

# THE ADIDAM ADVOCATE

The Monthly Newsletter for Associates, Pre-Students,  
the Third Congregation and others interested in  
The Eleutherian Pan-Communion of Adidam

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## The Revelation of Divine Truth

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?

*The Adidam Advocate* is an opportunity to be introduced to the Wisdom-Revelation of Avatar Adi Da, whose Teachings truly and completely address all of these fundamental questions. How can Avatar Adi Da resolve these fundamental questions? Because He speaks, not from the point of view of the human dilemma, but directly from the unique Freedom of His Divine State. Adi Da's Birth in 1939 was an intentional embrace of the human situation, for the sake of Revealing the Way of Divine Liberation to all and Offering the Spiritual Blessing that carries beings to that true Freedom. He is thus the fulfillment of the ancient intuitions of the "Avatar"—the One Who Appears in human Form, as a direct manifestation of the Unmanifest Reality.

Through a 28-year process of Teaching-Work (beginning in 1972), Avatar Adi Da established the Way of Adidam—the Way of the devotional and Spiritual relationship to Him. In those years of Teaching, He spoke for many hours with groups of His devotees—always looking for them, as

representatives of humanity, to ask all of their questions about God, Truth, Reality, and human life. In response, He Gave the ecstatic life of real Divine Communion with Him, and all the details of how that process unfolds. Thus, He created a new tradition, based on His direct Revelation (as Avatar) of the Divine Reality.

To read Avatar Adi Da's Writings and the stories of His devotees is a great Blessing—for His Teaching is itself an Agent of His Spiritual Awakening-Power. As you will discover, Avatar Adi Da Samraj does not offer you a set of beliefs, or even a set of Spiritual techniques. He simply Offers you His Revelation of Truth as a Free Gift. If you are moved to take up His Way, He invites you to enter into an extraordinarily deep and transformative devotional and Spiritual relationship to Him.

To find Avatar Adi Da Samraj is to find the Very Heart of Reality—tangibly felt in your own heart as the Deepest Truth of Existence.

This is the great mystery that you are invited to discover.



**An Issue on Avatar Adi Da's Wisdom-  
Revelation on Sexuality and Spiritual Life**

Dear Reader,

One of Avatar Adi Da's great gifts to humankind is His unique instruction and revelation in relation to the emotional and sexual dimensions of life—areas that He considers to be inseparably combined in the human individual and thus always refers to as “emotional-sexual”. In this issue of *The Adidam Advocate*, we will touch upon a few of the key points that Adi Da makes in His literature relative to the emotional-sexual dimension of human life and its significance in the process of Spiritual life.

In one of His simplest summary explanations of the critical necessity for understanding (and thus being in a position to transcend) the ego in its emotional-sexual patterning, Avatar Adi Da tells us:

*The matter of sexuality is so profoundly structured into the infantile and adolescent adaptations of human beings that it persists not only as their most obsessive interest as individuals but also as their most significant and consistent social or interpersonal problem. When I began to enter into relationships with devotees for the sake of their Spiritual Awakening, it became more and more clear that no one who came to Me was yet prepared for the true Spiritual process, which is total bodily responsibility for Truth or Life itself. Rather, all were essentially trapped in obsessions and problematic orientations to the vital and, particularly, the emotional-sexual dimensions of experience. I knew it would be necessary for all first to come to a level of interpersonal and cultural maturity relative to the vital play of life before the Spiritual process could be fully introduced into the adaptive play of their lives.*

Avatar Adi Da makes a similar point with a different emphasis in this paragraph from His *Dawn Horse Testament*:

*The Progressive Process Of True Growth In My Avataric Divine Company Cannot Occur If You (As My Devotee) Are Anxiously Armoring Yourself, and Are (Thereby) Being Strategically (Even If, To A Large Extent, Unconsciously) Untouched By Me. The More You Persist In That Effort Of self-Armoring, The More That Armoring Becomes An Established Characteristic Not Only Of Your Doings but Of Your personality-Patterning Itself. Such Armoring Is (To A Significant Degree) Founded In The Primitive Urge To Resist All Forms Of (Particularly, emotional) Vulnerability. Therefore, It Is Necessary For All My Devotees To Observe, Understand, and Transcend their Patterned emotional limitations, In Order To Become Truly Available To My Divine Spiritual In-Filling.*

