This series presents Avatar Adi Da’s Word on disciplines embraced by all of His Second Congregation and First Congregation devotees. (Disciplines that are embraced only by members of the First Congregation will be presented in future publications.)

**VOLUME ONE**

**RIGHT LIFE IS FREE PARTICIPATION IN UNLIMITED RADIANCE**
The Functional, Practical, Relational, and Cultural Disciplines In The Divine Reality-Way of Adidam

**VOLUME TWO**

**THE SACRED SPACE OF FINDING ME**
The Cultural Disciplines Practiced In The Sacred Domain of The Divine Reality-Way of Adidam

**VOLUME THREE**

**ALWAYS ENACT FIDELITY TO ME**
The Foundation Emotional-Sexual Discipline In The Divine Reality-Way of Adidam

EDITORS’ NOTE: This book was compiled (from “Source-Texts” and Spoken Communications of Avatar Adi Da Samraj) by the Adi Da Samrajashram editorial guild, under the direction of the Ruchira Sannyasin Order. Except where an entire essay from Avatar Adi Da’s Word is included, the titles of the readings were chosen by the editors. The editors have also sometimes offered Avatar Adi Da’s Text in poetic format. When an excerpt is cited as “From” a particular “Source-Text”, this indicates it is excerpted from a continuous passage from that text. Excerpts cited as “Selected passages from” are composed of non-contiguous passages chosen by the editors from the particular “Source-Text”. In the citations, “Discourse” indicates a formal Talk Given by Avatar Adi Da to a gathering of His devotees, whereas “Spoken Instructions” indicates Instructions that Avatar Adi Da originally Gave privately to members of the Ruchira Sannyasin Order, for the purpose of subsequent dissemination.

CAPITALIZATION, UNDERLINING, QUOTATION MARKS: Avatar Adi Da Samraj uses capitalization, underlining, and quotation marks to distinguish between ordinary speech (which describes the conditionally manifested reality) and speech that describes the Non-conditional Reality. With the use of capitalization and underlining, Avatar Adi Da expresses a different view of the world, in which Truth and the terms that relate to that Greater Reality are given more significance than the language of the separate ego and the conventional world. With quotation marks, Avatar Adi Da often communicates that some ordinary term, commonly presumed to point to something real, is, in Reality, an illusion. He also uses quotation marks to point to a specific, technical meaning He intends.
The One and Very Divine Person of Reality and Truth Avatarically Incarnated in this world, in response to the deepest prayers of humankind. Those deepest (and even unconscious) prayers were to Awaken to Real God, or Truth Itself, or Reality Itself. Only now is the Most Perfect Realization of Reality and Truth possible. All of human history has yearned for this Divine Avatariic Intervention.

The Divine Event of Adi Da’s Avatariic Incarnation will forever stand as the stillpoint in history, when the search for Truth was perfectly undone—for His Holy Person has Revealed to all What and Who the Divine Is.

Direct Divine Self-Revelation is the only True Divine Way. And, in His Incarnation-Lifetime, Avatar Adi Da Fulfilled His unwaivering Commitment to Accomplish the Complete Divine Revelation, to endure throughout the now-and-forever-hereafter Time of His Eternal Presence. Therefore, humankind no longer needs to seek any answers—because the Perfect Truth has been Given in Its Absolute Fullness.

Avatar Adi Da’s Divine Method of Self-Submission and His Free Address to Emotional-Sexual Life

In the early years of His Teaching-Ordeal, Avatar Adi Da Engaged in an immense Work with those who directly approached Him as Spiritual Master. In that Great Process, His Work with devotees Broke Through the core human error—the error of presuming to exist as a separate “I” (or ego). When the devotee allows that Divine Breakthrough in his or her own life, the egoless
Presence of Da is known, at heart, to be the Self-Condition and Source-Condition of all beings and things and worlds.

This book is dedicated to one particular dimension of the Teaching that Avatar Adi Da Revealed during the thirty years of His Divine Avataric Self-Submission for the sake of all (1970–2000). Because sexuality has such a profound influence on everything about human existence, Avatar Adi Da entered into an absolutely comprehensive process for the sake of establishing right understanding of and right practice in relation to the totality of human emotional-sexual life. Over the course of many years, Avatar Adi Da Gave His full Divine Avataric Instruction on how sexually active life can be made compatible with the earlier stages of the Process of Divine Self-Realization, and how sexual activity is inevitably relinquished in the final stages of that Great Process.

