

# RIGHT LIFE IS FREE PARTICIPATION IN UNLIMITED RADIANCE

The Functional, Practical, Relational,  
and Cultural Disciplines  
In The Divine Reality-Way of Adidam

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BY HIS DIVINE PRESENCE  
AVATAR ADI DA SAMRAJ

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Readings from *The Dawn Horse Testament*,  
*The Aletheon*, *The Divine Siddha-Method of The Ruchira Avatar*,  
and the *Da Love-Ananda Gita*

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AN ADIDAM™ SOURCE-TEXT

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VOLUME ONE  
*of*  
RIGHT LIFE IS THE CONTEXT OF DIVINE BEHOLDING



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# RADICAL HEALING

## A Truly Holistic Approach To Healing and Well-Being

**I**n The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart (or “Radical” Reality-Way Of Adidam, or Adidam Ruchiradam), The Basic Disciplines Relative To General Health Involve The Maintenance Of bodily Equanimity and physical Well-being Through A Right Approach To Healing and Through (General physical) “Conscious Exercise”, or The Systematic Exercises and General bodily Practices That Conduct Natural human (and etheric) Life-Energy (and, As The Case May Be, My Avatarically Self-Transmitted Divine Transcendental Spiritual Energy) Throughout the Whole (or Total psycho-physical and Intrinsically egoless) body.

The bodily human being Is Not an Independent entity. The bodily human being arises Non-“Differently” Within The One and Only (Self-Existing, Self-Radiant, Intrinsically egoless, Perfectly Acausal, and Self-Evidently Divine) Reality (Itself)—and, Therefore, the bodily human being Depends (Thus) Upon The Intrinsically egoless Divine (and Transcendental Spiritual) Reality (Itself) For all its acts and content and “experience” (and For its Very Existence). All Of That Being Necessarily The Case, The Fundamental (or “Radical”, or “At-The-Root”) Healing Of the bodily human being Requires More Than A Positive Attitude Toward The Mechanics Of the physical body, and More Than The Application Of physical (or Even psycho-physical) Means and “Techniques” Of Healing. The “Radical” Healing Of the bodily human being Requires A Process At and From The Apparent “Root”-Place (and The Source-Condition) Of The Origination Of psycho-physical functioning and “experiencing”. Therefore, In The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart (or “Radical” Reality-Way Of

Adidam), “Radical” (or Fundamental and “At-The-Root”) Healing Utterly Depends Upon The Establishment (and The Constant Maintenance) Of The True Devotional (and, In Due Course, Transcendental Spiritual) Relationship To Me, The Divine Avataric Self-Revelation Of Reality Itself—and This Requires The Constant Turning Of The Principal Faculties Of the body-mind-complex To Me, By Means Of The Fundamental Practice Of The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart (or “Radical” Reality-Way Of Adidam), Which Is The Intrinsically ego-Surrendering, ego-Forgetting, and ego-Transcending Practice Of “Radical” (or Always “At-The-Root”) Devotion To Me. That Practice (Of “Radical” Devotion To Me) Is The physical, emotional, mental, and Total human (psycho-physical) Relationship To Me—The Avataric Incarnation Of The Divine Transcendental Spiritual Conscious Light In Which You (As a bodily human being) Are appearing.

Therefore, In The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart (or “Radical” Reality-Way Of Adidam), The Truly Holistic (and Truly “Radical”) Approach To psycho-physical Healing (and, Altogether, To psycho-physical Well-being) Is, Fundamentally, The Cultivation Of The Devotional (and, In Due Course, Transcendental Spiritual) Relationship To Me.

The Basic Principle Of General Health and Well-being In The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart, and The Basic Principle Of “Radical” Healing (Whether Of Apparent “self” Or Of Apparent “other”), Is Communion With The Prior Perfection (or Intrinsically egoless and Perfectly Acausal and Self-Evidently Divine Condition Of Reality) In Which the bodily human being is arising (and Of Which the bodily human being Is A Transparent, or Merely Apparent, and Non-Necessary, and Intrinsically Non-Binding Modification).