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**Transcending the Root of Bondage  
and the Hunt for an Other**

Avatar Adi Da's Wisdom-revelation relative to the emotional-sexual dimension of life, is, like so much of the rest of His Teaching, unique and unprecedented. He explains to us, first of all, that the ego is patterned in emotional-sexual terms. (You can easily observe the truth of this about yourself by simply reflecting on the content of your mind, your emotion, and your body.) The transcending of body-based bondage to the world is a process that is, therefore, rooted in the emotional-sexual dimension. As long as emotional-sexual ego-patterning binds the body-mind to the point of view of “below”—to the gross dimension of conditional existence—He Says, we remain “below” and unavailable

to the Divine Influence, to Him, to What Is Above. For this reason, Adi Da's Teaching relative to sexuality has always been about understanding the emotional-sexual basis of the ego.

In other words, Avatar Adi Da's Teaching in relation to the entire emotional-sexual dimension of life is fundamentally not about sex, in and of itself. It is about transcending the "root of bondage" in and to the body that our emotional-sexual patterning represents. To transcend this root of bondage in and to the body is to transcend ego-bondage to the physically-manifested domain of conditional existence altogether. A bit further along in this newsletter, we will have the opportunity to read Adi Da's own words about this matter. But first, let's turn to an area that is generally more familiar to us—the search for fulfillment through intimacy and sex.

One of the simplest and most effective ways to directly observe the fact that the ego is profoundly patterned in emotional-sexual terms is to study Avatar Adi Da's Wisdom about the search for fulfillment as it is enacted by the emotional-sexual ego. The emotional-sexual search is so universal, so prevalent in all of us, and such a profoundly motivating force, that we cannot fail to see ourselves in this description, taken from Chapter Forty of *The Dawn Horse Testament Of The Ruchira Avatar*:

*The emotional-sexual ego Constantly Hunts For an other. The ego-"I" (or self-Contraction) Hunts (or Seeks) an other (Even all others and The Total Objective Cosmos) In Order To Be Gratified, Consoled, and Protected. The Compulsive Hunting (or Search) For an other Is Generated By The Feelings Of Un-Happiness, Emptiness, and Separateness*

*That Possess and Characterize the self-Contracted being.*

*Once an other Is Found, the ego-"I" Clings To the other—At First pleurably, and Then Aggressively. The ego-"I" Depends On the other For Happiness—and, Over time, the ego-"I" Makes Greater and Greater Demands On the other For Fulfillment Of itself (In all of its desires). Often, In time, the other Becomes Depressed and Exhausted By This Demand—and, Thus, Leaves, or Dies. Just As Likely, the ego-"I" Discovers, Over time, That the other Cannot (or Will Not) Satisfy The Absolute Demand For attention and Consolation. In That Case, the ego-"I" Feels Betrayed, and the ego-"I" Begins The Strategy Of Punishing, Rejecting, and Abandoning the other.*

*Every conditionally Manifested being Has (In time) Often Been The Proposed Victim Of This Strategy Of Separate and Separative selves. Even More, Until The Heart Gives Way To My Divine Love-Bliss, every conditionally living being Is The Original Genius and Grand Performer Of This Strategy Of Separate and Separative selves. It Is The Strategy Of "Narcissus", and It Is The Dreadful Work Of all conditionally living beings who Are Not Awake To The Truth Beyond the ego-"I".*

*If There Is To Be Real Happiness, The Cycle Of egoic self-Preoccupation and other-Dependency (or object-Dependency Generally) Must Be Transcended. In The Way Of The Heart, This Cycle Is Transcended Through Most Fundamental self-Understanding, and Through ego-Transcending Love, Service, self-Discipline, and Meditation (In Devotionally Me-Recognizing and Devotionally To-Me-Responsive Devotional Relationship To Me), and (Eventually, By Means Of My*

