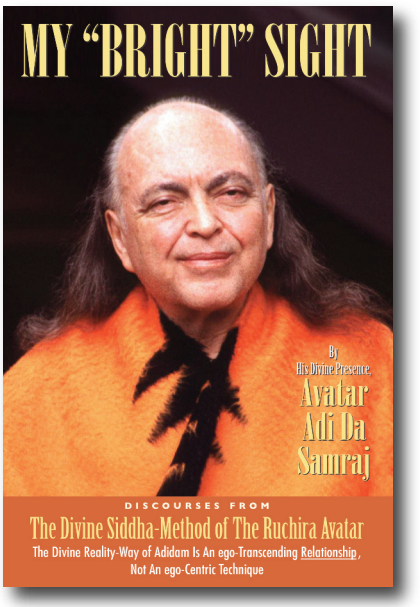
The First Thing To Notice Is That You Are Seeking

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

An excerpt from the book



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The First Thing To Notice Is That You Are Seeking

An excerpt from "Real self-Understanding Is Right Now"
A Discourse given by Avatar Adi Da Samraj
on April 8, 1993

AVATAR ADI DA SAMRAJ: A stressful feeling of separateness motivates your [life of] stressful seeking. But what you have to find out is that the feeling of separateness is an activity of your own that you are always doing. You are always creating the feeling of separation from something, and then pursuing that very thing. What you must become responsible for is your own separative act. That responsibility is "self"-understanding. That is the understanding that is fundamental to the Reality-Way of Adidam—not seeking for union with Me, or with anything whatsoever, but the understanding of seeking, the understanding and transcending of the very act that makes you seek. That is the moment to moment practice of those who are entered into devotional Communion with Me. You must overcome and transcend the very act of separation, of separativeness, in the practice of whole bodily devotional turning to Me. Otherwise, you make the practice of devotion to Me into a form of seeking for union with Me.

DEVOTEE: I can feel that that is what I have done. I feel that everything I have done is just seeking, no matter what I have attempted to do with it.

AVATAR ADI DA SAMRAJ: This is the first thing to notice, then. In the development of real "self"-understanding, the first thing to notice is that you are seeking, and nothing more. That is it. It does not make any difference what you are doing, or what particular thing you are seeking to achieve or associate with or enjoy—whatever it may be. It is all the same. Everything is the search. It is not only so—it is painful, it is stressful, it is agonizing. It gnaws at you constantly. And it is not just some particular thing you are seeking—you are constantly seeking, sometimes seeking many things simultaneously. In any moment, there may be some particular thing or other that you are particularly obsessed about "unioning" with—whatever it may be. If you examine your life, you make the discovery that your entire life is seeking, and nothing else. It is entirely that, in every fraction.

DEVOTEE: When I feel into it, it is clear to me, as I am speaking now, that I have only been seeking. I accept that, and I feel that it is completely true of everything I do.

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AVATAR ADI DA SAMRAJ: Each one of you comes to Me in the midst of your seeking—and even coming to Me can be a form of your seeking. The best way to come to Me would be with a profound sense of the failure of your seeking—a conviction that the search is what you have been up to, but that it is failing, and inevitably will fail. That is the best way to come to Me. If that is your disposition, it is easy to get on with what you have to get on with in My Company.

However, many may come to Me right in the midst of their seeking. They study My Teaching-Word, and so forth, but they still do not get the point. It is just another conventional "religious" endeavor for them. So they are seeking in My Company for something or other, however they may describe it—God-Realization, Union with Me, whatever it may be—but they come to Me seeking. And not only seeking in relation to Me, but seeking altogether, their entire life of seeking still intact. And they want to get on with the search, even in My Company! They want to be fulfilled somehow. So they blah-blah about all of that constantly.

Therefore, those coming to Me in the disposition of a seeker (rather than as one who is feeling the failure of the search) must, first of all, come to the point of feeling the failure of the search. Their development of "self"-understanding must accomplish that, such that they are not merely seekers in My Company, but individuals who are seriously "considering" the matter of understanding and transcending egoity.

But, very often, the first thing people have to do is get the spell of seeking broken somehow. A lot of people waste a lot of time in My Company getting around to that happening. They want to make the Reality-Way of Adidam into the search, and they want to make their participation in the gathering of all My devotees a form of seeking—always looking to satisfy some desire or other, and dramatizing, and all the rest.

To realize the failure of the search, to clearly feel that the life you are living is suffering, stressful, agonizing, rarely fruitful in any sense whatsoever—this is the first thing that must be realized. It would be best to have gotten some feeling about that, as I Said, before you even come into My Company. But, if you have not gotten some feeling about that yet, then this is the first thing you are going to have to get in My Company—simply a clear sense of the failure of your seeking, and a fundamental lack of sympathy with your seeking, such that you can begin to enter into the real process of understanding and transcending egoity. Then, perhaps, what I am Discussing now can begin to make a point in you—that all of your seeking is a search (founded on stressful desiring, or stressful reactivity) for union with something that you are seeking all of the time in many directions. You are always in pursuit of union with one thing or another, and it is always stressful, it is always agonizing, it is always basically disturbing in some fundamental sense. Even pleasurable desiring, if you examine it, is full of stress.