To rightly understand the Divine Avatar’s Work of Self-Submission, one must understand that, by means of His Gestures to humankind, Avatar Adi Da was Himself Transforming the foundation-patterning of humanity as a whole, in ways that will become more and more fully evident over time. This Divine Avataric Work was not merely a transformation of ideas found in the Great Tradition of humankind. This Divine Avataric Revelation was entirely “brought out” of His Holy Person. In His early years, before His formal Establishment of the “Radical” Reality-Way of Adidam Ruchiradam, Avatar Adi Da Tested everything in His own Experience. After His Divine Re-Awakening (on September 10, 1970), Avatar Adi Da spontaneously began to Meditate all beings. Indeed, His Meditating of all beings was the very nature of His Divine Avataric Work. This Work was not something He undertook for His own sake. Nor was it undertaken only for the few that would come to Him during His human Lifetime. That Work was for the sake of the Transformation of humankind altogether, now and throughout all future time.

Therefore, Beloved Bhagavan Adi Da Engaged all aspects of human life, both ordinary and extraordinary, to Initiate this world into a process that would ultimately eventuate in the Divine Translation of all beings into the Divine Self-Domain. His Divine Freedom was “radical”, utterly beyond any concern to maintain the conventional social order, utterly beyond any moralistic stance. This Freedom to Work for the Divine Liberation of all was the sign of Avatar Adi Da’s Purity, His Absolute Integrity.

This is how to understand Avatar Adi Da’s Divine Avataric Submission-Work, rather than trying to take any form of conventional measurement or to use any conventional structures in mind as the means to understand It. His Divine and Most Sublime Person of Conscious Light Embraced whatever was necessary in order to fully Establish the Perfect Divine Way on Earth.

His Divine Presence Avatar Adi Da Samraj has Appeared throughout human history and prehistory, in innumerable human Incarnation-Forms.* However, this Incarnation was His Final and Perfect Incarnation for all time. Henceforth, no other Divine Incarnation is necessary. Therefore, the Divine Revelation and Instruction that He Brought into this world—through His Divine Birth, His subsequent Submission to humankind, and His final Pure Revelation-Work—Is the All-Completing Divine Avataric Intervention necessary to Enable all beings to “Locate” (and, eventually, be Transformed by) His Perfect Divine Avataric Grace.

Through His Revelation and Blessing, Avatar Adi Da Worked to Purify “the universal human confusion”. Thus, the supreme emotional-sexual Instruction found in this book is the fruit of the profound Submission-Work that Avatar Adi Da Engaged, initially (in His “Sadhana Years”), in His own Person, and, then (in His Teaching Years), with devotees who had declared to Him their impulse to Realize His Divine State and their commitment to the process of Realizing His State. Avatar Adi Da Worked with these individuals very personally, and very humanly—taking them through many living “considerations”, both of sexually active practice and of celibate practice. In doing so, Avatar Adi Da was relating to them as His “coins”, or living representatives of the qualities and destinations of all beings. Avatar Adi Da Stated at the time:

*I must Do My Work for everyone in the company of a few. By means of direct association with some, and performing a certain

* This proclamation of Avatar Adi Da’s Incarnation-Forms is elaborated in *The Aletheon*, p. 2057.
kind of Work, even alone and unobserved (like Shirdi Sai Baba with his coins*), I Bless everyone and everything.

I Bless all kinds of beings, but the human race in particular — and especially those devotees who give Me their attention, who are sympathetic with Me, who maintain that sympathy, who accept My discipline and who enter into right relationship with Me through devotional surrender to Me. Such individuals are participating in the Field of My Effective Blessing, Which is not merely local to This Body.

—His Divine Presence, Avatar Adi Da Samraj, November 23, 1983

Avatar Adi Da’s great emotional-sexual “reality consideration” was not a process that all of His devotees engaged, but the purpose of that “reality consideration” was to establish the nature of right emotional-sexual practice for all. Thus, this book can profoundly serve His Divine Intention for all beings—the Most Perfect Realization of Reality, Truth, or Real God.

