of what they appear to be in the moment, they carry with them the subtle implication of your suffering.

I have Appeared in human Form, but I Live As the Divine Self-Condition. Thus, of all your associations, it is My Company, this Satsang with Me, this devotional and Spiritual relationship to Me, that does not support the contraction. That is what is unique about It. You continue to attempt to live this contraction in various forms, you continue to be entertained, you continue to seek. You even continue to expect what it may seem you should expect from the association with Me. But I do not support the contraction, the very suffering.

The effect of this non-support is that the quality of contraction in you begins to become self-evident, to get flabby and fall apart. I Live the Divine Self-Condition to you—whereas in all other conditions it is this contraction, the avoidance of relationship, that is lived to you. ■

This Talk can be heard in its entirety on the audiotape *The Avon Lady*. Available online at [www.dawnhorsepress.com](http://www.dawnhorsepress.com)

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# Every Body Is an Island

By

Avatar Adi Da Samraj



*In Crazy Da Must Sing, Inclined to His Weaker Side, a collection of poems written mostly in the 1970s, Avatar Adi Da gives poetic expression to His Message about ego-transcendence and the Realization of the Divine Self-Condition and Source-Condition.*

Every body is an island  
for its one.  
The “I”, adrift in space,  
is masted to its earth core,  
the body, bright,  
rising slightly on the ocean  
and the currents  
of life-light.  
A single tree  
is also rising there,  
antenna to the sky  
of mind.  
A plant of nerves,  
its root in sex,  
and foliated brain,  
that tree surveys  
the earth and sky,  
the mindful scene,  
the move of life,  
and would uncapture  
this attentive “I”.

How can this island  
fly or drown?  
To what space  
can space be gone?  
The isle will be forgotten  
when the Source  
of “I” is Found. ■

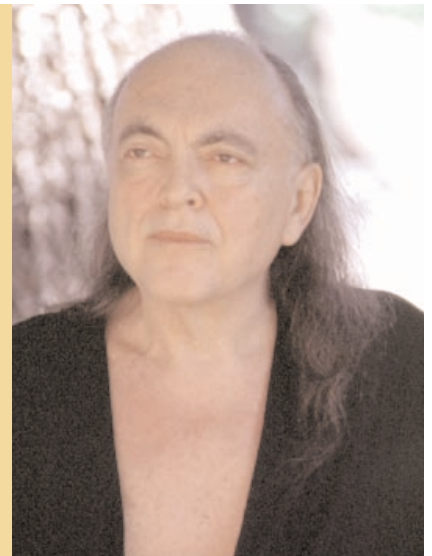
The CD *Crazy Da Must Sing* is a recording  
of Avatar Adi Da reading the entire collection  
of 49 poems. Available online at  
[www.dawnhorsepress.com](http://www.dawnhorsepress.com)

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# Transcending the Camera: The “Bright” Reality Beyond “Point of View”

By

Avatar Adi Da Samraj



*In this Artist’s Statement, Avatar Adi Da Samraj summarizes His artistic approach and purpose. He indicates how His Communication via artistic imagery is “continuous” with His verbal Wisdom-Teaching—relative to the necessity of transcending the ego and relative to the Nature of Enlightenment as the Realization of Conscious Light.*

Both the camera and the human being are mechanisms for registering Reality from a particular “point of view” in space-time. The camera—like the human being—is inherently about “point of view”. Thus, the process of making photographs reflects the nature of the human event, of human experiencing.

The human individual in the midst of Reality is like a camera in a room—perceiving everything from a fixed “point of view”. But what does the room Really look like? The room can be viewed from every possible “point of view” in space-time—not merely from any particular “point of view”, or even a finite collection of “points of view”. Therefore, no “point of view” can reveal the room, or Reality Itself, because every “point of view” is limited and essentially self-referring.

This is precisely the essence of ego-life: The apparently individual being presumes that he or

she is a particularized “point”, or organized “point of view”, in space-time. And that “point” is “made” by contracting from the condition of totality—and, indeed, by contracting from even every mode, form, or condition of conditional existence. Therefore, the camera is a precise mechanical equivalent of the ego—because it, too, functions as fixed “point of view”.

The living body-mind inherently wants to Realize the Matrix of life, wants to allow the Light into the “room”. Making it possible for human beings to fulfill that impulse is what I Work to Do. My images are Created to be a Means of Participating in Reality as Fundamental Light—the world as Light, relationship as Light, conditional light as Absolute Light.

