

# Open Eyes

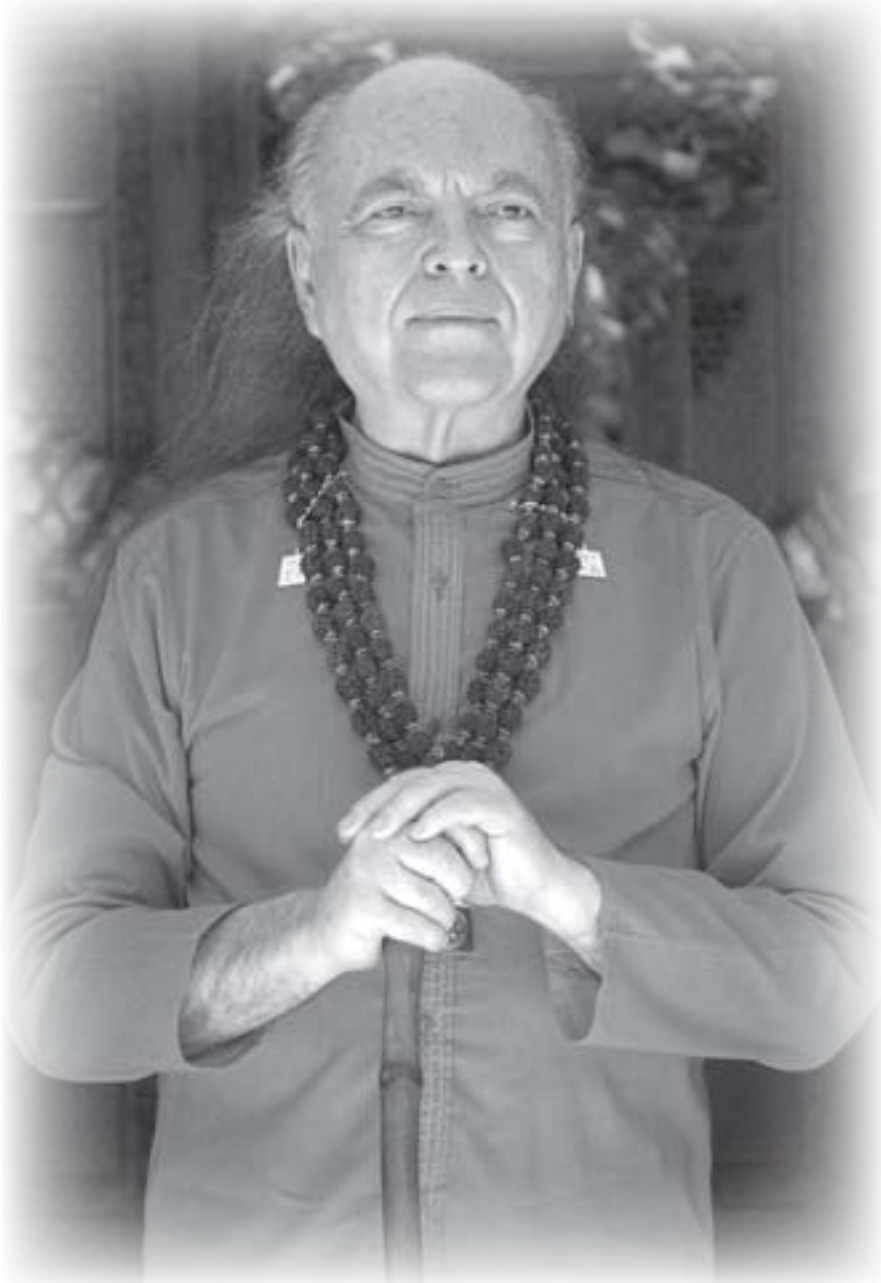


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You cannot become Happy.  
You can only be Happy.



Wisdom begins  
when one is made  
truly serious by this  
Lesson of life:

The achievement  
of Happiness is  
always minimal,  
temporary,  
and ultimately  
unattainable.

You cannot become  
Happy. You can  
only be Happy.

—Avatar Adi Da Samraj,  
December 4, 1981



## Welcome to Open Eyes

### IN THIS ISSUE:

Avatar Adi Da Teaches that true and lasting happiness is non-conditional—not dependent on things, happenings, or situations. Such true happiness is felt when the separate self-sense is gone beyond, which can occur in any situation, and at any time.

His is a profoundly liberating message because it frees us from the constant focus on seeking for the things and situations we might think we need in order to be happy. Instead, our attention can come to rest in true happiness itself.

This issue presents excerpts from Avatar Adi Da's many writings on this subject, and stories from His devotees about how they first noticed the self-evident truth of His Wisdom.

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.



Avatar Adi Da blessing almonds for His devotees to receive as Prasad, 2005

In the conventional seeking-culture, you ask a "question": "What do I do about such-and-such?"

And, then, your "question"—and not "you", As "you" egolessly Are—is addressed: "Here is the prescription for remedy."

The "prescription for remedy" always involves doing something with attention—either turning attention "outward" or turning attention "inward", and (thus) turning attention onto some "object" or "other"—all the while remaining bound to the "problem", bound to the idea of seeking, bound to the idea of obtaining a "solution" to the "problem", and bound to the presumption of separate "self" (or ego-"I") itself.

Reality Itself is not a "method".

Reality Itself is not a "prescription for remedy".

Reality Itself Is The Tacit, Direct, and Intrinsic Self-Revelation of That Which Is.

Reality Itself Is Intrinsically egoless, Indivisible, and Self-Evidently Divine.

Reality Itself Is of A Transcendental Spiritual Nature.

Reality Itself cannot be Realized as the "result" of any ego-effort whatsoever.

