



ADANO LEY

Swami Nityananda Saraswati, the Rev. Adano Ley

QUOTES

MARCH 31, 2020

Massachusetts First Retreat 3 – April 1974 – 0:12

(continued from last post)

Where would you find in this universe light is powerful than sound? Not possible, ultrasonic forces are superior than light vibrations, what ultrasonic can do, light can't do, you see? The ultrasonic frequencies are great because they're responsible for the whole creation. "Satan has no power over me" meaning the light vibrations are not greater than the ultrasonic frequency which is the audible life current. Now "I saw Satan fall from heaven like a light," simply saying that this whole creation is a manifestation of light in a downward movement from the source of Being, Akal, and the timelessness, that the word Akal means, the opposite of time, Kal, negative charge. And the Sound Current, or the Christ Intelligence or Master Consciousness, which is the Lord within you, the in-resident principle of self-recognition, this principle sits on the right hand of the Father, the right side of the brain. The body is the temple of the Creative Principle, there is no other temple for God, not the Pagodas or the Synagogues, this is the temple and it's a ten door temple. There are nine visible doors and one invisible door to the naked eye, but not invisible to the internal self, and the point between the eyebrow is that focal point and it's where you enter the alpha levels. You cannot enter alpha level if you don't focus the eyes up, it's no way possible. You can't shift from the beta level until you do that.

— Adano Ley (Massachusetts First Retreat 3 – April 1974 – 0:12)

MARCH 28, 2020

Massachusetts First Retreat 3 – April 1974 – 0:10

(continued from last post)

That's what Christ Intelligence really is, that's what Master Consciousness really is, that's what they call a Master. When that awareness is relating to the vibratory rates on a conscious level then that's a bridge. Now Jesus was saying, "I saw..." don't mean the man Jesus, it means that the intelligence within the vibratory structure of matter perceived "Satan," don't mean some guy with a pair of horns or a pitchfork, means the centrifugal energy. "Fall from heaven" means go down. You see on the Earth here it looks like a going up and actually it's coming down from the levels of Being. "Like a light," He didn't say like a sound. See the differentiation of the science is very exact, the Science of the Soul is a very exact science. It's so exact that we'll instrument it one day. "Like a light," "I saw Satan fall from heaven" I saw the negative charge of the creative energy, not bad charge, that negative print. You can't make a picture without a negative, we're talking of photography, cosmic photography between sound and light, it's a motion picture process. This light, this particular principle, came down in direct opposition to sound. So Satan has no power over me, light has no power over sound.

— Adano Ley (Massachusetts First Retreat 3 – April 1974 – 0:10)

MARCH 26, 2020

Massachusetts First Retreat 3 – April 1974 – 0:08

This is a universe of light and therefore light has precedent in this environment that generates the illusion for our existence. This is not a universe of our true Soul nature, we can't live in water, but we can't live without water so the Sound Current is audible in the human body because it's 80% liquids. Otherwise it would never be audible and you could never travel on the beam of light back to God in this world of illusion because you'll end up back in illusion. You need the Sound Current that has to travel through the media of 80% liquid in your system to get back to the core of creation which is beyond the speed of light squared. So the audible life stream inside is the actual force field designed by the

Creator to be in the world and outside of the world, to be in the illusion of light, acting as sound, and outside of the illusion of light acting as sound, you see? So the scripture says, “No man saw God but heard His voice” and God is not light, God is sound. See the creative life energy is ultrasonic frequencies which triggers light and Jesus, which is the son or the word made flesh, that is when the human brain is capable of generating self-recognition of the audible life stream, you understand, in its totality, it’s Christ related. That means it’s conscious of its intelligence within the vibratory nature.

— Adano Ley (Massachusetts First Retreat 3 – April 1974 – 0:08)

MARCH 19, 2020

Massachusetts First Retreat 2 – April 1974 – 1:03

Question: What are the Psalms in the Bible for then? It is just repetition.

Adano: What is a vaccination for against an epidemic? It’s an insulation, it’s an immunization, right? Against a condition. Mantra, or Psalm or prayers, when repeated over and over insulates you against the thought repercussions of others around you who wontedly use thought waves, have no respect for life, and sooner or later will bounce back and affect your life. So why get polluted by the negative discharge of other people’s thought waves, why not insulate and immunize yourself against it? You’re gonna adopt a smart ego and let disease attack his body? You’ve gotta be smart, “physician heal yourself.” So prayer unceasingly is a form of mental immunization, a form of spiritual immunization against these thought waves. You ever walk in a room and feel depressed from the thought waves of people? Alright, why are you going to immunize yourself against that? The bible gives you a simple way, all the scriptures of the east give a simple way, prayer unceasingly, hallowing the name of the Lord. That’s what mantra yoga is, union through repetition.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 1:03)

MARCH 15, 2020

Massachusetts First Retreat 2 – April 1974 – 0:24

(continued from last post)

The cow can't stay outside of the compound because the tiger would eat the cow. Then he come to realize that he got that much problem he says, "I'm going back to the city." You know I've seen so many different places where they were starting groups, right here in the United States, leaving the city to go out in the undeveloped land with the wrong concept. A lot of buildings were put up, they're all crumbling and falling down simply because they have the wrong motive behind it. They wanted to run away from society to be in their own environment but had no plan of consciousness or how to organize it to make it work as a conscious entity so they're back in the city. To make an idea like that work it takes a lot of time, planning, and a lot of basic training of interaction with each individual and their needs and their fears and then you have to have common sense and a little bit of God's grace going for you. So when you hear of ashrams going up or doing things, there are a lot of things involved in it before it really works.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 0:24)

MARCH 15, 2020

Massachusetts First Retreat 2 – April 1974 – 0:22

(continued from last post)

A man wanted to withdraw from society, become a Saint, decided all he needed was two loin cloths, one to wear and one to wash and wear as a spare. So the one he was wearing he was happy and the one he washed he hung up and gradually one day he had some students came around and he saw a little field mouse nibbling away at the loin cloth that he always washed as a spare, but he didn't want to kill the mouse 'cause "Thou shalt not kill," non-violence. So the students said, "Master we'll get you a cat, that'll take care of the mouse." So they got the cat, the cat took care of the mouse, and already took care of chasing away all the birds. The cat has to eat. So they said, "Master it loves milk." "Ok do what you want." So they got him a cow. The cow gave milk, fed the cat.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 0:22)

MARCH 11, 2020

Massachusetts First Retreat 2 – April 1974 – 0:20

(continued from last post)

Someone said to me, “That is all good and fine philosophy, but it doesn’t work in business.” I says, “Oh? What bigger business can you have than running an ashram?” It involves buildings and land, feeding people, you name a business... involves transportation, equipment, people with all type of philosophies, all type of mental blocks. I’m running a hospital, an engineering corporation, and all everything, paint shop and everything, can you tell me which is a bigger business and it don’t work? I’ve got more sick and healthy people coming and going, discontented and happy people, tell me why it wouldn’t work in business, it has to work. Where would it work? It works where we are thrown together because that’s the real test. The real test of spiritual laws is a spiritual living in a spiritual environment that the material environment sooner or later becomes spiritual and a miniature form of a spiritual environment is your house. That’s a miniature form, that a model, like an image you know. They take the ashram as the God image and they take the householder as the soul image, man. It’s just shifting down the size, but the sense of responsibility is still the same.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 0:20)

MARCH 8, 2020

Massachusetts First Retreat 2 – April 1974 – 0:18

(continued from last post)

More and more we are impressed by the divine nature of being like children, but the only difference between children and adults is that we take our responsibilities too serious and children don’t take theirs that serious. We are supposed to responsible, we are supposed to be considerate of all things around us, and we are supposed to do our best but we are supposed to do it in an attitude of joyousness and detachment and that’s the simplicity of it. It isn’t that we’re not supposed to do it, we’re supposed to do it, but we have to be

joyous about it (inaudible) cheerful about it, “Be of good cheer for I have overcome the world.” That is your inner nature allows you in your simplicity to stay in a state of inner peace and inner composure and not get bogged down in the complexity of the outer world. It works, that’s the interesting thing about it, that it works.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 0:18)

MARCH 5, 2020

Massachusetts First Retreat 2 – April 1974 – 0:16

Spirituality is simplicity, but how does this simplicity become such profound wisdom, that’s what puzzles everybody. Where does the simple approach produce a depth of wisdom, how does it come out? Most of us expect that when we meet a spiritual person, he should have profound wisdom, total awareness of all these things. Where does he get it? Who gives it to him? Nobody gives it to him. Nobody is dishing it out like a bowl of soup out there you know. We’re all impregnated with the wisdom of the Divine Nature, but we are blocked from perceiving it by complexity versus simplicity. When we become simple then this whole complex thing begins to dissolve before our eyes. You know when you close your eyes, what do you see? Darkness, that’s complexity, the overload of the energy in the brain that prevents you from seeing the simplicity or the radiant form of the Spirit, but when you are simple in action, then this darkness dissolves, it fades away and the whole body becomes full of light and the light is shining in the darkness. The simplicity is already glowing in this complex nature and the darkness comprehends it not.

Complexity cannot comprehend why simplicity might rule the universe, why simplicity is our nature, why simplicity has the answer to all things in life, why a fungus is an antibiotic. Why for the lack of a nail, a man lost a horseshoe, the horse threw him off and he lost his kingdom. You see? Simplicity. The spiritual life is so simple, it borders on the ridiculous.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 0:16)

DECEMBER 29, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:13

(continued from post on December 21st, 2019)

Since we've been eating flesh products over the years and we're brought up into a society where it's predominant, we have to slowly rid ourselves of that. We can't do it overnight, we have to make the adjustments and we begin with quantity, then type. In that way we are ridding the system of the poisons and the toxins that are being built up in the body from the wrong eating and we will find that a famous quotation will come to us from the scriptures that say, "It's not what you eat that defiles you but what comes out of you will defile you." This has nothing to do with nutrition, it has to do with consciousness. We eat water, fire, earth, air, ether, the very five forces that constitute our mechanism, but what comes out of us is ether all the time, thought energy that is misapplied in the form of language, it's coming out from the sound currents. If you wanna say something to somebody, you still have to use the etheric energy, you still have to draw from the sound waves and that's the audible life current. Therefore every word that we utter is a expended energy from the audible life current to which we are accounted for. Therefore we are then liable for the manifestation of our thoughts. Our friend there went towards California not too long ago he's sitting there in the back, Mr. Kimlico, and he's often heard me talk about the power of words and he had some experiences to see what really words do in human lives versus what people eat. Frank you'd like to relate a little story to them?

– Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:13)

DECEMBER 24, 2019

Christmas Cosmic Consciousness – No Date – 0:25

I have been telling you this whole evening about Jesus and how to contact Him, but what is more important is the object of communion with the Christ Consciousness. For centuries, from Jerusalem to India, this earth plane has been hallowed by great souls who have all brought the same one message to us, that is the message of Self Realization, the

Christ Intelligence which manifests throughout vibratory creation. A person cannot know of Jesus merely by reading a book on theology, scriptures, he must feel the presence of Jesus in deep meditation, he must have an experience of Christ Consciousness throughout vibratory creation. We must learn to seek this spiritual solace in the inner, immortal temple. Let us enlarge the cup of our consciousness so that the Christ Consciousness can fill us and quench our Soul thirst. As we behold the Christ Consciousness in all individuals, families, races, creatures, we must finally experience Him in the spinal Christmas tree of the bodily temple. There we will discover the Star of Wisdom, the omnipresent Ever New Joy, the Cosmic Sound, Cosmic Light, Cosmic Vibration, Cosmic Wisdom, and Cosmic Love. Every year and every moment, the Christ is recognized in Cosmic Consciousness and the angelic beings all celebrate this glorious manifestation. Let us now celebrate this Christ Consciousness in our own meditation. Let us prepare the Christmas tree of the spine and let us place the eternal gifts on this beautiful spinal tree. The gift of eternal consciousness life, unconditional love, unattachment, service, understanding, self control, and self surrender. And as we place these gifts on the spinal column of the great cosmic Christmas tree, we behold the Cosmic Christ Consciousness permeating us in a golden, blue white light, flowing through us and around us and may this Consciousness lift us up that we be living examples of these glorious gifts and as we permeate our consciousness, not the physical body of Jesus, but the glorious Christ Consciousness that is in all creation, we will then participate of these glorious gifts that we feel in the spinal Christmas tree in the bodily temple. Om, Christ, Gurus.

— Adano Ley (Christmas Cosmic Consciousness – No Date – 0:25)

DECEMBER 21, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:11

(continued from last post)

Now plants utilize water and the earth, the birds utilize water, earth, and fire, seafood they

also utilize the earth, water, and the fire, and the birds also utilize the air because they fly. Animals utilize the air because they walk around and breathe with their lungs. Only Man utilizes ether, that is the conscious wavelengths of his consciousness and Man at one time was a cannibal, therefore he violated that too by eating his fellow man. He ate the ether, he broke the ether laws. Now we come to the point, he's got to make compensation. Man has to make compensation for all those laws that he broke at one time and therefore he's forced to go back through the process of elimination. Now we go up gradually by the elimination of certain types of food from our dietary patterns until we are competent to handle those of a higher nature.

– Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:11)

DECEMBER 16, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:09

(continued from last post)

Now the animal gets the protein from eating the plant life and incorporates it into his own body and synthesizes it for his own use and we turn around and eat the animal to get his protein which is second hand protein. What we are actually eating from the animal is the amino acids that are necessary for the body which are all brought together by his ingestion process. Now he eats one type of food to produce this whole process. We have to eat in the three periods of the day the various types of protein to make this ingestion process bring out all the amino acids and we can get all of them from the three periods of the day: fruits up in the trees high off the ground, those on the surface, and those under. They are brought together for the first time in the human body and they are ingested and they have the amino acids. So we are getting our amino acids and protein in the three periods of the day from the three types of food.

Question: Could you live on fruits more?

Adano: Yes you can live on fruits eventually but do not advocate this at the start of your spiritual growth. We have committed a karma a long time ago by being involved in the

earth process, in the water process, in the fire process, in the air process, and the ether process. Let alone you have violated the sound process and the light process so you have seven karmas to work out and you just can't up and change over and master all these karmas because these are where your karmas come from, they come from the violation of these seven forces. We are freed from the five at the point of the eyebrow when we keep our minds here, we help to diminish the pull of them and so we live on the light and the sound and that helps us to work out and cancel out the commitments to the five of earth, water, fire, air, ether.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:09)

DECEMBER 8, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:07

(continued from last post)

Question: (inaudible)

Adano: Nature has designed fruits to be eaten all times of the day.

Question: Different fruits at different times of the day?

Adano: Yes she has provided fruits for every period of the day. In the morning she has provided fruits that grow on the trees and in the middle of the day, she's provided fruits that grow on the vine, on the ground. Well let's give an example, on the trees you have your apples, your pears, your peaches and so forth and you have your citrus fruits, and in the middle of the day you have all your melons, your cantaloupes, your berries and strawberries, at evening time she provides you the cactus family, pineapple. So by her own design and by the way she grows them in that design, she has already setup your pattern of spirituality for you by making you a fruitarian.

Question: Where do you get your protein from?

Adano: Protein is in the air.

Question: Where?

Adano: Protein is in the air. The highest protein you have is in the fruit nut. The nut itself

has the highest protein. Excuse me for a second. (Gap in tape). Nuts provide you the protein you need and they're in the air and your seeds provide you the protein again. You'll notice that protein is the building block of the body and the archetypal nature of the Creator places the pattern in the building block so the building block carries the pattern that builds your body so the building block of the plant is in the seed. So the nut would be the ideal location and source of protein and if you were to eat from the three periods of the day the very same seeds and nuts, you would have all the protein you need.

– Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:07)

DECEMBER 1, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:05

(continued from last post)

That radiant form of that Divine Self is inside and you have to see it, you can't imagine it, it's there, it exists in spite of ourselves that we don't even know it exists, it's there and the only proof we have is to experience it. Like somebody telling you what a mango tastes like, but until you put a piece of mango in your mouth you would never know what a mango tastes like. Equally true until you see the radiant form inside, you would not know what the radiant form really is all about. Equally when you read the term, "When two or three are gathered in My name, there am I in the midst" but until you can see that radiant form, it doesn't mean a single thing to you. The radiant form of a Master or Saint is the evidence you have of your meditative life and you have to work to see it, you have to work to hear that Sound Current and the evidence comes from effort.

– Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:05)

NOVEMBER 22, 2019

Part 1 – Meditation / Nutrition / Prayer – September

2, 1973 – 1:03

(continued from last post)

Each one of us is giving a portion of his faith or confidence or certitude of life to another by living it. When they ask for it they can feel it, they can experience it, they can recognize it and this is what you're really getting down to, you're getting down to your conscience, how to live with your conscience, not your consciousness. Your consciousness plays games with you all the time, every dualistic movement is in your consciousness, but your conscience is the only thing that you can fall back on and really feel secure and that state of security is humility, your conscience makes you humble all the time. Whenever you confront your conscience, you are forced to be humble and in meditation exposes this within you pretty fast. You got doubts about your humility? Confront your conscience, you learn how fast it works. Path of the Masters is very simple, it's based on action, it's not based on writing, it's not based on reading or talking, it's based on action and the journey begins here at the point above the eyes, at the eye center, of watching, hallowing the Name, and listening to the Sound Current. The Sound Currents are ultrasonic and the light inside carries the radiant form of the Masters.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:03)

NOVEMBER 12, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:01

(continued from last post)

Now ten months ago that same thing might be there and you may flare up, ten months after that same condition comes back you don't flare up. You begin to seem to have more self control over the situation. You take it with much more ease, this is the patience, this is the growth, this is the reality, and everyday you will discover that that's what you're getting stronger in and nothing else. You're getting stronger in the ability to handle shock, to handle confrontation, to live with confrontation, to grow with confrontation, and that is

patience and that is the faith, that is the confidence that this life principle that sustains you is flowing through you for the first time and you will have the confidence in it that things will work out. Now we can give the credit to many things, but the credit still goes back to the Divine Self, that higher nature that works in everything, that's where the final credit goes to. When we surrender to it and we accept it, it flows through us without interruption. The experience brings us joy, it brings us harmony, and the only way we can vouch for it we gotta live it. We can't say it by reading it because we wouldn't know what it is to feel it, but when we feel it and live it, then we can vouch for it, and by living it you can pass it or transfer it to another person who is searching for it. Each one of us is giving a portion of his faith or confidence or certitude of life to another by living it.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 1:01)

NOVEMBER 1, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:59

(continued from last post)

Jesus put it another way, He says, “Meekly wait and don't murmur.” Don't grumble, be patient, wait, watch, listen, feel, this is the hardest attitude to develop, but meditation is the only process you have and the only way you can make it work is by hallowing the Name inside, repeating the Name inside, and listening to the Sound Currents and seeing the Light and this puts you in the attentive mood, it puts you in the receptive mood, and it allows you to become patient for the first time. Patience is not an easy process to develop, it carries a great deal of frustration with it, a great deal of anxieties, a great deal of disappointments, but because these challenges exist this is what makes patience a real experience. Otherwise patience would be a unreal experience, it would be imaginative because we go through these traumatic conditions in our lives, patience become a real thing. After awhile you find that you can handle situations over and over of the same nature much more calmly than you did before when you first encountered them and this is the process that is being applied. The process is to discover how patient you can be by

constantly putting you to the test, putting you under the exposure of it. When you think you're going fine and there's nothing to oppose your mind, that's the time you're going to be tested and that's the time when the process is going to work. That particular condition is going to come there to test you.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:59)

OCTOBER 26, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:57

(continued from last post)

The mind wants something to relate to, what that force should look like, and the only thing that we have that the mind could be satisfied with is a Saint, a Spiritual Teacher. He is supposed to be the embodiment of that love and that is what the mind is searching for, but even the teacher will tell us, “Call no man Master save the Lord which is in you.” Learn to realize your own God-self, learn to master yourself, learn to experience your own God Realization, make the attempt to realize that. So meditation is a direct contact between you and the God-self, between that restless state and the state of peace and tranquility. All things are working through you by that grace and once you realize it, it falls in place. The only reason why we can't seem to get along with it is that we are impatient. If we knew the exact timing of how each thing would fall into place mathematically before it does happen, we never do anything, but because we don't know the exact timing, how it mathematically falls into place, the surprise element is what makes us reach out and this is what gives us the strength, it gives us the love, it gives us the devotion, it keeps us humble. The humbleness, the humility is the anticipation, the not knowing.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:57)

OCTOBER 16, 2019

Part 1 – Meditation / Nutrition / Prayer – September

2, 1973 – 0:55

(continued from post on October 1st)

Meditation is to help us to stabilize our cells so that we can live moment to moment without the anguish, without the tension, without the insecurities and the fears, and the only real security we have in this physical frame that is made up of five elements... is Love. That's the only security you have. Loving the Lord, the Audible Life Current with all of your mind, with all of your strength, with your whole being and soul and your heart. That's all you really have, that's all everybody has, but this is not what everybody wants and this is not what everybody is expecting to hear simply because the mind is looking for something tangible in this physical world as a sort of an anchorage to identify with it and since there is nothing in this physical world that is tangible to identify with, the mind does not wander, the mind feels cheated so it searches and searches, it even searches for human form and what does the human form says? "The Father in me doeth everything, I of myself cannot do anything." The form itself tells us, don't rely on it, rely on the God in you, rely on the Love inside, rely on the Spirit, learn to rely on the intangible force within yourself, learn to place more emphasis on that, put more trust in that force.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:55)

OCTOBER 8, 2019

Simran Nutrition Chants Meditation – 9/1/1973 – 0:30

(continued from previous quote)

Your conscience made you do it now, "this goes against my conscience," it does not go against my consciousness because you have to act it and when you act it you are releasing the energy which comes from the conscience because the conscience is the harness, it's the operator of the audible life energy in you, not the consciousness. The consciousness is merely the carriage, but the actual leverage, the actual power that is pulling, the actual controlling principle in you that is really you, is conscience. So when we

say we are trying to contact God or realize God in ourselves, we're actually trying to live with our conscience. We're not living with our consciousness you see. Consciousness is the field, it's the ground in which all things take place, but when the action occurs, it's in your conscience that you have to live with. So conscience is Beingness and consciousness is awareness. It's a vast difference between the two. Now consciousness is a stepping stone to Beingness, you need consciousness to recognize your Beingness, but any decision to act and release life into motion through this mechanism, that is determined by conscience.

— Adano Ley (Simran Nutrition Chants Meditation – 9/1/1973 – 0:30)

OCTOBER 5, 2019

Simran Nutrition Chants Meditation – 9/1/1973 – 0:28

Consciousness is your awareness through your five senses to relate to the environ which you live in. Conscience is the Beingness of your nature in which you have to live all the time with. Now you can have mental tug of war in making decisions with your mind, but if you're gonna make a final decision to act it, it's your conscience that will make that decision and not your consciousness. If you have to make a choice by your consciousness, you will start to debate with yourself, "should I or should I not?" That dualistic condition exists in your consciousness and by virtue of past experience, your conscience will make the final decision for you to act and whenever you act it out whatever happens from that action, that is what you got to live with. That's the sum total of you, not your consciousness, but your conscience because you will have to carry the memory of it and there is where you made the decision from, it's made from the decision of a memory pattern, you see. Your conscience is your memory patterns locked up already and because you never hear the words "guilty consciousness," "guilty conscience." You are suffering with a guilty what? Conscience, not a consciousness. You see the consciousness can never be guilty, consciousness is a dualistic movement in us, allowing us to make a choice, but whenever we make the choice in the final action of allowing the

body to experience, this is determined by conscience.

— Adano Ley (Simran Nutrition Chants Meditation – 9/1/1973 – 0:28)

OCTOBER 1, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:52

(continued from previous post)

Our life patterns are already programmed in by this recorder, the architect, the designer programmed the circuitry before it was put together and that's the uniqueness of the Divine Principle. Our mechanism, our karmic relationships, are all setup from the past life and they're merely put together in the process of the pregnancy in the mother's womb and the realization comes out and now we have to live it but we don't know what we program in and this is the constant surprise. If we knew what we had program into this body before we came in, we would not do anything. Since we don't know, this is what surprises us and if we knew what to do before we came in, carried the memory with us, we will sit down and just be happy knowing that everything will fall into place then what would happen? People would get bored with you because you know it all. So in spite of knowing it all, you can't please anybody and in fact that you don't know it all, you still can't please yourself and anybody. So the principle is surprise, the art of learning to live with the constant surprise. If you knew it all, you wouldn't do anything, you sit there just knowing it's going to happen and that's it and then after awhile you become a freak and since you don't know it, what's gonna happen, this is the surprise, this is the challenge, this is the anguish, but this is the joy at the same time because when it does happen, you are joyful, it could be worse in your mind. You see it could always turn out worse, but since it didn't turn out worse you're happy. That is the whole essence of the existence. The Divine Law puts us in that position to learn that lesson.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:52)

SEPTEMBER 28, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:50

(continued from previous post)

Now once it's finished and happen, it may not be to your liking and you may say to yourself, "I wish it turn out different," but if it was going to turn out different, you would have had it, and since it didn't turn out different, you don't have it. So the mind plays this game, "If I had a second chance I would have done better." Given a second chance, it may not do better, it might do exactly the same thing. There's a story in the East, it says a certain man was carrying a bag on his back, it's very heavy and he came to the temple of Shiva and he said to Lord Shiva, "Why do I have to carry such a big burden on my back? I would sure like to carry a smaller bag." So the statue in the temple spoke and said to him, "Before my feet there are many bags of various sizes, pickup the one you think you can carry and it's yours." So that made the man very happy, he put down the bag that he was carrying and began looking around. So he picked up the smallest one but he couldn't lift it off the ground. He went to the next smallest, bigger than that, he couldn't lift that and after about an hour trying each bag, he finally end up picking up his own bag. It was the only bag he could pick up. So he said, "How is that?" Then the statue said, "You see, your burden was already weighed out for you according to your shape and your form and all your conditions. So now carry it and don't argue."

