

# THE HEART'S CONNECTION

Newsletter of the Third Congregation of Adidam

Published monthly for the Third Congregation of Adidam, Adidam patrons and contact persons.

Adidam Spiritual Center & Bookstore, 7215 Arlington Rd., Bethesda MD



Volume 6, Issue 5

July 2005

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**“You Will Always Come Back to Me”**  
A Story of Being Found by Avatar Adi Da  
by Jane Lind

*Jane Lind has been a devotee of Avatar Adi Da since 1973. She lives near the Mountain Of Attention Sanctuary in northern California where she serves in the Adidam archives. This is Jane's story of the miraculous means by which Avatar Adi Da drew her to Him.*

JANE: During the fall of 1972, I had some experiences I did not understand and that I felt were spiritual in some sense. These experiences motivated me to look for a teacher who could help me understand what had occurred. I met someone in a bookstore in Los Angeles who gave me a copy of Avatar Adi Da's autobiography,

*The Knee Of Listening*, and recommended that I go to see its author, then known as Franklin Jones, in Hollywood. The photograph of Avatar Adi Da on the cover seemed different to me than most photos of spiritual teachers I had seen and I

could not imagine a spiritual teacher living in Hollywood! So I left the book unread on my desk for quite a while.

Finally one night many months later I had exhausted all the other books in my collection on spiritual matters and was not satisfied with my weekly lessons from a very reputable local spiritual organization. I picked up *The Knee Of Listening*.

About ten pages into the book I had the overwhelming feeling that Franklin Jones knew what he was talking about and that it was the Truth. I stayed up all night and into the next day reading the book from cover to cover. I felt like there was a magnet pulling me—at last I had found someone who understood life and its meaning. Shortly after that I went to the Ashram-bookstore Avatar Adi Da had opened on Melrose Avenue in Hollywood and was invited to the introductory Tuesday night slide show. Further attracted, I signed up for the course called “The Way of Understanding” being offered that summer for people interested in finding out more about Avatar Adi Da and His Wisdom-Teaching.

I was very drawn to Avatar Adi Da and the community of His devotees yet very hesitant to commit myself to a formal relationship with Him. Everyone in the Ashram was quite thin at that time. The entire community had recently taken a ten-day fast (if not two). And there were recommendations about everything you did from what to eat to what kind of toothpaste you should use! After I completed the coursework my instructor encouraged me to become a formal devotee. I was in doubt day and night and could not make a decision. It was all a little too much for me given my very ordinary background and lifestyle.

Then one morning while I was still lying half-awake in bed I heard Avatar Adi Da's voice loud and clear. Although I had not yet seen Him, I had heard many tapes of His Discourses and His

voice was completely familiar to me. My body spontaneously sat bolt upright as He said, “No matter where you go or what you do, you will always come back to Me.” There was no question that it was true. My whole being fell spontaneously into a surrendered and grateful state and I felt connected to Avatar Adi Da in a way that I had not felt before. I was so grateful to be relieved of my doubt and to feel His unexplainable yet reassuring embrace and words. He knew my innermost thoughts and directly answered all my questions simultaneously.

This mysterious event gave me the resolve to go through the process of becoming a student and commit myself to Avatar Adi Da as a formal student. And now I wanted to make a gift for Avatar Adi Da, who was now known to His devotees as “Bubba”, a childhood name meaning “brother” that His father had given Him. The gift would be for His birthday, which would be the occasion on which I would first come into His company.

I made a facsimile of a logo—one which is used to this day in Adidam—of an ancient horse called “eohippus”, or the “dawn horse”, that had appeared to Adi Da in a dream-vision and I set about to reproduce the logo using the craft of marquetry that my father was teaching me. (Marquetry is a craft in which pieces of wood are used to create a mosaic-like design.) It took many hours of cutting, sanding, and varnishing, and I finished it just before Avatar Adi Da’s birthday celebration. I couldn’t wait to take it to the Ashram and give it to one of His close devotees to present to Him.

