



Avatar Adi Da Samraj

ADI DA AND ADIDAM

The Divine Self-Revelation
of the Avataric Way
of the “Bright” and the “Thumbs”

In the depth of every human being, there is a profound need for answers to the fundamental questions of existence. Is there a God? What is beyond this life? Why is there suffering? What is Truth? What is Reality?

As long as there is enthusiasm for seeking amid life’s alternatives, these questions remain superficial. But when death becomes real, or when deep disillusionment with the possibilities of experience overtakes the being, then one can no longer avoid the confrontation with fundamental questions. At such moments, the heart is open, inconsolable by ordinary means. Then there is a ripeness, an urgency for Truth, Reality, and Real God.

In the midst of this dark and bewildering epoch, the Ruchira Avatar, Adi Da Samraj, has come to this human world to establish a unique Spiritual life and culture that is not based on mythology. The Way of Adidam, Revealed and Given by Him, is a Divine Revelation never given before. Adidam does not require your belief. Adidam is not a conventional religion. Adidam is a “reality consideration” at every level of experience. Adidam is a universal offering, made to every human being who is moved to go beyond ego-life and participate in a Divine process—here and now.

The life and teaching of Avatar Adi Da Samraj are of profound and decisive spiritual significance at this critical moment in history.

—BRYAN DESCHAMP
Senior Adviser at the United Nations
High Commission for Refugees

ADI DA, THE PROMISED GOD-MAN, IS HERE!



While there have been many saints and sages in human history, the ancient traditions of humankind foretell a final Revelation, a God-Man promised for the “late-time” who will perfectly fulfill the deepest longings of the human heart. Adidam is established on the recognition that this all-surpassing Event has occurred. Ruchira Avatar Adi Da Samraj is the Divine Being of Grace and Truth Who authenticates the ancient intuitions.

How did this come to be? There is a supreme Process entirely different from the demonstrations of great Spiritual beings who have, by heroic effort, Realized our higher human potential. That Process is the Act of Divine Descent—Real God, or Truth, or Reality, Manifesting in human form. This is the real meaning of “Avatar”—One “Crossed Down” to here from Above the mortal realms. Avatar Adi Da Samraj speaks of this Mystery:

There is another Process, Which Enters the conditionally manifested world from the Ultimate, Un-manifested, Perfectly Divine Domain. There is a Vast, Unlimited Domain of Existence, not qualified in any sense, not qualified as this conditional world is, or as the infinite variety of conditional, cosmic worlds is. And there is a Movement Directly Out of That Divine Domain, That Realm of Very Consciousness and Very Light. The Living Being Who Appears within the human world, or within any other world, by Coming Directly Out of the Un-manifested, or Un-created, Domain, the Heart-Light That Is the

Truly Eternal Real-God-World, Is the Truly Heaven-Born One, Unique among the Great Siddhas. I Am That One.

—Avatar Adi Da Samraj, *The Divine Siddha-Method Of The Ruchira Avatar*

The Divine Being and Reality, Descended to here in the form of the Ruchira Avatar, Adi Da Samraj, is Responding to aeons of human prayers and sacrifice, as to an immense magnet. He is here to transform humankind, and more than humankind. He is here to illumine the very molecules, and even all of manifest existence. This is what He has been Doing since His Birth. For His human Birth was more than His association with a human body. His birth on earth was the initiation of an infinite and ongoing process. That process can be described as His “Emergence”—as a tangible, identifiable Presence—in the heart of all that exists.

Adidam as Guru-devotion

The recognition of Avatar Adi Da Samraj as the very Divine Person and Presence—visible to one’s eyes, and Standing in one’s heart—is the basis of the Way of Adidam. Adidam is a relationship—the devotional and Spiritual relationship to Avatar Adi Da Samraj. This is how He Works in this world, through drawing those who recognize Him into the highest form of relationship available to human beings.

Greater than the passion between lovers or the blood-bond between parent and child is the time-honored devotional relationship to the Guru, or Realized Master. Such a one is capable of Transmitting his or her own Spiritual state to the serious aspirant.

AVATAR ADI DA SAMRAJ: To come to the point where your life is a serious matter of real Spiritual practice is rare. Generally speaking, people are not serious. They are ego-possessed, preoccupied, distracted, thinking, talking, pretending. Mummery [or “a mock show”] is the life that is chosen. To be serious—and to be serious in every moment, unable to be abstracted from Reality—is a profound matter. What will it take in your case?