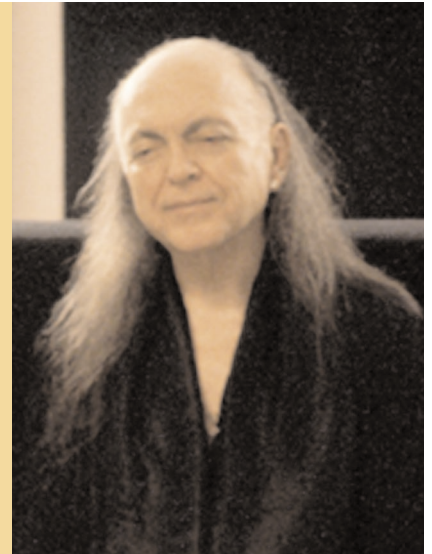
The “room” is where the “focal point” of ego happens. Ultimately, when the camera is transcended, there is no longer any “room” at all—but only Love-Bliss-“Brightness” Limitlessly Felt, in Vast Unpatterned Joy. ■

Avatar Adi Da’s Artist’s Statement  
can be read in its entirety at  
[www.daplastique.com](http://www.daplastique.com)

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# Reality Is Not What You Think

A Discourse by  
Avatar Adi Da Samraj



*In this remarkable response to a devotee's question, Avatar Adi Da points out that our questions about reality originate from our own self-contracting activity in the midst of reality.*

DEVOTEE: Beloved Master, what was the purpose for this whole event of separation to have occurred? Why did it have to happen?

**A**VATAR ADI DA SAMRAJ: You are asking the question from a point of view of already presuming yourself to be separate. You are presuming to be a body-mind and seeing reality from that point of view—so you ask this question. If you practice to the point of Realization, such that you can take all of Reality into account, are not merely fastened in that presumption of separateness, fastened to an “organism”, then see if you still have that question.

The source of the question is not that you are looking at all of Reality and coming up with a notion about It. The source of the question is your divorce from Reality: “How did all this separateness occur?” You presume that separation has occurred, and that it has occurred in the form in which you perceive it to exist, but that is an illusion based on a gesture of “organism” life.

In Reality, it is not so. Reality Itself, Realized, is Free of that complication that is based on your

presumption of separateness. Reality doesn't have to account for the illusion you are suffering from. Reality doesn't contain that illusion. What is actually happening is not what you think, nor what you are presuming. What you are presuming is an illusion, ultimately. If there were the Realization of Reality, that question would not exist, because you would not be suffering the illusion. Seeing even this appearance (perhaps), in that Realized State, the question would not evolve and it would have no basis, because Reality is not what you think. Or, as Shakespeare says, “There is more in heaven and earth than is dreamt of in your philosophy.”

That “reality” which you are asking Me about—“Why does it happen, and what's the point of it?”—is entirely your creation, and is not a universal reality, or condition. It's entirely your creation—this presumed separate “thing” and all the rest of it that you perceive on the basis of that presumption.

Why did it happen? You did it. You tell Me—why are you doing this? ■

This Talk can be heard in its entirety on the audiotape *Reality Is Not What You Think*. Available online at

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# Equip Yourself for Death by Standing in Divine Communion

By

Avatar Adi Da Samraj



*In this Talk from 1988, Avatar Adi Da Calls us to accept the fact of mortality and live our lives on that basis.*

While you are alive in the bodily state, you like to secure yourself in various ways. You “define your territory”, so to speak—define your own image and your association with it. You define your awareness by all those things, and you act as if this is something that is going to last forever. In fact, basically none of those things pertain after death. There is consciousness after death, but the means you have while alive to define yourself and maintain your security are gone.

It is not true that there is death and then you go to the “other side” and you carry on a new life and it is just like being born here in a specific situation—and you just go on defining yourself from there. It is not true. There are all kinds of potentials in the transition from this situation of apparent security (or insecurity). You can’t foretell it. You may not be aware of the designs that may be associated with all that—but you must come to realize, understand, and accept the fact of it.

The situation in which you are currently existing can change dramatically, even tomorrow, as a bodily circumstance. It will certainly change dramatically at the point of death. What is experienced after death has everything to do with your state while alive.

Therefore, those are best equipped to die who are devotees, who stand in Divine Communion and have established a contemplation and a motion in the midst of things that is auspicious. This is called “Salvation”.

There are many intervals and possibilities after death that are not auspicious. Don’t fool yourself any longer that you can live merely for the sake of this bodily life. You must function in the context of what you are altogether. You must “purify your house” and surrender to the Divine—rather than hold on to things for security, rather than hold on to things that are inevitably going to disappear.

The purpose of existence is Samadhi, Real-God-Realization. The process of existence, then, from that point of view, is ego-transcendence. It is a process of purification, submission, devotion. Those who take this course are guided by Wisdom and the Wise, and their future is auspicious. ■

The full version of this Talk may be seen on the video *The Commitment to God-Realization* or heard on the CD *Death and the Purpose of Existence*.

