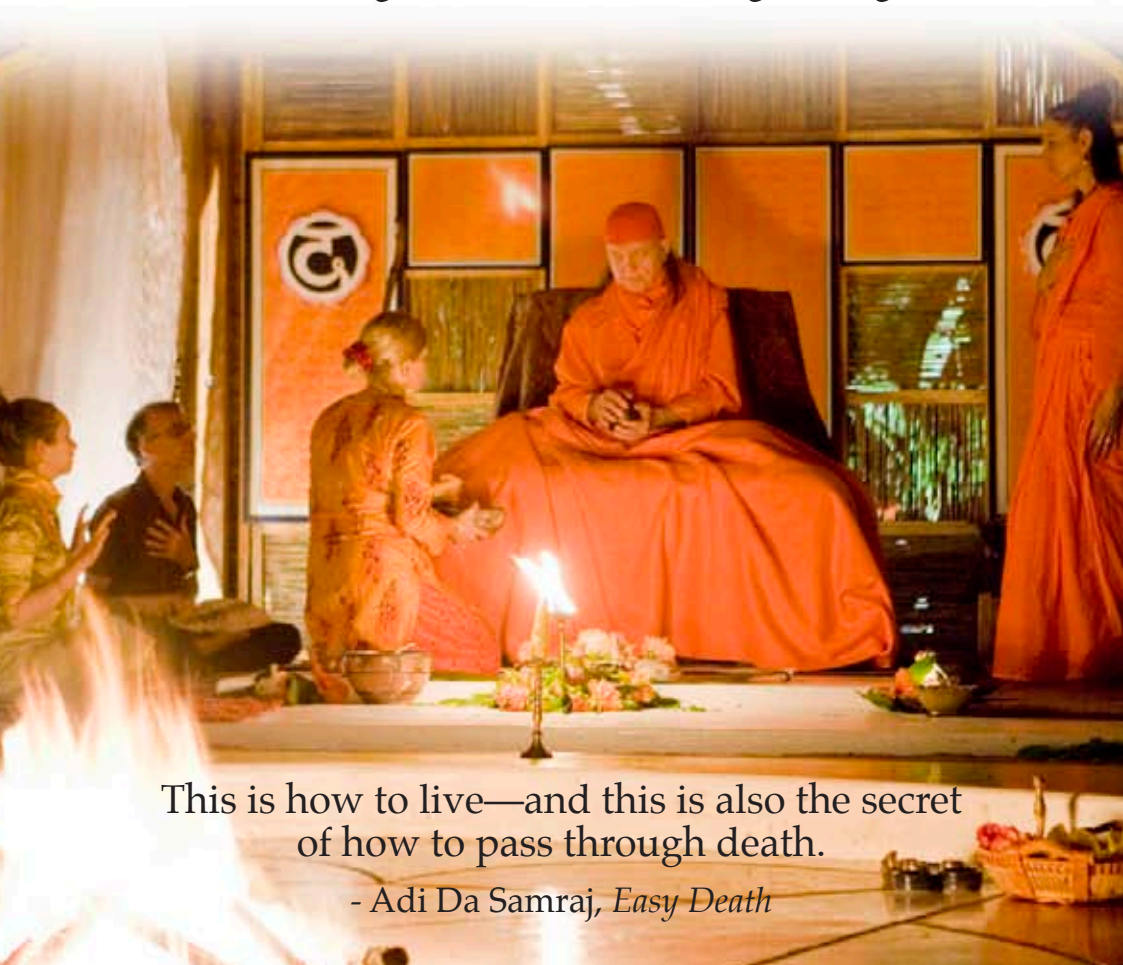


# Open Eyes

An ADIDAM™ Periodical —Asia-Pacific region ISSN 1176-4570

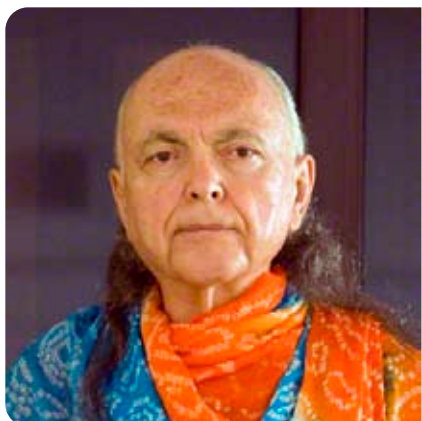
VOL 20/2

*Remember the One in Whom  
you are arising—  
until you are only Joy.*



This is how to live—and this is also the secret  
of how to pass through death.