*Avatarically Self-Transmitted Divine Spiritual Grace) Through Direct (and, Ultimately, Inherent, and, At Last, Most Perfect) Realization Of My (Avatarically Self-Revealed) Self-Radiant (or Inherently Spiritual), Self-Existing (or Transcendental), and Self-Evidently Divine (and Inherently egoless) Self-Condition, Which Is The Source-Condition Of all-and-All, and Which Is The Inherently Spiritually “Bright” Self-Condition Of Being (Itself). In This Manner, The Inherent Happiness Of My Spiritual, Transcendental, Inherently egoless, and Self-Evidently Divine Person and “Bright” Spiritual Self-Condition Replaces The Fruitless Search (or Hunt) For Happiness By the self-Contracted and Dependent conditional self.*

*The Only-By-Me Revealed and Given Way Of The Heart (or Way Of Adidam) Is Founded On Real Transcending Of The Search (or Wanting Need) For Happiness. That Is To Say, The Way Of The Heart Is Founded On The Magnification Of Inherent (or Real) Happiness—or The Self-Realization Of Self-Evidently Divine Happiness Itself (Which Is The Non-Separate and Non-“Different” Inherent Realization Of The Self-Existing and Self-Radiant, or Spiritually “Bright”, Self-Condition Of Reality Itself). Therefore, I Say: Come To Me When You Are Already Happy. In Other Words, Come To Me By Truly (or Merely, or Searchlessly) Turning To Me. Do Not Come To Me With A Mere Outward Show Of Devotion (While You Remain Inwardly Dissociated and Possessed By self-Contraction)—For, If You Do So, You Will Come As A Seeker, Wanting Happiness From Me, and (Yet) Unable To Reach To Me and To Find Me, and (Thus and Thereby) To Find (or To Spiritually and Really “Locate”) Happiness Itself.*

*Therefore, Come To Me (To Listen To Me, and To Hear Me) By Surrendering To Me (By Heart). And Do Not Come To Me To See Me Until You Have Truly Heard Me and Become Founded (Thereby) In The Real Devotional Practice Of self-Surrender, self-Forgetting, and Effective self-Transcendence (or Real ego-Transcendence).*

*Do Not Come To Me In The Manner Of A Seeker, Wanting To Depend On Me To Make Your Separate and Separative self Happy. Come To Me For Me Only. I Am Happiness Itself (Prior To Your Separate and Separative self). Therefore, Come To Me To Surrender and Forget Your Separate and Separative self (which is Your Un-Happiness, Full Of Wanting Need and Search).*

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### **The Urge to Self-Fulfillment Through Sex and Romance**

In this next selection from *The Dawn Horse Testament*, Adi Da describes the human urge to self-fulfillment in emotional-sexual terms as having the force of a philosophy—a philosophy that at once desensitizes us to the impermanent and mortal nature of conditional reality and to the Bliss and Freedom of the Unconditional Reality. He then goes on to address the false notion that tantric or Yogic sexuality is “causative” in relation to the Spiritual process.

*I Have Observed That sex—or, More Accurately, emotional-sexual life—Is The Primary Obsession Of human beings, Especially In The Earlier Stages Of Life. Human beings Are self-Driven To Fulfill their emotional-sexual Motivations—To The Extent That their Urge To emotional-sexual Fulfillment Has The Force Of a*

*philosophy. Their Involvement In emotional-sexual life Is, In Effect, A philosophical Commitment (Expressed At The personal Level) To Find Perfect self-Fulfillment In The Purposes Of ordinary human life.*

*This emotional-sexual Search Is, Therefore, a kind of utopian philosophy—a philosophy About Being Finally Fulfilled and Perfectly pleasured In life. But the philosophy Of The emotional-sexual Search Allows human beings To Ignore Both their mortality and The Ultimate (Un-conditional, Indivisible, Divine, and Spiritual) Condition Of Reality Itself. Therefore, that philosophy Is False. Like the philosophy of scientific materialism, the philosophy Of Ultimate emotional-sexual self-Fulfillment Is Based On A Misinterpretation Of Reality, A False Presumption About Reality.*