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:50)

SEPTEMBER 25, 2019

Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:48

Free will is an illusive condition, it's only something that the mind is working with. Now we are forced to realize through our meditation the humility of the spiritual life. "He that do the will of the Lord is my brother," that's humility already. "He that followeth in my words is my disciple," that's humility. So this shows us we have no free will but we entertain the

thought and we struggle to exert some initiative in our affairs but this is all karmic. The affairs of our lives are already setup for us to work it out and in spite of our good intentions, we are pushed along towards destiny by the love of God to face it and we will make it in spite of ourselves. This is another interesting law about the life. We may think we will not make it and we will get into all states of frenzy yet in spite of ourselves, in spite of our ego nature, our personality make-up, we will get to that particular level of experience designed for us, destined for us, by Divine Will. Even Master Jesus knew this when He said, “Father remove this cup but not my will by Thy will be done.” My will is the ego will of the flesh, body, craving to block out the experience, but Divine Will is the confrontation, the actual living out of the experience. We can presuppose many things in our minds but not until we live it and go through it do we realize that it’s all law, all Divine Principle, it’s all set to happen that way.

— Adano Ley (Part 1 – Meditation / Nutrition / Prayer – September 2, 1973 – 0:48)

SEPTEMBER 22, 2019

Householder Part 8 – 9/1972 – 1:18

(continued from last post)

There is a law working inside of us and it’s the Law of Light. This whole universe is a congealed form of light. It’s built like a hologram, one cosmic laser beam, a three dimensional expression of mass. Therefore we are crystalized in the laser beam of light and we have our mass or three dimensional experience, but we live in nine dimensions. We can only seem to utilize a few of the dimensions because we don’t understand what a dimension is as yet. We know of length, breadth, and depth, we call that the three dimensional world, but these are in terms of using the ruler as a device to measure length, breadth, and depth. We also live in the universe of motion while we are in length, breadth, and depth and that motion is called time and the only way you measure time is by another ruler, it’s called a watch. You are watching the motion of the earth in relation to another heavenly mass and therefore relating the measurement as time between light and shadow or light and darkness. There is no time, there is motion, but the motion gives the illusion of time necessary for counting, necessary for action, necessary for relating.

– Adano Ley (Householder Part 8 – 9/1972 – 1:18)

SEPTEMBER 18, 2019

Householder Part 8 – 9/1972 – 1:16

(continued from last post)

Masters are always in the world. There is never a moment that a Self-realized or a God-realized Man is not in the world. They have always been, will always be, as long as we exist from the dawn of creation to the return of creation back into itself. There will always be God-realized Men, but to understand God-realized Men, we have to understand them on a human level and that is very difficult because we have desires and they don't have desires. We think we have to save our souls, they tell us we are souls because they know they are souls. They tell us "Don't try to save it, try to express it." We can't accept that because pain and suffering is too great in our lives. They show us they will take any pain and suffering and rise above it. So soul is that true Being-ness and in its nature and in its magnitude is love in action. If we go through all the various desire forms that have been crystalized by the Master's consciousness we will see there are no miracles, but there is a law on the line, the crystallization of thought. God does not work in miracles, He works by laws, the Creative Intelligence works by laws and these laws are all locked up in us. We don't invent them, we simply come to relate ourselves to them and release them.

– Adano Ley (Householder Part 8 – 9/1972 – 1:16)

SEPTEMBER 15, 2019

Householder Part 8 – 9/1972 – 1:14

(continued from last post)

So when a Master is desire-less He has achieved the ethical nature where He is not influenced now by any physical desire let alone the attempt to force His will upon His society to make them accept divinity. The nature of Christ in Man is that ability to materialize thoughts at will, not the man Jesus, all Men have the Christ in themselves, "The

things I do you shall do also and greater things you shall do.” You can only do the things that the Christ allows you to do within yourself and you will only do greater things according to the period and the time-cycle that you live in. Now if Master Jesus was to return back in the physical frame, you would not recognize Him. In the first place you would not even accept Him because we are already turned off to the long beard, the long hair, and sandals and the beads. So what would He come back in that type of a dress to impress us with? Now if He come back in the Ivy League suit you can’t accept Him either. If He comes in a spacesuit, you can’t accept Him either. So crying for the second coming of Christ, what are you crying for? Some individual that may come “beep, beep, beep, beep, beep,” here I am Jesus Christ. You got the wrong impression of what the thing is all about.

— Adano Ley (Householder Part 8 – 9/1972 – 1:14)

SEPTEMBER 7, 2019

Householder Part 8 – 9/1972 – 1:12

(continued from last post)

Yet the Word has to become flesh, crystalized into substance at a human level. The human-ness of the human body is the Divinity in matter and at the same time is the Spirit in motion and that’s why a Living Master is often referred to as God in flesh. That’s why you want to come in contact with that expression at times to recognize it, to understand Divinity in action. “And the Word was made flesh and dwelt in Man,” not the animal. The animal has a flesh body, but Man’s body is flesh. It’s the only substance that will hold back on this side of the wall the flesh, the five elements of the universe that are in conflict and on the other side of the wall, in unity. When you look at your body you are looking at the temple of the Creative Force, a manifestation of Spirit, and you don’t have to save your Soul because you’re Soul, you have to accept it, but you have to accept the same time the humility of being Spirit which is a hard thing to do because the Ego is striving, definitely and desperately, to impress by the psychic abilities that it is empowered with. Only at the Master level the capacity to crystalize thought is entrusted providing the physical frame has accepted the ethical laws of living. You can’t be entrusted with such a power if you’re

unethical, you would make a havoc of the universe. It takes a great deal of spirituality to be ethical, to prevent people from destroying themselves by the misuse of spiritual forces.

— Adano Ley (Householder Part 8 – 9/1972 – 1:12)

SEPTEMBER 2, 2019

Householder Part 8 – 9/1972 – 1:10

(continued from last post)

So Master Jesus crystalized her desire by love. Out of the love for the woman, which is mother to Him, He emanate that thought pattern and cause it to crystalize through the time-cycle. The normal time-cycle to make wine would be X amount of years to grow the grape, X amount of years to harvest it, X amount of time to beat it into wine and ferment it, so that is time plus energy to bring an object into manifestation, the normal method of bring it into manifestation. Having the ability to crystalize thought at will now, which is the Christ Intelligence, He does not lack anything, He does not want anything, He does not need anything, therefore thought is speeded up now into the time-cycle. He's capable of manifesting His thought at the speed of light squared, 186,000 miles per second squared, which is instantaneous because all matter is energy, all matter is atoms and all atoms is Spirit and all Spirit is Thought and all Thought is Love, and being a Master of the intuitive level, His whole being is love, everything you touch brings this love into crystallization, but He is a human being, He is that expression of the Divinity that has taken the flesh. "In the beginning is the Word," the Audible Life Current, "and the Word was with God," the Word is in consciousness of time, beyond time, "and the Word IS God," the Audible Life Current is the eternal Now, God is the eternal principle, He's not a man in a throne.

— Adano Ley (Householder Part 8 – 9/1972 – 1:10)

AUGUST 28, 2019

Householder Part 8 – 9/1972 – 1:08

Jesus did not have any desire. There's not a single thing that He did that is an indication of

a miracle. Everything He did was a crystallization of human desire for those who had a desire. The very first crystallization was the desire of His mother for the relatives who were having a wedding and ran out of wine. Now they drank wine these people. He attended a wedding as a visitor, as a relative, and the mother had concern because the wine was run out, insufficient. She knows her son is in that state of awareness, she turns to Him and says, “There is no wine.” He said, “Woman what is that to me?” Indicating once and for all He has no desire. He does not even call her mother because God is Mother Nature in the world of manifestation and to call a woman “mother” if He’s a realized man would be a violation of the truth. So He had to put her in her place to find her true relationship in connection with the God-self. So He says to her, “Woman, my time has not yet come.” A Master who is functioning, or the Soul that is functioning from the Master Consciousness, does not violate the time-cycle lest it’s accountable to time-cycle and that fellow is a very very demanding individual, his name is Kal / Time. He’s very relentless, he wants every penny of the karma you use up and the life energy you use in this world of time. Some people call him Satan, but it’s the time-cycle in which the Master Consciousness is aware of the creative forces that are available to it and can use it.

— Adano Ley (Householder Part 8 – 9/1972 – 1:08)

AUGUST 18, 2019

Householder Body of Woman Part 6 – 9/1972 – 1:32

(continued from last post)

When we say we’re going back to God, what are we really saying to ourselves? We are trying to recapture the memory of having been identified with that source at one time because we feel some way along in the consciousness that we have strayed or dropped away from that source, that’s a memory. If ever you think that you were separated from the source or you dropped away from that source, it was only in terms of memory because you don’t have an actual relationship until you recall it or until you live through the experience... (end of tape).

– Adano Ley (Householder Body of Woman Part 6 – 9/1972 – 1:32)

AUGUST 17, 2019

Householder Body of Woman Part 6 – 9/1972 – 1:30

(continued from last post)

Audience: Is this intimacy being telegraphed based on past lifetimes?

Adano: Yes, because you see life is in each one of us, the life energy is each one of us, it's telegraphing. Now we say the eyes are the window of the Soul so we are Soul essentially, we don't have a Soul. Now it's very difficult for an individual to realize that he lived before because he doesn't have a memory of it. You see memory is the gap, memory is the agony, memory is the thing we don't want to die. We're afraid to die because we lose our memory, we're afraid we're going to lose every identification with this physical world. Well let's say for one moment you don't lose your memory and you're born with your total memory, then there is no agony, the only agony would be a loss of memory. Let's say you're born having total memory of who you are and what you are and whenever you're ready to leave the frame you're still carrying the memory, then there is no loss because what man is looking for God, he's looking for the memory of his existence in God and having no such experience, seeks it in many techniques, even in drugs to get that experience to remind him of himself that he is identified in God, you see? Now if he gets the memory and memory doesn't stop, then that's the total awareness.

– Adano Ley (Householder Body of Woman Part 6 – 9/1972 – 1:30)

AUGUST 12, 2019

Householder Body of Woman Part 6 – 9/1972 – 1:28

It has the realization that it is Soul in the end. See Man don't have a Soul, he is Soul but

he's been programmed that he's got to save it and in the process of trying to save it, he's losing it, but in discovering that he is humanly the expression of the Divine Principle, he will discover his Soul and in the discovery of his Soul he will be a better being. He can't be a better being if he's trying to save something that he doesn't have.

Audience: How about eyes (inaudible)?

Adano: The first thing between a male and a female is the transmission of one's feeling through eyes. "The eyes are the windows of the Soul." Now we telegraph by our eyes. You see you sit down in a room and you look around and what are you really telegraphing with your eyes to the female or to the male, "Do you see me? Do you see me? Recognize me? Where did I know you?" and actually you're not conscious of your saying that. Subjectively you're saying that because you are looking for a kinship with some individual in that room. You are looking for something that is an intimate bond because you are searching and reaching out for something that you can relate to. This kinship or intimacy is telegraphed by the eyes and once it's picked up by the other individual and is telegraphed back by the eyes, the first expression on the face is a smile, you don't know why, because you have telegraphed intimacy. Now not intimacy in terms of the sex act, intimacy in terms of being recognized or knowing that you are relating to each other and that you can trust now someone in that room who when you walked in were strangers to you, now you feel a sense of affinity with some individual in the room and before you know, that smile and then the gradual magnetic pull.

— Adano Ley (Householder Body of Woman Part 6 – 9/1972 – 1:28)

AUGUST 7, 2019

All Night 2 – 11/23/68 – 2:16

(continued from last post)

So Sister walks away and the bill is not paid but before you know it something comes along, they put on some extra lecture, something to raise funds and the bills are paid. Now in our individual lives it's the same thing. Sri Yukteswar says, "Live comfortable within your earnings." In other words don't be too extravagant because the earning power is in relation to the spending power, but then there's a seed power. You can't plant without seed

and this is the origin of the insurance, the insurance people were smart when they figure it out. If you can't plant without seed you gotta put away some and if you put away some, you're gonna to pull it out before you use it, so why not sell the people insurance against themselves? So you insure the people. Now one yogi says, "The greatest insurance policy is God" so he says, "I'm not building up the insurance houses, I'm building up God in myself, this is my insurance policy" but then another yogi comes along and says, "That's all good and fine, but if you've got an organization and you don't want it to burn down so you might as well insure it so it is taken care of." So use every law, use every principle, use the principle of divine insurance by meditation and use the principle of physical insurance by taking care of the thing if these calamities occur. Divine insurance is the forestall it happening, physical insurance is to reimburse you if it did happen.

– Adano Ley (All Night 2 – 11/23/68 – 2:16)

AUGUST 2, 2019

All Night 2 – 11/23/68 – 2:14

(continued from last post)

The same thing is They make you conscious of a relationship with God and yourself and a consciousness of your obligation to yourself and the duties around you but it's all in balance. Now the ashrams or the satsangas are primarily seminars in this behavior of yourself and God and it is a relationship with a daily organized way of life. If we live in the ashram then food and clothing and housing and some type of physical, manual service is being provided for. So you can pursue the meditative life without living with the fear of the lack of these things, that is the shelter, the clothing, you can't wear more than one suit (inaudible), you can't eat more than one meal (inaudible), but these things are not lacking, it's no "Mother Hubbard in her cupboard." You know Mother Hubbard went to her cupboard and she found it all bare and came back and had a bone (laughter). Now you see the thing is this is because in our consciousness if we don't have these things we start to think, "Well we got bills to pay (inaudible). We can't meditate."

Audience: I was just going to say, what about bills? (Laughter)

Adano: Well Sister Daya can answer that pretty well, she said "Master we have bills to pay,

when are we going to pay it, we need some money” and you know Master says, “Sister, you’ve done exceedingly well with what you’ve got, continue as you are.”

— Adano Ley (All Night 2 – 11/23/68 – 2:14)

JULY 29, 2019

All Night 2 – 11/23/68 – 2:12

(continued from last post)

See I’m in Gretna and I say, “Ok I’d like to come up here.” My ego would drive me (inaudible) fast, you got to get up here, throw an invisible lasso and pull him in, or throw the thing and pull him in. This is ego but if Divine Will is moving, the thought is already planted in consciousness, and to show you why it must be Divine Will when it manifests that every intricate piece of the conditions all fall into place because of the subtle nature, the subtle feelings of the people involved who are going to be affected by this thing when it falls into place, that that thing occurred. Now like this afternoon when Helen was on the phone, see, if all these things are not taken into consideration for each individual, look how many people are automatically reacting, you have to have consideration... So Divine Will is already taking into consideration all the different repercussions all down the line before one little act comes into manifestation that they say, “Well gee whiz, Divine Mother is so good to me.” You think of how many times Divine Mother has mathematically satisfied everybody with all these things? So you are in the (inaudible). So to say “I’m not doing my duty and my responsibility” is a very good question. Should I sit down and listen to Adano talk and forget my home life, 24 hours a day, 7 days a week? This sounds kind of ridiculous after. The guru would say “Go home and meditate.” I don’t think in the ashram that you sit down at the Master’s feet all day and talk to Him, you see?

— Adano Ley (All Night 2 – 11/23/68 – 2:12)

JULY 25, 2019

All Night 2 – 11/23/68 – 2:10

(continued from last post)

This mechanism is now sacrificed or... when I say sacrificed I don't mean thrown away, it's being offered up voluntary now to take on the challenge as a seed going in the ground to die and to be germinated and grow up. Now He has to die on a cross to grow up into spiritual manhood, into a new tree, a resurrected tree now, you see? So it is a Divine Will that He voluntarily plant the seed of His body into the truth and reap the thing instead of exerting His own ego against it and not trying to go along. Now we can do this, we don't put the seed in the ground to make it sprout, we exert our ego by taking a bucket full of water we throw the seed inside and let it sprout in the water then when it's sprouted we can take it out and put it in the ground and let it root in the ground. Otherwise if you're throwing it into the ground, the ground itself will take a little longer to sprout it, you see, but we just speed up the sprouting by putting it in water. So we took a hand now, we feel we're that smart, you learned that much now about (inaudible) so we can sprout the thing and cause it to come out quicker. Coming about into sprouting quicker don't alter the fact that this condition of dying and being born again has to occur, you see? If it die in the water by sprouting it or dying in the ground and sprouting it, the time ratio between the two is an ego condition. The time ratio between me doing the thing and God doing the thing is still a time condition. When I do it, it's gotta be done right now, now, now, now, when God do it, maybe tomorrow, maybe next week, but it's not important when God does it or when I do it, it is done.

— Adano Ley (All Night 2 – 11/23/68 – 2:10)

JULY 23, 2019

All Night 2 – 11/23/68 – 2:08

(continued from last post)

Now Divine Will again is like the ground, ego will or personal will is like a seed, now if you plant tomatoes you're bound to get corn. So if we perform wrong actions we're bound to get good karma (laughter), right? Since it don't work that way that we know of, ego ain't gonna to bring us anything more than we plant in the thing. If we plant tomatoes, we gotta get tomatoes, if we plant more ego then we get more ego. Divine Will is to make sure that

you reap your ego. It makes sure you reap your tomato when you plant your tomato, this is the Divine Will. In other words, you get what you sow in the flow of things. Now to say we are doing Divine Will, we really don't do Divine Will, we fit ourselves into the Divine Will. We don't make the tomato grow, we don't make a thought come into manifestation, a thought comes into manifestation because it is the flow of how thoughts must come into existence, how the action must follow-up, how people respond or react to the thought. We don't make this happen, it's happening for us, you see? So Jesus says, "Not my will but Thy will be done." You alone bring into manifestation what is the practical or the necessary conditions for this mechanism to pass through.

— Adano Ley (All Night 2 – 11/23/68 – 2:08)

JULY 21, 2019

All Night 2 – 11/23/68 – 2:06

(continued from last post)

Now Tamasic as far as food is concerned is yesterday's food eat today, already being cooked and eaten today, like cake you know, that's Tamasic. Now Rajasic is highly spiced food cooked now, eaten all up, get belly ache. Sattvic food is pick it off the vine, eat it, use it when you need it. Now that is in relation to... in mode of action Tamasic would be total indifference, they don't care if the place is falling down, they don't make an effort to do anything. Now Rajasic is "well if I do anything, it's only for myself" and it's all self centered and Sattvic "well I can't do it for myself and I can't do without not doing it, then I have to it for the betterment of the environment," you see? So it's necessary for the continuity of my existence so that is a Sattvic action, it is something that you're gonna do for the continuity of existence that is around you the environment so this is now we call it in a nice terminology, humanitarian, very humanistic, very charitable actions, very spiritual, but it's spiritual already from the start you volunteering to do something. Now also it can be very egotistical by believing to yourself that you can change and busy find ways to change the environment, to improve upon the environment, when you are not improving upon yourself, you see? When you should be improving upon your inner self, the environment is being changed and you're not improving. This again, like Kriyananda says, many of us go out as

reformers trying to change society when we really need to change in our own inner consciousness how to be good to ourselves and to our neighbor so this has a problem.

— Adano Ley (All Night 2 – 11/23/68 – 2:06)

JULY 19, 2019

All Night 2 – 11/23/68 – 2:04

(continued from last post)

You wouldn't want to see your neighbor's child run out and get squashed by a car so there is concern, not liability, it's concern. So you're concerned to see that the child stays within the framework of safety, but in a Guru it's a different story. He is already decided to volunteer to carry out the Divine Will of helping the individual to move back from negative to positive. He is already like the garage mechanic who comes with a truck to help you with your stalled car to bridge the two batteries together to hook'em up to give you a boost. He's already decided to come along and do it for you, you know? You're stalled in the way you need the help, you're waving your hand and here He comes along and bridges you. He is taking a different responsibility, He volunteered that responsibility. Now He couldn't volunteer that responsibility unless He had mastered the laws of behavior, you see? If He didn't master these laws of behavior He couldn't volunteer to it so there is no taking away from Him. His actions have no tearing down, His actions strictly necessary for the continuity of life, His actions are what you call the Sattvic actions. We have the three Gunas, the three modes of action, the three modes of feeling, the Tamasic, Rajasic, and Sattvic.

— Adano Ley (All Night 2 – 11/23/68 – 2:04)

JULY 17, 2019

All Night 2 – 11/23/68 – 2:02

(continued from last post)

So in the Divine Will everything is in this Divine Will to move from negative to positive so

because it's moving from negative to positive, it's a fine line of where my responsibility lie, but because you are already thinking in a positive way and trying to take the bull by the horn and run this world by our limited way of thinking, we think that what we are doing is insufficient, we're not doing enough to impress... who in the first place are we doing to impress? You ask yourself, who are we really trying to impress when we take the bull by the horn or take this world and try to run this thing? We have an obligation to do, but the obligation is strictly involved in behavior. The thing itself, the action itself is universal. Now here's some children and you are the parent, you are liable for these children. Why are you liable? At a certain society, in a certain culture, for a certain age, the liability ends or begins or continues. Now at a certain level it's not a liability because in an Ashram everything is a liability, everything is a responsibility. In an individual's house, not everything is a liability, you're not liable for your neighbor's child, you're not responsible for your neighbor's children unless they hire you as a, what you do call it?... child watcher...

Audience: Babysitter?

Adano: Babysitter, alright. Then you are liable, then you are responsible to that degree, but as far as your neighbor...

— Adano Ley (All Night 2 – 11/23/68 – 2:02)

JULY 15, 2019

All Night 2 – 11/23/68 – 2:00

(continued from last post)

The laws of motion, apart from it being spiritual or non-spiritual or mechanical, the law of motion itself is setup by the Divine Intelligence to move from negative to positive, to bring home the devotee from relativity to absolute, you understand? So Man is already positive in his nature but he doesn't know how to move from positive to positive. If you are positive in nature how can you move from positive to positive, you don't know where the next positive is, you see? Now we say in magnetism "unlike things attract each other and like things repel each other," this is magnetism you see, this is the law of magnetism, positive attracts negative and positive repels positive in the actual laws of magnetism. If you have this object here and we take this object and this is a positive end and this is a negative

end and let's say this is a positive end and this is a negative end, the moment you bring these two positives they'll be pushing each other apart. Now for them to come together you have to let the negative and the positive come, but in the human being it's reversed. You see in the human being it's different, positive attracts positive, positive and negative repel each other. Only in the human being is the law in reverse, it's not in matter itself you see? So negatively we say we are drawn to people of like mind, of like feeling, in order to be polarized. Now people with unlike minds and unlike feelings depolarize us, demagnetize us.

— Adano Ley (All Night 2 – 11/23/68 – 2:00)

JULY 13, 2019

All Night 2 – 11/23/68 – 1:58

(continued from last post)

Audience: Yeah if the person can probably eliminate the ego and identify themselves with...

Adano: Right, now why the ego comes in you see it's because of individuality. We have been already trained to stand on our own two feet. Now many of us are not standing on our own two feet, we are standing on our heads (laughter) or we are all sitting down or something or we're all kneeling down, the thing is, the whole thing is Divine Will. When I say Divine Will I don't mean that there is some individual poking us with a pitchfork, moving us forward, no I don't mean that. Divine Will is like a flow that... you see if you have a pipe here and you have water it has to flow from one point to another point. Now so Divine Will moves everything from negative to positive, it doesn't move everything from positive to negative, it doesn't work that way because the negative had to be made first before the positive can come into existence. In other words, He had to say to the first two people in the Garden of Eden, "Don't do these things" which is negative, in order for them to do it, in order to come to the positive.

Audience: He had to have an adversary.

Adano: Right, He had to make them move from a negative condition into a positive condition so right away they were going to apply themselves to a negative principle, which

is not a bad principle because there's no such thing as a bad principle, it is a principle how motion begins.

— Adano Ley (All Night 2 – 11/23/68 – 1:58)

JULY 7, 2019

All Night 2 – 11/23/68 – 1:56

(continued from last post)

Audience: Yeah but not really. I see when I look back as you are talking about evaluation, that you really are able to evaluate later on you can exactly see where this is the kind of experience I needed and how it has helped me to grow further and you can see the meaning which didn't make any meaning to you at that time you were going through all this, "what is this?"