Available online at

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# The Natural Functions of Money, Food, and Sex

By

Avatar Adi Da Samraj



*In this Talk from 1973, Avatar Adi Da discusses the right approach to the basic functions of life—an approach that avoids the common religious error of suppressive self-denial.*

Money (and, in general, the commitment of life-force in the forms of effort and love), food, and sex are the essential activities of life. Those are the vital processes, the forms of vital appearance and function. And money, food, and sex are the first things that people begin to resist or manipulate when they become involved in religion or Spirituality.

Religious people, for the most part, are confused and guilty about money, food, and sex. People involved in conventional Yoga and religion are endlessly involved with experiments relating to money, food, and sex. “Should I or shouldn’t I?” “Fasting? Macrobiotics? No food?” “Renunciation? Poverty?” They are on and off food all the time, on and off sex. They may be celibate for years, in an effort to get “enlightened”—but then, just as dramatically, they are seeking the “Tantric bliss” or the restoration of “mental health” in a perpetual orgasmic exercise. Then there are all of the other games of self-denial—no work, no income, and so on.

Most people are chronically obsessed with the functions of money, food, and sex. Most people are dramatizing their fundamental dilemma by seeking in relation to the functions of money, food, and sex. Some pretend to be very “subtle” (or very “Spiritual”),

so called—but they, like most others, are simply reacting to money, food, and sex, which appear to them not as simple functions but in the form of problems. Most people are either exploiting these functional possibilities or resisting them, trying to overcome them. But the only reason to exploit any function or to overcome it is the fact that you are already in dilemma, that you conceive of the function as a problem rather than simply a function.

When you understand your search, your dilemma, then all of your functions return to their natural state. Then the functions of money, food, and sex become possible in a very natural manner.

When your life takes on the form of Satsang with Me, the devotional and Spiritual relationship to Me, then money, food, and sex become forms of relationship—and, as forms of relationship, there is no praise, no blame, in the appropriate use and functional enjoyment of them. They are simply the enjoyable and “creative” faculties of the earth. ■

The Talk “Money, Food, and Sex” may be heard in its entirety on the audiotape *Money, Food, and Sex*.

Available online at

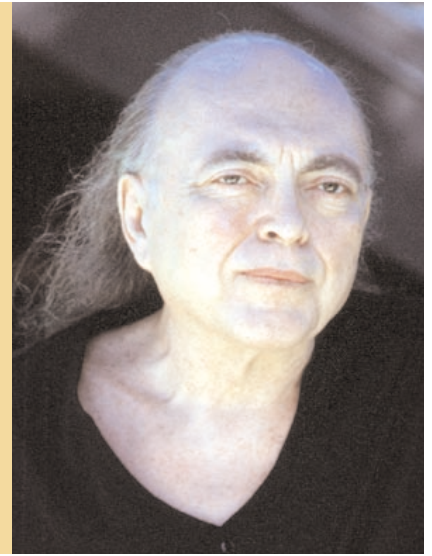
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# Feel Love's Wound

By

Avatar Adi Da Samraj



*Avatar Adi Da Reveals how the practice of ego-transcendence and the Realization of Non-separateness are manifested in the sphere of human relations.*

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, Spiritual) Communion With Me. If You Always Do This, Then, By Means Of every act of life, Always Do What and As You Are. ■

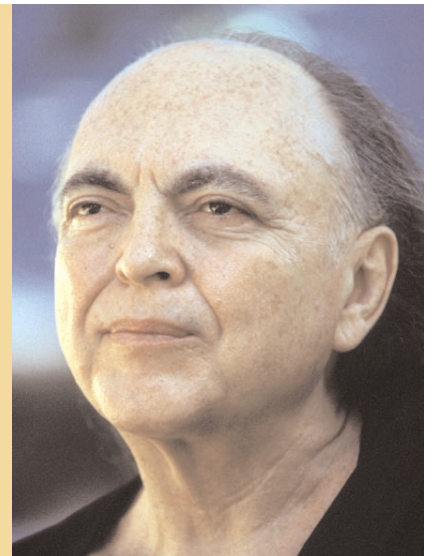
The full version of this reading is published as booklet number 9 (entitled *Feel Love's Wound*) in the "Truth for Real" series. Available online at [www.dawnhorsepress.com](http://www.dawnhorsepress.com)

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# The Terrible Secret of the Human Heart in Love

By

Avatar Adi Da Samraj



*In The Mummery: A Parable Of The Divine True Love, Told By A Self-Illuminated Illustration Of The Totality Of Mind, Avatar Adi Da conveys His Revelatory Communication of Truth in the form of a boldly innovative literary work. The hero, Raymond Darling, and his loved-one, Quandra Mai Bliss, have their first ecstatic meeting in chapter 16. Then, in chapter 17, they confront the sorrow of their mortality—the inevitable “fact” that the loved-one is destined to die. Through this scene, Avatar Adi Da is Communicating that the only True Cure for the heartbreak of “mortal, human love” is to Realize the Divine True Love, which is utterly Beyond all presumption of separateness.*

Raymond Held! Quandra, and she Held! him—in each-in-the-other’s arms. And warmed each other—now and then. With small kisses—on each other’s head, and arms.