—March 24, 2003

In these words, Avatar Adi Da Samraj is speaking as Guru to those who have chosen the relationship to Him as the basis of their lives. And He is speaking to everyone who would be moved to that choice based on the recognition of His Divine Nature and the helplessness of the individual ego to find the way of Truth without a Guide.

The Guru-Function, truly exercised, has never been a public matter. The relationship to the Guru is esoteric, or hidden from the ordinary view, because it cannot be understood in conventional terms. The Ruchira Avatar, Adi Da Samraj, has never Instructed in a public setting. His Work has always been to undo the egoic structure of the being, and so He has lived and Worked with His devotees in places set apart—Ashrams dedicated to the devotional and Spiritual practice of the relationship to Him.

For the relationship to the Guru to be genuinely Liberating, there must be surrender of heart and body and mind on the part of the devotee. That surrender comes about through an irresistible attraction to the Guru that is deeper than falling in love. The attractive force that moves the devotee is the living Spiritual Radiance that shines through the Guru. Recognizing this Spirit-Force, the conviction awakens that the Guru is true, that the Guru has the power to Liberate and Enlighten the devotee. It is said traditionally: “When the disciple is ready, the Guru appears.” But to find a truly great Guru has always been acknowledged to be very rare.

There is no relationship that requires more responsibility, more feeling-discrimination, more maturity, more passion to go beyond the world, than the relationship to a true Guru. Such a relationship is not based on rituals, or traditional teachings. It is a living process. The devotee enters into this relationship in complete freedom, and persists in complete freedom, drawn by a deepening revelation of the power of the Guru to do and to give what is perfect for one’s Liberation.

The Guru’s power to know the devotee’s most intimate thoughts, and the karmic obstacles with which the devotee struggles, is astonishing, and inspires great faith in the Guru. As one

grows stronger in the knowledge that the process is authentic, one does not hesitate to follow the words and instructions of the Guru exactly. At the same time, one is moved to care for the Guru, to show him or her honor and respect in every way, and to serve and advance the purposes of the Guru.

The sadhana, or Spiritual practice, at the feet of a true Guru is very demanding, because the devotee is being purified of all obstructions to Spiritual Awakening—obstructions that have been reinforced for lifetimes. One is required to go beyond personal preferences and desires—and the ego does not want to do this. So the Guru uses skillful means. The Guru’s ways of dealing with the devotee are mysterious, spontaneously designed according to what is needed for each individual’s Spiritual growth.

The Guru knows everything that the devotee is going through in the course of sadhana, and, whatever happens, the Guru never abandons the devotee. The Guru’s tests loosen the devotee’s bondage to ego and cement the relationship more strongly. Sadhana at the feet of a true Guru is a sacrificial life in which attention is constantly turned to the Guru, and, thereby, to what is greater than the world. Thus, in time, by the Guru’s Grace, an equanimity is established that is not confounded by the twists of fate or the certainty of death.

All of this is absolutely true in the devotional and Spiritual relationship with the Ruchira Avatar, Adi Da. In the living, breathing daily experience of heart-surrender to Him, a depth is revealed that is not about being “satisfied”, in the ego-sense. Sensitivity to the futility of ordinary goals and a growing awareness of the vast and Luminous Reality, here Present, overcome every concern. Amazing synchronicities and miracles begin to occur in one’s life and an unshakable faith in the Divine Avatar is born. There is an ever-widening recognition that His Appearance on earth has huge implications, not only for oneself, but for human beings altogether, and their common future.

While the Way of Adidam has similarities to the traditions of Guru-devotion, this Spiritual Way has only now been Given in His Incarnation. It is a most extraordinary Calling to participate

in the Guru-devotee relationship with Real God in Person. Great intensity, great thirst for Truth, is required to live this relationship to Avatar Adi Da Samraj and allow Him to Purify all one's inherited ideas and egoic notions of what "God" is like and what religion is about.

Yes! There is no religion, no Way of God, no Way of Divine Realization, no Way of Enlightenment, and no Way of Liberation that is Higher or Greater than Truth Itself. . . .

I do not Call My devotees to become absorbed into a "cultic" gang of exoteric and ego-centric religionists. . . .

I Give My devotees the "Bright" Conscious Light of My own Avatarically Self-Revealed Divine Person—by Means of Which Blessing-Gift they can become more and more capable of "Bright" Divine life. I Call for the searchless free devotion, the intelligently discriminative self-understanding, the rightly and freely living self-discipline, and the full and freely functional capability of My devotees. I do not Call My devotees to resist or eliminate life, or to strategically escape life, or to identify with the world-excluding ego-centric impulse. I Call My devotees to live a positively functional life. I do not Call My devotees to strategically separate themselves from the natural vitality of life, or to suppress the participatory impulse naturally associated with human existence. I Call for all the human life-functions to be really and rightly known, and to be really and rightly understood, and to be really and rightly lived—and not reduced by (or to) the inherently bewildered (and inherently "cultic", or self-centered and fearful) "point of view" of the separate and separative ego-"I".