*There Are all kinds of conventional social rules For Controlling sexual behavior—but they Are Designed To Serve The Purposes Of the social ego, and (Therefore) Have Nothing To Do With ego-Transcendence or Spiritual Realization. Merely To Become a “well-behaved” social ego Is Not A Sufficient Basis For Entering Into The Real Spiritual Process.*

*The Great Tradition Of Mankind Is, As A Whole, Unresolved and Ambivalent Relative To The Entire Matter Of sexuality—and It Is Even Generally sex-Negative (or “sex-paranoid”) In Its Orientation. All Such puritanical Righteousness Must Be Gone Beyond. Otherwise, one’s emotional-sexual egoity Is Never Truly Inspected and Dealt With. In That Case, attention Remains Fundamentally (Even If Unconsciously) Bound In emotional-sexual dilemmas of all kinds, Thereby limiting The Degree Of Real Spiritual Growth That Is Possible.*

*I Am The One Who Has Completed The Great “Consideration” Of human emotional-sexual life—and I Did So For The Sake Of every one. I Am The One Who Has Made It Possible For human beings To Totally Comprehend The emotional-sexual Dimension Of Existence, and To Completely Transcend egoic Reactivity, and To Truly Grow Beyond the ordinary emotional-sexual limitations that the worldly mind Represents, and (By All Of This) To Have an Altogether—and In Reality—Sane life. Indeed, Such emotional-sexual Clarity and Integrity Is Essential For The Real Spiritual Process.*

*In The Great Tradition, Various Kinds Of emotional-sexual Discipline Have Been Required or Recommended—but None Of These Disciplines Were Sufficient For The Thorough Transcending Of The emotional-sexual ego. In The Only-By-Me Revealed and Given Way Of The Heart (or Way Of Adidam), the emotional-sexual ego (and, Indeed, the ego of “money, food, and sex” Altogether) Must Be Really and Truly Gone Beyond—and This Must, In Real and Significant Terms, Begin In The Foundation Stage Of Practice Of The Way Of The Heart, As Part Of The (From Thence, Ongoing) Basis For Real and True Growth Into (and In) The By-Me-Spiritually-Initiated (and Always Newly By-Me-Spiritually-Activated) Stages Of The Only-By-Me Revealed and Given Way Of The Heart (or Way Of Adidam).*

*“Consider” This: sex Is Not The “Great Evil”. Indeed, sex Is Not Evil At All. Rather, egoity Is The Root and Source Of All Evil and All Problems. I Have Revealed and Demonstrated That sex Is Transformed and Made Right Only Through The Process Of Transcending egoity. Therefore, sex itself Need Not—and Should Not—Be Regarded As an*

*“enemy”. It Is emotional-sexual egoity That Must Be Gone Beyond. Thus, What Must Be (Most Fundamentally) Addressed Relative To Your emotional-sexual life Is Not sex In and Of itself, but Your egoic Search For self-Fulfillment By Means Of sex.*

*While It Is True That sex Is Not The “Great Evil”, It Is Equally True That sex Is Not The “Great Salvation”. In All The Years Of My Avataric Divine Teaching-Work and My Avataric Divine Revelation-Work (and, Indeed, In My Own “Sadhana Years”), I Thoroughly Demonstrated and Proved That A sexually active Yoga Carries No Advantage (and Is Not Causative) Relative To The Process Of Real-God-Realization. Indeed, The Most That Can Be Accomplished By Means Of A (Necessarily, Profoundly Seriously—and Very Conservatively—Engaged) sexually active Yoga Is To Make one’s emotional-sexual Practice Compatible With The Real Spiritual Process (Whatever That Requires In The individual Case), Such That sexual activity Does Not Actively Obstruct The Spiritual Process.*

*And All Of My Devotees who Grow Into The (Spiritually) Fully Technically Responsible Stages Of The Only-By-Me Revealed and Given Way Of The Heart Will, Whether Sooner Or Later, Be Spontaneously (and Spiritually) Moved To Entirely Relinquish sexual activity—For The Very Reason That It Tends To Work Against The Fullest (and, At Last, Most Perfect) Spiritual Reception and Realization Of Me.*