Adano: Quite true, this is the thing that is conflict with where the will fits in, where is your responsibility, where is Divine responsibility? It can't be assessed in the present moment. It is the Divine Will in the present moment and all the time it is the Divine Will in the present moment and at a future time then you're gonna start to decipher or separate which part of the Divine Moment is really Divine Moment and which part you think you took an active part in it. Then you realize the Guru says, "No, God was doing it through you in the first place as inadequate as you think it was inadequate and as perfect as you think it was perfect." Because that's how God works, who is doing the whole thing in the first place. Who's He entertaining? Is He entertaining perfection or is He entertaining the interplay of perfection? There's a big difference to say "God is entertaining Himself through Man as perfection," than to say "God is entertaining Himself through Man as an interplay of perfection." An interplay of perfection would mean there are levels of evaluating perfection, but to interplay, to work through Man as perfection, that means there is no room for any evaluation no more. If you are perfect, you don't know what's imperfect already, and if you're imperfect you don't know what's perfect, you see? So if God is gonna to act through you as perfect, this is restricted, this is limitation. If God is going to act through you as imperfect, this also is the limitation, but if God is gonna act through as an interplay between perfection and imperfection, this is the freedom, this is where the evaluation

comes, this is where you observe now why there is no limitation, this is all infinite now, it's all a flux, it's all a flow. The Maharishi would say, "We live in a flux between the relative and the absolute," The relative and the absolute, no start no end, so don't put a limitation that it's imperfect, don't put a limitation that it's perfect either, because perfection and imperfection are all dualities, you see? And God's Will and your will is still duality.

— Adano Ley (All Night 2 – 11/23/68 – 1:56)

JULY 4, 2019

All Night 2 – 11/23/68 – 1:54

(continued from last post)

Now to say we have to do better than that, this is true only because more conditions will be forthcoming to allow us to do it better, you understand? Now you can do something good, but you can do something better, and you can do something at the best, but unless you have these different grades or these three conditions to allow you evaluate the three grades, you don't know which one is good, which one is best, and which one is better because you would have no way to compare. So supposed you do something now and in your mind you think you have done the best at that particular moment you are involved in it and four years from now you say, "Gee whiz I did the worst." Because your sense of appreciation, your sense of evaluation, your sense of involvement has grown past that limitation, past that point of understanding to something more now, to more involvement, you start to say, "Well I could have done better." Let's say in 1943 you did this particular thing a certain way and now this is 1959, this is the way you would do it and you look back, "I could have done this at that time in '43, better." You start to see all the things you could have done better when it was already finished and done.

— Adano Ley (All Night 2 – 11/23/68 – 1:54)

JULY 2, 2019

All Night 2 – 11/23/68 – 1:52

(continued from last post)

It's not the rebirth of body that is more important, it's a reconstituting of consciousness from moment to moment of demonstrating the refinement process. So if I feel 10 years ago or 5 years ago conditions that I was involved in and the way I did it and I look back, "I could have done better," I realize that I couldn't have done any more or any less, but that was exactly what was supposed to have been done because that's the shape of the piece of the jigsaw puzzle and that was the only way it was gonna fit, you can't fit it any more or less. So it is no tearing down of the mechanism because this is strictly gonna be a sort of a self punishment to constantly tear down the shape of the structure to try to fit it into another shape where it was supposed to be fitted in the first place. If you take a jigsaw puzzle and you got all the pieces cut up in front of you and you start fitting it, you got some people who put them together by shaving the edges to fit it, never allowing for the jigsaw puzzle piece that was the piece that gotta fit there, you know? So some people I've seen them play, they come out with a jigsaw puzzle, shaved it to fit (laughter). The perfectionist shaving the thing to fit in and it don't really belong there, you see, but (inaudible) because the parts are already preset so. It is a reconciliation with our cells that, in order to maintain the humility in the mechanism, in order to maintain the grace of God flowing to us, is to accept that what we are doing is being done with the best of our abilities under the conditions we are doing it.

— Adano Ley (All Night 2 – 11/23/68 – 1:52)

JUNE 24, 2019

All Night 2 – 11/23/68 – 1:50

(continued from last post)

But in a sense it's only relative, what is really happening again is this, the will of God is that karma must be completed, this is the will of God because He cannot alter the karma, you see? "As you sow that you reap," this is the principle. Now if we think in specific conditions and if we think in the specific involvement of the conditions without understanding that these are only conditions for our behavior, then we automatically suffer guilt in ourselves as not performing in a real way and not doing the utmost and we think

we are shirking our duties, but this is not true. You are performing under the best possible conditions afforded you, with the best possible abilities you have available, with the most practical understanding you have at the time. You couldn't have done it any better or any worse.

Audience: But supposed I know better than say I do...

Adano: Knowing from within that we can do better and that we should do better has nothing to do with the condition in which you are involved at the moment. Now the reason why we know we should do better and we ought to do better is because more conditions will be afforded for us to demonstrate this creative nature of doing better. Every year we have a new model of the car, the model of the car has not reached perfection because life is continuity and since consciousness is continuity we feel this infinite pull of inadequacy and this is what we call "the new model in consciousness," the rebirth of consciousness from moment to moment.

— Adano Ley (All Night 2 – 11/23/68 – 1:50)

JUNE 21, 2019

All Night 2 – 11/23/68 – 1:48

(continued from last post)

In other words what you are doing right now was already preset to be completed in this (inaudible). See now this karmic action is occurring right now cannot be cashed in right now, immediately, because it has been preset to occur now, you see? So you are living out something that is preset to occur now. Now you cannot evaluate what is happening right now, you have to wait for a month or two months or three months to evaluate what has just happened, you see? So this is a condition that is happening. When you say you are doing your duty and where does the fine line drawn between God doing it for you or you're doing God's will or you're doing your own will or your own responsibility, is the evaluation three months from now when you evaluate over four years of experiences and the odd, as you would say, or the unusual way how these experiences fit themselves and came out in the conditions they came out. You begin to see now from a deeper insight that it is the will of God in motion, but in the meantime while you are involved in it, you may not see that,

you may see your personal involvement, your personal need to exert your own will upon it or your own control upon it. So the fine line is only based on evaluation. That's why I say, Divine Mother is really not doing anything for us, we're doing everything for Her, you see?
— Adano Ley (All Night 2 – 11/23/68 – 1:48)

JUNE 18, 2019

All Night 2 – 11/23/68 – 1:45

(continued from last post)

Audience: Where do you draw the line? Maybe it's a naive question and everybody else knows the answer. Where do you draw the line... I have certain responsibilities, I have come here and been assigned a task which I'm supposed to fulfill. This is one thing and then we say that we submit ourselves to Divine Mother, let Her will be, but a person who is not so developed like you are, a person at a different level can use this as a pretext and sort of fail at his responsibility and this is wrong, you are supposed to do your duty, assigned task. Now where do you draw the line? I don't know, this does bother me at times and maybe I think there are people at a higher level who got bothered like Arjuna, you know "What is my duty and what is not." Where am I supposed to do something and take the responsibility? And if I fail I put myself to task and I say Divine Mother is going to do it or take care of it.

Adano: Well let me put it this way, Divine Mother is not doing anything for you, you're doing everything for the Divine Mother, but you have to tell yourself that She's doing it for you otherwise you wouldn't do it for Her.

Audience: What's that, I didn't understand.

Adano: You see if you want somebody to do something for you is to tell them not to do it (laughter). Alright then you see that's what Divine Mother... Ok we realize this so quick, huh.

Audience: No what I mean is Adano that this is what has happened in certain instances that under this thing that yes (inaudible) when we are really not at higher level under this pretext sometimes what you call apathy or not doing what you're role is to do and then you are committing the sin of neglecting your duty...

Adano: Wait, this is a fine point in which the Master (inaudible). We are all performing action from a past condition.

— Adano Ley (All Night 2 – 11/23/68 – 1:45)

JUNE 12, 2019

All Night 2 – 11/23/68 – 1:42

(continued from post on March 26, 2019)

You see Christopher is the traveler's Saint and he's supposed to have walked across the water and carried the baby infant Jesus on his shoulder and he has been blessed as the Saint of the travelers. You always see him with a big stick and he's walking across water, a river that he wanted to cross and he's carrying this baby across. He's supposed to be given the blessing to aid travelers that's why they called him St. Christopher, the traveler's aid or the traveler's Saint so I have a St. Christopher on me. You see when I drive I don't only turn to the Masters, I turn to all the Saints, each one has their own particular purpose.

Audience: Where is this Saint right now?

Adano: St. Christopher has been dead thousands of years ago.

Audience: Well we believe in reincarnation so where is he?

Adano: He's on the inner plane, he's a realized man. Well you see apart from that the Masters are protecting too you know, but when I get in the car I always say, "Well St. Christopher, you're driving. You are the driver of the car."

Audience: I'll do that next time (laughter), see what happens (more laughter).

Adano: Well I trust myself too you know. It's better to have a little extra trust from all around you know.

— Adano Ley (All Night 2 – 11/23/68 – 1:42)

JUNE 5, 2019

SMU Lecture Paulines – 11/3/68 – 2:52

(continued from last post)

In modern day language we know what he's talking about, actually know now from scientific understanding that he's speaking of a divine principle of light that is here all the time in Man, stamped by the Divine, that his spinal system is the only creature with a vertebra that has two central nervous systems that move around and there are seven vortices of energy, called the endocrine system, that are constantly pulsating with an intelligence of its own or levels of consciousness and each one of the endocrine systems do control certain levels of behavior. We know this as an actual fact now and this is setup in an electrical way within us. Now the Sages did not say it was not so, the Sages went on to say, "Yes, it is so." Science is only validating it, but Sages have said now and Jesus is saying that we go in and we ascend, see?, like John he had to ascend too by going in so the first thing you do, you sit down, find a comfortable position, keep the spine straight which is the altar, and then you center the mind on the point between the eyebrows. We can shut this off and we'll have a little meditation. (end of recording)

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:52)

MAY 30, 2019

SMU Lecture Paulines – 11/3/68 – 2:50

(continued from last post)

Now those people who have seen on TV, you know in Dr. Casey they used to say, "Man, Woman, Life, Death" and then they draw life, they draw a big figure eight? Now if you look at yourself, all your nerves around your spine are shaped like a figure eight this way. They go this way all the time. Now if God was to go and build your body and put your nervous system working this way, we would die from the internal hydraulic pressure. We would blow up, the pressure would be so great that we would just blow apart, but because everything is flowing from left to right, this is what you learned in basic biology, right?, that they work from left to right, marvelous mechanism, figure eight, everything goes this way from left to right and they cross at a particular point just by the solar plexus. Solar Plexus, that's some plexus in the brain or center, solar relating to space, see we're stuck with terms again, there is a miniature universe here. This solar plexus, this force is moving, backward and forward inside, going up and down. Now, you'll see on some doctors'

buildings, you'll see a big staff, two snakes wrapped around it in figure eight and the staff is flying, a pair of wings, representing the spine and the two snakes representing the two types of nervous systems we have. We have a central nervous system and we have a sympathetic nervous system. These two systems function within us. In ancient times, because man did not delve in much vivisection or anatomy, he did not know how to write in scientific terminology what was occurring inside, he had to write in poetical language. So he called it the throne of God, golden candlesticks, temple, and angels.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:50)

MAY 27, 2019

SMU Lecture Paulines – 11/3/68 – 2:48

(continued from last post)

Within this sacred temple there is an altar called the spine because it's centrally located like the altar in a church and within this spine there are seven centers which we call the endocrine system or something called in oriental writing, the chakras. In the Book of Revelation by Saint John it was called the holy candlesticks before the throne of God, you see, and there were seven, he said there were seven golden candlesticks before the throne of God. Now remember John was a disciple of Jesus who looked within himself and he was writing revelation, he was writing what was revealed from within himself so he saw these things within himself. He saw the electrical anatomy of his mechanism for the first time. He saw where the Divine Life was pouring into him which was the throne of God, he saw the various seven centers in his mechanism which were like lights or vortices of light but in those days they didn't have electricity so he had to relate it to candles, they were like burning lights. Now he said there were seven angels around this which means there are the seven levels of consciousness within this mechanism. An angel would be an intelligence and we say there are seven levels of consciousness and each level of consciousness possesses a certain spiritual power. That is a power that the oriental people call the siddhic force or the extrasensory powers, the powers that are naturally dormant within the mechanism to perform the so-called miracles, there are not no miracles, there are just the dormant forces and he said that within this mechanism he was

able to see the Alpha and the Omega, the start and the end of the movement of life. Well life doesn't have an end, what he saw was the flow of life.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:48)

MAY 24, 2019

SMU Lecture Paulines – 11/3/68 – 2:46

(continued from last post)

It's the only temple but the human being did not bother to find out why this was the only living temple, why it was only temple of the Living God, and why he should build a temple, he thought to go build a physical object. This is already the temple of the Living Principle. Now to build this is to research into it, this is entirely different than building a church outside or building a pagoda or something. Here it's already established as a temple, here is the temple, this very mechanism. Now in a temple outside they build four walls, a roof, and they put a sacred spot which they call the altar and on this altar they put candles, flowers, decoration, and they have reverence, very great reverence of that spot and they put the sacred word there in the form of a scroll or something and then they sit in communion. Now this is not what the Great Intelligence intended, this is again building false images before Me, you see, it's still building up objects around the thing. The real thing is this, this is the temple and in this sacred temple, which is the only living one that there is, the only true sacred temple, no other place is truly sacred. It's only sacred in the language because of the association but in an actual sense, not in a relative sense because the churches are not the sacred temples, the sacred temple there's only one for each one of us, our own human body. This is the sacred temple, no other place, it's the only sacred temple.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:46)

MAY 21, 2019

SMU Lecture Paulines – 11/3/68 – 2:44

(continued from last post)

Audience: Are you saying enlightenment comes in when you stop thinking? You have to stop thinking.

Adano: Yes, you have to stop thinking for the enlightenment. See because what you are thinking of all the time is ideas concerning past or future, never ideas concerning present, and the enlightenment is only involved in what you have to solve in the present.

Audience: Then if we could call it thinking, if we were thinking of the present, we are not thinking.

Adano: Right.

Audience: Because we have reached the point of stillness.

Adano: We have reached the point of stillness, tranquility, peace. “The peace I give, the world don’t give.”

Audience: We’ve gone back into what stops it from going out.

Adano: Right, you see the Buddhists would call it you’ve arrived at nirvana, you have arrived at the state of absorption. People think nirvana means nothingness you know, that’s the translation, you have arrived at a nihilistic state, you have arrived at a state of nothing. Not true, you have arrived at the state of absorption because in absorption, it’s stillness. See the reality my friend?

Audience: No, all these things I can understand but the reaching of certain stages.

Adano: How you go into it now through the practice of meditation and that’s what we’re coming to. We’re going to do some now. First thing in meditation you keep your spine straight because this is a temple, this body, and in every temple there is an altar or a sacred spot. Man has followed what the scriptures said, “Build Me a temple that I may dwell in the midst thereof.” He took this statement so literally he went to build big ornate buildings hoping that divinity is going to dwell inside of it, when the divinity really meant, “build this” because it’s said the body is the temple of the Living God.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:44)

MAY 12, 2019

SMU Lecture Paulines – 11/3/68 – 2:42

(continued from last post)

Strange that this particular gesture leaves you in a state of frustration to think up. You have to create now, you see you are forced into a creative principle. You are forced right into the creative principle to describe this action. Some people say that's the clapping of one hand. Is that really the clapping of one hand? For every one who would try to describe this, his creative nature would give him an answer to suit the condition. But this is a common agreement (Adano claps again), but this could never be a common agreement, you see? There is no way to make this a common, standard thing for everybody. This is why we say thinking can now be suspended. We can only suspend thinking for a certain period, not the whole time, you understand? There's only a certain period we can suspend the thinking process in ourselves and this is by the meditation because in the meditation when we remain in the present, the I AM, for every moment we remain there, every moment we identify with Now, we suspend thinking, but if we fluctuate like the two hands you know, future / past, come in the center it's the I AM, you see? Here is the present all the time, this is the past / present, past and future, you're fluctuating. So you have something to relate in thinking but here in the I AM you suspend.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:42)

MAY 7, 2019

SMU Lecture Paulines – 11/3/68 – 2:40

(continued from last post)

And this is the marvelous thing about it because we are constantly adapting, constantly changing, constantly grasping for more and more knowledge, our creative nature continues to flow you see? And the more creative your nature becomes, is the more productive the environments profits from it. That's why man is constantly striving to express his creative nature, he cannot stop it. That's why he can't stop thinking and therefore he does not know why he has to think. Now the Sages have said that when you reach the very zenith of your thinking, which they call Zen, the Buddhists call that Zen you know, zenith, reached the very point where you don't want to think no more, then enlightenment occurs, En-Light-ment, you see light again. A lightening up of your

consciousness occurs. You cease to think and you are enlightened. You begin to perceive for the first time outside the range of thinking. Well I'll show you an illustration. (Adano claps) Clapping of two hands, you can think that up. Your mind is supposed to do something now to describe what I'm doing. Huh? See how frustrating this thing can be? Huh? This you know pretty well (Adano claps again), this you can relate to, clapping of two hands, but you can't seem to relate to this, very very frustrating condition.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:40)

APRIL 30, 2019

SMU Lecture Paulines – 11/3/68 – 2:38

(continued from last post)

All the skills they have maintained is strictly to survive or to survive in that environment, you see? Their whole world is there yet slowly because of the intermarriage among the tribe and the gradual loss of their reproductive quality, the tribe is shrinking slowly. They themselves are slowly demising their existence by the constant intermarriage, they are not adding new blood to their life stream. They're not changing their natural diet, they stuck with it for centuries the same way. Even the animals they pursue to eat are slowly diminishing. We see that that is what life brings when there is no change, there's a slow, gradual eliminating. Now we're not involved with that because have outlived that. If we were involved, we would be with it. It goes to show you we can only realize what has happened to them from our observation within ourselves that this happens to us too, that we ourselves will slowly disappear if we do not incorporate or adapt.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:38)

APRIL 22, 2019

SMU Lecture Paulines – 11/3/68 – 2:36

(continued from last post)

Why we can't stop thinking? Because thinking is a creative principle and we are the result

of a Creative Principle, therefore we are also creative in nature. Our nature is creative, our nature is to produce, our nature is not to be stagnant, no matter how you try. You want to prove to yourself, take those people who say they will never work, never do anything. They live in a room, don't do a single thing, the room is all cluttered up with every form of junk. Yet their very nature one day will resent the whole thing, they'll sweep the whole place out, clean it up, why? And then tomorrow you'll get all junk again, but then one day they'll all clean up the whole thing again, but every so often they will because the very nature of themselves forces them to react and so we see even the man who is enslaved by his fellow man, he's thinking of freedom, he's thinking of some way out, you see? No one will remain as an organism confined. Now, nature shows you that those who remain confined sooner or later are lost in the track of time. They are no longer there, their whole civilization is gone. Now we have such few people existing, few such tribes exist in Africa where they haven't changed their exterior form of living, but their behavior is still the same. They have studied photographs, they have made long range photographs, of a tribe in Africa where they live in the trees or in caves and be living for centuries like that. They fish, they hunt, they reproduce, and they have their crafts and what they have observed is that they haven't changed from father to son their skills.

– Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:36)

APRIL 14, 2019

SMU Lecture Paulines – 11/3/68 – 2:34

(continued from last post)

So we will gradually call the machine a thinking machine, but the machine don't think. It's like a typewriter, if you punch "A" it comes out "A" but did the machine think up "A?" No you see, the information is fed in and by what is fed and computed there it will come back into you, but we are saying this thinking mechanism is an entirely different principle. We are the result of thoughts, now, and thoughts are units of energy. It's a peculiar truth, but it's a real truth. Now the scriptures said that long time before, "As a man thinketh in his heart, that is what he is." We want to say now as a man and eat, that is what he is, as a man think, eat, and do, that's what he is, but eat and do still comes from thinking because

he has to think what he's gonna eat and he has to think what he's gonna do before he eat and do. Now Sartre came along and says, "a man exists therefore he thinks." Well if you think that you exist or you exist therefore you think, this is no proof that one is before the other. It means that within the very existing principle, thinking is a function, thinking is responsible for everything that appears as a solid principle in this universe. Now we could not trigger off this universe in any form without consciousness and consciousness is already thinking. We have to think, we cannot stop thinking.

— Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:34)

APRIL 5, 2019

SMU Lecture Paulines – 11/3/68 – 2:32

(continued from last post)

Strange how we are caught in a piece of machinery made of flesh, it doesn't want to stop thinking and yet we can't seem to know what thinking is and doctors and scientists are busy making "think machines" you see? And there are two schools of thought that says the machine thinks, the machine can outdo the man and some schools of thought says, "No, it don't think, it imitates what is fed into it" you see? Now in actuality, sooner or later, the falsity will become the truth and the truth will no longer be realized. We will believe eventually that the machine does think. The machine cannot think. It's an electrical principle setup to move certain units that are imprinted with certain data. The only advantage of it is that if you say six and four is ten, a blow on your head and you might say six and three is ten, you understand? But the unit will punch out six and four is ten constantly till something malfunctions in that unit, then it will cease to say six and four is ten. Just as you would malfunction if you got a blow on the head saying six and four is ten, but you are not a reliable principle because you are tissue, you see? Your reliability is too flexible or too precarious. Whereas the machine would be stable because it's a metallic object and there's a certain amount of reliability and, what you say, solidity that you have a reliability in it, that's to say the machine now, and you ascribe qualities to the machine that the machine may not have only because you want to throw off investigating the truth of yourself.

– Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:32)

MARCH 30, 2019

SMU Lecture Paulines – 11/3/68 – 2:30

Karma is cause and effect. There is not a single thing happening in this universe, everything has a cause and has an effect. Now because things are caused, it can only come into existence through the principle of thinking, it cannot come into effect by accident. There is a higher principle that directs everything into action or cause it to come into existence by the principle of thinking. Now you say you think, I say I think, but do we really know what thinking is? See this is a question we never really ask ourselves. That's why Jesus had to say while He was in the body, "Father forgive them for they know not what they do." He has to forgive us, we have to be forgiven until we go inside by meditation and discover how the brain thinks, discover how this mechanism thinks, not until that time, you see? Before that time, we will always be living on the outside. We will think the things that happen to us from the outside, we are the victims of it, you understand? But we are not the victims of the things that happen to us from the outside, we are the responsible agent in a very, very true sense of the word, responsible for the thing happening to us from the outside, our own thoughts, because the brain is sending out waves of energy all the time. Now you know there's one particular thing that your brain cannot seem to stop doing and that is thinking? Hmm, funny huh, that's one thing... and yet you don't know what thinking is.

– Adano Ley (SMU Lecture Paulines – 11/3/68 – 2:30)

DECEMBER 30, 2018

Householder Adam and Eve 7 – 9/1972 – 1:31

(continued from last post)

He is the divine service in action. He must take on the divine service and come down like the Avatara, that's the divine service. He must come down as Master in the flesh, it's God

who takes on the word of saviour, S-A-V-I-O-U-R now, and renders Seva, S-E-V-A the divine service in action and that's the heart chakra. Therefore the bells are always tolling for the Master and the disciple when he gets close to the Master, he knows that he's on his way back home beyond any doubt as soon as he hears the bells. Until he doesn't hear the bells, he's still outside the perimeter of the vibratory nature of the lower senses. The moment he hears like a little clinking of the bells inside then he's on his way back because then he's no longer away from Master's consciousness. The bell is the one you want to hear to tell you that you are... Now when Walt Disney made his picture called Fantasia he showed when the Angelus was ringing, when all the souls were going up at night to go away into the Grimoire that lived up in the dark mountains of the night lest they be all trapped by the Grimoire before sunlight came, little Angelus began to ring and they saw a heart and a door, (Adano sings the chant) "Door of my heart, open wide I keep for thee." Yogananda sure screw up his brain. Walt Disney was a disciple of Yogananda, you see? (End of tape).

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:31)

DECEMBER 27, 2018

Householder Adam and Eve 7 – 9/1972 – 1:29

(continued from last post)

What is really happening the kundalini, or the coiled up life energy, is raised up for the first time from the base of the spine like a cold sensation rising up through the body, it's the movement of the audible life current right up through the spine right through the chakras without interfering them and livening them or what they say vitalizing them so that as it passes through the spine the sense of trust, the sense of conviction, sense of service, sense of commitment, these are the functions of the chakras. These are the true functions of the chakras, not the psychic forces. The true functions of the chakras are the ethic nature. When the ethic nature is opened up in the chakra, that these functions now become predominant and from that heightened state of bliss, or heightened state of goose pimple sensation where we tingle all over, we begin to rely on these ethical qualities and we have formed now the true character of the nature of Man. It's projected out now.

Question: How many chakras are there?

