

# Open Eyes



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## There Is Only Consciousness Itself



The Inherent Nature (or Self-Evident Condition) of existence—and, therefore, of all human beings—Is Consciousness Itself.

The human being is a process (or pattern) that is the “Emerging” of Consciousness Itself.

Nevertheless, There Is Only Consciousness Itself—no matter whether anything arises or not.

It Is Always the Same.

—Adi Da Samraj, *Notice This*



## Welcome to Open Eyes

### IN THIS ISSUE:

Adi Da Samraj Gives to every living being a very simple but absolutely profound message: No matter what arises or does not arise, you are Only Consciousness Itself.

As human beings we generally identify with the body or the mind. We presume that we are doing "our" activities and thinking "our" thoughts.

However, Adi Da asks, have we really considered this matter? What is required to Realise Truth for real? He says that it cannot be realised by thinking about it. It is a Gift of Grace from the Guru, who Is Perfectly Self-Identified with Consciousness Itself.

In this issue are some of His Teachings about this profound matter as well as the reflections of two of His devotees.

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.

# You Are Only Consciousness Itself

## ...so why are you "you"-ing about the body?

ADI DA SAMRAJ: You are a "you" thinking you are "you", and you want to "know" what it is all about, because you are afraid. You are mortal, and everything changes, and you want some Truth, you want to feel good. Everything is about "you", in your "consideration". Nothing else is about "you", except for "you". You want a philosophy, or a "religion," or a life and everything that is about "you".

There must be a transformation of view. The Truth is not about you. I am not about you. I am about Me. The "world" is not about you. The "world" is about Reality. There is no "you" in it. Find out the Real Context of the "world". It is not this "you"-and-"other" or "you"-and-"object" business. That is a convention of human thinking. That is not the Real Situation in Which you exist from hour to hour. You must find out that Situation. You must Realize It. You need a different view. You must be transformed in your view, relative to "experience"...

The Truth Itself must be Realized. Reality Itself must be Realized.

Reality is not a thought. Therefore, no amount of thinking about It is going to Realize Reality. It cannot! You cannot think Reality. And, therefore, you cannot think enough to Realize Reality. If you Realize Reality, you can maybe say some words that have something to do with that Realization. But there is not a single thing you can say or think that will make you Realize It—because It is not a thought.

No matter what arises, even now, you are Consciousness Itself.

To hear this Communication from Me is not to Realize Consciousness Itself. Indeed, I am not Offering you Realization when I Make

this Communication. I am simply Instructing you. There is the effort to be Instructive, but you would like to take My Communication as some kind of "Secret" that the ego can grasp on to and identify with. To hear this Communication gives you a kind of consolation or status in the moment, or some kind of intellectual armor.

But that is not Realization. It is not Freedom. It is not Truth. It is not Free. Rather, it is something you can use to somehow put a hole in your anxiety.

When I Talk about the Witness-Consciousness or Write about It, that is not the Transmission of Realization. You must do the practice. My Teaching-Word does not replace practice—although people like to think that they do not have to practice, that they can just read My Books and "conceive" their way into the Big House, the Big Time....

No matter what arises (or does not arise), There Is Only Consciousness Itself. Just That.

This Is What There Is to Realize. And I Am here So That everyone can Realize This.

Realization Is the Guru's Gift.

What you are really seeking is the Divine Love-Bliss-Happiness—Prior to "objects", Prior to illusion. And I Am here showing you how to Realize That. I am Giving you That Love-Bliss-Happiness Itself.

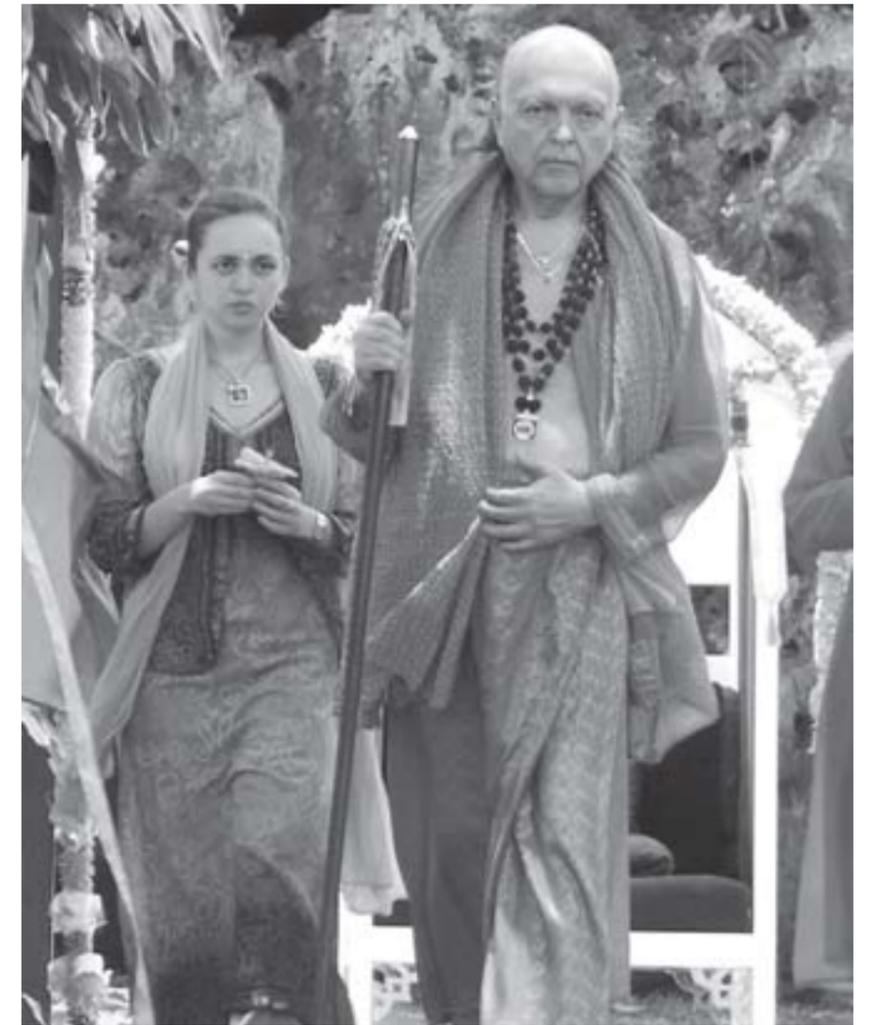
There Is Only Conscious Light Itself. And That Is That. It Is Always Already The Case.