Patricia Morley, who was in the office right outside Avatar Adi Da’s office, listened to my request and immediately said, “You can go in and give it to Bubba”. I was stunned. I had never expected to be seeing Avatar Adi Da before my first formal sitting with Him. Everything was very formal and I was new. Patricia saw my hesitation and escorted me to the door of Avatar Adi Da’s office.

As soon as I walked through the doorway I encountered a huge but invisible wall of force. It is hard to explain, but my whole being felt as though it had just bounced off this wall of force. My knees became weak and the sight of Avatar Adi Da took my breath away. Everything was in slow motion. He motioned for me to come in. I

do not remember what the room looked like or what was in it, but it was the most sacred space I had ever encountered. I presented the gift to my Guru. I didn’t know anything about the formalities of approaching a Spiritual Master, such as bowing, but I was very humble and did not assert myself in the usual way you do when you first meet someone. This was simply not possible in His presence.

Avatar Adi Da was sitting in a chair and did not appear to have been doing anything when I came in. He seemed very sensitive and in a pristine state. He was so gentle and fragile and completely present to the moment. He looked over the gift, feeling the wood and tracing the lines with His finger and asked me how I knew about the dawn horse and how I knew about the color of the ear of the horse. To my astonishment, His words came from everywhere, not only from His mouth, and they pervaded my whole being from above and inside and around me. I was swooning, overcome with awe and wonder, and deeply heart-attracted to this beautiful and mysterious Being in front of me Whose Presence was now surrounding me. I tried to find the words to respond. Whatever words I managed to get out seemed to leave my mouth and hit this wall of force and bounce back at me. All of this probably took only a few moments but it could have been forever as well. Avatar Adi Da made His characteristic Blessing-sound, “Tcha”, and I backed my way out of the room. I had no idea what had happened! His Person and Presence had overwhelmed and penetrated my whole being. His Presence stayed with me as a tangible force of love and happiness as I walked out of the Ashram and returned home. I had been turned inside out and transported out of my usual state. All I could feel was Him. I became His formal devotee on November 3, 1973.

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## **The Source Of Love-Bliss**

An Excerpt from *The Knee Of Listening*

*In the story above, a devotee recounts reading Avatar Adi Da’s autobiography, The Knee Of Listening, and enjoying an intuition within the first ten pages that she was encountering the Truth. Here is a very brief*

*excerpt from among those first ten pages in which Avatar Adi Da describes His infant experience:*

Even as a baby, I remember only crawling around inquisitively with a boundless Feeling of Joy, Light, and Freedom in the middle of my head that was bathed in Energy moving unobstructed in a Circle—down from above, all the way down, then up, all the way up, and around again—and always Shining from my heart. It was an Expanding Sphere of Joy from the heart. And I was a Radiant Form—the Source of Energy, Love-Bliss, and Light in the midst of a world that is entirely Energy, Love-Bliss, and Light. I was the Power of Reality, a direct Enjoyment and Communication of the One Reality. I was the Heart Itself, Who Lightens the mind and all things. I was the same as every one and every thing, except it became clear that others were apparently unaware of the “Thing” Itself.

Even as a little child, I recognized It and Knew It, and my life was not a matter of anything else. That Awareness, that Conscious Enjoyment, that Self-Existing and Self-Radiant Space of Infinitely and inherently Free Being, that Shine of inherent Joy Standing in the heart and Expanding from the heart, is the “Bright”. And It is the entire Source of True Humor. It is Reality. It is not separate from anything.

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## **Only Love**

by Raewyn Bowmar

*Avatar Adi Da’s devotees commonly have experiences of Him as Love Itself. Or they may find themselves awakened to profound love of Him that is utterly beyond any ordinary love or affection they have ever felt. The following story is told by Raewyn Bowmar, a New Zealander who recounts her first sighting of Avatar Adi Da.*

RAEWYN: In March 1984, Avatar Adi Da was coming to the Mountain Of Attention Sanctuary, in northern California, from Fiji (where Avatar Adi Da’s principal Hermitage Ashram—Adidam Samrajashram—is located). A big celebration was planned. I came to California from New Zealand to see Him. I had

never seen Him before.