Adano: There are nine, but we are only familiar with seven because these are the seven that predominate. The other two are subtle ones that we don't have much use of except when we are in the astral realm, then they become active.

Question: Which ones govern the sense of service?

Adano: The sense of service is governed by the heart. The pure in heart see God and God is devotional service in action, Seva, now S-A-V-I-O-U-R too. It's not just S-E-V-A which is service. A real Saviour, or Messiah, renders the cosmic service by being God in the flesh among men. That's why He's called Emmanuel, God among men.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:29)

DECEMBER 25, 2018

Householder Adam and Eve 7 – 9/1972 – 1:27

(continued from last post)

Question: Well when you know something and seem to know it here, is this really still reason?

Adano: In your solar plexus in the pit of your stomach they say, "I know something in the pit of my stomach." That is a pseudo knowing. It's not a real knowing.

Question: So it's not intuition?

Adano: It's not intuition.

Question: You can meditate though for a long time where things are going on and you're expecting in your mind that you should know that things are going on, but they're going on and you don't know, right? I mean some people have experiences right away of good feelings, all kinds of things, and other people it's almost the reverse.

Adano: Right. When you know there is a different feeling. At the solar plexus there is a feeling and slightly above the solar plexus, which is intuitive now, there's a goose pimple sensation that crawls up your spine and raise the hairs of your neck and then you have your intuition. Have you had that type of experience now? That is your intuition now. That is knowing independent of the senses and that's what they call "your feathers are being ruffled." You see psychologist will say that you don't have intuition, you have ruffled

feathers, but that's the energy going up now the spine like a goose pimple sensation and it triggers all the head area.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:27)

DECEMBER 23, 2018

Householder Adam and Eve 7 – 9/1972 – 1:25

(continued from post on January 25, 2018)

That's why Jesus says, "None come unto the Father but by Me" and "Come unto Me all ye that travail and are heavily laden and I will refresh you." We must go now by the true door to shutdown the effect of the ego over our cells and revitalize our cells with the Divine Will allied with the I AM-ness in our cells, then we truly have not pleasure from the sensory nature in the form of pseudo sleep, but we have now true joy, true revitalization of the body by conscious suspension brought on by meditation. Therefore the Saint eventually lives in a fatigue-less state, He doesn't care for sleep no more. Sleep is nodding like Cain going into the Land of Nod and knowing his wife, knowing pleasure, knowing his negative force field or his female force field, the pleasurable sensation of shutting down. Whereas now the ego is not doing that no more, it's aligning itself with Will, you see, and then becoming joyful.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:25)

DECEMBER 23, 2018

Devotion Key to Realization – May 7, 1972 – 1:37

(continued from last post)

(inaudible) ... for attending and my generous host and his wife for having us here and all the friends. Also we're looking forward to few days we are here and that we're having an initiation and if the Lord willing you may show up. Thank you. (End of tape)

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:37)

DECEMBER 16, 2018

Devotion Key to Realization – May 7, 1972 – 1:35

(continued from last post)

Now there was another teacher who came not too long from India and he was somewhere back East here and he was sitting on a rock and they saw him talking just to the empty tree, between the tree and the rock. So his student ventured to go out and ask him, “Sir, who are you talking to?” And he replied, “I’m speaking to Kabir.” So the student says, “I don’t see him.” Well the teacher said, “Alright, you shall have the blessing.” And he touched the boy on the head. He not only saw Kabir standing there, but he heard Kabir held a lengthy discourse on the inner realms with the man and what was going on in the inner realms and the first time he saw Kabir he was in doubt of hallucination. He was in doubt that he might be hypnotized by the teacher. It was until a week after someone had a picture of what Kabir looked like and it was the same man he had seen. Now Kabir spoke very thick accent in his language and those who grew up in the area of where Kabir was supposed to grow up, the boy was fortunate to go back and visit that area in India and that very area, and he tried to investigate, and they knew of the Saint Kabir where he lived and they told him from the language and from the people in that area, they all spoke with the same type of accent. So God is not only light, He is Sound, but this is the sound that became flesh because they said the Word became flesh and dwelt in Man. This audible life current is in Man. We have to make the attempt to get it. Ok. (Applause)

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:35)

DECEMBER 14, 2018

Devotion Key to Realization – May 7, 1972 – 1:33

(continued from last post)

Not too long, I visited with a disciple of his, an American, who knew that the Master Yogananda would go into the back of the garden where he lived in California and he would tell the disciple, “Don’t let no one disturb me.” Now the boy knew that there were no other

beings back of that garden except Yogananda so he would stand up there and between the hedge and Yogananda, he would be there to prevent anyone going into the garden and he said he heard the voices of Saints talking to Yogananda and some of the voices he recognized because when Yogananda addressed them as they appeared to him and communication went on between the two of them, human voices were going on. One time he said he heard Yogananda says, “I’m happy to greet you oh Guru Nanak” and the voice says, “Yes, I’m happy to greet you now since you’ve made every effort to come to this level.” And many such conversations occurred as Saints appeared to him and this boy was fortunate to hear it. Now he said he could actually describe these voices, they were so resonant and different in every time they spoke, so he heard. Now if he had seen, this would be different too.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:33)

DECEMBER 11, 2018

Devotion Key to Realization – May 7, 1972 – 1:31

(continued from last post)

1:31 Question: Is there none already born in the West of the stature of Ramakrishna?

Adano: Not yet, we are are hoping.

Question: (inaudible)

Adano: Life itself, life makes this rose possible. The vital power of the universe makes this rose possible. Yet this vital power is audible. It can be heard and it will take the shape of the human voice and communicate to us. Yogananda one time said, he was visiting with a Saint in India and while they were meditating they heard constantly the voice of God talking to the Saint, that this audible current was giving out the different levels of consciousness to him and whenever he asked a question, this audible sound was loud in the room and at that time he was not even evolved enough to even to hear it himself, but this was occurring very loud and clear around this Saint. Years after when he was able to listen to the sound within himself and hear it, it began to occur around him.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:31)

NOVEMBER 29, 2018

Devotion Key to Realization – May 7, 1972 – 1:29

(continued from last post)

Question: But I'm not talking about materialism, I'm talking about involvement.

Adano: Well the involvement, this is what we're talking of the involvement, is not to destroy, is to get into the whole movement. The more we are involved with it, the more we get to touch the thing and handle it and get involved, this is what we're talking. The Eastern teachers came back to the... out of their caves to get involved with Mankind. This is what they've done, they've come out of their caves and they're involving themselves with Mankind. You know, Jesus was an Easterner you know, He wasn't a Westerner. Did you know that? He was born in the Middle East. So we are kind of afraid to look at the thing about spiritual teachers. All the great teachers of truth were Orientals. We are hoping that the next teacher of truth will be a Westerner. This is not to criticize, we hope that this will happen. Now when Ramakrishna was in the body, this was an Eastern teacher, he was the teacher of a man called Swami Vivekananda who was the first Indian master to come to this country at the invitation of the Parliament of Religions and before he died, his disciples asked him, "Sir, can you tell us where you will be born in your next incarnation?" And they said he looked over the Ganges from the rooftop of the house and for a long time, then he turned around and says, "I have not yet visited the West." So Vivekananda understood what that meant that to lay the groundwork for the master again, or his master, was to come to the West and the Vivekananda Society, which is the Vedanta Society, has spread a great deal in this country and in Europe, laying the groundwork that someday those students of truth may be the fortunate parent of Ramakrishna whenever he decides to come to the West or born in the West. We will have many masters born in the West of caucasian body.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:29)

NOVEMBER 27, 2018

Devotion Key to Realization – May 7, 1972 – 1:28

(continued from last post)

Question: You said (inaudible), but the way I understand it the Eastern religions say we should become involved in Mankind (inaudible).

Adano: Eastern religion is highly involved in Mankind. In fact there was one scientist who said, “the Easterner is more materialistic than the Westerner” because the Westerner is not materialistic, he’s spiritual, he destroys everything and hope God will replace it (laughter from audience), but the Easterner is too concerned that destroying anything he can’t afford for God to replace it. See? We pollute everything and pray to God to replace it so that’s our Western approach. Our Eastern approach, we dare not destroy anything. We dare not pollute anything because we don’t know if He gonna replace it. So who’s more materialistic?

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:28)

NOVEMBER 16, 2018

Devotion Key to Realization – May 7, 1972 – 1:26

(continued from last post)

Therefore in the pineal gland, the sound is vibrating at a level of experience at the point between the eyebrow it’s light. It’s shining in the darkness. Turning the senses in and looking in for the first time, that is what we see, the light, but it’s not the light that gets us back to God because the light is not God, the light is the image of God. It’s the sound, the actual vibratory power that is God. Through that we are drawn back up and we have to experience it. So that’s the big difference between the light and the sound.

Question: Have you had an experience (can’t be heard). I mean would you (can’t be heard) that experience?

Adano: (Adano gives Darshan) Master Jesus said, “Those who have eyes to see let them see and ears to hear let them hear.” This is my answer.

Question: (Can’t be heard)

Adano: If it’s interference there is something beyond it all and you can hear it right in this room. It’s right behind. There’s a big difference between hearing and listening, but you can hear it, the audible Life Current inside.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:26)

NOVEMBER 11, 2018

Devotion Key to Realization – May 7, 1972 – 1:24

(continued from last post)

In Anaam Lok it is called the state of the eternal mercy. Without it there is no compassion, there is no grace and it's in that state the unutterable Naam (sp?) or sound is made audible for man for the first time and from that state descends light, coming down like a golden rain causing creation to begin. In the first expression of creation is Beingness acting on Beingness, then the next level down is Beingness acting on Consciousness. The third level down is Consciousness acting on Consciousness. The fourth level down is Consciousness acting on Energy. The fifth level down is Energy acting on Energy. The sixth level down is Consciousness acting on Matter. The seventh level down is Energy acting on Matter and the final level down is where we are, Matter acting on Matter. Do you see where you are in creation? But Anaam Lok, the eternal mercy, is the pure cosmic audible sound. It is the God process. You call it the Logos or you call it the Amen, whatever name you want to call it, but it's the audible Life Current. This life, Creative Intelligence, that is audible for the first time and it's heard, not seen. The only level you can see it is when it starts to radiate down as light.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:24)

NOVEMBER 2, 2018

Devotion Key to Realization – May 7, 1972 – 1:22

(continued from last post)

Audience: (inaudible)... interesting point that I've never heard before about God the creative light having a form like ours. He said that beyond light (inaudible)... he couldn't explain it either (inaudible)... call it pure Spirit and there is something beyond that even and it really threw some of us because (inaudible)... involved with this light, we've got it

made. It might take several lifetimes.

Adano: I said before, remember the words are very specific, “No man has seen his God, but has seen His Light.” Now I’ll tell you something else which is entirely different to what I’ve said, “In the beginning was the Word and the Word was with God and the Word IS God and the Word was made flesh and dwelt in Man.” That’s a big difference than the light. He did not say the light is God. “No man has seen God, but His light” and I’m saying now that the Word is God, the Audible Life Current, the Shabda or the Holy Name or Cosmic Sound, the Divine Presence is God. That is heard, not seen, big difference. One has to hear God, one may not see God, but see His light. So the sound precedes the light, but God is all music, that’s why It’s beyond the light. What is beyond the light is this cosmic sound that is responsible for the light being existing. In the highest state of awareness, Anaam Loka (sp?), where Man fully sees God as himself, there He is the eternal sound vibrating. 1:24 In Anam Lok it is called the state of the eternal mercy.
– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:22)

OCTOBER 24, 2018

Devotion Key to Realization – May 7, 1972 – 1:20

(continued from last post)

Now in terms of intimacy in that pure light, you will still have to look at a human being, which is yourself, see? God, though He is impersonal and though He is permeating you and you a human being, will hanker or yearn for intimacy, you see? So it is nothing wrong to accept the form of human being, it is not degrading you. In fact, it is extending your comprehension of yourself to see that God is recognizable in human form as a ideal way to relate. It’s unimportant if one chooses Jesus, Mohammed, or Buddha, or anyone, the important thing is all these eventually say, “I and my Father are one.” When it happened to Kabir, Kabir was a Saint who lived many years ago and He had studied all the various religions in the world at the time. He embraced them all. Finally when the final devotion came for Him to practice devotion, one day He woke up out of His meditation and shouted, “I am He! I am He!” And he ran through the marketplace shouting, “I am He!” And they all thought He was crazy. Then one priest says, “Yes, me too.” (Laughter from

audience). And this is true, the final realization is the “I am He.” We’re understanding it deeper everyday that realization of God is looking at your higher self and don’t be afraid of it.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:20)

OCTOBER 19, 2018

Devotion Key to Realization – May 7, 1972 – 1:18

(continued from last post)

They had to have some relationship, some thing to relate to. So Moses had to come down another level. He had to meet the people at a level that they could communicate with. So he said Yehovah, the Lord. Yet it shows that even they who lived so long in captivity, could not accept Yehovah / Lord. Even when they were lead out of the captivity, they had to latch on some other form to build up devotion. While Moses was up in the mountain trying to bring down more consciousness, the people then chose a form that was obvious. They melted down all the gold and made themselves a golden calf, a form to relate to, because they so ingrained in their captivity to some form. Finally, when it was all smashed up and the forms were all destroyed, they had to face themselves. So the very first commandment is, “Thou shall have no other gods or graven image before Me.” Me who? Me, Light, the Cosmic Principle, the Creative Intelligence. So the final résumé is that when you look inside yourself as a human being devoid of every religious heritage, since some of us don’t want to be affiliated with religious heritages anymore, we want to look at ourselves as Human Beings (Adano emphasizes these words), then we have to look at ourselves in the atomic nature now for the first time. We have to accept our atomic structure. If we accept it then we will see ourselves as pure light.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:18)

OCTOBER 13, 2018

Devotion Key to Realization – May 7, 1972 – 1:16

(continued from post on September 29th)

You are made in the image of that light and if you look at your image, your true self is for the first time looking at yourself, then you can say without doubt, “I and my Father are one.” That is the ideal image in the end. Now the Hebrew and many Hindus start off worshipping God as Light, finally coming to the full realization and shouting to the top of their head, “I and my Father are one.” Eventually Moses had to experience that. Moses said he saw a burning bush. What is a burning bush? It’s a light. This is the only symbology they could relate. He closed his eyes and saw this light burning from here in the Arjuna center, or the third eye center, and as he saw the light inside he constantly meditated upon it. As he meditated upon that, which you call Mount Sinai, it’s the mountain here, as he looked inside within his own consciousness and the light became brighter and brighter, then he said, “Who are thee Lord? What is Your name?” And the voice came back from his own inner being saying, “I am that I am.” You and I are the one in other words, I am you and you are me. You are light and I am light. We are all light. If you are seeing this you are seeing the light. Now it’s difficult for Moses to go down and tell the people in captivity that the God name is “I am.” They would not accept that because they did not have the inner experience that their own God self was functioning in them.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:16)

OCTOBER 11, 2018

Volume 3 Satsang SatGuru – 1965 – 2:01

But I never saw the Master. I meditated for years after that, I never saw Him in any other astral form. He never came to me in an astral form. He only came once. The day He died, or He left the body, I was going home and I arrived there was a telegram and I opened the telegram and I read He just passed away. Well, there I’m going to show you human recriminations. I started to swear and I kick up the floor, I says, “What a damn food I was, I should have gone and seen the man while He was in a human body. You need to see the Sat Guru in the human body. You must have human contact.” And here I’m going through exactly the rigmarole, talk of the same thing, “I should have gone, I lost... what have I gained? I’ve only got a few inner experiences and building my consciousness here.” The

thing that was more important now was to see that human body. See how human form wants human form? A lion needs a bigger lion to look up to. I need to go and see. Deep down there was something still missing, I should have gone and seen. No sooner I had said that I felt my eyes close down and I heard like a huge voice say, “Who is dead? I am alive! You know it all.” Like that I knew He was lifting off karma from my mechanism like mad and I can see all these things moving in consciousness. From that day on I knew the whole course of the SRF without even looking at it and I didn’t even read the balance. The thing had worked, what I wanted most to know about. I wanted His blessings from that realm without having to go and say, “I was touching human form and satisfying human form.” I wanted to know that really, divinity was working from any level, from any time and space, it could reach out to man and touch him. In other words, I was trying to really appreciate His existence in California which I called “the podium of the church,” and Canada where I was living, “pew 93 at the back of the church.” And all of the Masters were (inaudible) above me and I’m sitting back here trying to peek through the clouds to see where the Guru is, but at last I can feel that light coming down was enough for me because this was how I had already accepted the Guru consciousness. I was no longer looking for physical form no more.

— Adano Ley (Volume 3 Satsang SatGuru – 1965 – 2:01)



SEPTEMBER 29, 2018

Devotion Key to Realization – May 7, 1972 – 1:15

(continued from post on September 19th)

The light is there and the Light is shining in the Darkness. That means God's Light, which is His true nature, is already shining within you, the darkness of the brain, "and the darkness comprehends it not." The five senses does not understand why there should be light in the brain, but if you doubt in your mind that there's any light in your brain, it's very easy to convince yourself by giving you a karate chop on the nostril and you see the light pretty fast. (Laughter from audience.) So that is the evidence on a physical level that light is there. "But let your light so shine before men that they may see the good works now and glorify the Father which is in thee." The Father in thee is the light, the total structure of this mechanism. On a conscious level when you close your eyes you see some vague movement of a light or a color in there, not conscious of what it represent, you pay no attention to it. When the mind is steady enough to look at it objectively without fear, then you and the light become one. Now if you and the light become one, what would be obvious picture you would see in the end? You will see yourself. You are made in the image of that light and if you look at your image, your true self is for the first time looking at yourself, then you can say without doubt, "I and my Father are one." That is the ideal image in the end. Now the Hebrew and many Hindus start off worshipping God as Light, finally coming to the full realization and shouting to the top of their head, "I and my Father are one."

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:13)

SEPTEMBER 26, 2018

Survival – September 7, 1973 – 0:47

Remember this, a great many people are going to be protected by their own prayers and their love for Jesus too you know. A great many are gonna be protected in their prayers by their love for Mohammed too and a great deal are going to be protected in their prayers by

their love for Buddha too and the Initiate is gonna be protected by the whole shebang...

0:53 Alright, this is what we are trying to show, that the Initiate under his moment of stress is still protected... 0:55 We are born in a certain area to fulfill or work out certain karmic

debts with certain individuals and even if the cataclysms are falling on our heads by the thousands every minute, if it's not for you to go that way, you will be protected by the Masters. Do you understand now? It has to do with the karmic conditions.

Audience: (inaudible) protect all sorts of people who are not Initiates?

Adano: Yes because their karma is involved in it (inaudible)... 0:58 So if you are in a sense trusting in the Divine survival nature of your being, you will be protected even if you're not an Initiate... 0:59 Anyway for a little consolation as a non-Initiate, let me put it this way, you would not be a human being in your present body form if you didn't deserve to be here because you're the only sperm that became you, you see?

— Adano Ley (Survival – September 7, 1973 – 0:47)

SEPTEMBER 19, 2018

Devotion Key to Realization – May 7, 1972 – 1:13

(continued from last post)

Audience: Swami you mentioned to meditation upon a form of God that you hold dear. You mentioned the Christians have Christ, the Hindus have Krishna, etc. What form of God should a person of the Jewish faith meditate upon, which holds God as formless?

Adano: If you go back to the Talmud, it tells you, "no man has seen God but His..." What? Light. Man has seen the Light of God. Now in the early days when they were carrying the Ark and around the Ark they saw a light like a cloud surrounding the Ark and that was to tell the people that God was present. Now the Hindus also believed just like the Hebrew people, some of them don't want any form of God, but they all admit whoever they are, the formless God is Light. Now let's look at the man Jesus. He tried to remove the glorification of His body by saying, "When thine eyes are single, your whole body is full of light."

Meditation is to focus the eyes or to steady the mind in order to see light. Einstein comes along and says, "This is light! Atomic energy, matter." Matter is equal to the mass times the velocity of light squared. Energy is it... energy is equal to this mass times the velocity

of light squared, light, atomic light. So when you close your eyes, light is there. Now Jesus is giving us the indication of what is happening inside. If you don't want the form and when you see your Higher Self, you will see light. This form is there too.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:13)

SEPTEMBER 10, 2018

Devotion Key to Realization – May 7, 1972 – 1:11

(continued from last post)

Whatever they will do on a physical level, they can do on an extrasensory level. It's all locked up in there. The same body odor that is (gap in tape)... reverse action of devotion. Now if you are in a state of anger or tension, they say the body odor is very foul, right? You know those advertisement, the only reason you need Ban is because you got tension, and that's a body odor deodorant you know? Alright, it's because you have tension. No tension, how would the body odor be? It should be sweet, clean. If there is no impurities in this mechanism as a human being, the glandular system will secrete the opposite, just as much as your endocrine system will secrete certain chemicals to generate hostility, they can now secrete chemicals to generate opposite of hostility. The saliva is the same. If you know that this person is injured and you can concentrate and release the saliva, you can do something with it. It has a certain magnetic charge that will work.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:11)

AUGUST 25, 2018

Devotion Key to Realization – May 7, 1972 – 1:09

(continued from last post)

Now let's look at it in terms of a man who has attained realization by method of love, devotion, or meditation. This nectar will flow down, it's within the brain, it comes down into the mouth and you can experience it. Now they say when you die, you will go to the land of where? Milk and honey, pretty sticky, but this is what they say in your scriptures, you

want to die to go to the land of milk and honey, but we have to look at that symbology very clearly in terms of healing. When we die to the senses within this mechanism, our consciousness is drawn up to the pineal gland and in the pineal gland there is a viscous substance just like honey, the color of honey, and the taste of honey that is secreted by the gland and in the medulla there is a white liquid, the color of milk, the texture of milk, these two combine now and flow down. When they flow down the body is nourished. Those Yogis or Saints who have practiced the Holy Breath long enough to trigger it off can then live without eating. They may eat or they may not eat or they may just continue their lives with just drinking a little water or liquid to stay in the body to show you that they're here and they exist. Now Jesus said, "I have meat that you know not of." He also knew how to tap this energy down and bring it down and it's all locked up in the saliva too. Now we know in the saliva there are certain properties, enzymes in them, that breaks down substances. Yet we don't know enough of the enzymes what they will do. We only know of what appears to be happening when food goes in. If there is no food in the system, the enzymes have a different work to do. Instead of breaking down food for energy now, they begin to release energy, but then we will need experiment to verify that. The enzymes will begin to feed you now. They will start emitting a different chemical into the body to feed you.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:09)

AUGUST 21, 2018

Devotion Key to Realization – May 7, 1972 – 1:07

(continued from last post)

When certain unusual techniques are given by people for certain conditions, it is simply to establish a link, but magnetically speaking and electrically speaking, the saliva can release tension and at the same time can heal a wound. I've seen it done and so I know it does heal the wound.

Question: Is that why your mouth feels electrified at times, your saliva?

Adano: Well in certain states of meditation, in certain states of meditation your mouth does feel like an electrical charge inside and the saliva feels very thick and if you keep on

meditating then the saliva becomes now very sweet. Yes, it becomes sweet after a long period of meditation and this sweetness is exactly like the nectar from a flower. Now you know in the ancient days they said the Greeks lived on nectar or ambrosia, the gods. The Greek gods were living on it.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:07)

AUGUST 19, 2018

Devotion Key to Realization – May 7, 1972 – 1:05

(continued from last post)

All right in the case of Sri Yukteswar and his teacher. Sri Yukteswar went to his teacher and told his teacher that “a brother disciple is dying, we need your help.” So the teacher looked at him and says, “He will be well, he will be well, the doctors are doing their job, he will be well.” So he went back and when he went back the man was almost dead and the doctor says, “There is nothing we can do for him, your friend will be dead in a few minutes.” So the man died and Sri Yukteswar was torn up. He went to see his teacher and he blurted out his information, he says, “See I came to you and I asked for help and now the man is dead. What good is it?” So the teacher says, “I didn’t know you wanted something from me specifically. Alright, I told you he would be well, but I didn’t understand you. I’ll tell you what you do. You take that castor oil over there and go put seven drops in his mouth. He’ll come back alive.” So Sri Yukteswar look at castor oil and you know, according to Cayce you can put it in your tummy and put some heat packs. Well here is somebody telling him to go put seven drops in the dead man’s mouth. He takes the seven drops and puts it in the dead man’s mouth, the man gets up and he goes and sees Sri Yukteswar and he goes and sees the teacher, Sri Yukteswar. Well Sri Yukteswar is puzzled. He says, “How come seven drops of castor oil did that?” So the teacher said, “In the future now, anytime you see a dead man, just put seven drops of castor oil in his mouth.” As if seven drops of castor oil would immediately heal him.

– Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:05)

AUGUST 18, 2018

Devotion Key to Realization – May 7, 1972 – 1:04

(continued from last post)

I heard an interesting statement made to a young man by a certain teacher. He went to this man and asked for a healing. You know what the man told him to get? He says, “You get yourself some pigeons and get the hot blood and squirt it in your back and you’ll be well.” Now this is a modern city where this information was given to the man, but the man didn’t attempt it yet, you see? Now imagine if someone went to Mr. Cayce when he was having his readings and then he was told by him, “Well I’ll tell you what, get your mother to spit in the ground and massage your back.” (Adano laughing). You may say, “What’s wrong with Mr. Cayce?” But certain things do require the most unorthodox ways of getting it done.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:04)

AUGUST 11, 2018

Devotion Key to Realization – May 7, 1972 – 1:02

(continued from post on August 1st)

Adano: Yes?

Audience: Earlier today you spoke about the saliva in the mouth creating (inaudible). You said you were going to expand upon it?

Adano: The saliva in the mouth, if you have a blow on that spot, there’s a shock there and if you take the tongue and pass it over that spot or the saliva, it will start to alleviate and the electrical polarity will start a release. Gradually there is some form of electrolytic action occurring in that spot. Now you notice little children when they bang their knees, mother comes over and rubs it and then (Adano makes a sound), does something like that and baby is all right. All right, don’t you see animals doing the same thing too, they lick their wound in some form? The saliva is medicinal in some form and it does neutralize. Let’s see how the saliva is very potent in a realized person. There was a blind man that was brought to Jesus and He spit on the ground. Now you imagine you standing there and looking at Him and let’s say you’re a Greek Centurion or a Roman Centurion, and all the

rest are all native Hebrew people, and being a man of authority looking at this exhibition of saliva being spit on the ground, take His finger and (inaudible) with it and make a putty and stick it on a man's eye and then the guy eyes open up. You'd say to yourself, "How crude, how uncouth, dirtiness," but heal.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:02)

AUGUST 6, 2018

Massachusetts First Retreat 2 – April 1974 – 0:16

Spirituality is simplicity, but how does this simplicity become such profound wisdom, that's what puzzles everybody. Where does the simple approach produce a depth of wisdom, how does it come out? Most of us expect that when we meet a spiritual person, he should have profound wisdom, total awareness of all these things. Where does he get it? Who gives it to him? Nobody gives it to him. Nobody is dishing it out like a bowl of soup out there you know. We're all impregnated with the wisdom of the Divine Nature, but we are blocked from perceiving it by complexity versus simplicity. When we become simple then this whole complex thing begins to dissolve before our eyes. You know when you close your eyes, what do you see? Darkness, that's complexity, the overload of the energy in the brain that prevents you from seeing the simplicity or the radiant form of the Spirit, but when you are simple in action, then this darkness dissolves, it fades away and the whole body becomes full of light and the light is shining in the darkness. The simplicity is already glowing in this complex nature and the darkness comprehends it not.

Complexity cannot comprehend why simplicity might rule the universe, why simplicity is our nature, why simplicity has the answer to all things in life, why a fungus is an antibiotic. Why for the lack of a nail, a man lost a horseshoe, the horse threw him off and he lost his kingdom. You see? Simplicity. The spiritual life is so simple, it borders on the ridiculous.

— Adano Ley (Massachusetts First Retreat 2 – April 1974 – 0:16)

AUGUST 1, 2018

Devotion Key to Realization – May 7, 1972 – 1:00

(continued from last post)

I met a woman one time, she was a nurse and she was baptized by the Holy Spirit through Pentecostal and she went on to do more studies in spiritual life until she was ready for initiation and the night we were initiating her, when I touched her she almost went into this state again, but because of her pride and the people in the room, she held on and refused to go into the state. When she was all over she said to me, “You know I could’ve gone back again talking in tongues because it was the same feeling, but I didn’t want to make myself look like a fool in front of everybody so I held on and started to bite my teeth, squirm in my shoes, so that I wouldn’t have the sensation and then it stopped.” I said, “Oh you foolish woman, when the Lord wants to give you His joy, why you block it?” It was only a confirmation of having it here or having it on the Pentecostal experience, the fact that Spirit is Spirit. I said, “You might have blocked out a marvelous experience or a communication or some message for many people who might have needed that message simply because of your pride and being afraid to go through the experience.” So I says, “Next time when you’re having some gift from God, don’t block it.” But she describes it just as an electrical wave.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 1:00)

JULY 29, 2018

Devotion Key to Realization – May 7, 1972 – 0:58

(continued from last post)

Adano: Yes?

Audience: Swami you mentioned the feeling of electrical vibrations entering into the body, can you explain what this is?

Adano: God is life and life is energy. Now how would you experience energy? What would be the sensation? You’re familiar with energy in the form of electricity, right? Now how would you know it’s really electricity? The best test is to put your finger in the socket. What would it feel like, huh (laughter from audience), a tingling shock? Well those who have had

any spiritual healing will tell you their whole body quivers, sometime they're knocked out cold with it. So we don't want to lose our composure in a group meeting or go off into some frenzy or hysteria. So the mere fact that you can feel this electrical impulse which is life pulsating and passing through is an indication to you that you're on the wavelength of that Divine current. Now it's a matter of identifying and living with it consciously then as you live with it consciously, your whole body will be vibrating with it all the time. Now when the Holy Spirit descended upon the twelve disciples, or the eleven at the time, they also felt this wave of current in their bodies and I've seen Pentecostal conversion, it's a wave that comes right through.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:58)

JULY 19, 2018

Devotion Key to Realization – May 7, 1972 – 0:56

(continued from last post)

Adano: Yes?

Audience: You spoke of inner peace. Is it possible to have the inner peace and it would leave?

Adano: And leave? No, no, you can have miracle and the powers to perform it and that can leave you if you have a blow on the head, but the inner peace is rooted in the atomic structure of your nature, right into the cells itself.

Audience: (inaudible)

Adano: Well the first evidence of the inner peace is a gradual shedding of the grossness of the physical body. The body becomes soft and smooth. It becomes like velvety feeling. You begin to notice this transformation occurring in the cells and you begin to notice that the hostility of the mind is going out. It's an inner peace that is brought about within the cellular structure so that when you have it completely, you can be 100 years of age and have a physical body under medical examination, equivalent to a baby. We're talking of that kind of peace. Not too long ago I was fortunate to meet a man, give and take a few years, they say he's 150, but I say 100 and he was examined by an American doctor and the doctor is amazed that this man's body function, skin, texture, and everything is like a

little child and he does radiate this peace. So we're talking of an inner peace brought about by a biological transformation. If it's psychological, it'll go away.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:56)

JULY 12, 2018

Devotion Key to Realization – May 7, 1972 – 0:53

(continued from last post)

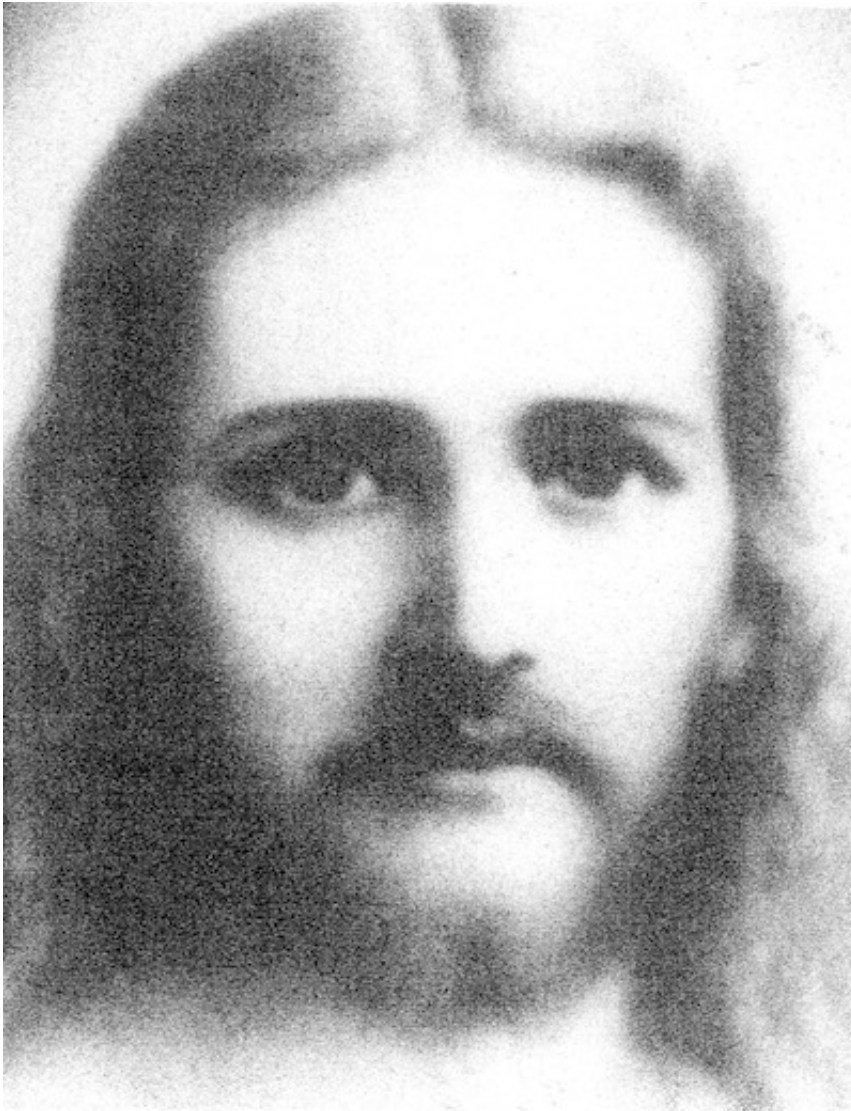
If there are any questions you want to ask, I'd be glad to answer them now. Yes.

Audience: I want to ask about the picture.

Adano: Alright. In 1963 there was in Yucatan a church and the people there were praying on a Good Friday and they reasoned like everyone else if Thomas can see the body of Jesus and if the body of Jesus is genuine, why can they not see it themselves since He didn't go anyplace but remain here in the universal creation. And the priest was very factual too since he was dealing with very factual people. He said, "If you have the devotion, He will come." So they decided to whump up a good devotion that Sunday, or that Good Friday, and they worked at it, they worked at it and to their amazement there was a light right in the middle of the church and there stood the Master fully from head to toe and there was a German man, a baron I understood, he and his son was in the church at the time and the son had a camera and he snapped the picture. Now the original picture is about this size. I was fortunate to get the enlargement through a friend that knew them all the way so I have a copy of it, but this is a fulfillment again of a very greed wish. You see years ago I did not want to keep a picture of the Master because it was painted by other human beings. I didn't want to carry a painting let alone be attached to it. The only painting that did some stirrings in my heart was the head of Hofmann, but I never latched on to one. I always wanted to know if it's possible to have a photograph and I seen even photographs where the apparent face of Jesus was on the snow and some Chinese newspaper fellow during the war had photographed it, this face appearing in the snow. Even some artists, an aviator in fact, who was flying in the air and saw this light and photographed it and it turned out to be the face of Jesus. Even that I didn't consider worth to carry, but when this came my way I says, "Now you keep your big mouth shut." So I

have to live with it. Yes?

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:53)



JULY 9, 2018

Devotion Key to Realization – May 7, 1972 – 0:52

(continued from last post)

I remember reading one time Abraham Lincoln saying, “I would like at least to see one human being” and when looking out over the White House, a man was passing just about that time along the walkway. No one knew who he was but it later turned out, at that time

when Lincoln said it, the man was Walt Whitman walking past the White House. Those who have read *The Leaves of Grass* know that Mr. Whitman was in a full state of Cosmic Consciousness. He lived and died in this country a marvelous human being and he said, “I go on and I hope that the great Saints and Sages will look down upon me and think if I am worthy to be among Them.” He also realized what it is to be one with the Spirit. He involved himself in his writing. Wherever you involve yourself after you identify with the Spirit, this would your great contribution to the world around you no matter what it is.

— Adano Ley (*Devotion Key to Realization* – May 7, 1972 – 0:52)

JULY 3, 2018

Devotion Key to Realization – May 7, 1972 – 0:49

(continued from last post)

I said before, the ideal of all beliefs all bring you to the same experience oneness with the Spirit, but that is where our journey begins, it does not end there. Devotion begins now to have value when you are one with the Spirit. Many of us think that after our ideal has brought us to oneness with the Spirit, the job is over. No, the job is not over, the job has now begun for Man. Man has to involve himself with his fellow Man on a global nature, on a universal nature. He has to work with this oneness of the Spirit. It is only by taking up the greater commitment, the greater challenge of life, that the oneness of Spirit has meaning. If when Jesus or Buddha and all these men found the oneness of the Spirit in themselves and remained in the mountain caves, isolated themselves from society, would you know of them? Would you ever hear of them? Not possible. It is only because they took upon themselves to get involved on a global nature, a universal nature, that their impact had value. Each one of us is moving towards that identification of the Spirit and when that occurs in all of us then each one of us from that time must get involved. The Spirit will have to move you forward to be involved with others. This is the challenge and this is the greater realization, the involvement with Mankind as a whole. We don't know how this involvement will affect society in years to come, but since we are accepting that this is going be the Aquarian Age, an age of unfoldment, an age of enlightenment, it is the age of participation, as we become identified with the Spirit, we are going to be forced to

demonstrate the Spirit by being human beings for the first time and respecting another human being and within your own consciousness you can say of all the marvels that you have seen, there is nothing to compare with a human being because the true human being is one with the Spirit. He is devoid of all dross, devoid of all negativeness, all impurities.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:49)

JULY 2, 2018

Devotion Key to Realization – May 7, 1972 – 0:47

(continued from last post)

The waves were crashing in on the little ship that the disciples were living in or fishing and when they were in a state of panic, they called upon their Ideal. Why? Because they were afraid and even when the Master awoke and look, what did He say? “Peace, be still.” The power of realization when fully precipitated into the body is peace. This is true realization based on devotion. Thank you. (Five minute break).

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:47)

JUNE 30, 2018

Devotion Key to Realization – May 7, 1972 – 0:45

(continued from last post)

Yogananda had the same type of experience. He searched by looking into the sky everywhere for the ideal form. He loved Jesus, He loved Buddha, and all of them, and He kept searching for the form, maintaining His devotion. Finally when the true experience came and the Light broke open upon Him, this is what He heard within the Light, “Hello playmate, you and I are one.” There was no more fear. The realization brought to Him now out of the devotion, the reality about Himself. Jesus accepted it. He came back, He told Man that this is what Man has to face. “I and the Father are one. You see me, you see the Father.” Look at yourself and when you get the realization based upon the devotion, you will notice beyond all doubt and that you are free. Now don’t judge yourself after the

realization come that you may be incompetent of performing miracles, that is not what is intended. The true realization of yourself based upon devotion is peace, peace that passes all understanding. The magnitude of this peace you couldn't begin to comprehend it, even if you try. There is no way to relate this peace. In the most difficult moments of your life when everything is crashing around you, this peace seems to sustain you. Even if you have the power to stop the ocean, stop a mad elephant in its track, or stop a train in its track, still this peace would supersede it and you would have to use the word, "Peace, be still."

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:45)

JUNE 28, 2018

Devotion Key to Realization – May 7, 1972 – 0:43

(continued from last post)

Each one of you would now see yourself identified in God and that is the realization. The realization that is based on devotion and accepting some ideal as a guideline. It simplifies for many people who are caught up in the conflict of what to do to realize themselves. When we remove the conflicts that impede us in realizing our cells and take an ideal simply on the foundation of love, we will then realize our own cells immersed in that truth. There was a Catholic Saint by the name of Catherine. She started out her meditations and her devotions not wanting to see anything but the true form of God. At first I said, "Here I have found someone like me." I read and I read and I read and then when she has seen all these different forms and she kept pushing them away more and more, till she reached what is called the "nightmare of the soul" or the "dark night of the soul." One day, just about dawn, she had the experience of seeing Catherine herself in the Light. She could not understand why she was looking at her own self. She thought she had an out of body experience and this Consciousness said and related to her, "You and I are one." "No, no, no, no, this is too much" and she tried to shut it out, but as every time she shut it out, the form was there. Finally she broke down in the devotion and accepted that when the Lord wants you to see the truth about yourself, there is nothing you can do but accept.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:43)

JUNE 28, 2018

Devotion Key to Realization – May 7, 1972 – 0:41

(continued from last post)

Jesus told his disciples, “Call no man Master save the Lord that is within thee. Therefore I call you no longer my disciples, but my friends.” He too would not want you, at the highest point of realization, to accept His physical form as a limitation upon yourself, but He would feel honored if you used His image as a guideline towards your own realization founded on the devotion within yourself. I heard one time a great doctor, his name was Doctor Cooley, the second best, they may call him the best today in heart surgery, he was a student of another doctor who was the leading specialist in Texas and he made this statement, he said, “If you want to be the best, imitate the next best and when you have imitated it long enough, try to originate.” What is he saying? He is saying identically the same thing. Start out with the ideal, work to the point when you and the principle become one. You are projecting for yourself. Jesus said the same thing, “As many as received Him” as many would accept the Ideal, to them gave He the devotion or the power to stick with it. You have to stick with it inside and each one of us will become identified in the Creative Principle, Sons of God.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:41)

JUNE 26, 2018

Devotion Key to Realization – May 7, 1972 – 0:39

This is true. You take the ideal be it Jesus or any one of the great Teachers and go all the way in relating, loving, they will meet you all the way to the highest point when you break the illusion and you will see that that ideal is there and the lesson you will learn from the ideal is “God and the Ideal are one.” When Jesus said, “I and my Father are one” He spoke the highest realization founded on devotion. When you see yourself within the Divinity and see yourself as the Divinity, now that is the ideal form. You have come to that realization based upon your devotion. The form of a great Sage or Saint helps you to raise

your devotion to be like the Saint, then eventually you and this Creative Principle must become one. You and the Father must become one. The devotion must culminate in this final realization that you and the Father are one.

— Adano Ley (Devotion Key to Realization – May 7, 1972 – 0:39)

JUNE 22, 2018

Meditation Techniques 1 – May 6, 1972 – 1:16

Now while you're watching inside the light will start to manifest inside and as you watch the light now, you don't tell the light anything. So what you're really doing inside is like this: "From TV station JOY, program LOVE is coming in to SOUL in the form of LIGHTSOUND."

— Adano Ley (Meditation Techniques 1 – May 6, 1972 – 1:16)

JUNE 14, 2018

Intuition Part 2 – August 1968 – 0:19

(continued from last post)

It's like the three men had three talons given to them, one had five, one had two, or whatever it is, and they all went out and applied. Well what did the third one do with his? He hid it so what was it worth to him then? Was there any worthiness in him? If he himself don't consider himself worthy enough to apply himself, the being who gave him or the person who gave him something, isn't it likely to take it back from him? You're wasting the thing. In other words, whatever you are worth in whatever you estimate yourself, the highest estimate you place on yourself is Soul, you see? If you place yourself the highest estimate, it is not ego now, that you are Soul, then you're going to realize it in this life form. The effort is not wasted. The effort is going to come off now. You're going to see it because every action that you perform now is Will of God. Guru, though the Guru or the contact with the Gurus, you are doing Their will, which is you are meditating to discover yourself. You're accepting the challenge.

— Adano Ley (Intuition Part 2 – August 1968 – 0:19)

JUNE 5, 2018

Intuition Part 2 – August 1968 – 0:18

(continued from last post)

Audience: Well it's a complete realization of who you are, what you know that you are, say God in manifestation. You wouldn't say that God is not worth of succeeding. So you have to admit you are...

Adano: Right, ok. You ask, "How much is this worth?" So we say maybe ten cents, fifteen cents. We don't say it doesn't worth anything, it's worth something, right? Now, in human consciousness, I mean beingness, we are worth something too. Now we have to establish what is the something we are worth. Now, the more complicated, the more better material this object is made from, the greater is the worth. Now in consciousness it's the same thing. We place a higher worth, or sense of value, on the realized Master's presence than the person who is not realized. Don't we do that? Now when two people come to work for you, don't you put a higher sense of value on the more experienced individuals than the less ones? Why? Because it's the application of one to the other, the involvement of responsibility of one for the other.

– Adano Ley (Intuition Part 2 – August 1968 – 0:18)

JUNE 3, 2018

Intuition Part 2 – August 1968 – 0:16

(continued from last post)

Audience: Well when you say succeed, what are you trying to succeed at? What are you trying to be worthy of other than...?

Adano: God seeks within Himself to achieve the full realization or express Himself as full realization in human form. That's why He slowed down and created human form, in order to worship Himself. So He Himself, this Creative Intelligence, seeks to establish worthiness of His own Self in form. Otherwise, what do we need a form, what does God need a form to worship Himself? The form will never admit to itself that it is worthy of the divine

intervention.

Audience: The form doesn't...

Adano: Its ego will say, "I am more important" but that's not worthiness. "I am more superior" but that's not worthiness. The ego can be very puffed up but the ego talking is self pride. That's not worthiness. You understand? Worthiness is a humility, not a sense of defeatism. There's no sense of being defeated when you think you are worthy of something or you are entitled to something. It is a sense of strength that permits you to apply yourself without any sense of doubt or backsliding.

— Adano Ley (Intuition Part 2 – August 1968 – 0:16)

MAY 20, 2018

Intuition Part 2 – August 1968 – 0:14

(continued from last post)

I have a friend. You know he calls himself a Jewish Texan. He says, "I am entitled to be a Texan because I was born in Israel."

Audience laughing: Now that's real thinking.

Adano: And he came from Israel, born in Israel, he lives in Texas. He says, "I'm entitled to be a Texan."

Audience: It also helps us to recognize the worthiness of every other person.

Adano: Right. Now you understand why they say, "to love neighbor as self." You cannot love neighbor as self in the true sense of the word unless you accept the worthiness of self. Where is the worthiness of self if you constantly defeat yourself of being worthy of being a being or being a channel or an expression of God, then you have defeated your neighbor too. You first got to evaluate your own worth. You got to evaluate your own worth that you are worthy to have the grace of Light descend and make you succeed at this critical point of truth which is the sperm into human form into God form.

— Adano Ley (Intuition Part 2 – August 1968 – 0:14)

MAY 19, 2018

Intuition Part 2 – August 1968 – 0:13

Well look at it this way. You can only see the growth in others, you cannot see it in yourself. It's very hard to see the growth in yourself. Why? Because the sense of unworthiness creeps in because you are flesh, you are form. Therefore the sense of unworthiness...

Audience interrupts: Comes from...

Adano: No.

Audience: Well if you think of...

Adano: If you realize that you are...

Audience: (can't be heard)

Adano: Wait a minute. Until you accept worthiness as divine grace permitting you to be a human being, not until you accept this fact that it was the divine grace that permitted you to be a human being, to be the only sperm to succeed, then is worthiness a real thing for you. That you are worthy for everything that cometh your way. It's your worth. You are worth it. You are entitled to it.

— Adano Ley (Intuition Part 2 – August 1968 – 0:13)

MAY 4, 2018

All Night 2 – 11/23/68 – 0:07

(continued from post on April 12th)

Then the obvious thing is to experience. This is the obvious... it's not a matter of tearing it apart to find out what it is because the tearing apart is left to the scientists to do in the first place and he done proved that there is no conflict. He's proven in his observation that this is what it is. It may be different terminology, but it is the same thing. We who caught up in the process of living have now to experience this condition for ourselves. So it behooves us now to meditate. So They say, the Saints say, "look here and when you look in you will see a light." Now They say that another step further, "the light shines in the darkness and the darkness comprehends it not." Scientist comes along and says, "the human brain can light up a 25 watt bulb." The amount of energy that is flowing from the human brain, electrically speaking in a lamp, has the ability to light up a 25 watt bulb. Now you know

how bright a 25 watt bulb is? You all (can't be heard) plug in a 25 watt bulb and see how much light that will throw. Imagine when you close your eyes that much light can be radiating from inside. Now Jesus said, "when thine eyes are single, the whole body is full of light." Now if you weigh 150 pounds and energy is equal to the mass times the velocity of light squared, you know how much light you got in you? You got lots of light, but you're not using the light. So the light is shining in the darkness, that is the darkness of the senses. The inability of the senses to comprehend the light. The inability of the senses to refract the light. The inability of the retina to refract the light that is actually stored up in cells and it's shining in there. That means it's already in a state of luminescence, but the cells are not going to turn it off because that's what keeps the cells alive. It's in a state of electrical flux, but the senses and its chemical ratio is in a state of shutoff.

– Adano Ley (All Night 2 – 11/23/68 – 0:07)

APRIL 25, 2018

Guru Disciple Relationship Volume 4 – November 1968 – 1:54

You are exposed now in a search of yourself and certain truths you need to know first about yourself right here to work with in this physical world and as you get these truths and apply them gradually, you will be equipped mentally to understand a Master's consciousness when He initiates you because that's what He's gonna do for you. He's gonna initiate you and you are ready for the initiation and then He will take over the inner training of your inner life though He will impose the disciplines at the same time and they may be very harsh because He doesn't make the disciplines easy. In fact He speeds up the discipline on you. Now if anyone has seen the master classes of Segovia on TV with students who went to play guitar, there was one boy who told Mr. Segovia, but "my instrument don't play like that and it don't sound like that" and he took the boy's instrument and played it and you know what he says, "don't come back no more." You see what I mean? These are the kind of conditions that would exist. The Masters don't waste time, They are interested to bring the Soul back, but They are imposing the disciplines

there whereby you hold in, but He hopes that you have already work out fundamentals.