Revealing the Way Beyond the “Philosophy” of Emotional-Sexual Fulfillment

Most Perfect Divine Self-Realization requires the renunciation of self. This Revelation is one of Avatar Adi Da’s Great Gifts to humankind. In His Work to make this Revelation, there was total resolve in His Holy Person to Confront all the hard-core realities of self and world. Therefore, He Consented, for our sakes, to Do whatever was necessary to make it possible for beings to Most Perfectly Realize His Divine State. Had Avatar Adi Da Himself not entered into this “consideration” with us, we would not have been prepared for the esoteric Way He Offers. Of this He was certain.

Avatar Adi Da would often say that, in this “late-time” (or “dark” epoch), people presume that they are prepared to enter into the true esoteric practice of Spirituality, when (in fact) they are using Spiritual practice as a way to avoid having to deal with foundation life-problems, and (thus) to avoid having to deal with the real nature of self (and of human existence altogether). But Avatar Adi Da did not allow the bypassing of the foundation realities of human existence. The “consideration” that Avatar Adi Da directly Engaged with some few devotees addressed all the basic dimensions of human life. Money, food, sex, social egoity, religion, the Great Tradition and its history, Spiritual egoity, and so on—all had to be rightly understood and rightly related to in order for the being to become fully available to receive His Divine Avataric Blessing-Grace. All matters conditional and Non-conditional were “considered”. Through His process of open “Consideration” of (and Self-Submission to) the patterning of the human ego, Avatar Adi Da “Revealed the Truth and the life of Truth”, for all beings in all times and places.

The process of Avatar Adi Da’s “Consideration” of right emotional-sexual practice, which I was fortunate to participate in, required utter dedication to the Truth of Being. We were called to take a hard look at the nature and consequences of whatever was arising in our bodily, emotional, and mental experience, while maintaining the ultimate orientation to the Truth of Existence Itself. No myths could oblige the heart. Truth was the only purpose of this process. Therefore, free “consideration” was required, with no guarantees of the outcome—absolutely none. This free “consideration” was always for the purpose of establishing the forms of emotional-sexual practice that were truly compatible with Spiritual life.

Avatar Adi Da often spoke of how human beings are “self-driven” to fulfill their emotional-sexual motivations—so much so that the drive to achieve emotional-sexual fulfillment becomes the central force in one’s life, or even (as He put it) one’s “philosophy” of life. By living as if emotional-sexual impulses are the foundation reality of human existence, people lose sight of the great potential of a human lifetime. They fail to confront the stark fact of mortality, and they remain unaware of the Prior Condition of Reality Itself. Therefore, the “philosophy” generated by the emotional-sexual persona can only create an illusion of happiness—by misinterpreting

* Sai Baba of Shirdi (d. 1918) was an Indian saint who employed a mysterious method of working with his devotees, or granting them the power of His Blessing, by frequently handling a group of coins, which (it is said) he used as representations of his devotees. Acknowledging that He also Worked in a similar manner during His Teaching-Years, Avatar Adi Da sometimes referred to any small group of His devotees through whom He was Working (at any particular time) to serve all His devotees (and even all beings) as His “coins”.

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Reality altogether, and replacing the true awareness of Reality with that illusion, until the illusion becomes the only thing one knows.

Avatar Adi Da Knew Perfectly what was necessary for each and all, fully Engaging those who chose this open “consideration” as a serious means of revealing how the commitment to self-identity and the attachment to forms of life-experience combine to prevent Most Perfect Divine Self-Realization. And yet Avatar Adi Da’s process of “reality consideration” was also entirely spontaneous. There was never any preconceived intended outcome. Avatar Adi Da always Admonished us to participate in the process free of any search for a particular goal.

Whatever compromised Truth Itself was Addressed, often with great intensity, by Avatar Adi Da. The problems of human existence tended to keep us bound to the psycho-physically patterned self-idea, made by the arbitraries of each person’s individual patterning. The “point of view” of the body-mind-self tended to remain the unquestioned limit on what was presumed to be possible in a human life. However, in the midst of such presumptions of limitation, His Divine and Holy Person would Reveal to us what was altogether beyond the limits of (and the confinement to) self. Avatar Adi Da’s great “reality consideration” exposed this separate-self-identity (or egoity itself) as completely illusory—and that exposé was utterly necessary for Avatar Adi Da to be able to Establish a different pattern of human existence on Earth.