At the time that Avatar Adi Da was expected to arrive, all the devotees present for the celebration were seated at an outdoor holy site on the Sanctuary called “Seventh Gate”. There were many devotees chanting while we waited for Him. We didn’t know exactly when He would arrive.

At one point during the chanting, my body started to tremble. I didn’t know why! But it didn’t bother me at all. I was simply happy. About five minutes after I felt this trembling begin, a white car pulled up just behind the gathering of devotees. We all turned around, and Avatar Adi Da got out of the car. I remember just seeing His round, shining head (He had a shaved head at the time), and He was dressed all in indigo. It was just dusk, so I could still see Him quite clearly.

I didn’t have any specific expectations of feeling anything special when I first saw Him. But as Avatar Adi Da walked just a few yards towards the Seat that had been prepared for Him, I looked at Him and I tacitly felt: He was only Love, walking around in a human body. I don’t know why I felt that—it was not as if I had ever consciously “thought” about Him in that way. But as He walked, He was just exuding Love. That is the only way I can describe what I felt.

When Avatar Adi Da sat down, everyone was beholding Him with their hands raised. He was looking around at everyone. At one point, I had the feeling that something tangible, or physical, had touched my heart. I had the sense that God had put His finger on my heart—it was a strong physical sensation in my heart. I began to weep and weep, because I was literally seeing a vision of God.

I had not expected to see that Divine vision, even though I had understood everything that Avatar Adi Da said in His Teaching was true. But now everything that I had read and understood of His Teaching was Embodied before me! I was weeping also because I felt how all my life I had suffered not knowing what love was, not being able to love or to receive love. That is

what I had realized I was suffering. Now Avatar Adi Da was here before me, showing me perfect Divine Love. And I was overwhelmed with gratitude!

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### On Love

Avatar Adi Da on the Nature and Practice of True Love

. . . The word “love” represents a profound concept and reality, but the word itself tends to be used very casually. People commonly say that they “love” this or that, meaning something quite different from what the word “love” rightly and truly signifies.

“Love” is a word that rightly refers to the universal Sacrifice of ego-self. Real love is a matter of self-transcendence (or going beyond your limitations in relation to others)—but, in the “late-time” circumstance of vulgarized culture, the word “love” has come to be used in relation to whatever satisfies your inclinations, or fulfills your desires, or (otherwise) somehow compensates for limitations in your life by pleasing you and (thereby) supporting your egoic disposition. None of that has anything to do with real love.

\* \* \*

Love Does Not Fail For You When You Are Rejected or Betrayed or Apparently Not Loved. Love Fails For You When You Reject, Betray, and Do Not Love. Therefore . . . Do Not Stand Off From Relationship. Be Vulnerable. Be Wounded, When Necessary—and Endure That Wound (or Hurt). Do Not Punish the other In Love. Communicate To one another, Even Discipline one another—but Do Not Dissociate From one another or Fail To Grant one another The Knowledge Of Love. Realize That each one Wants To Love and To Be Loved By the other In Love. Therefore, Love. Do This Rather Than Make Any Effort To Get Rid Of The Feeling Of Being Rejected. To Feel Rejected Is To Feel The Hurt Of Not Being Loved. Allow That

Hurt, but Do Not Let It Become The Feeling Of Lovelessness. Be Vulnerable, and (Thus) Not Insulted. If You Are Merely Hurt, You Will Still Know The Necessity (or The Heart’s Requirement) Of Love, and You Will Still Know The Necessity (or The Heart’s Requirement) To Love.

\* \* \*

CHILD: Do You have a way that You can tell me that I can stop being angry and self-righteous?

AVATAR ADI DA SAMRAJ: Yes. If you love. If you will love people and persist in that feeling, allow yourself to love people all the time, then you will not be self-righteous in the way you are talking about. It is fine every now and then to tell somebody where he or she is at—you have to be able to know the difference between behavior in people that is all right and behavior in people that is not all right, or that is negative. But if you love them then you will know the difference between the things they do that are good and the things they do that are not. And you will be able to talk with them about the things that are not good without being self-righteous, without being angry. You will be able to be happy with them because you will know at that moment that you also love them. Whereas when you are being self-righteous, you are not aware of the fact that you love them. You forget about that for a moment.