Therefore, you must come to this realization, this level of understanding—that you are seeking, that your seeking is failing, that there is always a pursuit of union with one thing or another, and it is always associated with stress that is agonizing. It is a preoccupation that is disturbing your existence completely. Then you can examine it further, and you

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notice that behind all this stressful seeking for union is always a feeling of separation from whatever it is you are pursuing.

When you get that far with the feeling of this agonizing separation from everything you are seeking, then you can begin to fruitfully examine how this feeling of separation (or this separativeness) is your own activity. When you find this out, then the seeking falls away. When you discover that the pain, the agony, the distress, the stress of your own existence is your own activity, then (all of a sudden) there is no longer the feeling that you have to seek and get union in order to be relieved. The search becomes unnecessary.

All there is to deal with is the "self"-contraction itself. When it is noticed, it is easily released in devotional recognition-response to Me, and via the "conscious process" and "conductivity" practice in devotional Communion with Me. The tacit awareness of Non-separateness spontaneously awakens. There is Communion—not union—with Me. It becomes real. That is how there is true "self"-surrender, true "self"-forgetting. Therefore, I Call you to turn to Me, and to understand your own act in devotional Communion with Me.

It is not necessary to achieve union (or re-union) with any thing or any one—even the Divine—if the tacit awareness of Non-separateness is awake. And that is simply a matter of turning to Me and transcending your own act of "self"-contraction. The tacit awareness of Non-separateness is the inherent characteristic of existence. If you turn to Me and (thereby) transcend your own act of "self"-contraction (or separation), then you are in an entirely different position—even in the midst of conditional existence—than people habitually presume.

By tendency, human beings function irresponsibly, on the basis of uninspected "self"-contraction. Consequently, they are always seeking union with something or someone. If there is responsibility for the "self"-contraction, if the tacit awareness of Non-separateness is allowed to awaken spontaneously (by Means of moment to moment turning to Me), then you exist in the field of apparent relations in an entirely different fashion than people ordinarily do. In your intimate life, for instance, you are always attempting to "union" with one another, always approaching one another through the feeling of separateness, and wanting this or that satisfaction from one another because of that feeling, driven to one another by your own contraction, your own egoity.

If you were responsible for the "self"-contraction, awake to the tacit awareness of Non-separateness—through devotional Communion with Me—then you would not be trying to get into union (or re-union) with someone from whom you are (apparently) separate. You would live—even in the context of that relationship—in the disposition of Non-separateness. This changes all acts in apparent relationship. They cease to be seeking-acts and, instead, become the harmonious events that are manifested by those who are Awake to the Clarity of Non-separateness. On that basis, everything can be simplified, everything can be set right.

You are only seeking. Everything you do (as the ego-"I") is a form of seeking. Everything can be changed (and, therefore, transformed), if your disposition is

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transformed (or changed) at its "root", by Means of devotional Communion with Me—changed from "self"-contraction and the pursuit of union into the relinquishment of that, into the tacit awareness of Non-separateness. Then seeking vanishes—inherently. Without having to do anything to the search, its principle is gone—replaced by the Principle of heart-Attraction to Me.

Then the search has no existence. Everything becomes Yoga, based on the direct transcending of "self"-contraction in devotional Communion with Me.

If you are not bargaining, not playing the "self"-contraction, not seeking, but (rather) you understand yourself, and approach Me rightly, simply because you are truly Attracted by Me—then the tacit awareness of Non-separateness from Me awakens, and (therefore) "self"-surrender and "self"-forgetting occur with ease, directly. That is a sign of the True Yoga of "radical" devotion to Me. That is what makes it Yoga, and not just some stressful seeker's devotionalistic attempt to achieve union with Me (feeling separate all the while, and separating from Me all the while). It is not that. Rather, it is the true ecstasy of devotional Communion with Me, grounded in real "self"-understanding and "self"-responsibility. That is "radical" devotion to Me.

This is why I Say to you that there are two fundamental elements in the Reality-Way of Adidam: "radical" devotion and "self"-understanding. The fundamental practice of the Reality-Way of Adidam is simply "radical" devotion to Me, devotional Communion with Me—but "radical" devotion to Me requires "radical self-understanding". Therefore, both devotion and "self"-understanding are required. Otherwise, you are not truly practicing Adidam as a Yoga—you are practicing Adidam as an extension of your own seeking. The true signs of growth in the Reality-Way of Adidam occur fruitfully and fully only when devotion to Me is a True Yoga. And, for devotion to Me to be a True Yoga, "self"-understanding is required—and it is required from the beginning. This is the basic context of the Reality-Way of Adidam. ■

An excerpt from the book

My "Bright" Sight

by

Avatar Adi Da Samraj



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