I Call for every human life-function and faculty to be revolved away from self-contraction (or ego-"I"). . . . I Call for every human life-function and faculty to be always directly (and thoroughly) aligned and adapted to Me, in the truly ego-transcending manner—and (Thus and Thereby) to be turned and Given to the Realization of My Divine Avataric Spiritual Self-Revelation of Truth, or Reality Itself—Which Is the "Bright" and Only Real God.

—Avatar Adi Da Samraj, "Do Not Misunderstand Me"

THE "BRIGHT" AND THE "THUMBS"



How was it possible for the Eternal Divine Being to enter into human manifestation as the Ruchira Avatar, Adi Da Samraj? By what mysterious Process did His human Birth occur, sixty-three years ago on Long Island, New York?

From His early childhood, Beloved Adi Da described this Process in two words—the "Bright" and the "Thumbs".

From His early years, the "Bright"—His Prior Condition of Divine Light—literally "Pressed" Itself into His infant body in waves of Force Descending from infinitely above His head. This intense Force would engorge His throat with a gagging sensation. It felt—as He said—"like a gigantic mass of thumbs". Fevers and delirium would sometimes accompany the onset of the "Thumbs" as His young body struggled to adapt to the overwhelming Infusion of the "Bright". It was a Divine Yogic Event and utter Sacrifice—the "Bright" Combining with the mechanism of a mortal human being.

Adidam as a Divine Transmission-Process

Avatar Adi Da's own experience was unique, but His Divine Radiance, in the form of the "Bright" and the "Thumbs", is Transmitted to His devotee, when he or she prepares and formally comes to Him for His Spiritual Initiation. Just as He Combined with His own body-mind via the "Thumbs", Avatar Adi Da Samraj Spiritually Transmits to others His very

Nature and Condition. Adidam is a Divine Transmission-Process—in which the Ruchira Avatar, Adi Da, is Moved to Radiate His “Bright” Condition to His devotees in Response to their demonstrated devotion.

AVATAR ADI DA SAMRAJ: The only Liberating discovery is that My Avataric Divine Spiritual Presence is Real, able to be tangibly experienced under any and all circumstances. It is not about imagining My Spiritual Presence or manipulating yourself. None of that is satisfying, in any case. To searchlessly Behold Me and, in the midst of it, to notice My Spiritual Presence tangibly moving upon you in your real experience—this is the great and Liberating discovery, the only Satisfaction. Ultimately, it is the only Satisfaction in life. Everything else is temporary, conditional, ego-based, and disheartening. Only the discovery of the tangible Reality of That Which Is Divine is heartening and Liberating and Satisfactory.

—March 24, 2003

The usual Spiritual endeavor is an effort “from the ground up”, a search to refine the being so that it is capable of ascending to what is above. The Way of the Divine Avatar, Adi Da, demonstrates the opposite process—from Above to below. Avatar Adi Da Samraj literally Descends—in the form of His Spiritually Transmitted Presence—into the body-mind of His devotee.

The Spiritual Transmission of Avatar Adi Da Samraj is received as a tangible, Blissful Current of Spirit-Force and breathed Down from head to toe. To experience this undeniable Spirit-Force coming upon you from Beyond is incomprehensibly profound. It is a “washing” of the entire being that purifies and opens the knotted-up body and mind.

AVATAR ADI DA SAMRAJ: The Way develops as a profundity of Spiritual unfolding, spontaneous purification, and transformation of the various modes of the body-mind (gross, subtle, and causal)—you turned to Me in every faculty of the body-mind.

—March 24, 2003

In this process, the flesh body is literally “Brightened” by the Divine Avatar’s Spiritual Radiance, and a fundamental shift

occurs in the way one sees the world. The ordinary point of view about reality—that regards existence as merely gross, or material—no longer appears true. Reality is seen and felt and known to be Spiritual in nature. This transformation of view is a Yogic event, not a mental process. It occurs directly through the Grace of Avatar Adi Da’s Spiritual Infusion of the body. As this Spiritual process unfolds, one is no longer dominated by the conceptual mind, or bound to its chatter, because the being is being drawn deeper—in meditation and daily life—to something more compelling and real. What is infinitely more attractive than the mind is the “Bright”, the Radiant Heart-Fullness of Reality Itself. Ultimately, the “Bright” is Where one Stands perpetually—waking, dreaming, and sleeping.