You must learn about this loving feeling. Whenever you do not love, whenever you do not feel, you start getting angry. And after you have been angry for a long time, you start getting afraid. You start to feel bad. So you must learn how to be able to love all the time, how to feel all the time. You must be able to feel the world.

\* \* \*

In the world, the beloved dies—or appears to die. Whatever is desired or loved that is merely conditional will inevitably die, or pass away and change. One who observes

this with true seriousness realizes that this Lesson of life requires that you find What is Deathless in others. True Love is devoted and submitted and attached and conformed to the Undying Beloved. This principle, in brief, characterizes the Way of the Heart.

\* \* \*

The true test and proof of a human being is not whether or not whether he or she can attain mystical experiences, or “out of body” experiences, or even sophisticated scientific knowledge and power over the world. The true test is whether any individual human being will exist as love and persist as love, transcending himself or herself in the midst of all experience and all knowledge, even when all experience and all knowledge press upon the individual to be less than love.

\* \* \*

Love Must Be Always Done (and, Thereby, Proved)—or Else The “Bright” Heart Of Love Is Darkened By Its Own Un-Love.

And The Would-Be-“Brightest” Heart Of Love’s Beloved Is Made Un-“Bright” (and Dark As Eternal Night) By All The Waiting-Time Of Un-Love’s Day.

And The Loved-One and The Lover (Both) Are, Over time, Destroyed By Love’s Un-Love (and, Thus, By Love Itself—Un-Proved, By Insufficient and Unconstant Demonstration).

Therefore, I Am here!

I Am (Now, Forever) Avatarically Descended here—To Be The Constant Lover and The True Loved-One Of All and all (and every one of all).

**Adidam Spiritual Center  
and Bookstore  
7215 Arlington Rd., Bethesda MD,  
301.656.6277**

**Bookstore Hours**

**Saturdays 12-6 PM**

**Sundays 3-6 PM**

Browse, read, watch a video, listen to a talk at your leisure.

**Bookstore Calendar of Events**

***Regularly Recurring Courses and Events***

**Introductory Guided Meditation**

***Mondays 7:30 to 9:00 PM, Saturdays 3:00 to 4:30 PM***

Step out of your daily routine and step into a heart-awakening, joyful period of consideration and meditation in The Way of the Heart. This introductory evening begins with listening to a talk given by Adi Da, followed by a brief introductory meditation, and ends with questions and answers. **FREE - RSVP recommended.**

**Introduction to The Way of Adidam**

**1st Thursdays - 7:30 to 9:00 PM Saturdays 1:00 to 2:30 PM.**

Do you wonder about life, death, suffering, truth, reality and more? Avatar Adi Da has revealed profound answers to these questions. Come to consider WHO Adi Da Is, and the profundity of His Wisdom Teaching. **FREE - RSVP recommended**

**Ongoing Study Group**

**3rd Thursdays 7:30 PM – 9:00 PM**

Join us for this ongoing, guided study of The Wisdom Teachings of Avatar Adi Da Samraj. A new topic will be presented each month. Each study group is followed by a video Darshan sitting with Adi Da. Attending one of our free introductions first is highly recommended. **\$7 - RSVP recommended**

**Documentary Film - "The Outpouring of Divine Brightness"**

**4th Thursdays 7:30 to 9:00 PM**

This video contains footage of Adi Da relating to devotees and working on his Image-Art, and is filmed on location at the Hermitage Sanctuary of Adidam Samrajashram, in Naitauba, Fiji.

**FREE - RSVP recommended**

***Course Offerings***

**2nd Thursdays - 7:30 PM to 9:00**

We now offer 2 new courses! These courses are a guided study of the 2 new introductory books called Adi Da and Adidam, and Adi Da the Promised God-Man is Here. These courses are a "must" for all those who wish to gain a comprehensive overview of Adi Da and Adidam. Contact the Bookstore on 301-656-6277 for details.

*The Heart's Connection* is published by the Third Congregation Office of the Advocacy Department of the Avataric Pan-Communion of Adidam.

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