Reality Itself can only be Tacitly, Directly, Intrinsically, and Acausally Self-Revealed—and Thereupon Self-Realized.

—Avatar Adi Da Samraj, "Radical Adidam", *The Aletheon*

## The feeling of Happiness is always possible



**Awahi Oakley:** I was a young solo mother with three children. I had just begun to study Adi

Da's teachings and was beginning to get an intuition of something greater than the ordinary state of functioning and living but often felt frustrated with my lack of understanding.

I remember He said, "You cannot become Happy. You can only be Happy". And also, "You always know... what it would be to look and feel and be and act completely Happy".

Of course at the time, I was struggling to be happy—it was a hard time for me, full of grief and

exhaustion, and I really felt irritated and frustrated by what He was saying.

One day I went for a bush walk with my one-year-old in a sling and walked and climbed contemplating what I felt as this impossibility, when I came to a rise which looked out on a startlingly beautiful sunset. In that moment I felt beyond myself and ecstatic! Totally Happy. I noticed that. And in that moment I got it. I really understood what Adi Da meant—I was happy, and nothing had changed for me. I was still going through the most difficult moment of my life, but I understood. I felt beyond myself. And I realised that that feeling of Happiness was always there, always possible to resort to. To Be.

Over the next few years, I received many lessons in this,

and I passed them on to my children. I would ask them, "Can you be Happy even if...?" I began to realise the depth of the practice of Happiness: Even if? Even if death? Or illness? Or financial limitation? Or feeling neglected or unloved? In the end, I found it is possible to be happy "Even if".

The greatest gift of this period was the relationship that grew with Adi Da. He was Happiness. Is Happiness. He was Absolute, always—in His Every Act and Statement and Look and Laugh—Love! He was and is Bright Ecstatic Joy in any moment I turned from me to Him. And the choice over the years has become simple—do I turn to my sorrow, my withdrawal, my complaint, or Turn to What is Great, Ecstatic and Full? This is the life of a devotee.

## An intuition of complete heart-freedom



**Rachel Key:** When I was young, I used to lie in bed at times crying, knowing and feeling

sad that one day my parents were going to die, and knowing there wasn't a single thing I could do to escape dying myself. I also used to wonder about god, and concluded that god had to be some kind of presence that breathed everyone and lived everything.

My parents divorced when I was six, and this was a big shock and a deep loss. When I became a teenager, that sorrow became anger, particularly directed at the world. I had the usual teenage struggles, but I also had a deeper sense of disillusionment with life. I kept noticing that I couldn't seem to "get" happy. I had a loving family, close friends, obvious talents, and an apparently interesting life, yet I felt disconnected from the people who I knew loved me. I would sit in the same room as them and all I could feel was that I was separate from them. I would go with friends to concerts of bands I loved, and feel alarmed that at the end of the gig I still felt as unhappy as I did before it.

I started to feel deeply worried, and at one point even wondered if I wanted to carry on living, as everything I had previously felt connected to seemed empty. I just couldn't connect with it. No one who knew me and cared about me could really notice anything unusual about me outwardly, but internally I was in a crisis.

Then I went to a new high school and on the school bus I met a person who was to become my best friend. She and her family were devotees of Adi Da Samraj. I enjoyed their company and soon found I felt "clearer", or more myself, when I had been around them. My friend started to tell me about Adi Da's Teaching, and particularly the "Lesson of Life" that Adi Da taught: "You cannot become Happy, you can only be Happy". From what she told me of Adi Da's Teaching, I could see my unhappiness was caused by my own separation from happiness. When I heard that the sense of feeling fully happy was my native or prior state, but my separative contraction from it was my own activity (to be taken responsibility for), it made complete sense to me. I started to read Adi Da's Teaching.

One evening I sat reading Adi Da's books *The Enlightenment of*

*the Whole Body, and The Bodily Location of Happiness*. At some point, suddenly I felt a descent into my body from the top of my head opening down through the body, all the way to my toes, of a blissful melting and utterly happy force which poured into me. My heart felt bursting with joy, and my bodily form was without boundaries. I felt deeply free and happy. It was clear it had occurred but there was no "reason" for it. It was unexplainable. It was just given. I knew without any doubt it was the spiritual touch of Adi Da. I spontaneously started to weep as I suddenly realised I had found my Heart-Master again, and felt I was home. It seemed I had been living many, many, years without Him, so in that moment I fell in-love with Him as a devotee falls in-love with his or her Spiritual Teacher. I realised the purpose and meaning of this life: to do whatever it would take to be true to that happiness and to honour my Teacher who revealed that and gave me the intuition of complete heart-freedom – Bhagavan Adi Da had Gracefully granted me the simultaneous intuition of both titles of His books and shown me that it was possible to "be" happy no matter what.



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## The Lesson of life



*Avatar Adi Da sitting with devotees, June, 2008*

The ...“Radical” Reality-Way Of Adidam  
... Is Founded On Real Transcending Of The  
Search (or Wanting Need) For Happiness. That Is  
To Say, The “Radical” Reality-Way Of [Adidam]  
Is Founded On The Magnification Of Inherent  
(or Real) Happiness ...

—Avatar Adi Da Samraj, *The Dawn Horse Testament*

The Lesson of Life is the fundamental understanding that all things in life are passing, and there is just as much possibility for pain as for pleasure. In fact, as Adi Da used to point out, there are a whole lot more ways that you can feel bad in the world of manifest existence than ways in which you can feel good. And, in any case, whatever one might become attached to is changing and ultimately passing and dying. The spiritual aspirant must understand that the search for lasting happiness is futile—the activity of searching is itself un-Happy. As Adi Da has succinctly summarized it — “You cannot become Happy. You can only be Happy.”

—James Steinberg, *Divine Distraction*

#### 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.