You understand?

— Adano Ley (Guru Disciple Relationship Volume 4 – November 1968 – 1:54)

APRIL 12, 2018

All Night 2 – 11/23/68 – 0:05

So meditation helps us to commune now by going in. These Teachers or Saints or Prophets point out a specific place in this mechanism, how to communicate, and in the Master Jesus He says, “When thine eyes are single... if thine eyes be single,” that’s the focus now for the first time, “the whole body is full of light” and I said before Einstein helped us to understand that this is light. That this whole physical frame is light, the atomic principle, and Jesus was only putting it in a poetical language. Einstein came along and put it in what we call a modern day scientific language. So the principle is still the same, like the ant sharing in the same thing as us. He knows that he moves to (inaudible)... So Jesus was only in His day, was saying it in His language, or symbology. Scientists is saying it in the same thing. Living man who is caught up in the turmoil between the churches information of what the reality is and the scientists’ revelation of what the reality is, he’s caught up in this conflict which is which. Which is the right (inaudible)... Now, there is no conflict between the two. There is no conflict between what the great Teachers of Truth have said and what scientists are discovering. If there’s no conflict between the two, it’s only terminology now.

— Adano Ley (All Night 2 – 11/23/68 – 0:07)

MARCH 27, 2018

SMU Lecture – 11/3/1968 – 1:42

(continued from last post)

But that’s not what we want to find. What we want to establish is that we know where to go, now, we know what we are looking for. We now want to experience it. You see? If we

didn't know where to go and what we're looking for then we would not be able to experience it. You see? Now you know... what's that cafeteria not too far from here? Haliburton? You know where Haliburton Cafeteria is? Now you know what you want to eat when you get there, you see? Now, but if you don't know, you wouldn't go. Once you have established the destination, once you have established some facts about what you're doing, then you go, you see? If you don't have these things established, you could not partake, you could not eat at the cafeteria because you don't know where it is. It's the same thing here, you cannot experience the peace that you are looking for outside, but you are told now to look inside and what to look for inside? They say to look for a light that is shining in there. Now also Jesus said in His own words, when He says, "Though Heaven and Earth will pass away, not one word of Mine shall pass away." Now so many thousand years have passed and men are still saying up to this very day, there is a light in here and those who have experienced it will vouch that there is a light in there and they'd rather die, no matter how many people will try to enslave them or try to make them disbelieve that the light is not there, they would prefer to give up their life for the light that is in there because they have proven it to themselves.

— Adano Ley (SMU Lecture – 11/3/1968 – 1:42)

MARCH 25, 2018

SMU Lecture – 11/3/1968 – 1:40

Now modern science, doctors today, scientists can vouch beyond all reasonable doubt, by mechanical machinery that this brain of ours, everyone from the lowest Hottentot or primitive in Africa, there is enough electrical power in the brain to light up a 25 watt bulb when they hook it onto it. Now if the brain can send out that much electrical power to light a 25 watt bulb, and this is positive fact, and we don't even use more than one tenth portion of it to perform our daily activities, nine tenths portion is inactive, do you see that the great men were talking of something deep down inside that they knew. They saw this inside of themselves, that there is a light that is burning from within because this body is all light. This body is energy. This body is the result of consciousness and energy. It's a Divine Principle. Now, they said that this body is a Temple of God too. Now... and they

also say that when God created the Universe, He made Man in His own image and likeness. He made him from an atomic principle and He endowed him with an omnipresent awareness. That's His own likeness because if you're going to go to God, you would say that God would be the only person who would know everything. So He's everywhere, so if He's everywhere, He's omnipresent and if He's omnipresent, He's all powerful already and if He's all powerful, He's all knowing so this would be a state of awareness that would be in an individual who has realized himself that this goes on.

— Adano Ley (SMU Lecture – 11/3/1968 – 1:40)

MARCH 17, 2018

Satsang – 3/26/88 – 2:13

(continued from last post)

So that's valid, God will clean up His own act via the individuality. Individuality triggered it, individuality can clean it up and resolve it in the unified field, that's your true self. And last but not least, the atom is eternal, I am made from the atoms. I am 144 elements. I ain't going no place because who am I? I and the Father are one? Two things equal to the same thing are themselves equal to one another? Am I immortal or am I just a figment of my imagination?

Audience: Immortal.

Adano: Good, then if I'm immortal, then you make the declaration, "I will do the cleanup, or the dirty work, because I trigger it off myself through my individuality as an opportunity to experience differential relationship 'till midnight eternity. In other words God, creating His universe out of a unified field, has to impress back upon His nature the highest integrity of individuality of assuming responsibility for the role as an individual. It's what you call Superman emerging out of Clark Kent (laughing from Adano and the audience). The maturity of the super being out of the individual. The quality that's inside of you that must emerge for, what you say, assuming responsibility for being you. Not afraid of it, not running from it. That's in essence what we are saying and it is there that They're trying to teach us and we'll constantly be reminded by it in all the different meditational groups. We'll have it more and more, seeing it everyday.

– Adano Ley (Satsang – 3/26/88 – 2:13)

MARCH 15, 2018

Satsang – 3/26/88 – 2:11

I'll put it this way, all the knowledge that has come down to us if we were to apply it in our simple way, day to day, these words could be your greatest measuring stick for living in the carbon based body, "I accept the communication of the Saint." But Their communication has nothing to do with channeling. Their communication is actual manifestation of Themselves for you to check'em out because They're your brothers and your sisters so They can't play games in your head. Therefore I accept that type of relationship. The next statement is "there are no sins to forgive, but misapplied decisions." I accept responsibility to correct my own misapplied decisions no matter where I did them, I accept that responsibility to correct it and if you ask God, "Is there a sin?" He may say, "Yeah, when you don't look at Me." Now who is Me? Yourself, you see? So that's why Jesus put in a nice way by saying, "Love the Lord thy God with all of your mind. You can't do it with part of your mind, so it gotta be all of your mind so Me is involved in the all and with all of your heart, all of your strength, all of your breath, and your neighbor as yourself. Everything is, but that's the understanding that brings you to the... that you will resolve all the misapplied decisions that were done and correct them.

(to be continued)

– Adano Ley (Satsang – 3/26/88 – 2:11)

FEBRUARY 23, 2018

All Night 1 – 11/23/68 – 2:13

(continued from last post)

That one person who went to say that after being in the presence and realizing what was to be done, there was no need to be in His presence because he's feeling the same thing away from His presence. The whole important thing was how to feel it away from the

Master's presence, you see? (Can't be heard) to realize that time and space does not have anything to do with a Master's awareness or presence, it has strictly how you tune in.

Person: Because a Master has omnipresence.

Adano: Omnipresence is this principle of speed of light squared. He is that state already, in that flux, you see?

— Adano Ley (All Night 1 – 11/23/68 – 2:13)

FEBRUARY 21, 2018

All Night 1 – 11/23/68 – 2:11

Because you have worked out some of the problems in meditation, you understand, these sessions that we are having in meditation, this will make you more receptive to when other great teachers come through like a Lama, or any Master, Charan Singh, or Kirpal, any one of these men come through. The mere desire to meditate in these men's presence now would be more to your advantage than their own disciples because their own disciples are not working out the problems. They're still involved with the lectures. You see? It's not in the lecture. If it was in the lecture, believe me, all you have to do is turn on the tape recorder and listen to it.

Person: Aren't they teaching them to meditate?

Adano: They're telling them to meditate, but they're not working out with them the sessions, the color to help them to comprehend what is going on. See I met a group of Kirpal Singh's disciples in California, and the man went to the extent to buy his own church in order to be his own priest. That's good you know and then he meditate, he has wonderful experiences with his Guru, but then there are problems that come up that he can't solve. The Guru is not there, the letters don't solve it, and in meditation well... We had lots of sessions in it. Next time I said, "next time you see the Master in the flesh, don't go burden Him with questions, sit down and try to tune in and let Him pour His consciousness into you, and you absorb it like a sponge." So the three of them who were the leaders of the group over there and they were fortunate to go back to India to visit with Him and they remembered what I had said and I saw them when they came back. Well, they were different people all together than when they left. You see? When I first met them

they were all ego questions and when I came back they had the understanding of what I was trying to show them. This is where it is. You have to sit down and incorporate this thing into yourself.

— Adano Ley (All Night 1 – 11/23/68 – 2:11)

JANUARY 25, 2018

Householder Adam and Eve 7 – 9/1972 – 1:24

(continued from last post)

So by focusing at the point between the eyebrow, which is another form of nodding, but there's a big difference between this type of nodding and the sensual nodding. Sensual nodding, or sensual sleep, eventually ends up as sleep. Meditation is a conscious nodding that which you put yourself in a conscious position to merge with the joy that will come to the body from the sensory nature after eight hours of sleep. The same pleasure that will come to the body, the same sensation of recharging that will come to the body, after eight hours of sleep by pleasurable shutdown in a state of nodding, in an unconscious way, this sensation now is heightened and rejuvenating and can come about in about ten minutes, five minutes. That's why Jesus says, "None come unto the Father but by Me" and "Come unto Me all ye that travail and are heavily laden and I will refresh you." We must go now by the true door to shutdown the effect of the ego over ourcells (ourselves) and revitalize ourcells with the Divine Will allied with the I AM-ness in ourcells, then we truly have not pleasure from the sensory nature in the form of pseudo sleep, but we have now true joy, true revitalization of the body by conscious suspension brought on by meditation. Therefore the Saint eventually lives in a fatigue-less state, He doesn't care for sleep no more. Sleep is nodding like Cain going into the Land of Nod and knowing his wife, knowing pleasure.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:24)

JANUARY 23, 2018

Householder Adam and Eve 7 – 9/1972 – 1:22

(continued from last post)

If you smell something, don't you tend to go into a reverie state? Something similar to sleep. That means you want to shut out everything and go into a state of sleep to really experience the depth of it. So when you're thinking deeply, you're having a form of union and you're having a form of pleasurable sensation. So the ego gets its highest pleasurable sensation in a pseudo form of sleep, "nod," like if all the senses are now starting to heighten themselves by closing in.

Question: That's so interesting, I've experienced that kind of pleasure and I see now why...

Adano: But that pleasure... but it's not something bad. Don't go knocking it, it's just because that's the mechanics of it.

Question: We want to get rid of that, don't we?

Adano: You want to understand it to use it differently. You don't want to use your ego to gain pleasure through sensory suspension. You want the ego to gain joy by transcending sensory suspension. That's what meditation becomes now. One is joy and one is pleasure. Sensory pleasure, the ego can go into it and quiver. Joy is that transcendency where there are no guilt complexes, where there are no sensations of self-deterioration.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:22)

JANUARY 17, 2018

Householder Adam and Eve 7 – 9/1972 – 1:20

(continued from post on December 23rd, 2017)

Question: That's why people after they first find Christ, they have a spiritual explosion, a psychological explosion, isn't it?

Adano: Alright, their ego is suddenly squelched. The Cain in them has suddenly turned around to become Abel because they have been exposed to Will allied with the I AM-ness, which is the Christ, allied with God. Their own inner nature has now been transmuted.

Now they are brought into the garden to feast. With that divine quality, they partake of that new life. So Jesus says, "If I be lifted up, I draw all other men to Me." If the Will be aligned

with the I AM-ness, then ego, lust, greed, humility, and all these different forces will be all be transmuted and changed. Then we have a new being for the first time. So your Garden of Eden is the spiritual psychology and behavior of Man and as you understand it, you begin to see now that the Tree of Life is up in the head, the real brain, and the pseudo-brain is the Solar Plexus. So the Land of Nod, remember it's sleep, sensory shutdown, which has to do with the ego. Ego goes in to a form of sleep like hypnosis to seek pleasure. Now you want to see how your mind tries to be pleasurable. What is the basic gestures of pleasure? Hmm? The basic gesture of pleasure (Adano breathes in), you have to pull yourself in.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:20)

JANUARY 4, 2018

Teachings of Jesus 1 – 7/23/71 – 0:27

We've come to a point now in our scriptural understanding of Master Jesus where we look upon ourselves and say, "This is going to be impossible, for the churches have told us for years, He is the only Son of God." And let us go to the Man Himself and read in His sayings if He has ever uttered the fact that He is the only Son of God. The Hindus and Chinese, they accept the idea of Son of God, but they don't accept the idea of "only" being an individual. They accept the idea of "only" being a principle. A big difference between an individual and a principle. The personal God-head, or the Creative Intelligence in form, is the only relationship we have with the impersonal God-head. Krishna Consciousness, Christ Consciousness, or Creative Intelligence or Intuitive Intelligence in man, but they do not accept the body form as the "only" because body forms are required to realize that Principle, the personal God-head. Jesus said, "While I'm in the world, I am the Light of the world." Every Realized Man who reaches the personal God-head state is a radiant light because it's moving through Him. He's come to the realization that this light is flowing. He has done the works and "the light shines in the darkness and the darkness comprehends it not, but let your light so shine before men that they may see the good works and glorify the Father which is in you." When you make the attempt to release this light inside this mechanism, then you have done the work that is required.

– Adano Ley (Teachings of Jesus 1 – 7/23/71 – 0:27)

DECEMBER 26, 2017

Christmas Cosmic Consciousness – No Date – 0:27

Let us enlarge the cup of our consciousness so that the Christ Consciousness can fill us and quench our Soul thirst. As we behold the Christ Consciousness in all individuals, families, races, creatures, we must finally experience Him in the spinal Christmas tree of the bodily temple. There we will discover the Star of Wisdom, the omnipresent Ever New Joy, the Cosmic Sound, Cosmic Light, Cosmic Vibration, Cosmic Wisdom, and Cosmic Love. Every year and every moment, the Christ is recognized in Cosmic Consciousness and the angelic beings all celebrate this glorious manifestation. Let us now celebrate this Christ Consciousness in our own meditation. Let us prepare the Christmas tree of the spine and let us place the eternal gifts on this beautiful spinal tree. The gift of eternal consciousness life, unconditional love, unattachment, service, understanding, self control, and self surrender. And as we place these gifts on the spinal column of the great cosmic Christmas tree, we behold the Cosmic Christ Consciousness permeating us in a golden, blue white light, flowing through us and around us and may this Consciousness lift us up that we be living examples of these glorious gifts and as we permeate our consciousness, not the physical body of Jesus, but the glorious Christ Consciousness that is in all creation, we will then participate of these glorious gifts that we feel in the spinal Christmas tree in the bodily temple. Om, Christ, Gurus.

– Adano Ley (Christmas Cosmic Consciousness – No Date – 0:27)

DECEMBER 23, 2017

Householder Adam and Eve 7 – 9/1972 – 1:18

(continued from last post)

He would be forced to come into the position of humility to be redeemed by Will because Will is a dominant force and if Will takes upon itself to be the ego force, backed up by the I

AM-ness behind it, what power has ego got but to become humble? He's put in the same role, he's put to walk in the shoes of humility by Will backed up by I AM-ness, but before that if Will was to take the power into its own hand or take the law into its own hands and try to chastise ego, then Will is worse off than ego is. That's why the I AM-ness says, "No one not even Will," that's the Christ-self, "dare not do it." "I alone will deal it and I give the Will the power." Now He gives the Will, He has to pass this mantle, this force, this transference. It's only when the Will is in alliance with the Divine, then chastisement of the ego is a genuine punishment, a genuine correction. Therefore the ego will now learn through humility. Until that time it could not learn it, willpower will try to imitate ego. Therefore the Will will always say, "Thy will be done" but Thy Will is My Will in action. So the two are one for the first time, bringing ego down to its knees and thus making an egoless individual which is a very, very humble individual, but of the highest caliber. So once the ego is reduced to its true humility, then its way back to God is guaranteed. Do you see it now?

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:18)

DECEMBER 22, 2017

Householder Adam and Eve 7 – 9/1972 – 1:16

(continued from last post)

When it knocks it out, it finds out that is not the way to come to God by ego. You must come by the way of humility to God, but because ego has already done the damage of taking upon itself to dominate the lower functions of the body and assert its superiority over humility, Will could not take upon itself and correct it because Will is the next dominant force. Anger, lust, greed are not dominant forces over ego. You see? Will is a dominant force over ego, but he could not do it upon itself. Therefore it had to call upon the I AM-ness. The I AM-ness has to come in and says, "No one lay a hand." In this whole hierarchy, no one of these functions there take upon themselves the law into their hands to punish ego. "I alone will punish ego" and He branded it. They said, "the mark of Cain was placed upon him apart to sort him out." So the ego nature would now be recognized as a force to be dealt with from the I AM-ness, but the Will was then given the power by the I

AM-ness to redeem the ego. By redeeming the ego, the ego would have to suffer the very same punishment which he administered to the brother humility.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:16)

DECEMBER 21, 2017

Householder Adam and Eve 7 – 9/1972 – 1:14

(continued from last post)

But it is said, “The Lord has given the power unto the Son” to perform the action. That means the Will is empowered as a force within the body to make correction over all the dominant failures of this mechanism. Most of all over ego, which is Cain, because ego kills. Ego is self destructive and only Will as a dominant force can put it back in its place, but this permission to put it back in place must come from the I AM self. That’s why “unto the Son is given that power.” With the permission of the I AM, the will can then correct ego, but until that time the Will cannot even take upon Itself to chastise or correct ego. Question: Does that mean that you cannot come to God Realization through humility? Adano: Wait a minute, wait a minute, humility was killed by ego. How is it going to atone, how is it come back? We will come to God by humility. Remember this, God accepted the sacrifice of humility over the sacrifice of ego. Cain is ego, Abel is humility, and Abel’s sacrifice was accepted. It does not say that man does not come to God by humility. Your ego can knock out your humility.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:14)

DECEMBER 21, 2017

Householder Adam and Eve 7 – 9/1972 – 1:12

(continued from last post)

So the individual begins to realize that his ego, that part of his nature that is dominating him, is marked once his humility has gone out of him. Now it says when Cain killed Abel the Lord says, “Vengeance is mine, no one kill Cain.” Well naturally, Adam is reason, Eve is

feeling, Abel is humility, Cain is ego, which other force is dominant in the body now that can destroy ego? Greed can't do it, anger can't do it. If they try, they have a right, but they "dare not raise their hand." Lust dare not raise his hand, neither love. "Vengeance is mine sayeth the Lord. I will deal with him." I, the I AM, will deal with ego because "I AM that I AM" and the ego is only an I AM and it's not the I AM, I AM. He's got to learn who's the real I AM and He's going to deal with him and show him who is the big I AM in this whole shebang. So this is where the ego has to come to learn its lesson. "I will deal with him. No one lay a hand, not even Will. That means the Christ. Not even the Christ can lay a hand, that's the Will because Will must submerge to My Will. Even the Christ has to say, "Thy will be done." The I AM that I AM's will must be done. It's Sat Purush, the God-self. So even the Christ in itself cannot chastise.

— Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:12)

DECEMBER 19, 2017

Householder Adam and Eve 7 – 9/1972 – 1:10

(continued from last post)

Now Abel is struck out by the ego and once it's struck out by the ego, now the human body takes on its particular dominant tendency. The dominant tendency of the male will appear because ego has struck out humility and the dominant tendency of the female may appear because Cain has struck out, or ego has struck out humility out of it. So when a male or a female appear as two distinct forms, ego is the primary cause to give them their distinctness. The male ego and the female ego gives their distinctness in form and sets them apart. Now this is what the psychiatrist is trying to tell you, you must hold onto. Hold onto your ego, inflate it up, pump it up like a balloon because it's all you got, but the Saints don't tell you that because the ego tries to fool itself by lulling the senses to sleep to experience pleasure. That's why they say "Cain knew his wife in the land of Nod" and to know someone as we say this is, you can't know them intellectually and if you use the word "know" to mean sexual, that is to indulge in pleasure. So the ego in man or woman dulls the senses which puts it in the form of sensory suspension to heighten or stimulate the feeling of pleasure and the pleasure comes on in that state.

– Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:10)

DECEMBER 18, 2017

Householder Adam and Eve 7 – 9/1972 – 1:08

Now Cain and Abel, these are two forces in this mechanism. Humility and egoism, these are the two forces locked up in man which are the offsprings of reason, logic, and feeling. Adam is logic and reason, Eve is feeling, therefore they have an offspring called now ego, his name is Cain and in counterbalance because ego is greater than humility, it's called a child of God. God is a super-ego. Didn't know that eh? Yes, you see Cain was called a child of God, the superego. God is the superego and the lower ego is Cain so Abel is humility. That is something that grovels in the dirt so Abel was someone who found to be of a lower nature that had to bow down in activity. Now these two forces are working inside. Ego will always try to destroy humility, will always try to make a foot-mat out of humility. Any person who is humble and doesn't try to stand up and act in a passive way, you'll always find an egotistical person trying to take advantage of them because they do not like to see passive, humble people, so the egotist will always try to bang their heads in or smash it in. So Cain is ego and Abel is humility.

– Adano Ley (Householder Adam and Eve 7 – 9/1972 – 1:08)

DECEMBER 9, 2017

All Night 2 – 11/23/68 – 1:11

We went over to Mexico and as soon as... this is the funniest thing, as soon as I crossed the bridge from the state of Texas into Mexico... This was the oddest phenomena, I don't know how you want to call it, odd timing, or what it is, snow began to fall, in Mexico! The immigration officer goes "Look at this thing." I said, "Oh no." All of a sudden I says "Well, Montezuma has come back" and I handed him my papers and I kept on walking and everybody is amazed to see this snow. Everybody is running out and they are gonna collect this snow. Well they said, "This is the first year of snow in 100 years that snow had

ever fallen in Mexico.” In the last 100 years was the last time it ever fell in 1957 and we drove all the way down and it fell all the way up to Laredo, from Laredo to Monterrey, and between Monterrey to Mexico City you could see the truck. They were making snowman and piling it and driving down the road and everybody is shouting and making noise. Here I’m coming along and I said to Sonny, “Well, Montezuma has returned.” And the snow is falling. I was joking, but...

Question: Is that a saying or a legend, it will snow only when Montezuma returns?

Adano: Yes, it was supposed to be when Montezuma returns, snow will fall in the hills of Mexico. That is true, I found out after. You see one time, this was when I was living back home in Guiana, an uncle of mine, he was interested in Mayan history you know and he had collected... and he had one little writings from the life of Montezuma. After Montezuma had been betrayed by his people to the Spaniards and then he died... before he died, you know, he cursed Mexico and the Spaniards. You know they say, “Montezuma’s revenge, the Aztec curse?” You know? When Montezuma returns the hills of Mexico will be full of snow. In other words, in a warm place, he will freeze them all up. One way or the other, he will do something. I remember reading the thing, when Montezuma comes back, so I says when the snow is falling, it flashed right in my mind. Montezuma has returned, jokingly.

— Adano Ley (All Night 2 – 11/23/68 – 1:11)

NOVEMBER 23, 2017

Recognizing Christ Consciousness – 5/6/72 – 0:13

Yet the word Brahma means head, the head. This is the portion of the human mechanism that creates or centers thought patterns and centers consciousness. Objectively looking at this, minus the symbology, we can say that Creative Intelligence is pure Cosmic Awareness devoid of all forms, omnidirectional, meaning It can look in any direction now. It’s not limited in any direction. It’s an omni-directional or all directional Awareness. How does this omni-directional Awareness affect creation? The only way It can affect creation, It must come down to some form. So they say the next level of this omni-directional Awareness is Vishnu, the preserver. All right, if you create something out of your mind, you

take it from some inspirational point of your being, you'll get joy. The greater joy will come now from trying to preserve it or maintain it. If you don't maintain it, you will throw it away. How many of us, when they make something, throw it away immediately? You create something and you look at it and there is joy. You maintain it, polish it, take care of it, there is more joy because it's using itself, you are using it, it's acting. The greatest joy will come if you smash it all up and remodel it because you would put a new model into effect. This is Consciousness at work. This is the Creative Principle at work. Now this Creative Principle must come down on a human level, no matter how we try, it must work through us as human beings. We have it in us as human beings. It is for us to recognize it.

