



The Way of Perfect Knowledge

Adi Da Samraj

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Adi Da says that it is not possible to simply work towards the most perfect knowledge of Reality or Freedom, or, otherwise, merely declare It to be so. Many of us have seen this at work in our own case or in others. He says that knowledge must be given, directly transmitted, from the Source. And before one can become fully available to spiritual transmission, radical self-understanding must unlock the self-contracted body-mind, so divine transmission can be truly felt at heart. Adi Da has described the practices that are the basis of this process in this book. One of them is to no matter what emotions, thoughts or knots of the body arise, to simply grant whole bodily feeling-attention to Adi Da, rather than struggle with any of the contents of experience. Eventually, when devotional turning is established there is the constant, effortless capability of heart-Communion with him. Those who took on this practice confess it is profoundly liberating! Adi Da does not merely wants to be believed, his way is to be found out by all those interested in Divine Liberation.

There is no problem. No search is necessary. All seeking is Priorly dissolved in the Intrinsic Transcendental Spiritual Self-Apprehension of Reality Itself (or the Intrinsically Self-Evident Real Self-Condition Itself).

--Adi Da Samraj

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