

# Open Eyes



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## Dissolve in My Current of Love-Bliss



I Am The Self-Existing  
Divine Conscious Light,  
Always Already Beyond and  
Prior to attention.

I Am The Divine  
Self-Nature, Self-Condition,  
and Self-State In Which  
mind itself arises.

I Am The Self-Radiant  
Divine Conscious Light That  
Always Already Pervades  
the “world”.

I Am The Transcendental  
Spiritual Energy of  
Which every “object” is  
a transparent (or merely  
apparent), non-necessary,  
and intrinsically  
non-binding modification.

Commune with Me in  
whole-bodily-recognition-  
responsive Ecstasy.

Turn to Me whole bodily—  
Beyond all “experience” and  
every thought.

Let Me “Live” you.

Dissolve in My Divine  
Transcendental Spiritual  
Current of Love-Bliss.

—Avatar Adi Da  
from “Let Me Live You,”  
in Part Eight, *The Aletheon*



## 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:

“Radical Devotion” to Avatar Adi Da is the egoless, non-seeking recognition-response to Him as Reality Itself—That Which Is Divine and Always Already—Revealed before your eyes. To recognise Him is a Gift, not an effort. In that recognition, the being turns to Him in a single, spontaneous, ego-forgetting gesture. In this issue we look at this practice of turning the four psycho-physical faculties.

Another way of describing devotion is that it is whatever you give energy and attention to. We are all devoted to something—even if it is just our jobs, family, TV or the Internet. Adi Da is speaking about “radical” devotion—or granting energy and attention—to the Non-Separate Divine Condition, which is not exclusive of life and relationships, but transforms our relationship to everything.

# Enter My Sphere and leave yours

## The four faculties

Avatar Adi Da describes four human faculties—the four dimensions of the total body-mind that “follow the heart” in devotional response to Him:

1. mind (or attention)
2. emotion (or feeling)
3. body
4. breath

Ordinarily, the faculties of the body-mind are occupied in various activities, thoughts, and feelings that are the expressions of the self-contraction—the ego’s active presumption of being separate from everything and everyone else. When the faculties of mind, emotion, body, and breath turn to Avatar Adi Da, through the attracted response to Him, the self-contraction is instantly undermined. In that moment, you are practicing whole bodily devotion to Avatar Adi Da Samraj—thereby enacting the relationship to Him through turning the faculties of the body-mind to Him. In His Words, “You enter My Sphere and leave yours.”

The turning of the four psycho-physical faculties to Avatar Adi Da Samraj is not a form of self-effort or self-manipulation. It is not about intentionally changing the thoughts in your mind, or emotional feelings, or the sensations in your body, or patterns of breathing. “Radical” devotion to Avatar Adi Da is only true when the devotional recognition of His Divine Presence is alive. Any willful effort to turn the faculties to Him will not manifest the true practice of devotional turning to Him.

Avatar Adi Da describes here the process of turning the four faculties to Him:

Instead of wandering in the maze of thoughts, give Me the faculty of mind—which is epitomized by, and as, attention (itself).

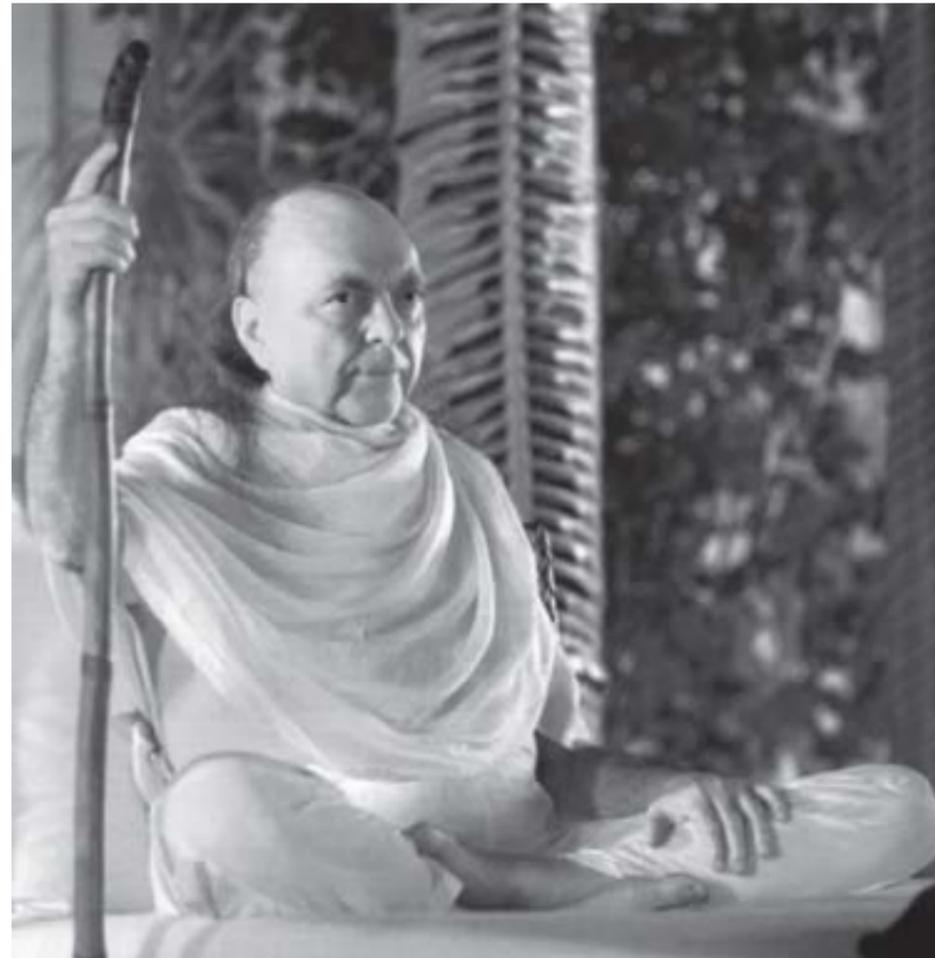
Instead of being tossed about by the waves of emotions, give Me the faculty of emotion—which is epitomized by, and as, feeling (itself).