*Contrary To The Illusions Of Certain Forms Of (conventional, or Traditional) Tantrism, No Form Of Cultivating sexual energy Can (In Any Sense) Cause Spiritual Growth. That Is To Say, sexuality Is Not (In Any Sense) Causative Relative To Spirituality. The Illusion That*

*sexuality Can Cause Spiritual Growth Stems From The Fundamental Illusion That Spiritual Practice Is A Process That Starts “Below”, and Moves From there To Above. That Illusion Is An Unwitting Validation Of egoity—A Declaration That, In Effect, the ego Must “Propel” itself Upward, To The Divine (Thus, “Taking Heaven By Storm”). Such Is, In Reality, The Exact Opposite Of What Occurs In The Real Spiritual Process In My Avataric Divine Spiritual Company. In That Process, I (The “Bright” Divine Reality, In Avataric Divine Person) Come Down—and I Spiritually In-Fill You.*

*Thus, The Only-By-Me Revealed and Given Way Of The Heart (or Way Of Adidam) Does Not Develop “From Below Upwards”. The Notion (or philosophy) Of “From Below Upwards” Is The Root-Error Of The egoic (and Traditional) Spiritual Search, Suggesting That the “dog” Must Be “Washed” From the “tail” Toward the “head”.*

*“Below” Is Not (and Never Can Be) Causative Relative To What Is Above. Rather, What Is Above Must Purify and Transform and (Most Ultimately) En-Light-en What Is “Below”.*

*That Is How I Do My Avataric Divine Spiritual Work.*

*That Is The Nature Of The Real Spiritual Process In My Avataric Divine Company.*

*Thus, The Real Spiritual (and Yogic) Process In My Avataric Divine Company Is Not A Development From A sexual Base (or From Any Base That Is “Below”). In Other Words, The Real Reception Of My Avataric Divine Spiritual Self-Transmission Is Not (Itself) A Process Of The Return Of sexual energy (From “Below” To Above), or, Otherwise, Of Negatively (or, Otherwise, egoically) Programming the body-mind*

*Relative To sexual energy (or sexuality itself).*

*My Avataric Divine Spiritual Self-Transmission Comes From Utterly Above and Beyond—To Pervade and Purify and Transform and Awaken What Is “Below”.*

*Nevertheless, In Order To Receive Me Spiritually (From Above and Beyond), You Must (Surely) Discipline (and Turn To Me—In My Avatarically-Born Bodily Human Divine Form here) All Of What Is “Below” (In emotional-sexual Terms, and In All Other Terms)—By Preparing (and Always Maintaining) Your body-mind For My Freely Given Avataric Divine Spiritual Invasion.*

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### **The “Problem” of Sex**

In this excerpt from the chapter titled “Organ Doubt and Organ Ignorance” from *Love of the Two-Armed Form*, the first book of Adi Da’s emotional-sexual wisdom published by Adidam, He speaks about the way beyond the fear, guilt, and shame that surround the matters of sex and other bodily functions for modern men and women:

*There is a form of whole-bodily recognition that necessarily must precede a right approach to the play of sexuality: People enjoy playing with their genitals. They intensely and natively can and do enjoy genital activity.*

*This recognition is basic to a right understanding and happy realization of human sexuality. You must make your peace with your structural conditions. Recognition of the native pleasurable of genital play—quite independent of any association with the reproductive cycle—is as necessary for human well-being as the recognition of the native pleasurable of eating, defecating, and urinating.*

*Bodily existence is structurally necessary to human beings. The body-mind, or bodily being, is the form of human existence. The inability to recognize this is a symptom of dis-ease, self-division, or a problematic and confused view of human life. The given body-mind gives structure to function, pleasure, and desire. Conflict about sexual play in the life of a human individual is essentially an expression of retarded adaptation. The individual learns the doubt of sex through repressive influences. Indeed, the sense that life is fundamentally a matter of fear, doubt, and conflict is rooted in anxious feelings and negative assumptions about specific bodily organs and processes.*

