

OPEN EYES

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Compassion

You can suffer or you can love.
You can complain or you can surrender.
You can abuse or you can bless.
It is really just that simple.
And true maturity, Real-God-Realizing maturity,
manifests great compassion, great love, great
help, and endures greatly.
What you and My devotees are growing toward
is that disposition wherein it really does not
make any difference what anybody ever did
to you.
They did not do it "to you".
The "to you" part is your reaction.
Whatever they did, they did in their innocence,
their stupidity, or their egoity—but they did not
do it "to you".
Human beings are in a very difficult circumstance

here — in a body that can experience delight but
which could drop dead any moment, is suffering
all the time, and is threatened all around.

People are confused in their minds and have
no great experience.

They are just trying to work it out and do their
best.

Most people do not really have bad intentions.
They might react, but they do not really have
bad intentions.

Most people have good intentions.

This is not paradise. It is not a perfect place.

This is the place where beings are in a profoundly
difficult circumstance.

And very few have the virtue of the Company
of a true Spiritual Master.

—AVATAR ADI DA SAMRAJ



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WELCOME TO OPEN EYES

Through these pages we introduce you to the Revelation and Wisdom-Teaching of the Divinely Realised Being, Avatar Adi Da Samraj.

Introduction

In the context of His Spiritual Work to establish the Way of True Freedom and Perfect Happiness, Adi Da Samraj spent many years elaborating His Instruction on emotional-sexual practice for those who had come to Him for His Blessing and Gift of Realization.

Adi Da Himself is utterly free of any sex-negative or sex-paranoid disposition. At the same time, He is perfectly clear that the consolation apparently provided by sex is, ultimately, illusory. His Instruction about right emotional-sexual practice is fully compatible with the process of Ultimate Awakening, as He Himself has Realized and Demonstrated it. To study His Revelation is to find utterly unique Instruction, not developed to such a complete degree anywhere else in ancient or modern times.

Adi Da's Teaching about sexuality and relationships is refreshingly straightforward – reflecting its unique purity, strength, and simplicity. It is free of moralistic ideals and free of any guilt messages. Adi Da brings balance to this ordinary human function that is otherwise generally obsessively engaged and made much of. Adi Da's Instruction is a wholly positive understanding of love and sensuality, for heterosexuals and homosexuals.

Adi Da Samraj Reveals that sexual activity and sexual seeking are emotionally based. Those who approach Him as devotees are shown, by His Instruction, their fundamental emotional patterning, the hidden structures that move the being and dictate action and response, even repetitively. Each person is different to a degree – but, through Adi Da's discriminative guidance, common root-patterns are revealed. He elaborates on and further develops the "Oedipal" insights found in Freud's psychoanalytic work-relating to principal early-life relationships to key individuals, primarily one's parents (or primary caregivers).

What Adi Da uniquely points out is that this patterned way of relating is not something of the past that, once revealed, frees the individual from these limitations and consequences. Rather, it is a patterning that can and must be seen as presently enacted and currently enforcing itself. Without this present insight and responsibility, there is no way out of the inevitable re-enactment of the same rituals in relationships and in sexual play. When the self-imposed script and destiny reveals itself to be bondage and suffering, the impulse to be free moves the being to consider life at depth.

More fundamental to the human dilemma than the "Oedipal" patterning and its consequences, Adi Da Reveals, is the root-activity of what He calls the "self-contraction", or the "avoidance of relationship" that is the sense and experience of separate "self". His Revelation of the Greater Reality of existence awakens a discriminatory intelligence that cuts through the fixed identification with an enclosed "self"-sense, the sense of "I within". Fundamental understanding of the activity of "self, or "ego", is given through His Attractive Grace and reflective Instruction.

Inherent in separation is the mood of unlove and presumed betrayal – in other words, inherent in the sense of separate "self" is the apparent justification for retaliation in the face of unlove, or even, paradoxically, in the face of love. Therefore, Adi Da instructs that conversion at heart is required to love unconditionally. But this conversion cannot occur simply through positive intentions or good-hearted effort – the primal patterns of presumed unlove carry with them the very force of survival, and so a Greater Force must Intervene. Ultimately, Adi Da shows how the knowledge of love, or the knowledge that one not only is loved, but is love, must be Given by the One Who Is Love Itself, along with the Blessing and insight to go beyond the encircled limits of the contracted heart. With this comes the very real requirement to love others and even to suffer the wounds of the unlove – real or imagined – of others. This is Adi Da's Measure.

