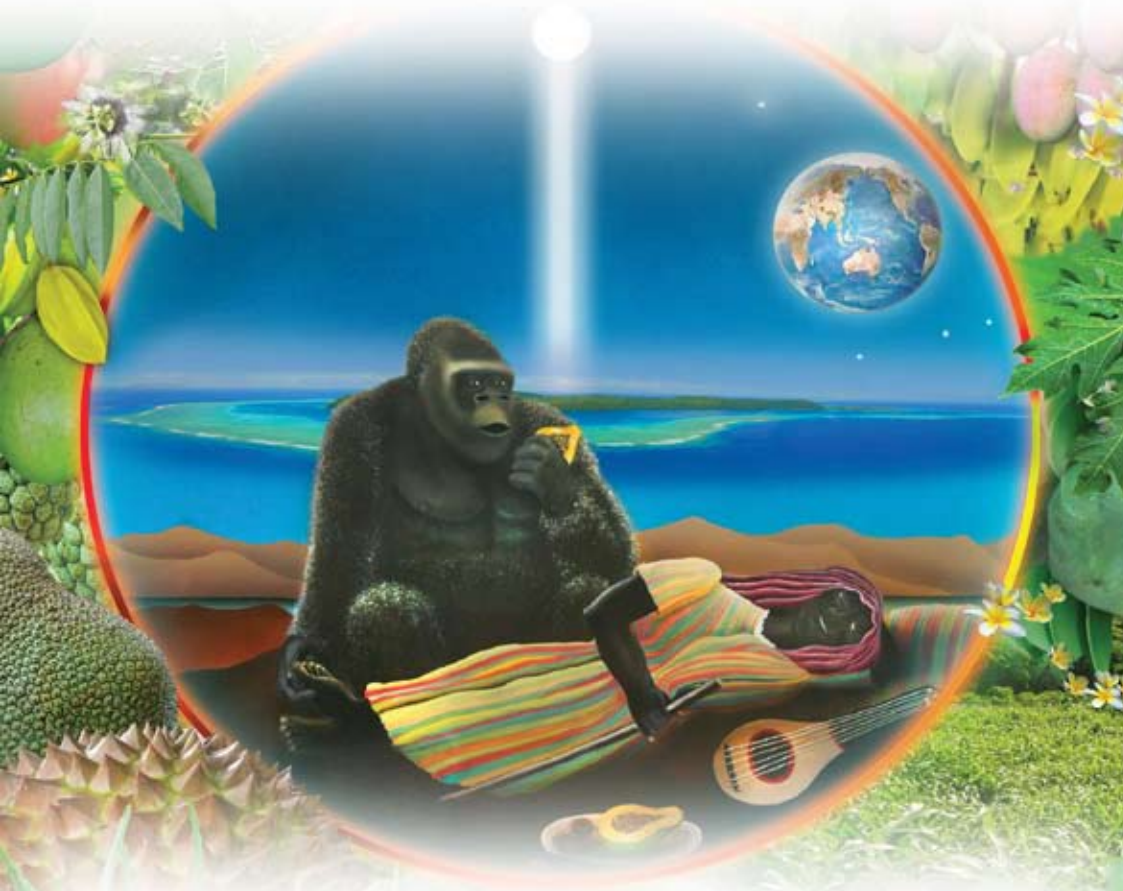


Open Eyes

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Restore the Green Domain



A raw, dominantly green diet is not simply good for your health. That raw, green diet is lawful. To adhere to the raw, dominantly green diet is right life in the greatest sense of lawful participation in the Earth-world and the universe.

- Adi Da Samraj, *Green Gorilla*

That which does the body good is a gift to the body that enables the body to cure itself and maintain its own balance and vitality. You would find the substances that do the body good if you were wandering in the wilderness. Because the wilderness is green, mainly your food would be green.



*Avatar Adi Da
Adi Da Samrajashram, 2007*

Socrates is reported to have said, when he became an older man, that the worst of all the arts is cookery. Cooking uses the principle of fire to pander to “self”-indulgent and addictive tendencies. There is a fire in the yard or in the forest—the fire that Dylan Thomas called a “green fuse”. The life-process is also a fire. The human body surrounds a fire in the middle, a “pyre-amid”, a fire in the midst, the fire of ingestion and health. The fire inside the body is the fire of the raw diet. It is the fire in the field, the life-fire. Take the food that the fire in the field produces, which is dominantly green, and ingest it directly. You need not make cuisine out of it. You simply must prepare it so that the body can relate to it directly and not spend vast amounts of time to take it in. Not fire and cookery, but blender technology is the best invention for diet...

In the world in general, there is not a great deal of understanding of the principles of such a diet. Over thirty years ago, I named My first book about diet *The Eating Gorilla Comes In Peace*. What do gorillas eat? What are the primates who are close to the human form doing? They are practicing a raw diet. They haven't a clue about how to build a fire and cook something. They move about, so that they are constantly foraging in different places and taking food from different sources. The gorilla's diet is dominantly greens. Secondly, the diet of the gorilla makes use of various kinds of fruits and seeds...

The raw diet is something like an in-the-wild diet. However, in order to eliminate the amount of time you must spend at this diet, you must prepare the food in such a way that it is readily absorbed and that eating it does not require much time. Juices and blended preparations are a solution. These green drinks maintain the activity of eating that the body is built to do, which is to ingest greens in a daily cycle, not only to purify itself but to constantly rebuild, rebalance, and revitalize itself.

These extracts are taken from *Green Gorilla* by Adi Da Samraj:

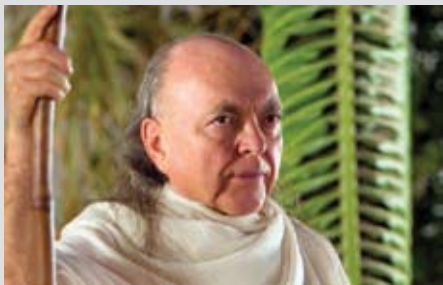
"Avatar Adi Da Samraj powerfully conveys the numerous benefits of the raw food diet. I am especially impressed with the way he ties overeating with ego-bound addiction to pleasure. I recommend that everyone read this book."

- Victoria Boutenko
Author of *Green for Life*



For more information visit: rawgorilla.org

Who Is Avatar Adi Da Samraj?



Avatar Adi Da's entire human lifetime was a unique demonstration of His Eternal Form — the State He calls the "Bright", the Conscious Light that is Reality Itself.

From His birth on 3 November 1939 on Long Island in New York, to His passing from the body on 27 November 2008 on the Island of Naitaubu, Fiji, His Life is the story of the Intervention of the "Bright" in human time.

The fruits of Avatar Adi Da's Lifetime are the establishment of a new and unique possibility for the transformation of all beings and the world itself.

His Eternal Revelation is of the Divine Reality, which is always Shining — like the sun — as the Prior Condition of every one and every thing.

The "eating gorilla" is a free bodily being, in natural and direct relationship to its "food," its connection to the Current of Life and the Source of Life. Such a one is alive as the Principle of Peace.

He is already peaceful, inherently full of pleasure, not obsessed with extraordinary motives to attain pleasure based on a feeling of inherent distress or "foodlessness" at any of the various levels of awareness and function...

He is constantly being sustained, feeding—that is, he is in constant touch with Life and Truth via integrated functional agents of his own being. Therefore, feeding and meditation correspond to one another and coincide.

- Adi Da Samraj

The Eating Gorilla Comes In Peace

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