— Adano Ley (Recognizing Christ Consciousness – 5/6/72 – 0:13)

NOVEMBER 21, 2017

Recognizing Christ Consciousness – 5/6/72 – 0:06

So in reality, Man is reaching out to the Creative Intelligence in the form of joy, bliss, but this bliss is only realizable to its fullest extent when the Creative Intelligence would come down and focus through a human being. Now this is very difficult for a man to accept. It's easy for Man to accept God as un-manifest, somewhere in some remote region, but not so easy to accept God as this creative principle coming down and participating in human form. When we do accept this, we are going to be liable for idolatry or hero worship or we going to be vulnerable for fanaticism. That is we will go and chop off heads of others to convince them we have the one true god. It is not that God is not flowing down through Man and let alone God becoming active in Man, the problem is Man, at his level of comprehension, cannot see God functioning directly through Man unless Man must be a super-man. If you were a cow you would want a bigger cow to worship. If you're a dog, you want a super-dog to worship. If you're a man, the ideal God-man would be a super-man. We have already setup what God is supposed to do for us in the man, not realizing how this principle is working in us when the very God-man will tell you, "I of myself can do nothing, but the Father which is in me doeth everything." This eliminates any type of ego in the realized man.

— Adano Ley (Recognizing Christ Consciousness – 5/6/72 – 0:06)

NOVEMBER 14, 2017

Recognizing Christ Consciousness – 5/6/72 – 0:42

(continued from last post)

You have to trust it now just as much as the woman trusted that if she only touched the garment, not the Man's body, the physical garment that He wore, to bring about this release, we have to trust now in the Creative Intelligence inherent in the structure of matter around us to bring about the crystallization of thoughts as a reality for the first time. Don't look at the world around you in some form of disgust as to say, "It's immaterial or material." Nothing is immaterial or nothing here in this world is material in the true sense of the word. In the true sense of the word, everything here is a crystallization of a Cosmic Desire. Otherwise we would not be here in the first place. God had to desire to make a creation. He had to set it into action and the action is the end result we see and that end result is us when we look back at it. Now when we accept the responsibility of trying to unite to it back on a personal level, then we will have the experiences of facing God in the levels of descent. The Eastern people call it Avatara. The Western scriptures call it Emmanuel, the God in Man. As we prepare the mind to make this possible confrontation of God on the personal level, then we will be able to experience more and more of the Christ Consciousness within ourselves in time reduction experiences which you call instantaneous. One wise man said, "The greater the realization of the individual" that is to say the greater the comprehension of a human being about his self and his environment, "the greater his impact or control over the environment."

— Adano Ley (Recognizing Christ Consciousness – 5/6/72 – 0:42)

NOVEMBER 12, 2017

Recognizing Christ Consciousness – 5/6/72 – 0:40

In the East, we say "Devotion to God via the personal form enhances the Christ Principle or the Krishna Consciousness." Well we got lots of people shouting "Krishna Consciousness" and then on this side of the Atlantic or Pacific you got lots of us shouting

“Christ Consciousness” and the two are clashing each other’s heads you know vying away at each other. That is not the true comprehension of the Christ Consciousness. Where the true comprehension of the Christ Consciousness comes in is our moment-to-moment participation with the desire action of the mechanism in relation to others around us. We cannot live without desire, we cannot suddenly cutoff all desire. Yet every desire must have an action to be fulfilled or be eliminated. If you have a desire for a cigarette it will be fulfilled. If you have a desire to get rid of it, it will be eliminated. So the desire action within the frame of your consciousness working can now draw upon the collective force field of all around you to release you or elevate you instantaneously.

— Adano Ley (Recognizing Christ Consciousness – 5/6/72 – 0:40)

NOVEMBER 6, 2017

Guru Disciple Relationship Volume 4 – November 1968 – 0:03

(continued from last post)

One time I was walking through, or driving through, in Canada and I saw a little brook with water running, myself and Sonny, a friend of mine, and there was a little grotto. I said, “Let’s stop, it looks like a little shrine.” Way out of the place. We came out and I went up into the little Catholic shrine, there were all kind of crutches, things, everything from people who had been cured and this water was there, and I reached down and I looked at the water and then I put my right hand and I took a little to drink. By the time my hand touched that water, I can feel the Divine Love flow right around like an invisible glove all around my hand and it remained there for days while I traveled from Canada to Mexico and all through that time it emitted a perfume and Sonny put his and it was the same thing. That very night when we were in Mexico, we were sitting down in the motel and from 12 o’clock to 2 o’clock in the morning the whole room was just flooded with this Love like you were sitting, like somebody would slide you in an invisible plastic sheet of love, like somebody was stroking you. A cat appreciates love from a human by stroking it. A lot of men, or human beings, would appreciate the same thing. The same when you go to meet a Guru.

There were many disciples that sit down with the Guru and He would touch them. This is the contact, this is the Darshan that's going on, this is that human contact. It is there all the time, but what is to realize when this thing is taking place in the impersonal aspects when all around you it is happening, you understand? Not only in the one area. Then you realize that you have reached this consciousness to understand what is going on. This is what you want most.

— Adano Ley (Guru Disciple Relationship Volume 4 – November 1968 – 0:03)

NOVEMBER 4, 2017

Guru Disciple Relationship Volume 4 – November 1968 – 0:02

(continued from last post)

You need that Sat Guru contact, I'm not saying you don't need it, because this is flesh, this is the way of righteousness, this is the laws of right action that the profound effect of love of one being for another cannot be fully appreciated except by touch. It is not possible. If I look at you all and I say "I love you" I still would like to reach out and embrace you. Why? A mother reaches out to embrace her child, a child reaches out to embrace its parent, a lover reaches out to embrace the lover, the Guru reaches out to embrace the disciple, and the Guru reaches out to embrace God which is again another Master Consciousness and God reaches out to embrace us, but how is He embracing us? By human contact, by some form of contact. You can be meditating and God can reach out through you and make contact through you. This presence of love so intense as if to say you slide into an invisible glove that fits your entire body of Divine Touch.

— Adano Ley (Guru Disciple Relationship Volume 4 – November 1968 – 0:02)

NOVEMBER 1, 2017

Guru Disciple Relationship Volume 4 – November

1968 – 0:00

That is what you call the total surrender to the Divine Will of the Guru. Never questioning Him for no moment. Now the Guru at another incarnation is going to make you experience another type of association with Him, that is the monkey relationship with its baby. The baby jumps on the monkey's back, holds on, that's the do-it-yourself attitude, and momma reaches out one limb here and one limb here, never letting go til she's got a one firm. In other words she's knows how to exist and survive. She fights the battle of life demonstrating to baby monkey how to do it. Most of us pass through a Guru-Disciple relationship like a kitten with its mother. We're being nurtured all the way through our incarnations. We're nurtured to God by divine devotion and divine help and intercession all the time, but there comes a time when you gotta take hold of the rein, the Guru-Disciple relationship and you got to do the work. They can only carry you that far or nurture you that far. You got to finally step-up, stand-up on your own. In other words, you gotta come to a stage were you gotta be master of yourself. No matter how slow and painful and how limited or how inefficient this mastery may appear to your consciousness or five senses, deep down in the inner self that mastery is going on far more profound than you can realize and Masters, that's Their work to make you conscious of this thing.

— Adano Ley (Guru Disciple Relationship Volume 4 – November 1968 – 0:00)

OCTOBER 19, 2017

Odor of Divinity Volume 2 – November 1968 – 0:38

...Because the object of the meditation is to see this electrical nature of ourcells (ourselves). Now there is no loss, the gentlemen think when you go inside you lose everything, it kind of ridiculous, what you gonna lose? If God already made you this way, what are you going to lose? He made you as a physical form, He made you in electrical form, and He made you as an ideational form, all you're gonna see is shirt, undershirt, and underpants. You discard it, you're back where you are in your birthday suit. So when you break through the three levels of your make-up: physical level, electrical level or astral level, idea level, you see yourself as pure life.

– Adano Ley (Odor of Divinity Volume 2 – November 1968 – 0:38)

JULY 30, 2017

Adano Prayer

Heavenly Father, Divine Mother, Brother Jesus

Beloved Masters, Saints, and Sages of all religions

Be Thou present at this meditation

Open our Spiritual Eyes and take us back to Sach Khand

Lead us from Darkness to Light, from Ignorance to Truth, from Mortality to Immortality

We will Reason, we will Will, and we will Act

Guide Thou our reason, our will, and our acts to the right place, at the right time, for the right experience

May our Love so shine in the sanctuary of our devotion that we may awaken this Love in all hearts

Om, Shanti, Peace, Amen

Adano Ley: I am a Prism of Love ~ Sperm, fast spe...



JULY 12, 2017

The Elemental Song

With all the unusual weather patterns around the globe lately, it came to us that Adano has a particular chant regarding the Elementals: Air, Fire, Water, and Earth. You might recognize the tune and the words are so beautiful.

We love you, we love you, we love you.

Our dear Elementals we do.

All Beings of Air, Fire, and Water, and Beings of Earth we love you.

I AM Presence, free all Elementals the great, the small.

I AM Presence, through them give protection to all.

(Repeat 5 times)

We all might want to consider singing this regularly until conditions improve.

Here is a link to Adano singing [The Elemental Song](#).

Paul and Ginger

MARCH 9, 2017

SUCCESS

JANUARY 20, 2017

Adano Ley Prediction

“In 50 years we will all go to sleep like Rip van Winkle and when we awake and return to the cities we will find they are run by the nine years young.” — Adano Ley c. 1979 (note:

Adano later changed this prediction to 25 years.)

APRIL 24, 2016

Andys House Q3 – No Date – 1:00

So what did I learn? Enjoy Now because that's all I got. The nostril that breathes is the divinity that is me and there is nobody out there to punish me for good or bad because there is no good or bad. The good or bad is my game I play with myself thinking I'm important or unimportant. When in actuality, God became me and He's having a ball allowing me to make an ass of myself believing I'm doggone stupid or ignorant or all kind of muck-up. And all He did tell me from the start of creation, "Go forth, multiply, and have dominion, but don't setup your franchise." So multiply means produce yourself as much as you want – trillions upon trillions of times, have dominion – play the game of running the show, but don't hang on to nothing. So oh boy, is that a game? (somebody says, "It's all a show.") Yeah, and when you live it out by going through it, He says "Here, keep your suit. Don't trade it back in. I don't need it. It's already yours." You can modify it, make it look male, female, skinny, young, fat, or aged, but it's all here. Permanent suit, it's called Living Soil. See I don't have a Soul, I'm Soul, Living Soil, 144 elements in an immortal... (end of tape).

– Adano Ley (Andys House Q3 – No Date – 1:00)

APRIL 18, 2016

Techniques In Prayer Healing – May 7, 1972 – Tape 1 – 0:15

Let us take Master Jesus and use one of His affirmations pertaining to health. "Come unto me all ye that travail and are heavily laden and I will refresh you." I'll repeat it again. You'll notice there is no negative implication in those words. "Come unto me." Leave what you're doing. Leave the various association with the negative thought conditions and come, that

means surrender, unto your Christ self within you. You have an ache and a pain, the ache or the pain can be very very depressing. The attachment to it because of association from previous aches and pains, you may not automatically want to release or let go, but “come unto me” means drop it, detach for a second, and let your consciousness go up to the vital life power which is the Christ in you, the God power, and let it regenerate you, regenerate those areas of your mechanism that are clogged up, locked up, overworked, and fatigued. So what can be clogged up or blocked up in this mechanism, except the sensory nature? The very sensory nature that is relating or telegraphing “ache or pain” to the mind. I bang my hand and there’s a sensation here so my senses remember. I saw I did it, I felt I did it, I heard I did it, I can smell it too is possible, or even taste it.

— Adano Ley (Techniques In Prayer Healing – May 7, 1972 – Tape 1 – 0:15)

SEPTEMBER 12, 2015

Recognizing the I AM Principle – Part 3 of 3

Part 3 of 3

Hence our real trinity in the truest sense of the word trinity and in the truest capacity of Self, not the minor self, but the true cosmic Self, god, as we can call it, is the thinking power of consciousness, the knowing power of consciousness, the feeling/reacting power of consciousness in man as a replica of this divine law of the I AM, the pure I AM, but thinking, knowing, feeling, and reacting, the feeling/reacting is one, you see? These three principles are in a state of rest. They are not active within the I AM. Within the I AM Self, it is a state of rest, pure rest. This is validated by the Book of Genesis. God created the universe, or emanated itself into the universe in six days, and I don’t mean 24 hours. The six basic principles of time relationship and on the seventh day, which makes a scale because it’s a musical principle. The whole thing is a scale, a musical scale, and on the seventh, it was at rest.

— Adano Ley (November 1968, Volume 5, Guru Disciple Relationship, 18 minutes)

SEPTEMBER 11, 2015

Recognizing the I AM Principle – Part 2 of 3

Part 2 of 3

This is the point that makes us aware that all Masters are only stating the one true law of life in this structure called matter and consciousness that the I AM is the central focal point of existence, but what exists in the I AM that makes it of value that a man seeks that center of his being to function from? That center of the I AM has been called the Self. Now, what is the Self? It's a word that has been fostered upon the consciousness to describe, to envelope, and to maintain certain functions of a mechanism, but when we pin down these functions, we see that these functions are all reduced to three. We don't seem to have any numerical value outside of three. That is the Self thinks, that's one. The Self knows, that's two, and the Self feels and react, that's three.

(to be continued)

— Adano Ley (November 1968, Volume 5, Guru Disciple Relationship, 16 minutes)

SEPTEMBER 10, 2015

Recognizing the I AM Principle – Part 1 of 3

Part 1 of 3

Now, Jesus as a Master and from his vantage point when he spoke he made it clear by stating the first prerogative or the first attempt that the structure should make was to investigate, inquire within itself, as to the fountainhead of its existence. So in his words, you would say, "Seek ye first the kingdom of god which is within you and its righteousness and all these things will be added unto you." This is a declaration to the human form of the divine consciousness reduced to structure of matter to recognize the I AM principle, but where would this structural form seek the I AM principle? Because the structural form would have to say "I am, therefore I exist." You see? And the moment it says "I am, therefore I exist," then I am existence and if I am existence then I am consciousness. You see?

(to be continued)

— Adano Ley (November 1968, Volume 5, Guru Disciple Relationship, 14 minutes)

AUGUST 27, 2015

An Adano Ley Prayer

Divine Mother, we who are seeking into ourselves may stumble upon many, many mistakes over and over again, but without these mistakes we could never learn fortitude, endurance, understanding, enthusiasm, courage, and dignity. Therefore Divine Mother, the greater the challenge you present to us, the greater you supply us with understanding to meet the challenge. Let not this source of communication ever dry up or die out within us. Let us always be able to uncover the source of initiative, endurance, enthusiasm, creativity flowing from within ourselves. Let us always seek within the silent consciousness the intuitive nature that leads to the unerring decision. Beloved Masters we thank thee for thy presence. Bestow thy blessing upon this home in which this meeting is gathered. Meditation is the one source through which we can make contact, but greater than that we should be able to meditate wherever we are, under any condition. In the busy activities of life, the bond of communication should never be broken between man and the creator for the creator is in the man. May each one of us realize our higher cells (selves) as the true light of divinity.

— Adano Ley, (1965 Volume 2 Dreams, 17 minutes)

AUGUST 21, 2015

Life is Eternal

Now life is eternal. There is no death in life because every form of matter or structure of nature indicates life all the time. It's constantly changing from one form into another. So there is no end, there is no death, but the eternal change life. So we see, since the eternal life principle is there and it's inexhaustible, we recognize our relationship with it through the "I-Am-ness" of it and that I-Am-ness, being the self, communicates to its various levels of existence by thinking, by knowing, by feeling-reacting. Now feeling-reacting is the desire principle because without it there can be no thinking, there can be no knowing. God had to desire to create so that was a feeling-acting principle, but he had to think up what

he had to create and he had to know what he created he had to satisfy and maintain, you see? So our cells as a whole is the result of these basic principles that constitute self, that constitute our I-Am-ness, that constitute the real I-Am in us and it's this I-Am that is making us, moving us, and actually resolving us, and dissolving, and absolving us by its own natural momentum of rest. It goes out from rest into super activity and it returns back into rest by super activity. It takes super activity to withdraw from activity into rest. We have to do some form of activity, we have to perform some activity to withdraw from the realm of activity and the involvement in order to acquire the rest, inquire, or acquire this natural inner peace. This perspective of our beingness.

— Adano Ley (November 1968, Volume 5, Guru Disciple Relationship, 33 minutes)

AUGUST 18, 2015

Wanting to Be a Disciple

(continued from previous post)

Now all the Masters would say before you want to be a disciple, gain understanding, study everything, don't become a disciple, don't get interested in these things, try to know more about the mechanical world in which you live, try to learn, try and compare, analyze, then eventually evaluate. Once you evaluate if you can now see the relationship of this value in your association, then you have something to begin to control. So alright, there is a conflict that's gonna happen. The man who abstains is adamant. He takes a stand. He doesn't do this, he doesn't do that, and what happens? We have a very inhibited individual sooner or later because here he is. Now the other one who is exposed to analysis will try and then he too will find out that he may be a victim of latent desires, that he cannot get rid of some of them, and he will be overindulging in one desire. Fooling himself that this is a means of escape from the other desire. You see? We do this too. I love peanut butter because I wouldn't eat meat or I love this. You get caught up in one thing, sooner or later it becomes an indulgence justifying your action. Now this is again a problem. Now what you are trying to do finally in control is understanding the laws behind it and understanding its balance, then you decide inside. Not by extreme methods, you decide within yourself how to apply it to your life.

– Adano Ley (August 1968, Intuition 1, 14 minutes)

AUGUST 14, 2015

A Principal of Truth About Self

First you have a principal of truth about self. That is “man must achieve understanding of himself.” Now this a principle to which he is dedicating his life to. How would he go about it? One, by algebraic methods of elimination. If you want to find an unknown quantity, you put down X and you try a process of elimination, not this, not that, not this, not that. So you come down to what X really is. This is one process. Now, then the next process is to refrain from, that is a total abstinence and therefore shrink yourself down into what you involve yourself with. This is another method. Now this doesn’t say that these methods are incorrect or the ideal methods or are the universal methods. These are natural, biological functions which our mechanism gravitate to. You see? Now, the third method is called the method of control. Control has to do now with understanding the scientific laws. It has to do with understanding first.

– Adano Ley (August 1968, Intuition 1, 12 minutes)

JULY 29, 2015

The Real Bible Is a Human Body

Now, Master Yogananda used to say, “the Bible is a book, but the real Bible is a human body.” Now, but the Living Bible is the example of one verse. Now, “meekly wait and murmur not” is a verse in that Bible, make your life an example of that. You are a living Bible because that itself is miraculous, it can control the universe. Anything would vibrate from that nature. To take one line and live. Now, this is a harder process. This is something that requires a re-evaluation of what I am, why am I get caught up in such a mechanism called flesh, and what really I’m going to do with it. Now who am I supposed to be involved with in this particular association? Now, the goal of this whole association is towards realization of one’s self and you call it self realization. Now, alright, self realization

in another way can mean total memory. It can also be classified as cosmic consciousness.

— Adano Ley (August 1968, Intuition 1, 10 minutes)

JULY 24, 2015

To Have or To Have Not

You see, to have or to have not. Our whole lives are concentrated on “having” so we still believe we have a soul, when we are soul. Now if you are soul, then to live the life of soul is a different process. It’s a different sense of focus. It’s a different sense of evaluation. It’s no longer emotion with passion. It’s a reverse emotion which becomes devotion now by contemplation. You see you can be in the world and not be of the world, but that doesn’t say you’re a cold potato. You can stay in this world of pure love and at the same time you can be in love or be loved or wanting to be loved and the three last statements are all ego. The first one has no ego. If you are love, what are you? Consciousness. You’re not imposing, not requiring, in fact you’re the first to serve. You’re giving and that’s what the Masters would say, free to give, free to receive, better to give better than to receive. Consciousness gives, consciousness don’t ask. Consciousness responds. It’s never demanding because there is no demand for it. It is consciousness, you see.

— Adano Ley (August 1968, Intuition 1, 6 minutes)

JULY 21, 2015

A Hospital for Sick Souls

You see, Master once said when a man said to him, “Master you are fortunate to have so many beautiful souls around you in a beautiful ashram, praying and meditating all day.” He says, “Impossible, this is only a hospital for sick soul and this universe is that, a place for sick souls, once it’s healed and can stand on its own, it doesn’t need a universe, it goes on.” Freedom. You see you’re not going to be freed from anything, you’re going to be free for responsibility. Who thinks he is free from responsibility is only fooling himself. He’s a weak person already because he’s hiding like the ostrich with his head in the ground,

running from the lion who'll eventually beat him. You see, a lion is chasing the ostrich and he outruns the lion and then buries his head in the ground as he's going to hide and out comes the lion and devours him. He didn't free from the lion. Our consciousness is pushing us this way. There's a big difference in understanding ourselves.

— Adano Ley (August 1968, Intuition 1, 4 minutes)

JULY 17, 2015

The Two Optical Nerves of the Eyes

When the two optical nerves of the eyes are focused, like lenses of a camera through the aid of light, the photosynthesis and the negative function of the eyes act as a plate, photographs the light, and leaves what is called an optical image relationship in the brain. Thus making you conscious of your fellow man around you as what he is. Then you see the ancient says, people say, or these scientists say, you live in Maya, you live in an optical illusion world. He (Jesus) being born among the Hebrew people could not use the word Maya because it would not mean anything to Hebrew people. Therefore he used what was most common in Hebrew word Sat-an, the natural adversary of nature, the polarity. Greeks for love of personality, took the word and made it into an individual, Satan, some individual with a pitchfork, long tail, sitting in a bank of fire or something, trying to stoke the fires of hell with human souls. You see? That's the concept that has ended up in mythology. The cosmic science is coming out of it gradually. The Eastern people have used the word Maya, but today Maya, Sat-an, only means one thing as far as objective consciousness is concerned, or cosmic consciousness is concerned, it means relativity, the polarities of light in which we live. Without it, nothing is here.

— Adano Ley (1965, Divinity Volume 6, 2:14 minutes)

JULY 14, 2015

Part 3 of 3: The Second Phase of This Cosmic Consciousness

(Part 3 of 3)

Now the second phase of this cosmic consciousness would be when you sit down in your home, wherever you are, and step out and recognize the duality, recognize the twofold part of your being. When you do that, sooner or later you are able to have this whole awareness and see it. Now, having it isn't having it for all mankind because if you know that "thou shalt have none other gods, but me" and "love your neighbor as yourself," then you see that your own self is locked up in the other individual and it's struggling in a body form. Though you know you're everything that doesn't say that form in which you are temporarily imprisoned by the thought block is functioning correctly, you see? Now, you have to look for that and realize "there for the love of God go I" but what am I doing, am I just sitting back? I know that person will work out his karma, good, but am I giving the necessary vibrations that would ease the tensions in his unfoldment? So when we say we are healing now, I'm not healing one individual no more, I'm healing the entire creation back that each one unfold out, because I'm healing myself. "Physician, heal yourself." You're healing back yourself, from your higher self. You're healing this force. So you have to vibrate now and think of the elemental kingdom, seeing them in a state of light and peace, you have to see the entire mineral kingdom, which we took all our substances from and vibrate it back, we have to send the same thing to the vegetable kingdom, we have to send the same thing to the animal kingdom, the human kingdom, and we have to send it to the spiritual kingdom, and the cosmic principle in ourselves.

— Adano Ley (1965, Divinity Volume 6, 1:37 minutes)

JULY 11, 2015

Part 2 of 2: Freedom From Hate

(Part 2 of 3)

Now, the next freedom is freedom from hate, which is love, cosmic love. Everything has to be cosmic love. Now as you graduate from that next freedom, you go into what is called enlightenment, freedom from the ignorance, the ignoring of the laws of life. You begin now to function with the laws of life and as you free yourself from that ignorance, then comes on your illumination, your cosmic nature concerning man on this planet. Now, the first

experience in the cosmic nature would be social cosmic consciousness via tourism. Your interest in man as a whole, not just you yourself. Most of us run away and hide in a cave looking for our own cosmic consciousness for ourselves. This is also self interest, this is also ego, it's not cosmic realization. You see the masters are pointing out we don't want a cosmic consciousness for the world, we want it for ourselves. We want to know we have something in ourselves that is unique. It's not true. This is a natural law that will come regardless of ourselves when we are ready for it too. That is by to say the grace of god, it descends on us. This is a principle that where the Christian saints have transcended. They have willingly allowed the grace of god to pour down. You see? They did not go out to look for the thing for themselves personally. They wanted the thing to come down from on high. (to be continued)

— Adano Ley (1965, Divinity Volume 6, 1:35 minutes)

JULY 9, 2015

Part 1 of 3: Man Must Have His Development Evenly Balanced Out

(Part 1 of 3)

Man must have his development evenly balanced out. So while he is evolving physically, he has to evolve mentally and he has to evolve spiritually, but it is easier to evolve spiritually than it is to evolve materially or in the physical plane because it's easy to withdraw from the responsibilities of the world, hide in a cave, look at yourself and say "well, the world has treated me in a rough way. I don't need the world. I can sit down and be" and I sit down and be. Yes, it's alright, it's good, you come home to yourself, but you'll never find none of the Masters staying there because they get up and go out. Every one of these men, after they came back to their inner self, got up and worked. So we say, greater than the man of action, greater than the man of devotion, greater than the man of meditation or wisdom, is the man of conscious activity, the realized man. He is consciously active all the time, he's not running, he's here, he's working, he sees and anticipate in consciousness. He is living, he's not afraid you see? He knows where he's going. Now, he

infuses you with strength all the time and the first thing in any evolution, or freedom in this evolution, is courage and strength. If you don't got it, you ain't got it, and then you are suffering with the weaknesses. If you've got the weaknesses and you don't have the courage to face up now where you are and work, you can't go to the next freedom. (to be continued)

— Adano Ley (1965, Divinity Volume 6, 1:33 minutes)

JULY 8, 2015

Correcting This Mechanism

Now, when the individual goes through this principle of raising it or ascending in the spinal column and correcting this mechanism now, the first manifestation is extension of life in the body. We begin to extend the life principle in the body. The decay principle is arrested, you see? Now Kriya, as a science, by its very initial start starts to prevent or lessen the decay of the tissues by added oxygen taken into the mechanism. The atoms of those oxygen are transmuted into pure energy. The pure energy now revitalizes the mechanism and causes it to ascend.