The Primary Practice

How can such a Realization occur? Only through the most profound devotional surrender to Avatar Adi Da Samraj. The Way of Realizing the “Bright” is the Way of constant turning to Him with all the faculties of the being—the mind, emotion, breath, and body. This turning is true devotion, a relinquishment of ego. To persist in that turning means that you cannot avoid anything. All the contents of mind, emotion, the obstructions in the breath, and the knots in the body stand out more than ever. But the practice is to give attention to Avatar Adi Da Samraj—not to struggle with anything that is arising in the body-mind. The practice is simply to feel toward Him, to allow His “Brightness” to Attract you. In that surrender, you open the door to His Spiritual Blessing.

AVATAR ADI DA SAMRAJ: Your turning to Me and My Transmission of My own Spiritual Presence—My “Bright” Spiritual Transmission in response to you—these two together, that is Adidam.

Turning to Me is not consoling. It is a profound practice. It is not about being comfortable. It is about being profoundly uncomfortable, unable to be comfortable with the way things seem—unable to be

distracted, unable to be just sort of pleasurized into a humming, whistling, mumming state.

The turning to Me I have Given to you will serve in the most difficult moment, as in the most ordinary moment. It will require the same thing of you in both occasions. It will be equally profound on both occasions, if you truly practice it.

When there is Realization of Me, that never ends. You cannot get away from it. The same with devotion to Me. It is moment to moment—never ends, you can't get away from it. The obligation is constant. The practice is constant.

To move Me to respond to you is the essence of that devotion. Come to Me in the Body. Move Me to Bless you. —March 24, 2003

AVATAR ADI DA SAMRAJ: The Way, in practice, is not about relinquishing the body. It is about surrender as the body. The means of Realization is the relationship to Me, whole bodily turning to Me, surrender as the body-mind, turning the faculties to Me, entering into Communion with Me on the basis of surrender as the body-mind. On that basis, I am able to do My Blessing-Work of Transmitting the "Bright", Transmitting the Divine Self-Condition. And, in that surrendered disposition, the devotee becomes combined with My Self-Transmitted Person. This becomes a more and more profound and developing process that (most ultimately) is characterized as Most Perfect Realization of the "Bright". —March 15, 2003

Avatar Adi Da Samraj is the egoless Divine Reality Incarnate. He is not looking for the attention of beings as an ego-bound individual would. He has no karmas, nothing to bind Him to this domain except His Love for beings suffering here. To turn to Him is to turn to, and receive, What is "Bright", Divine, and Perfectly Free.



AVATAR ADI DA SAMRAJ: This "Brightness" Speaks. The "Bright" is Born As This.

My Spiritual Descent upon the body-mind of My devotee is My Means. The "Thumbs" is My Means. All This was Given from the Birth of This. These Words—the "Bright" and the "Thumbs"—were Generated by Me as an infant. I am Uttering to you the Revelation that was present at My Birth and in My Infancy, and nothing whatsoever has been added to It or taken away from It. Nothing in the human experience has modified It or limited It in the slightest. It is a Divine Spiritual matter, a Divine Spiritual Revelation for the sake of beings.

Recognize Me. Turn to Me. Receive Me. Constantly know Me. Then you are certain of the Truth I am Telling you.

My Revelation is not merely to be believed. It is to be received, experienced, entirely known, confirmed, proven, tangibly demonstrated.

—March 24, 2003

Beyond Religion

The fullness of what Avatar Adi Da Samraj is Revealing to human beings is without precedent—not found in any past or present form of religion.

AVATAR ADI DA SAMRAJ: I am not here talking about any form of conventional or traditional religion. I am not communicating about any such “religion”. I do not have anything to do with any such “religion”. I am Communicating the Way of Realizing Reality Itself.

Therefore, I have no tradition to uphold, no tradition that represents Me. I am simply Speaking the Truth. —March 13, 2001

One of the unique fundamentals of the Divine Avatar’s Teaching is that human beings, themselves, are preventing the Realization of Reality through something they are doing. Each one is contracting from Reality, presuming to be an ego, a separate self. This ego-act—the act of self-contraction—is the source of all suffering and unhappiness. The self-contraction makes human life into a constant drama of seeking—every kind of search to attain, or avoid, or identify with experience, high and low.