- Adi Da Samraj, *Easy Death*



**Are you ready for death right now? Could you handle it? Can you handle the death of the other? No one could be said to be in a position to enjoy that, but there is a Profundity that Absolutely Transcends it, Absolutely Perfectly, and is Untouched, Untouched by anything at all—regardless of what happens to the body-mind, regardless of its fate and the fate of its relations.**

- Adi Da Samraj\*

There is Truth—but you have to deal with death. If it does not touch death, then it has nothing to do with Truth. Truth has to deal with death now—because “now” is a potential moment of death. A consoling belief that requires death to be “some other time” is not good enough religion. Religion must apply in the moment, and it must deal with death, must be sufficient to be greater than death—far greater. It must be Light, rather than darkness—and it must be so now.

---

The fundamental heart-impulse is the impulse to Immense Peace—Immense, Objectless, Joyful Peace, Infinitely Conscious....

Every being is moved to This Immense Peacefulness, This Real Happiness, and moves toward It—readily, spontaneously, every day—in the motion towards sleep, the relinquishment that is sleep. Sleep is not unconscious—it is simply objectless.

There is no lack of contentedness in sleep. Indeed, in sleep, all objects are replaced by the intuition of their Very Substance. The Very Substance of all objects, That upon Which they are a play, Is Love-Bliss, Infinite Radiance.

---

Mankind is now dwelling entirely in [an] independent, separative, and self-destructive mode.

This is why human life on Earth suffers its present complexion.

Only the forgetting of the egoic self—in Remembrance of That upon Which all existence inherently depends—can restore the balance....

Death is the forgetting of self in Real God.

Those who are only ego-possessed destroy themselves, by degrees, until death.

But those who constantly forget themselves in Communion with Real God live in Joy—and death is the Ultimate Yoga of their Sublimity.

\*All quotations in plain text are from *Easy Death: Spiritual Wisdom on the Ultimate Transcending of Death and Everything Else* (3rd edition), by Adi Da Samraj.

## **“Be Full of the Light”**

by Carolyn Lee, Ph.D.

*After Robyn Lee introduced her sister Carolyn to Avatar Adi Da's Teaching in 1984 in Sydney, Australia, Carolyn also became His devotee. In this chapter of Easy Death, Carolyn describes the process of Robyn's death from lung cancer at age 49, and Adi Da's Blessing and Guidance of Robyn “through the minefield of fear, sorrow, anger, and anxious thinking to a disposition of acceptance and true happiness”.*



Avatar Adi Da Blessing Robyn Lee.

*Avatar Adi Da's Instruction to Robyn is equally for all of us:*

**Do not give up What is most important. Be happy and secure in your Spiritual life. You have to be Spiritually right, or life is a hell. There is no reason for it to be a hell.**