by Daniel C. Bouwmeester, MD

Be Always Already Full of Pleasure

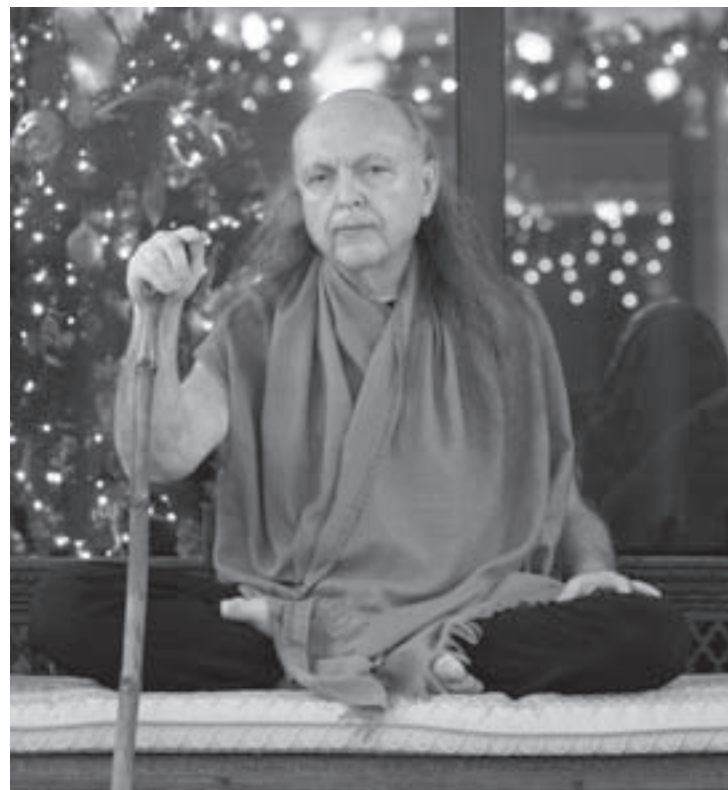
AVATAR ADI DA SAMRAJ: Feeding creates a pleasurable sensation in a baby's body – a feeling that the baby registers and that makes the baby feel comfortable, sustained, and protected. Adults get a similar satisfaction from sexuality. Sexual intercourse is a way of "feeding" on energy. It is a pleasurable sensation that you can register, and that makes you feel good, because it is a contact with life-energy. But, just as nursing makes the baby feel dependent for life-energy on the source of food that is outside it, so sexuality makes you feel that you are dependent on having sex to get life-energy. This feeling of dependence, however, is false.

In Reality, you yourself are a "representative" of the universal life-energy, which you communicate through your feeling-response in your relations, through love – not only through orgasm and occasions of physical contact. Therefore, if your life is to be true, the energy that you now identify exclusively with sex must be your consistent manifestation, under all conditions, in all of

your relations – most particularly in the intimate sexual dimension of your life. Being able to have orgasms and being sexually attractive and athletic does not make you a true lover. Even your relatively successful adaptation to orgasm must change, because, like feeding, it is a habit whereby you are consoled and dependent.

My Wisdom-Teaching relative to sexuality is that you must go beyond the dependent orientation that seeks to acquire pleasure. You must realize the inherent pleasurable of existence, by connecting to the greater levels of sustenance, or Spiritual Energy. Thus, you must see your capability to be released pleasurably through orgasm for what it is – at best, a rudimentary way of feeling good, of acquiring pleasure.

You must always already be full of pleasure. You must always already be love. If you live as love, then the purpose once served by degenerative orgasm appears to your understanding as an old adaptation, a form of memory, like the aberrated emotions of guilt, fear, and anger.



Sex is transformed and made right only through the process of transcending egoity. Thus, what must be (most fundamentally) addressed relative to your emotional-sexual life is not sex in and of itself, but your egoic search for "self"-fulfillment by means of sex.

—Avatar Adi Da Samraj



A PERSONAL ACCOUNT

The following is a description from Frank (Cheech) Marrero, who has been Adi Da's devotee for more than 35 years. Cheech describes his experience during a period of time – known as Adi Da's "Teaching-Years" – in which Adi Da entered into face-to-face considerations with His students. It is through the process of face-to-face dialogue that Adi Da elaborated His Wisdom-Teaching on sexuality, and worked to establish a culture of His devotees who understood His Teaching on this and all matters. Now Adi Da has fully given His Teaching, to be studied and considered with other practitioners, and to be applied in the context of devotional relationship to Him. He Himself is simply Standing in His Divine Reality-Condition, Blessing and Instructing through His Non-Verbal Silent Transmission-Work.

Cheech: It turned out that everyone was suffering from emotional-sexual complications of all kinds, including secret feelings of latent homosexuality or bi-sexuality, machismo, fear of sex, promiscuity, aggression, impotence, frigidity, infidelity,

lustful obsessions, and more. With amazing compassion and insight, Adi Da considered all these things with us, pointing out their roots in the emotional-sexual make-up of each individual. And He would teach us how to understand and be free of them. He pointed out, for instance, that whatever one's personal background – whether one was a "goody-goody", raised by really nice, loving parents, or whether one had a terrible childhood full of abuse and tragedy – behind every individual's social persona there is a powerful emotional-sexual drama being played out. And to be honest, what was revealed in those gatherings with Adi Da was not a pretty picture!

