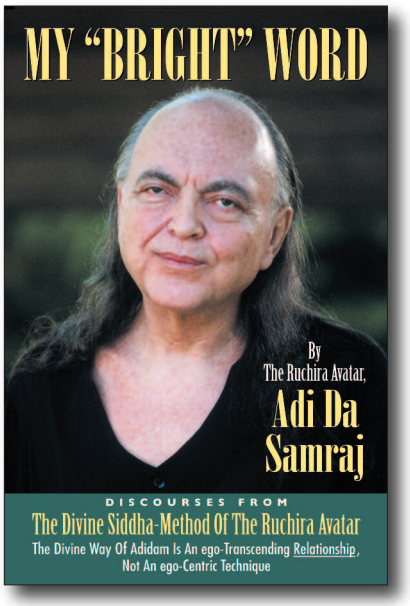
Meditation Is A Living Force

A selection from the Reality-Teaching of His Divine Presence, Avatar Adi Da Samraj

An excerpt from the book



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Meditation Is A Living Force

In this Discourse excerpt, Avatar Adi Da describes meditation in the Reality-Way of Adidam as the always present-time living relationship to His Divine Presence, rather than a technique for calming the mind or feeling better. (This selection, from Avatar Adi Da's early Teaching period, has been slightly updated per Avatar Adi Da's Instructions.)

In the Reality-Way of Adidam, meditation is not something that takes place in the midst of dilemma. In the Reality-Way of Adidam, meditation is not a strategic method to get rid of your suffering. It is not perpetual preoccupation with your own thoughts, with the content of your own life, in order to free yourself of your thoughts, step aside from them, make them be quiet. The "you" who does all of that is itself the dilemma. It does not know anything. It is (itself) the suffering. It is (itself) obsession with the endless stream of its own thought.

Therefore, your attempts to do something about the "mind"—to make it quiet, to make it see visions, and so on—are nothing but further expressions of the original motivating dilemma. Such strategies are expressions of your separative impulse, attempts to fortify and "save" your separate life (which is already an illusion).

In the Reality-Way of Adidam, meditation arises only in the heart-relationship with Me—only under the conditions of Truth, already lived. There is Force in such meditation. For My rightly practicing devotee, meditation is an intense Fire. It is a marvelous Intelligence, a Brilliance, a Genius, a Living Force. It is not a pious attempt to quiet your little thoughts. It blasts the hell out of those thoughts! From the "Point of View" of the Living Divine Heart (or Truth Itself, or Reality Itself), there is no concern for all of these thoughts, all of these dilemmas, all of this mediocrity of suffering. All of that amounts to nothing.

When devotional Communion with Me becomes the Principle of your life, and Truth becomes the form of your meditation, thought is consumed. Such True meditation is a Pressure under Which thoughts cannot survive. Such True meditation is an Intelligence that needs only to observe an obstruction in order for that obstruction to dissolve. This is the process that comes awake in devotional Communion with Me. ■

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My "Bright" Word

by

Avatar Adi Da Samraj



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