**The Divine Grace and Light  
is Immediate,**

**Resident in the being.**

**Let the Light in—**

**and be Full of the Light.**

**Everything else breaks the heart,  
crushes the heart.**

**Light Is Sufficiency and Fullness.**

**Light Is the Divine Self-Condition Beyond self-reference.**

**Light Is Unspeakable.**

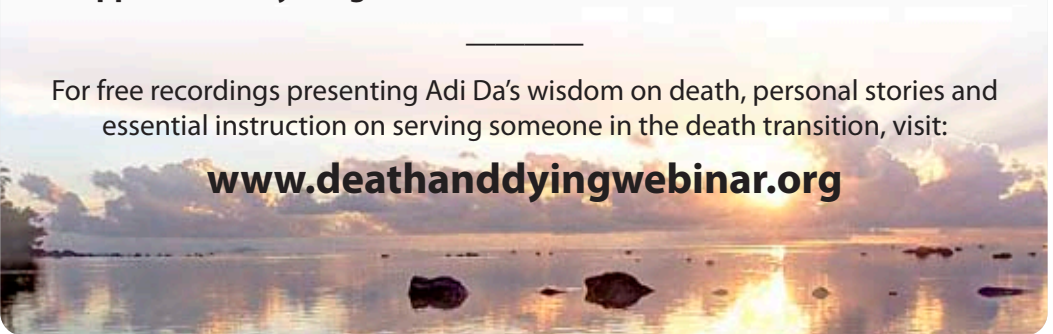
**Be Full of That.**

**Approach everything on That Basis.**

---

For free recordings presenting Adi Da's wisdom on death, personal stories and essential instruction on serving someone in the death transition, visit:

**[www.deathanddyingwebinar.org](http://www.deathanddyingwebinar.org)**



## Who Is Avatar Adi Da Samraj?



Avatar Adi Da's entire human lifetime was a unique demonstration of His Eternal Form — the State He calls the "Bright", the Conscious Light that is Reality Itself.

From His birth on 3 November 1939 on Long Island in New York, to His passing from the body on 27 November 2008 on the Island of Naitaubu, Fiji, His Life is the story of the Intervention of the "Bright" in human time.

The fruits of Avatar Adi Da's Lifetime are the establishment of a new and unique possibility for the transformation of all beings and the world itself.

His Eternal Revelation is of the Divine Reality, which is always Shining — like the sun — as the Prior Condition of every one and every thing.

## Responses to *Easy Death*

(available at [www.dawnhorsepress.com](http://www.dawnhorsepress.com))

*"An exciting, stimulating, and thought-provoking book that adds immensely to the ever-increasing literature on the phenomena of life and death. But, more important, perhaps, it is a confirmation that a life filled with love instead of fear can lead to ultimately meaningful life and death. Thank you for this masterpiece."*

**Elisabeth Kübler-Ross, M.D.**, author of *On Death and Dying*

*"It is a refreshment at every page to read Easy Death. This may seem paradoxical, in view of the fearful uncertainty with which most Westerners look forward to dying. But Adi Da Samraj's words about the relation of death to life, love, surrender, and transformation have a clarity of mind and emotion that feels like a fresh breeze."*

**Elmer Green, Ph.D.**, Director Emeritus, Center for Applied Psychophysiology, The Menninger Clinic

*"I've been employing Adi Da Samraj's wisdom in my hospice work for a few years now and it's just totally changed the outcome for those who have died right in front of me—as well as for their families, and even for me."*

**Will Knoblock**, hospice worker

### FURTHER INFORMATION:

[www.adidam.org](http://www.adidam.org)  
[www.consciousnessitself.org](http://www.consciousnessitself.org)

### WORLD PEACE:

[www.ispeace723.com](http://www.ispeace723.com)

### ADI DA AS ARTIST:

[www.daplastique.com](http://www.daplastique.com)

### BOOKS, CDs and DVDs:

[www.dawnhorsepress.com](http://www.dawnhorsepress.com)

### REGIONAL CENTRES:

#### AUSTRALIA

[adidamaustralia.org](http://adidamaustralia.org)  
1800 234 326

#### NEW ZEALAND

[new-zealand.adidam.org](http://new-zealand.adidam.org)  
+64 9 838 9114

#### INDIA

[adidam.in](http://adidam.in)

ADIDAM is a trademark of ASA.  
© 2015 ASA. All rights reserved.

It is Avatar Adi Da's ever-living Intent in regard to this work that it not be reproduced or modified without consulting ASA.

### Download online editions here:

[new-zealand.adidam.org](http://new-zealand.adidam.org)  
[adidam.co.nz](http://adidam.co.nz)