For example, my own history of intimate relationships with women: I knew how to satisfy women sexually and bring them to orgasm, but I would never enter into a loving, intimate relationship with them. It became clear that I could not bring myself to truly love any woman. It was all about "me". Through this thorough consideration, Adi Da helped me to understand that behind my sexual personality and character

was a man who was deeply afraid of women. I was using sex as a way to control and keep them at a safe distance from my own feelings of vulnerability as a man.

Adi Da asked me, "Why would you want to control women through sex? Why?" And He pointed out that it was because I really was fearful of women and that I was in fact a loveless man. I had a childish need for attention and love, but I myself simply did not love. I did not know how to love a woman or anyone, really. This was an immense and shattering revelation, and it eventually served a major purification and healing in my relationships with women – in fact, with everyone I knew, including men. Without Adi Da's compassionate help and intervention, I would still be a loveless and very unhappy man.

Of course, those of us involved in these considerations had to be willing to see and confront the destructive effects of our own narcissism to get the lessons and benefits of Adi Da's Great Wisdom. We had to endure the process of self-revelation. But it was a miraculous and extraordinary process – a gift of

profound instruction, emotional healing, and life-changing lessons.

Through this relationship with Adi Da my life has been transformed from a life of suffering, to a life of simple happiness, not the seeking for happiness but obvious happiness already. And most important of all is the immense gratitude and love I feel for Beloved Adi Da Samraj for His Constant Blessings, Guidance, Integrity, and Perfect Demonstration of what love is. His Spiritual Purity is revealed to any and all that recognize Him and surrender to the miracle of what is revealed: the Very Divine Person.



Frank (Cheech) Marrero

Love Is Sacrifice of Separate "self"

AVATAR ADI DA SAMRAJ: You – and every being – must be love. Every being must fulfill the Law, regardless of his or her past. It does not make any difference how difficult it is for you. The Law remains the Law. The Law is unobstructed feeling-attention to Infinity – under all conditions, and in all relations. If you are obstructed in feeling and attention, you fail to fulfill the Law. That is why you suffer, and why you stop growing...

All true Spirituality is about the Awakening of the heart, which is the function of love. You become truly human only when you Awaken at the heart. Only then are you Alive in Real (Acausal) God. Until you are living as the Awakened heart, every last one of you feels that you have been separated from the source, from your link to life, your food line. It is not that when you were a dependent baby your parents stopped feeding you. You, for whatever reason, recoiled from the source of food. Though you may not now remember it, you chose to cut yourself off from relations, to contract as unlove rather than to live freely in relationship under all conditions. Perhaps, in your childish need to survive, such an action was necessary. But you are not a child anymore. I am here to tell you that you are always connected to the True Source through love. That is the Law. When you are love, you are fed. When you are not love, then you are cut off from the True Source – and, in your relations, you cut everybody else off, too. When you love, you are connected with the Source on Which the whole bodily being depends. Love Radiates to you, in you, around you, and, most especially, as you.

You must become love. If you are to Awaken Spiritually, you must enjoy integrated responsibility for the whole of the lower life. Therefore, you must

accept the discipline of the Law of love, or sacrifice of separate "self", and completely transcend all of your old and loveless ways. To love is not a matter of denying yourself. Such denial is merely a form of strategic effort, concerned for the presumed "sinfulness" of your lower life. For My devotee, love is the relinquishment of "self" through heart-Communion with Me.

Individuals who constantly dramatize reactive emotions are profoundly dependent and childish. They suffer uncertainty about whether they are loved – rather than presenting themselves as love at all times. The dependent person, who is always watching to see if he or she is loved, is prone, for example, to jealousy. The secret to overcoming jealousy is not to try somehow to stop being jealous. The secret to being free of jealousy is to stop being dependent on whether or not you feel loved in this moment. As long as you are always sitting back and reading each situation for evidence that you are loved, you yourself are being loveless. Thus, you will always find the evidence you seek: You will always find that you are already not being loved. However, the actuality of the matter is that, in your "watching" for love, you are already not being love.

The way to be free of jealousy, and of all reactive emotion, all contraction of the feeling being, is to be love. When you are love, then you will respond in the appropriate way to the circumstances of life, no matter what those circumstances are. On some occasions it may, perhaps, be the case that you are not loved by others, but the effects of such circumstances of life will no longer be crucial to you. Not only will you be able to survive, you will also be able to transcend all the effects of your experience.



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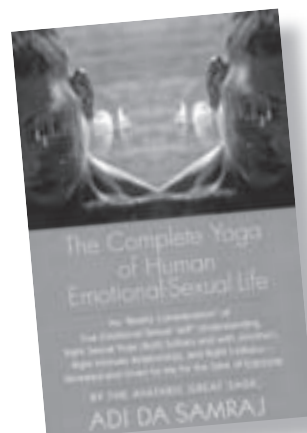
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