As My Devotee, You Are Never (In Truth) A “Problem” (or A “Disease”) To Be “Cured” (or a “hopeless sinner” To Be “Saved”). Rather, As My Devotee, You Are Called (By Me) To Always Act In An Appropriate and Responsible Manner, To Always Live On The Basis Of Inherently Faith-Full Resort To Me, and (Thus and Thereby) To Always Allow My Perfectly egoless All-Accomplishing



Power Of Divine Transcendental Spiritual Conscious Light To Manifest Itself In The “Play” Of (Apparent) “experience”.

Such Faith-Full Resort To Me (or The Exercise Of Constant Intrinsically ego-Surrendering Resort To My Prior Perfection and Perfectly egoless All-Accomplishing Power) Is The Fundamental Basis Of General Health and Well-being, and All Healing, In The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart. If You Are My Devotee, That Constant Whole-bodily-Surrendering (and Intrinsically ego-Transcending) Devotional Resort To Me Must Be Your Really Practiced Disposition If You Are To Fulfill The Necessary Conditions Of The Process Of “Radical” Healing and Live In Real Devotional Communion With Me. All ordinary “Cures” (or changes of psycho-physical conditions, Produced As the “effects” of “causes” Exercised, Apart From The “Root”-Exercise Of The “Faith Presumption” In The Context Of Intrinsically ego-Transcending Devotional Resort To Me) Are Merely Superficial (or limited and ordinary), At Best Compassionately Intended, and Even Potentially Deluding.

In the common “world”, The Approach To Health and Healing Tends To Be (Primarily) An Effort To Combat The grosser Aspects Of ordinary Suffering. Thus, the Suffering individual Presumes (and Tends To Take The Form Of) The Principle Of Disease. If Disease Is Presumed To Be The “Problem”, Then “Cure” Is Presumed To Be The Only Possible Resolution Of Your Situation—and You May (Therefore) Tend To Become (Irresponsibly) Involved In The “doctor-patient Game”. When “Cure” Seems To Be The Only Answer To Your Suffering, You Become Obsessively Involved In The Search For something that (You Hope) Will “Cure” (or Excise) Your Apparent “Problem”.

Among human beings (Especially In This “Late-Time”, or “Dark” Epoch), The Demand For “Cure” Is Only Slightly Less Universal Than The Expectation Of (and Even The Demand For) “Disease”! Altogether, The Presumption Of “Disease” and The Search For “Cure” Generate A Mass Of Confusion In The Unconscious ego-Drama Enacted By each individual. In That ego-Drama, The Intrinsically egoless Principle Of Reality Itself Is Forgotten. In That ego-Drama, “Disease” and “Cure” Are Equally “Precious”, and

There Are “factions” within the ego-“I” that Defend “Disease” Just As Tenaciously As others of its “factions” Defend “Cure”.

In The Life Of My Devotee, “Cure” Is Not The Goal. “Cure” (In The conventional Sense) Is Not Required For The Sake Of The Right Practice Of “Radical” (or Always “At-The-Root”) Devotional Communion With Me, and The Search For “Cure” Only Tends To Become A Chronic Obsession, Turning You Away From The Practice Of “Radical” Devotion To Me. My Rightly Practicing Devotee Never Presumes (or Takes The Form Of) “Disease”—and, Therefore, The Attitude Of The Search-To-Be-“Cured” Is Never Embraced By (or Recommended To) My Devotee. Rather, My Rightly Practicing Devotee Simply Brings Discriminative Intelligence—and, As Necessary, Applies Right Medical Treatment—To any psychophysical condition Of Disease, While Always Maintaining The Fundamental Devotional Disposition Of Whole bodily Turning To Me.

In The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart (or “Radical” Reality-Way Of Adidam), Responsibility Is The Key To Health—As, Also, Responsibility Is The Key To Every Aspect Of Right and True Practice Of The Perfectly Esoteric and Always “At-The-Root” Reality-Way Of The Heart (or “Radical” Reality-Way Of Adidam) That Only I Reveal and Give. As My Devotee, You Must Exercise Responsibility In Your Approach To General Health and Healing—and Such Responsibility Includes The Awareness Of any specific organic or mechanical malfunctions. Do Not Relate To Such Symptoms As If They Were “Problems” That Require “Solution”. Rather, Inspect The Symptomatic Evidence Associated With any such malfunction, So That You Can Account For its Patterns Of Origination, and So That You Can Be Responsible For it In Life (By Making The Necessary practical Adjustments In Your Application To “self”-Discipline)—Without Obsession, and Without Constant Concern For (and “Meditation” Upon) The Disease. Thus, The Symptoms Of Disease Will Simply Be Part Of The Entire Life-Practice For Which You Have Taken Responsibility.