*Modern men and women suffer from acute organ-doubt relative to the vital functions of life. And they also suffer from acute organ-ignorance relative to the higher mechanisms of the body-mind, at the heart and above. Such individuals tend to struggle with chronic self-doubt, shame relative to the organs and functions of assimilation and elimination of solid food, and guilt as well as secret and obsessive fascination with the whole possibility of sex. Likewise, their will and general responsibility in relations with others (especially in intimate friendships and emotional-sexual relationships) is chronically unstable—at times weak and at times aggressive or even righteous.*

*Such people tend to be sexually troubled and sexually ego-possessed. They wonder curiously and even simultaneously about eroticism and asceticism. The “problem” of sex and the therapeutic liberation of sex preoccupy them. And all because of a self-divided anxiety about bodily functions and bodily existence itself.*

*The essence of the “problem” of sexuality and of human well-being in general is in the inability to confess “I am the body”. Human beings are self-divided,*

*subjectively rooted, and Spiritually deluded. The doubt of functions is expanded into philosophy and daily life. You imagine you are, exclusively and presently, something non-bodily. But, in fact, you are simply the body as a whole, including all of its physical and psychic or mental attributes and functions.*

*Until you become so confessed relative to the lower and vital functions to which you are already more or less adapted, you cannot continue to grow or stand up as the entire human structure. Thus, most men and women are totally ignorant of the functions and the potential consciousness above the verbal mind, the ordinary and reactive emotional life, and the vital-physical processes. Nor are such individuals fully aware and responsible for the dimensions of the bodily psyche below the verbal mind—in the dimensions of the subconscious and unconscious mind.*

*But if you are bodily confessed, then you are also inherently at peace, one with the bodily organs and functions.*

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### **The Secret of How to Change**

We conclude with a portion of an essay by Avatar Adi Da titled “The Secret of How to Change”:

*The tendencies and patterns of your earlier adaptations are not wrong. They were appropriate enough in their own moment of creation, and there is no need to feel guilt or despair about them. Likewise, efforts to oppose and change them are basically fruitless. Such efforts are forms of conflict, and they only reinforce the modes of ego-possession.*

*What is not used becomes obsolete—whereas what is opposed is kept before you. Therefore, the creative principle of change is the relaxed*

*inspection and awareness of existing tendencies, and persistent, full feeling-orientation to right, new, regenerative functional patterns. If this principle is practiced consistently and in ecstatic resort to Me, the Divine Heart-Master, free growth is assured.*

*Have no regrets. Resort to Me in Truth and in the present. All that has been done by anyone had its logic in its time. Only I avail. Whatever is your habit in this moment is not wrong. It is simply a beginning. No habit is necessary—but it is only tending to persist, because it has not yet been replaced by further growth. Hear My Wisdom-Teaching of Truth, and understand what is the right, ultimate, and regenerative pattern of each function of the human body-mind. Feel free of all negative judgments about what you have done and what you tend to do. Turn with full feeling-attention to the happy ordeal of new adaptation in most positive Communion with Me, the Divine Heart-Master—for I Am The Unbroken (Indivisible and Indestructible) Light That “Lives” you, and I Am The Only One Who Is (Surrounding, Pervading, and Being you, and all, and All).*

### **What’s New in the Bookstore?**

- 1. New Double CD: Klik-Klak: The Pattern Patterning** from January 31<sup>st</sup>, 1996 & **Persist in the In-Depth Process**, December 18, 1996. \$24.95
- 2. New Double CD: The Primary Sensation** from March 10, 1993 and **The Law of Love-Bliss** from December 17<sup>th</sup>, 1997. \$24.95
- 3. New CD: Facing Beloved by Facing East.** \$14.95

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**We Praise and Acknowledge the  
Following People Who Deepened Their  
Formal Relationship  
to Avatar Adi Da in August.**

*New Associates*  
Nik and Debra Boyd

*New First Word Course Participants*  
Loren Philip, Los Angeles, CA  
Nik Boyd, Santa Monica, CA

*New Pre-Student Participants*  
Tony Lewis, Moorpark, CA  
Ida Bodin, Moorpark, CA

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