I Am That. Realize Me. Absolutely.

To do That, you must Stand Deep in My Well—and not merely in the "talking" school.

Because I Am, I can Give Realization.

—Adi Da Samraj, Notice This



Adi Da Samraj and Naamleela, 2008

## Always Completely Conscious



Naamleela Free Jones has been devoted to her father and Guru, Adi Da Samraj, all

her life, witnessing and serving His unique Blessing-Work. She is also a singer, composer, and classical pianist, having produced and collaborated with world-renowned artists on a wide range of musical albums. (visit [www.HersToMe.com](http://www.HersToMe.com))

NAAMLEELA: It always struck me how Beloved Bhagavan was completely conscious in every moment. There was never a moment when He was dull,

or complacent, or not present. Anything that came into His field of awareness was given His absolute one-pointed attention and Regard. He did not hold back from anything. He was as curious as a child, as wide-eyed as one newly in love with everything that appeared before Him. I marvelled at His absolute non-avoidance of relationship. He lived the Heart down to His toes. He did not hold back in His Heart from anyone or anything, despite apparent disappointments, betrayals, or disturbances. He was a warrior of Love, down to the last moment of His physical life.

—from *The Eternal One*

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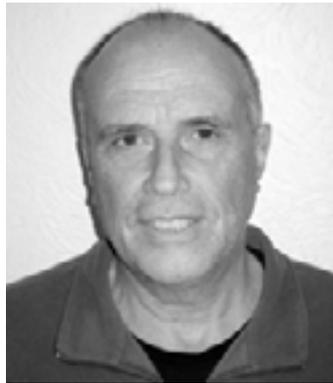
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## The dissolving of separate self

*John Metcalfe is a New Zealand devotee who served Adi Da Samraj as His dentist from 1991 until His Passing in 2008. He goes to Adi Da Samrajashram Sanctuary in Fiji 2-3 times a year to be on retreat and to serve resident devotees and Fijians with dental work.*

JOHN: Once when I was about to serve Adi Da with dental work, I became very involved in self-doubt, feeling not up to the job. At a certain level I was also angry at having to concentrate on details of dentistry. In other words, I was just self-contracting into my "separate self".

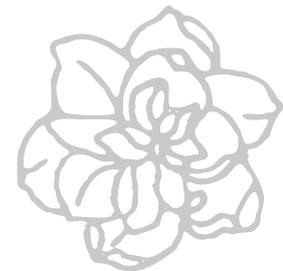
At the same time, I realised there was no way that I could extricate myself from suffering the presumption of a separate self. When Adi Da entered the room and sat in the chair, His Radiance of Love-Bliss and "no separation" filled the room, and suddenly it was easy for me to prostrate and release all this suffering at His Feet.

On sitting up again, everything was Love-Bliss Radiance, and there was nothing to do, just be that. It was a timeless moment. Then after a while, Adi Da raised one of His eyebrows in a querying manner, and the feeling arose that there was something that needed to be done, but I couldn't remember what it was. Finally, I realised I was there to do some dentistry!

So, still full of this Love-Bliss non-separateness, I got up, adjusted the chair, and carried out the dental procedure with care and attention to detail in

the realm of body-minds while still pervaded by this Love-Bliss-Fullness of no-separateness that is Consciousness Itself. Time and time again in serving Adi Da as His dentist, I found that being close to His Bodily Form, the sense of being a separate self dissolves in His Ecstatic Bliss and yet there is still the ability to function as a body-mind. The two things happen simultaneously, and that is part of the Mystery.

Amazingly, the feeling-recognition of Bhagavan Adi Da—miles away from His Physical Body, as well as after the death of His Physical Body—is still exactly the same as what I have described feeling while serving very close to His Physical Body. This sense of being dissolved in Bhagavan's Love-Bliss is His Eternal Gift of reminding us that we are Pure Radiance, Prior to the presumption of separate self, and yet still in the world with "open eyes".



#### 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.