Instead of seeking bodily pleasure and avoiding bodily pain, turn (or face) the body toward My Divinely-Avatarically-Born bodily (human) Divine Form, and (altogether) give Me the body—through full feeling-intention, enacted through constant devotional service to Me.

The faculties of mind (or attention), emotion (or feeling), and body are connected to one another via the breath—and, thus, the gesture of turning to Me must also be done via the breath.

Therefore, altogether, in the right and true practice of the Reality-Way of Adidam, mind (or attention), emotion (or feeling), and body are turned to Me, and breathed in devotional Communion with Me.

—Avatar Adi Da,  
from “The Searchless Essence of Radical Devotion To Me”, *The Aletheon*



Avatar Adi Da

There is nothing abstract or mechanical about this practice. It is activated by Avatar Adi Da’s Divine Grace when you are directly Sighting His Incarnation-Body—either through regarding His photograph (or another representation of Him) or by simply recollecting His Form in the mind.

In the process of this devotion, the “contents” of the faculties are irrelevant. It does not matter what you are experiencing at any given moment—which distractions, what wandering in mind, what intense emotions, what bodily sensations. The liberating truth of “radical” devotion to Adi Da is that it is not governed by your experience. It can be practiced in any circumstance, in the “worst” as well as the “best” moments of your life. All you do is allow the faculties to turn to Adi Da Samraj at their root, allowing the content to be whatever it is. Through this practice, Avatar Adi Da Works in the body-mind of His devotee, releasing its psycho-physical knots, and establishing a profound equanimity in the being.

Devotional turning to Avatar Adi Da is summarized in His Admonition to all His devotees: “Invoke Me, Feel Me, Breathe Me, Serve Me.” Such devotional response to Him is the means to Invoke His “Bright” Presence constantly at the heart. It is the “lifeline” that Avatar Adi Da Gives to His devotee in the midst of this bewildering and mortal existence.

When Adi Da Speaks of “Invocation of Me” or “turning to Me”, He is not referring to Himself as a separate personality, but rather is speaking of turning to Him As the Divine Person—not separate from the Divine or any thing.

// When I use the word “I” or when I tell My devotees to Remember Me, I do not refer to the limited, separate personality, the psycho-physical being, that sits in front of you, even though this body-mind is the Vehicle of My Appearance. I Am the One Who is actually living this body, Who is actually Conscious of this mind and this place. Your true Condition is tacitly and completely Obvious to Me. It must likewise become Obvious to you. You must inhere in that same One. The One you Realize in the Way of the Heart is the same One to Whom I refer as My Self, and to Whom you will ultimately refer as your Self in ecstatic speech.

//  
—Avatar Adi Da,  
August 22, 1979

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## Become Invocation of Me

The basic purpose of the body-mind-complex is Invocation of Me. If it is used otherwise, the body-mind-complex inevitably tends to contract upon itself. Therefore, My devotee must whole bodily Invoke Me—from the heart.

You must always be able to breathe Me and feel Me—beyond all fear, sorrow, anger, and un-love, beyond the stress of reaction to the gross physical situation.

The conditionally manifested cosmos is an immense electronic happening, or appearance—most of the dimensions of which are not even suggested by any “experience” of the usual human kind. Nevertheless, the Fundamental Unity and Reality can and must be Realized—or else there is no True and Most Profound Happiness (or Perfect Ecstasy), but only confinement to the mortal view of suffering.

If you are still hoping to discover “Something Bigger” that is somehow “in charge” of the cosmos, then you are still just being a morsel of sorrowful meat. Conditionally manifested existence is pitiful and sorrowful. Therefore, your life must become Invocation of Me. Altogether, the entire body-mind-complex must become Invocation of Me, beyond the “self”-contraction: You must live as faith, beyond the mind.

—Avatar Adi Da, February 13, 2000

#### 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.