## The Simultaneous Discipline of Body, Emotion, Mind, and Breath

In and Of themselves, physical Exercises and Traditional Yogic Poses Are Not The ego-Transcending Discipline Of “Conscious Exercise” That I Have Given To My Devotees. “Conscious Exercise” Is A Unique and Specific (By-Me-Given) Approach To (and Understanding About) Exercise and all common daily activities. In and Of themselves, The physical Exercises and Traditional Yogic Poses Of The “daily Form” Of “Conscious Exercise” Are Simply Structurally Correct Models For physical Movement and Posture (Altogether). In Order To Become “Conscious Exercise”, Those Formalities Of physical Movement Require Not Only The Discipline Of the physical body but Also The Simultaneous Discipline Of mind, emotion, and breath—In Intrinsically ego-Surrendering, ego-Forgetting, and ego-Transcending Devotional Communion With Me. Therefore, “Conscious Exercise” Is Not The Same As conventional physical Exercise—Because “Conscious Exercise” Is Founded In The Turning Of The Principal Faculties Of the body-mind-complex To Me.

Only When all the functions Of human Existence Are Altogether Rightly Coordinated Do they Become A Single, Non-Problematic Condition Of Existence That Is Truly and Fully Aligned To The Acausal Divine Self-Nature, Self-Condition, Source-Condition, and Self-State Of all-and-All. Thus, “Conscious Exercise” Is The Totality Of Altogether Right (and Truly human) activity.

## The Fundamental Principles of All Conscious Exercise, and Even All of Ordinary Activity

In The Only-By-Me Revealed and Given “Radical” Reality-Way Of The Heart (or “Radical” Reality-Way Of Adidam), All “Conscious Exercise”, and Even all of ordinary activity, Must Adapt To The Following By-Me-Given Principles:

1. Do Not Randomly think and daydream—but (Rather) Turn Your attention To Me, and (Otherwise, Thus) Apply the mind As Free attention To The Entire Process Of any present-time activity.

2. Do Not Merely Perform actions As If You Were “causing” them To Happen From some “detached” position within or above the body—but (Rather) Turn To Me Whole bodily, and (Otherwise, Thus) Feel The Entire Process Of action, With Constant and Conscious Participation In every moment of the action.

3. Consciously, Intentionally, As A Matter Of Whole bodily Feeling Rather Than thought, Breathe Me—and, Thus, Feel Me Breathing You. In This Feeling-Breathing Attitude and Manner, Participate Whole bodily In The Constant Cycle Of inhalation-exhalation As A Process Of Reception and Release, and Allow the breath To Be Naturally Timed With The Rhythm Of all activity, Including Formal Exercise.

4. Either Intentionally Act Or Intentionally Be In Repose. Do Not Intend Only (or, In General, At All) Through thought, or the head alone, but Through The Spontaneous Feeling-Intention Of the Whole body In Devotional Communion With Me. Action or Repose Engaged In Whole bodily Devotional Communion With Me Is Always In-Love, Pleasurable, Intense, Open, and True.

5. In Summary, Remain Active, or Associated With The Pattern Of Relations, By Presuming The Discipline Of Constant Devotionally Me-Recognizing Communion With Me, Abiding As Constant Free attention, Through Profound Whole bodily Feeling (Rather Than Reactive, or Negative, and partial-body emotion), In and Through The living, breathing, Rhythmic Play Of all functions.

The By-Me-Given Discipline Of “Conscious Exercise” Is Simply The Conscious (or Natural and Intentional) Coordination Of body and Life-Energy, Through Feeling, In The Midst Of activity. The Disciplines Of Right Posture, Right Bodily Movement, and Right breathing—Associated With Full and Constant Feeling-attention, and Full and Constant Whole bodily Devotional Turning To Me, During the Natural activities of everyday life—Are The Fundamental Regimen (or Practice) Of “Conscious Exercise”.



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