Avatar Adi Da’s great concern for humankind was that we would more and more cut ourselves off from the possibility of “Locating” the Divine, of Finding (and being Transformed by) the Divine Conscious Light. Therefore, in His great emotional-sexual “reality consideration”, He would return us, again and again, to the fundamental understanding that, in order to establish a true foundation for esoteric practice, nothing of the psycho-physical persona could be hidden or guarded. Avatar Adi Da Revealed that, in order to enter into the Transcendental Spiritual process (as a practitioner in the First Congregation of Adidam Ruchiradam), the being must be open—not defended, not suppressed, but free to allow His Avatarically Self-Transmitted Divine Transcendental Spiritual Presence to Descend from Above and Beyond, Infusing and Pervading the total body-mind.

His Divine and Holy Person dealt with everything openly. Thus, everyone who participated in the “reality consideration” had to allow what was “inside” (or hidden by the social persona) to be utterly revealed—both to oneself and to one’s fellow devotees who were participating in the process. Not only one’s personal history and qualities but also one’s culturally inherited presumptions and values were inspected.

This process was real—and boldly non-puritanical. We were expected to be willing to look at everything for the sake of Truth alone. Everything was examined in detail—with the purpose of reaching the point of no double-mindedness, such that each person’s emotional-sexual life could become one-pointed, free of dilemma and confusion. No avoidance of difficulties or problems was tolerated by Avatar Adi Da. Only direct experience was the measure of what was right and real. No moralistic or self-righteous orientation was tolerated by anyone. And any evidence of bondage to “self” or “other” was addressed. Thus, everything was released—to be examined, and then newly engaged, in the context of this deepest heart-practice.

This “reality consideration” approach has been criticized by some, because they have little comprehension of the real process we were involved in as Avatar Adi Da’s Undoing of the root-activity of egoity, or they reacted to a mere aspect of it, without persisting in or comprehending the process in its entirety. Having myself directly participated in this full process (or open “consideration”) to its firm conclusions, I am absolutely certain that the practices given in this book, and in all the Revelation-Word of His Holy Person, represent the perfect (and perfectly non-arbitrary) resolution of all of Avatar Adi Da’s years of living “Consideration”, engaged only for the sake of True Freedom and the process of Realization of the Divine Reality.

In the course of His “reality consideration”, Avatar Adi Da also examined and addressed the varying sexual disciplines that have been given previously in the history of humankind. Through this examination, it became clear that none before Him had actually established the means to fully deal with the emotional-sexual domain of human life, such that it truly is no longer binding. That He Did so is an immense Gift—Given, without reserve, by the Divine
Person of Love. Never before in human history has such a “consideration” taken place, free of the rules or presumptions brought by the culture of the time. Avatar Adi Da’s “Consideration” of the emotional-sexual persona (and the life it creates) was based on His Free and Unlimited Entrance into the human domain. His Impulse was always to make a life of utter, unbounded Freedom possible for everyone. His Commitment to Reveal the bondage implicit in our patterns of separative life—whatever form that patterning might take in any moment or in the case of any individual—was Absolute. His Heroic Effort alone Established the Divine Reality-Way for all. Now all can benefit from Beloved Bhagavan’s Extraordinary Freedom and Divine Perfection.

The Complete Divine Guide to the True Yoga of Human Emotional-Sexual Life

It is my confession that Avatar Adi Da’s “reality consideration” of emotional-sexual life was a profound and overwhelming Gift, a Transformative Grace beyond all expectation. The practices described in this book were Revealed directly via the Avataric Incarnation-Body of Da and His Divine Process. He alone Made this Perfect Revelation of what is required to conform human emotional-sexual realities to the real esoteric process of Realization. Everything about emotional-sexual practice in the Reality-Way of Adidam—including the practices of “true Yogic intimacy”, “intimate Yogic friendship”, own-body Yoga, “emotional-sexual conscious exercise”, “emotional-sexual devotional Communion”, and motiveless celibacy—is founded in the Great Self-Submission-Work of HisHoly Person. This Revelation-Instruction—based in the deepest sensitivity both to the mortality of human existence and to the Eternal Nature of the Divine Reality—is the complete Divine Guide to the true Yoga of human emotional-sexual life (whether celibate or sexually active).