And they each wept—alone—together. Mourning the “What” they could not speak to say.

And their Broken! hearts of mortal, human love were Living-Water-Drenched!—with sorrowing their one-another. And how, that they, exactly, lived—and lived, at all. And how, that he could, never, now, forget her. And how, that she could, never, now, forget him. Except, there is the all-the-other-worlds, that do not know them—and, yet, will come-and-go—forgetting them!, forever, in the natural flow. . . .

The farthest memory—farthest Far from the True Heart’s True Beyond—is the cannot-be-forgotten memory, of the mortal loved-one of the feeling-heart. The natural loved-one, Found in the dying Fall! The Fall

from All the Living Light—That Houses the True Heart’s Eternal Sphere of He-and-She, That is Divine.

That awful memory, of natural true love, feels to such a feeling-Find, that feeling Falls too Deep—into the God’s End of all life.

The pall of mortal loved-one’s memory always lies, within an Open grave—of True Heart’s death-transcending Deep of is. And, even while they live, true lovers only die.

For now—until he Deepest-Knows the True Heart’s House, again—the born-to-dying Raymond only knows the sorrow of his Fall, to life’s true love.

He needs to Realize—again—his more-than-human Love. The Divine True Love—That Feels Beyond the deathful tragedy of merely-human Joy.

He is The He. That Falls to She.

And She is She. That must, yet, Fall, to die—on Him.

He must, yet, Manifest The All-There-is of His Divine True Love.

Or else, the Death-Tax He must Pay Exceeds the human Wealth of All They Gained, to here. ■

A complete dramatic reading of *The Mummery*,  
by award-winning actor Kenneth Welsh,  
is available as a 6-CD set. Please visit

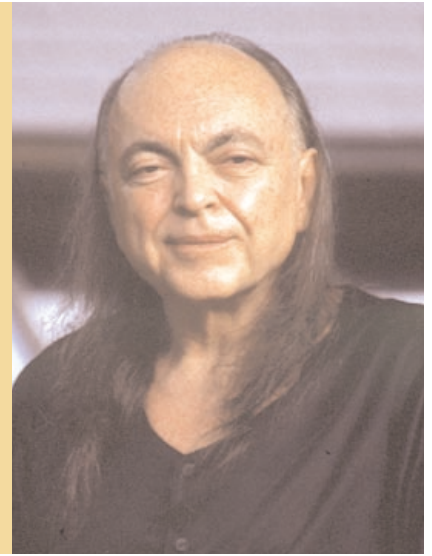
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# Love Is How I Got to Here

By

Avatar Adi Da Samraj



*In this ecstatic statement, Avatar Adi Da proclaims His Love for all and His Offering to all.*

**W**hat is Perfect?

It is Beyond. It Transcends.

Therefore, if Happiness is your impulse, you must invest yourself in the going-beyond disposition.

Conditional existence is not all there is. There is Truth, Reality, God, Inherent Perfection, Absoluteness—and That is the only Happiness.

The purpose of conditional existence is not immortality, moralistic perfection, utopia, social personalities, the technological absolutization of Earth life. It is none of that.

The right purpose of human existence, or existence in any sense whatsoever—the right purpose of this sacrifice, inevitable under these conditions, is the Realization of That Which Transcends conditions, the Realization of God, Truth, or Reality—for all, for everything. It is Absolute Happiness. Be purposed to That.

Know that this is mortality. Know that this is imperfect and never going to become utopia.

Be compassionate. Be benign. Handle your business. But be purposed to Ultimate Realization.

There Is Only Reality, Only God, Only Truth, Only Reality Itself.

Some act and speak as if they are just “organisms”, and don’t aspire to Ultimate Realization. But they just have to continue to grow.

All—even the fishes and the ‘possums, and the frogs, and the mosquitos, and even the worst of humankind—are Inherently Conjoined with That Which Is Always Already the Case.

All must be forgiven. All must be purified. All must be forgiven and purified through an ordeal of Divine Spiritual “Brightening”.

I am here to Draw you into My Condition. I am here to Awaken you by My Mere Presence, by the Force of My Samadhi.

I Love you now.

I will Love you every “then” and “there”.

And I always Loved you (and every one, and all, and All).

That is how I Got to here (and every “where”). ■

This Talk may be heard in its entirety  
on the double-CD set  
*The “Bright” Revelation Series, vol. 1*  
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