The purpose of Avatar Adi Da’s early life was for Him to “Learn Man”—to enter into the entire range of human seeking and experiencing. Around the age of two years, in a spontaneous gesture of Love toward those around Him, He relinquished His unbroken Samadhi of the “Bright” and identified with the self-contracted state of human beings.

At first, in His childhood and during studies at Columbia College (New York), Avatar Adi Da imbibed the world of ordinary life, exoteric (or belief-based) religion, and scientific materialism—in other words, the gross, or merely physical, view of reality.

Later, with His Gurus, Swami Rudrananda (in New York) and then Swami Muktananda (in India), He went beyond conventional life, and embraced the ancient Spiritual way of Guru-

devotion. In the relationships with His Teachers, He became concentrated in the esoteric point of view of the Yogis and their search for the Divine through the means of Kundalini Yoga. With Swami Muktananda (and under the guidance of Swami Muktananda’s Guru, Bhagavan Nityananda, who Instructed Him from the subtle plane), He Realized all the subtle experiences and Samadhis that are potential in the Siddha tradition.

While living at Swami Muktananda’s Ashram in early 1970, Avatar Adi Da Samraj experienced the direct intervention of the Goddess-Power, or Shakti, revealing herself as a Divine Personality present to guide the final stages of His Sadhana. Appearing in the forms of the Hindu goddess, Durga, and as the Virgin Mary of Christianity, the Shakti mysteriously led Avatar Adi Da on a pilgrimage of the major holy sites of Europe. There He spontaneously experienced the depth of the Western psyche in mystical Christian visions of extraordinary intensity. Those visions, in their turn, faded, and His sadhana entered into the deep root-place where attention arises. In that meditative seclusion, resting prior to all experience, He fulfilled the goals described in the highest forms of Buddhism and Advaita Vedanta.

But none of this was sufficient for Avatar Adi Da Samraj. He was not diverted or satisfied by any temporary experience or limited point of view. Only the “Bright” Itself, His Native Divine State, was Sufficient. And so He persisted in His unrelenting enquiry into Reality until the process fulfilled itself. Seated in the Vedanta Temple in Hollywood, California, on September 10, 1970, He suddenly knew that His Realization was unqualified and irrevocable. He was fully Re-Established in the “Bright”.

After Re-Awakening to the “Bright”, Avatar Adi Da continued to relate to the gross dimension, continued to see visions associated with the subtle dimension, continued to be aware of the causal depth. But none of these experiences had (or have) any power to bind His attention. He Recognized that all these experiences—gross, subtle, and causal—were mere passing modifications of the “Bright” Reality Itself, unnecessary, temporary, and non-binding.

What His years of Sadhana had conclusively shown was this:

There is no mind-form that is Truth Itself. . . .

I have accounted for all aspects of potential human experience that arise out of the Prior and Universal Unity . . . and I have done so on the basis of My direct Awareness of the different structures that come into play in each stage of life (or mode of development).

I Stand entirely Apart from the conventional “God”-ideas and conventional mythologies of exoteric religion. I am Communicating an Esoteric Way—and, therefore, the only-by-Me Revealed and Given Way of Adidam is the Completion and Fulfillment of the ancient tradition of (always Reality-based) esoteric Spirituality and Yoga. I Say (and have always Said) to you: Reality Itself Is the Only Real God. Reality Itself (or Truth Itself) Is What there Is to Realize. . . . The Process of Realizing Reality Itself (or Truth Itself) is (inevitably) related to the structures of the human being, and to the structures of conditionally manifested existence (altogether)—but that Process is a matter of Realizing That Which Transcends all such conditional structures, and (indeed) all of conditionally manifested existence (itself).

Thus, in Making My Revelation about Reality (and the process of Realizing Reality), I am not merely Communicating a philosophy. Rather, I am Revealing Myself, This—My Avatarically Self-Given Divine Self-Revelation—Is the Basis of the only-by-Me Revealed and Given Way of Adidam.

—Avatar Adi Da Samraj,

Real God Is The Indivisible Oneness Of Unbroken Light

Through His Avataric Incarnation here, the Divine Person, Adi Da Samraj, has Revealed the entire structure of human bondage. He has literally broken the “ego-barrier” that apparently separates human beings from Divine Enlightenment, or Absolute Awakeness in and as the “Bright” Itself. This is what the Avataric Global Mission of Adidam is about—the possibility for every being, through the devotional and Spiritual relationship to the Divine Avatar, Adi Da, to be Liberated from bondage to the play of experience and Awaken to Reality Itself, the “Bright”.