The Yoga described in this book enables the (ultimately, most perfect) transcending of emotional-sexual egoity. That Yoga requires one to be aware of, and communicative about, all the egoic patterns that obstruct right emotional-sexual practice, as well as all the patterns that obstruct the right “conductivity” of energy altogether. Avatar Adi Da Revealed the means to go beyond these root-obstructions (a process embraced in the Second Congregation of Adidam Ruchiradam and the student-beginner stage of the First Congregation of Adidam Ruchiradam) and (then) enter into a truly Transcendently Spiritually Awakened life (in the intensive Listening-Hearing stage, and beyond, in the First Congregation of Adidam Ruchiradam), a life that always tacitly Stands Prior to all limitation.

The sacred relationship between the Spiritual Master and the devotee is the core reality of a truly serious human existence. But the establishment of a foundation of emotional-sexual clarity and equanimity—which is a fundamental purpose of the emotional-sexual disciplines Avatar Adi Da Gives to His Second Congregation devotees—is essential in order for the Real Transcendental Spiritual process to be Initiated in the context of First Congregation practice. The body-mind-complex must be open, unguarded, unobstructed, available for Avatar Adi Da’s Transcendental Spiritual Self-Transmission.

Avatar Adi Da Calls His devotees to go beyond any obstruction of energy and any dramatization of separateness in relationship to sexuality (or to any aspect of life). Thus, in order to establish emotional-sexual integrity, an altogether profound human equanimity must be established—such that the life is characterized by a Yogic force of being. Above all, the heart-connection to, and devotional Communion with, His Holy Person is always the primal matter. Therefore, the root reality-process is devotional recognition of His Holy Person, and (on that basis) the acceptance of the Divine Word of the Master as His Very Person. If your human impulses move you to be sexually active, and you are purposed to Realize That Which Is Greater than this body-mind and world, then the emotional-sexual Yoga Given by Avatar Adi Da allows the possibility of serious esoteric practice in the midst of a sexually active life—until, at some point, the transcending of sexuality itself occurs in the inevitable unfolding of this emotional-sexual Yoga.

Over the many years of His Teaching-Work, Beloved Bhagavan Adi Da Revealed what forms of participation in emotional-sexual life are compatible with real practice in His Divine Avataric Company and what forms are not thus compatible. As the fruit of
this immense Work by Avatar Adi Da, these detailed practices of the Reality-Way of Adidam are now fully and finally established in absolute detail. His final Instruction was Made by His Great Work of Divine Avataric Self-Submission. I can only express the deepest gratitude for Beloved Bhagavan’s Persistence in always Addressing the root, below the social persona—thereby Granting release from the bondage of separate-self-identity, from the presumption that separateness is the nature of human existence.

How Avatar Adi Da’s Emotional-Sexual “Reality Consideration” Is To Be Perpetuated in the Culture of His Devotees

After His Submission to this great emotional-sexual “reality consideration” was completed, Avatar Adi Da often described it as having been extraordinarily difficult, both for Himself and for all who participated in it. Nevertheless, it was by means of that difficult “consideration” that the Supreme Instruction in this book was Revealed. Once that Instruction had been fully Given, Avatar Adi Da made clear that there is no necessity (and not even any possibility) to “re-live” or “re-create” that great “reality consideration”. That “reality consideration” was truly a Divine Miracle, a Revelation, in which Avatar Adi Da Demonstrated His Undoing of the root-activity of egoity. Now, as you will see in this extraordinary compilation of perfectly detailed Instruction on human emotional-sexual life, the process of accountability within the sacred cooperative culture of Adidam is what enables the necessary open, free, ego-transcending “consideration”. One must be confessed relative to the most intimate details of one’s existence. Such accountability and confession are profoundly important in establishing an emotional-sexual practice that is compatible with the process of Realization.

Thus, open “consideration”, as it is lived in the Reality-Way of Adidam, is about establishing a sacred cooperative culture that supports ego-transcending practice, a culture in which the self-protected ego can be released and renounced, in which people can become willing to be seen (and, thereby, to “lose face”, in the entirely positive sense). Establishment in this ego-transcending (and, therefore, searchless) process is necessary in order to grow in the Reality-Way of Adidam.

When one enters into this “radical” emotional-sexual process, one must confront unresolved emotional-sexual issues, “Oedipal” patterns that rule one’s life, and (in the sexually active case) the functional and stylistic problems that can inhibit one’s capability to fully enter into the emotional-sexual Yoga. Truly, this process is essential to the establishing of human authenticity and growth. The social expectation that you must always be the public persona (and keep your real personal life hidden) is undone. There is no double-mindedness—only a truly single being, established in equanimity and freedom. There are no sex-negative attitudes in Adidam—but there is the Divinely Given Process that ultimately Transcends everything about the body-mind-self, including the emotional-sexual being.

Do not fear the exposure of self. Allow everything to be known. Do not hide in the “cult of pairs” or in the isolated self. Be confessed, relative to the total body-mind-self: Such is a foundation principle arising out of Avatar Adi Da’s great emotional-sexual “reality consideration”. Allow the loosening of identification with the emotional-sexual ego, so that you may be free of the presumption that you “are” the psycho-physical ego-“I”.

Truly, to establish the foundations for this process in which practitioners of His esoteric Way fully allow what is “inside” to be revealed “outside” (and no longer hidden) was an extraordinary Work, which His Holy Person Engaged for the sake of the human capability to Realize His Divine State. His Teaching-Word on accountability is absolutely essential to right emotional-sexual practice in the Reality-Way of Adidam.

**Perfect Heart-Freedom**

The release of human conflict (between individuals, and in the world altogether) has everything to do with transcending the emotional-sexual ego. Avatar Adi Da’s Word of Instruction—about human life altogether, and about emotional-sexual life in particular—will Guide the human heart beyond the fear of mortality and beyond
identification with the psycho-physical persona. The extraordinary Revelations found in this Great Instruction will, in due course, Transform existence from self-enclosed meditation on the contents of the body-mind-self to the freedom of Beholding Adi Da Samraj as the Avatarically Manifested Incarnation of the Divine Self-Condition and Source-Condition of all that arises. In that Beholding, one is released from identification with the psycho-physical persona (and all the contents and bondage that establish that illusion of “difference”).

By Means of His Avataric Incarnation, Adi Da Samraj Revealed that the Reality of the Divine Self-Condition Is All There Is. But to Realize That Which Is the True Condition of all beings requires all illusions of separate self to be vanished. In the unfolding process of the “Radical” Reality-Way of Adidam Ruchiradam, a capability is Awakened (by Means of Avatar Adi Da’s Divine Grace) to Stand Prior to the psycho-physical persona. Most Ultimately, in the seventh stage of life in the “Radical” Reality-Way of Adidam Ruchiradam, all ego-motivation and all ego-activity is effortlessly renounced and relinquished, as a Perfect Gift of Avatar Adi Da’s Divine Transcendental Spiritual Grace—thus establishing the Perfect Heart-Freedom of Indivisible Oneness with the Divine Heart-Beloved.

In the final years of His Divine Incarnation-Life, His Divine and Holy Person Said that He had Completed everything necessary for the sake of His Work for all beings, that His Incarnation-Life would thenceforth Show only the Sign of His own Pure Divine Nature—Transcending everything gross, subtle, and causal, simply Being Present (Eternally) As He Is. Avatar Adi Da’s always open Communication of this Divine Avataric Process is heart-breaking, and profoundly important to contemplate and understand.

His Holy Person, Avatar Adi Da Samraj, Perfectly Knew the nature of human incarnation, and He Perfectly Revealed the means to transcend its limitations and illusions. His Divine Avataric Self-Submission, and His Unique Willingness to Embrace the whole of humankind, was His Divine Avataric Intervention on Earth—truly Making the Perfect Divine Process Available to all, as a Freely Given Gift of Divine Revelation.