— Adano Ley (1965, Divinity Volume 6, 1:20 minutes)

JUNE 27, 2015

Conscious Death

Conscious death would be ability then to shutdown the five senses, slowly eliminate the respiratory function, not by forcing it, by a natural shutdown and the same time, lungs and heart would shutdown, and the life current would slip now via the medulla and step out. For the first time you would feel like you're two individuals. There a lighter you, transparent, and a heavier you, sitting and reclining. Now this is possible. Now, it is also based on the very fundamental technique of meditation. The mental energy being directed independent of the senses. You see? It is always independent and stepping out. For the first time you step out and you get what is called a split in two parts, you see one part as

pure light and you feel it and the other part is here with you. Now there is a linkage, just like McDivitt stepped out of the satellite and was hooked in by an umbilical cord to feed him from the satellite. When we step out in a conscious way, in a conscious way, we have the same connection. Now this is not a permanent way.

— Adano Ley (1965, Divinity Volume 6, 57 minutes)

JUNE 24, 2015

Man is a Living Atomic Principle

Man is a living Atomic Principle. He is a living, miniature Universe. Now, his aim is Cosmic Consciousness, but that's just the beginning of his existence. We are moving toward cosmic consciousness not at the end, as the completion of our evolution, but not the completion of our existence. You see? Theoretically we evolve up to Cosmic Consciousness, which is our divinity of our-cells (ourselves) from there on we must move on to Cosmic Existence with our neighbors in the cosmos. See "in my Father's House there are many mansions. I go to prepare a place for you. If it were not, I'd tell you." So he was speaking already of cosmic Existence in relation to Cosmic Evolution.

— Adano Ley (1965, Divinity Volume 6, 38 minutes)

JUNE 20, 2015

The Word Divinity

We must know what the word Divinity means before we can say we are growing in it. The whole of this cosmic experience, the totality of it is in a state of motion, spinning. It's not in a state... it's not stopped, it's spinning all the time, it's in movement. There is not one thing in this universe that can say it's stopped. It's in motion all the time. Right in this... between these two hands, there is millions and millions of things are in motion and this room you are bombarded by radio waves, electrical waves, television waves, thought waves, and everything. It is all here. There's no such thing as empty space, never was, never will be because it's conscious energy, but we don't know what this conscious energy represents

to us and lack of the knowledge of it's reaction on us, we try to placate, or would you say, seek the next best solution out of weakness in consciousness. The next best solution would be "god" and we throw the burden on that name, you see? We don't relate this thing to our-cells (ourselves) that this name we call god in reality has become us. You see? But we are not god. This divinizing force, this spinning force has become us at certain rates or vibration, certain speeds.

— Adano Ley (1965, Divinity Volume 6, 28 minutes)

JUNE 17, 2015

Meeting a Living Master

You see, meeting a living master is one who's enlightened already. He's gone the whole gamut, he's already pure consciousness. He's in god realization. He can come to you in many levels. He can come to you while he's in his physical body living way off in India in a physical body and make you conscious that he is the guru and he may never come to you after that in the physical body. He may come to you while living in India in a physical body, come to in the inner plane, make you conscious of his existence. He's in the human body, he's not dead yet, he's in the human body and yet may never come to you in the physical body and you ask yourself, "why is that?" and he may not come to you that way, he may come to you in a travel through the physical body and wait for you to slowly recognize him and work through and keep fondling you on 'til you break that association that when he's away now from you in vision or physical sight, you have to learn to realize to see in his eye now. What is that guru really doing? Don't you see he's performing something for a reason? He's freeing you from certain conditions you have long mastered or certain conditions you need to master about yourself.

— Adano Ley (1965, Sat Guru Volume 3, 1:54)

JUNE 13, 2015

The Free Flow of Consciousness

When we step out, apart from the pull of this mechanism, and feel the free flow of consciousness, you're always in the presence of Guru. Now, your Guru is always in a state of illumination. If you have never met him, he's still standing next to you because you don't make an attempt to step out of the pull of your body or the demands of your body. He'll wait 'til the time comes when he'll have to break you from that confinement and then you can walk out or be in it.

— Adano Ley (1965, Sat Guru Volume 3, 1:50)

JUNE 10, 2015

God Is Eternal Life

God is eternal life, using many suits, many incidences, many roles of life to bring back what? Not to bring back Adano's physical body. Because what is Adano's physical body? This is tissue, it's a classification, it's a name given to a form, but what is talking? It is Life talking. Life is communicating. Life. Now it is very hard to say is life male or female? We can only see when it breaks up in the cells and starts to pair off, but actually the life in the male cell or the life in the female cell, is it not life? They are all life. It is all God flowing back so this is what is happening. The guru is making us, or God is making us conscious that we are Soul in the form of the guru, all the time. That we are Soul. He wants us to realize this all the time. He wants us because he made us in that image, he made us in that likeness, that capacity, and he endowed us with this principle of life to know that we are Soul. There is no other way else we can go to it. So Jesus says, "This is the way of righteousness," this is the way you got to go back. You have to return via the form principle, via the guru principle. Now, many of us can go about shouting, "we don't have need of a guru in order to discover god," but you know many a master has said "I'd hate to be in the presence of a man who has found god without a guru because he's a highly inflated egotist."

— Adano Ley (1965, Sat Guru Volume 3, 1:28)

MAY 24, 2015

The Sheep Lion

Now, to take an illustration, a lioness one day was running, you know, she was pregnant, and she was chasing some goats and in the heat of the chase she fell down and died, but at the same time gave birth to a baby lion. The goats and the sheep all came around and mother sheep, it's only natural for them all to gravitate, it's a human, maternal feeling. They gathered in the orphan lion into their fold and it grew up with them eating grass and crying like a sheep, bah, bah, and ate grass and grew to a full grown lion not knowing the difference. One day a lion came down from the hill and saw the sheep all grazing there and he let out a big, huge roar, telling the world that he is lion and all the sheep are familiar with that roar from past lives or genetic action, took off for the hills, and the little big lion that lived among them, the "sheep lion" as he thinks he is, took off with them too. So the lion who looked in the crowd couldn't figure out why another lion like himself is running from him. So he gave chase not on the sheep, he gave chase to the lion, and he chased the lion until he caught up with the lion and the lion almost gave out with fright and he caught him and held his head and dragged him to the river and he says "hey you, look at yourself in the water and see what you are. You are not sheep, you are a lion," but he would have almost died from the exhaustion and the tussling and pulling him there that he was ready to die, he had already given up. So with a shear last look, he took a deep breath and he says, "well now roar like a lion." So he roared like a lion and started to give chase to the sheep. That's the same thing with man and soul. That is the same thing with guru / disciple relationship. The guru shakes us up. He grabs us by the neck, takes us through the various levels of existence to see reality as it is, to see god in us. We need the physical guru and we need contact with the gurus in the various levels.

— Adano Ley (1965, Sat Guru Volume 3, 1:03)

MAY 9, 2015

The Realm of Pure Consciousness

We came, originally, from a realm of pure consciousness. Which you may call me a ghost. In that realm, I'm a ghost. I don't have a body and so Brother Ghost or Sister Ghost,

there's no... We are all ghosts in that... we're all bodiless entities, you see? Now, yet memory is there, memory of the association with the different body forms are there. You can't lose that. Now, so, I shouldn't have no fear for a ghost because I am a ghost already. Now, Thomas said, "Am I seeing an apparition?" "No, you are not seeing an apparition, you are seeing a flesh and blood body. Come, put your hand, feel these things." Yet this is a peculiar aspect of this flesh and blood body. To show you what is involved in divinity, to show you what is involved in our evolution of life, we are not going back to ghost-ness because we came from the ghost world, we are going on to a higher level of body reality. That is a body that cannot decompose no more in nature. It's a permanent manifestation of the law of life, but this body exhibit a peculiarity, it casts no shadow. Therefore it permits light to reflect through it uninterrupted. Therefore it can be invisible and yet visible, but that doesn't say it is empty space because if you take your hand and hit that body, he is gonna feel it. There is body there. For instance when Yukteswar came into the room to Yogananda after he passed through that phase, Yogananda took his physical arms, you know how big he was, and put it around that skinny guru and apply a little pressure. You know what he says, "Come on son, you are squeezing too hard, you know?" He was feeling pain too, you know? So, it's there. Although that body can do many things, he was still (somebody else says "in a physical body"), right. Now this is the thing that all the Masters are saying, we have to go to this form. We are walking from the lower level of God's image as matter through a higher level of God's image as Light to a permanent level of God's image as non-decaying matter.

— Adano Ley (1965, Sat Guru Volume 3, 39 minutes)

APRIL 25, 2015

Just a Reminder

Just a reminder, when Adano spoke he was speaking in the moment to the people who were present. Even though these quotes on this website are exactly Adano's words, because they are not spoken directly to people who are present, your mileage may vary.

— Paul

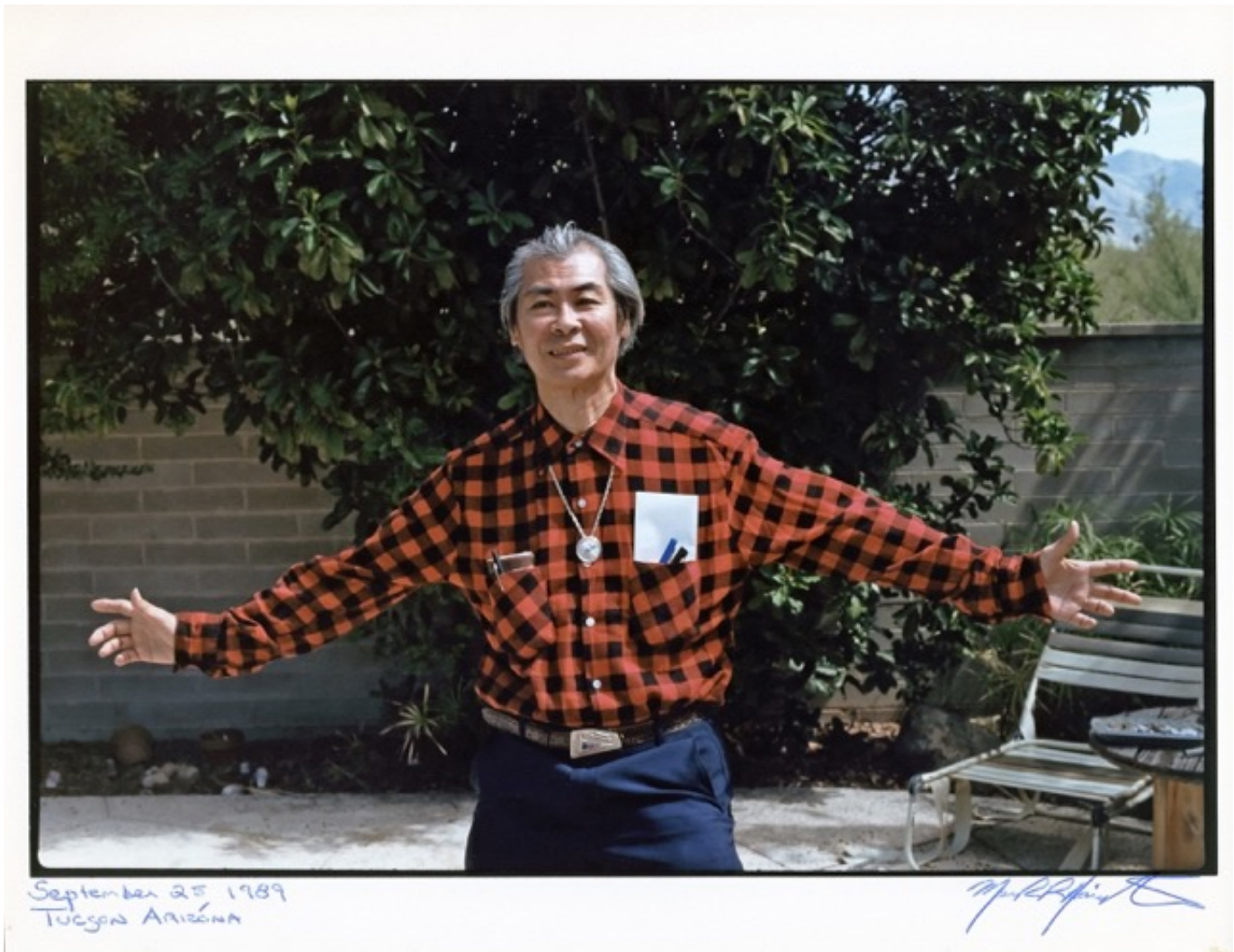
APRIL 22, 2015

More Photos from Mark Harrington

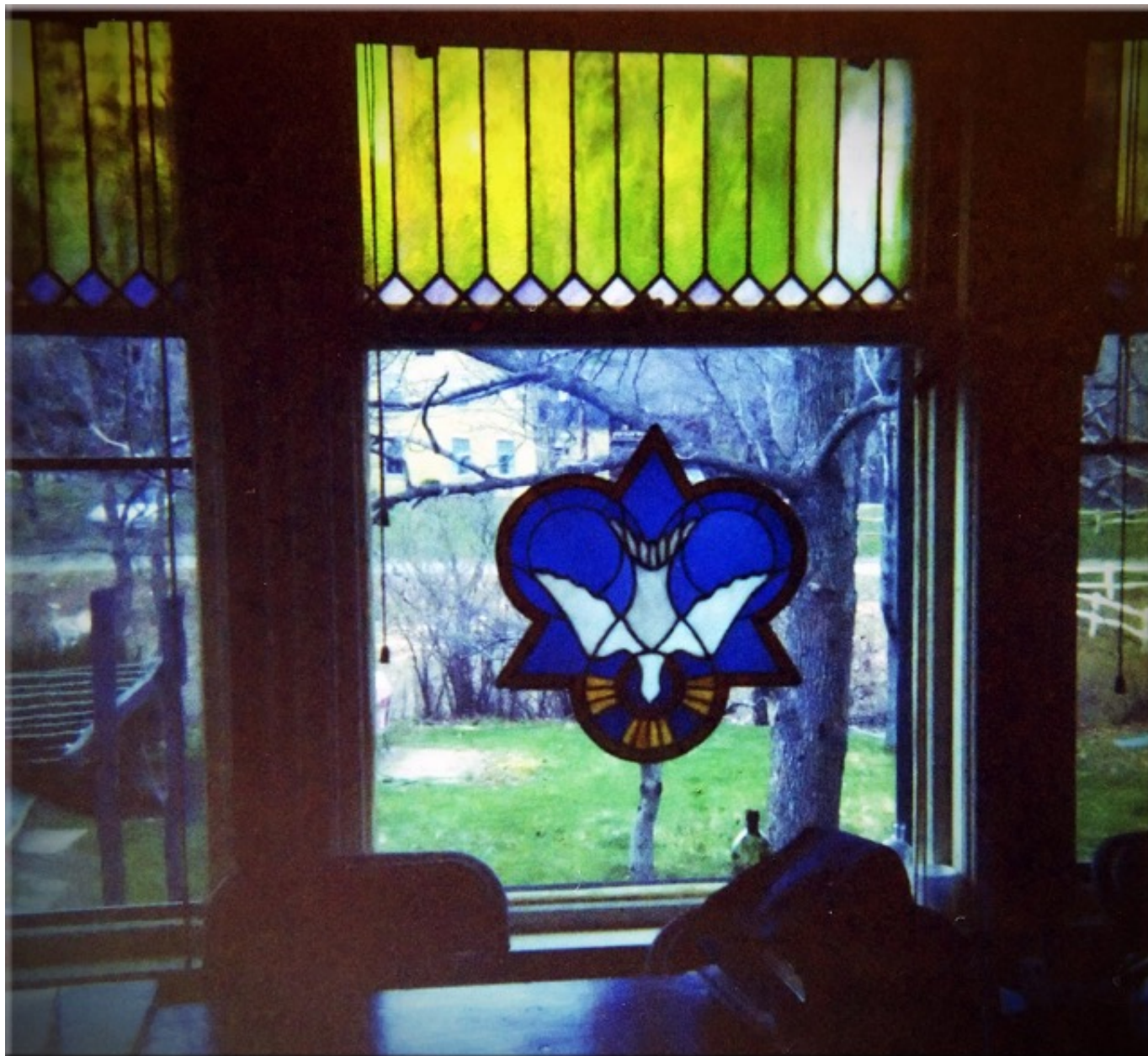
Adano and Margaret Berry in 1975 in Rockland. Photo courtesy of Mark Harrington.



Adano on September 25, 1989 in Tucson. Photo courtesy of Mark Harrington.



Mark also sent this photo and says, “Here is the glass tiffany style All Souls Fellowship stained glass creation that hung in the living room window at Rockland Ma at Bob ODonnells house. As for the creator of the glass art work, I haven’t a clue who produced that, but everyone back then had those symbols in neck medallion form that Adano had made somewhere.”



APRIL 21, 2015

A Photo from Mark Harrington

Mark also sent the photo below and writes, "I met Adano my first time in August of 1974, and here is a photo my mother just found today taken in the backyard at Rockland Ma when Adano was performing a wedding ceremony. My mother took this photo, most of the people in that group were from the greater Boston area, but some could have been

followers that traveled to hear all of the Satsangs and attend the workshops.” Thank you again Mark!



APRIL 21, 2015

More Information About Photo

This photo was posted on April 14th and it is from a “Life Stress” course Adano gave in the 1970s. The photo is courtesy of Lelia Saunders, thank you Lelia! Thank you also to Mark Harrington. He sent more information on who is in the picture. He writes, “my mother Sylvia Harrington is standing to the far left, in the striped pants, and next to her is Eva Jane McKinney and that was from Rockland Ma group where to the right of Margaret Berry and Adano is the host of that group Bob Odonnell, who worked with my mother at Honeywell in Wilmington MA, and invited her into that group in 1972, and was initiated shortly there after.”



APRIL 20, 2015

He Has Crystallized Himself as Flesh

(Continuation of yesterday's post)

Ok, let's look at this now. We know he has crystallized himself as flesh. We know this

because he has given us this capacity of self knowing. Now, self knowing is one of the functions of self, but what part of this physical body is self? But this physical body knows. How it knows, why it knows, for what it knows for, he's stumped. This is the dilemma he's in. It knows though, so knowing doesn't belong to the body. So knowing is universally there as likeness. You see, it's a likeness unto us. We are likened to this principle that it knows. Now, it feels and reacts. What part of us can you say is doing it? There is none. Yet, they all dovetail into this mechanism and this mechanism vibrates as a placid movement. It goes on all the time. Now, we then realize that there are only two aspects of this manifestation, a male / female aspect. Now, we also realize that we need help. We can't do it by ourselves. If we could do this thing by ourselves, everyone would be realized masters. They would not need in the first place any master because, why we need help? God breathed into man the breath of life and man became a living soul. Now he didn't say that man became a living body. He didn't say man became a living mind. He didn't say man became a living spirit. It is specifically stated that man became a living soul, not a dead one either and breath of life had to flow from some point. Breath of life.

— Adano Ley (1965, Sat Guru Volume 3, 33 minutes)

(continues with post from May 21, 2013: "[Sensing Soul](#)")

APRIL 19, 2015

Moving This Crystallized Light in the Form of Flesh

(Continuation of yesterday's post)

Now I can't move this crystallized light in the form of flesh unless I will to move it. If I wish my hand to come to the kneecap, I have to wish, that means I have to desire. There's a feeling to move it, there's a need, and if I move it I have to execute some form of energy. To execute some form of energy I have to breath, exhale or contract, and relax and in so doing I execute a law that is going on that I don't appreciate, but I take it for granted. I snap and kill a fly. I take that for granted you see? But look at what is happening to move it, what is involved in the thing. Good. A lot of principles are in action and we don't realize these principles. Now, this image is the universal image, therefore we realize that this

image has become us already by stopping at this particular level. Now, where is the likeness of this image. The likeness of this image is the ability to move it. The ability to manipulate these laws or else we have no likeness in it. God, the Creative Intelligence is manipulating all his laws and holding them in motion. Now, we say God is at rest, but we must not confuse rest as meaning stop. We must realize that rest means total orbiting movement as a whole and as a total existing force. It's there at rest in its orbital movement already. It's not going to go out of its orbital movement unless they change their particular... You know, one out of a billion chances one object will go out of its orbit and come into another orbit, but they are all orbiting.

— Adano Ley (1965, Sat Guru Volume 3, 32 minutes)

APRIL 18, 2015

God Made Man

(Continuation of yesterday's post and this is the post from April 7th in context)

God made man. That is to say this Creative Principle, this creative life energy slowed itself down from a conscious flow to a crystallized object. You can't go any further than matter, you can only go back to pure consciousness. So, how thick is thick? See what I mean? How solid is solid? You are solid already, you have reached the state of solidity. You've reached the state of fixation. In other words, there is no hell. This is the hell, or the final fixation of your... Your freedom has been taken away and confined to dumb matter. You are confined to dumb flesh. In other words, the thing has already stopped here. This is the final manifestation of the creation. Now, it's all the levels preceding this is where the realizations exist. The preceding qualities, it's not where it stops, the preceding qualities. So the image is matter, but that image is atomic. That means matter is an atomic principle. Now energy is equal to the mass, this atomic mass, times the velocity of light squared. Now that Bible said at one time God made that light first and every Saint in the Bible said, "no man see God, but saw the Light." Now I'm not talking of a little electrical light, a total Cosmic Light is light because all the atoms are composed out of it. So we are seeing crystallized light, but we don't realize crystalized light until we try to manipulate it by our

will.

— Adano Ley (1965, Sat Guru Volume 3, 0:29)

APRIL 17, 2015

God Made Man in His Own Image and Likeness

(Continuation of yesterday's post)

Now, let me show you something, why it has become us and why this thing is so important to realize it as such. The scriptures state, "God made man in His own image and likeness, male and female created them." Now if you read this from that vantage point, you will think there was some little fellow way off with a fat tummy, which is a symbol of prosperity, because god's got to be a prosperous individual, jovial and laughing, and that's the sign of knowing what he's doing, you know, and he's going to create now, take a little mud here and a little bit of there and he's going to make two individuals and push them out on their own. If you read the thing that way and try to understand it, that's the way you'll end up thinking of it all the time, but if you try to understand the dimension in which it's involving you, then you will see something deeper.

— Adano Ley (1965, Sat Guru Volume 3, 0:28)

APRIL 17, 2015

Regularity is Important

(Continuation of post from April 13, 2013: "[Doing the Work Ourselves](#)")

Now, regularity is important. Now this is one of the hardest things about meditation because regularity entails discipline. That's why the word is disciple, one who disciplines the five senses to the divine self or guru-ship. God is the guru all in a human body. The human body came along with full realization and meets another human being and introduces him to this divine principle and takes him through this process, but as long as

you understand that information, we must now understand the information that is involving a personal action. Now, I'm not saying that one should not rely on the Guru or one should over rely on the Guru, because these are faults in us. These are things we are going to do regardless of how we are trying to watch ourselves. We are going to be over relying on the guru to do everything for us and we are... time is going to say well, "Guru don't exist for me because he's not helping me," you see? Because he doesn't solve my problem. In other words, I got \$50 rent to pay and can't pay it, he's not solving my problem. So guru is to blame, it is just as to say God is to blame. In other words, we are trying to point out that in the approach to meditation, the fundamental thing is what this consciousness represents all the time to us. It represents to us all the time the divine creative life. Once we keep this in mind, we are never going to stray, but if we have some other description of what this divine creative life is gonna be, we are bound to stray away into some fantasy, but once we realize it's a divine creative life and this divine creative life has become us, then we will never suffer the fallacy of being separated from it. We will always maintain an affinity of oneness with it. We will always know that the Divine God is always here, it is never somewhere else. It has become us.

— Adano Ley (1965, Sat Guru Volume3, 0:25)

APRIL 14, 2015

Adano 1970s Photo

From a "Life Stress" course Adano gave in the 1970s. Another wonderful photo courtesy of Lelia Saunders. Thank you again Lelia!

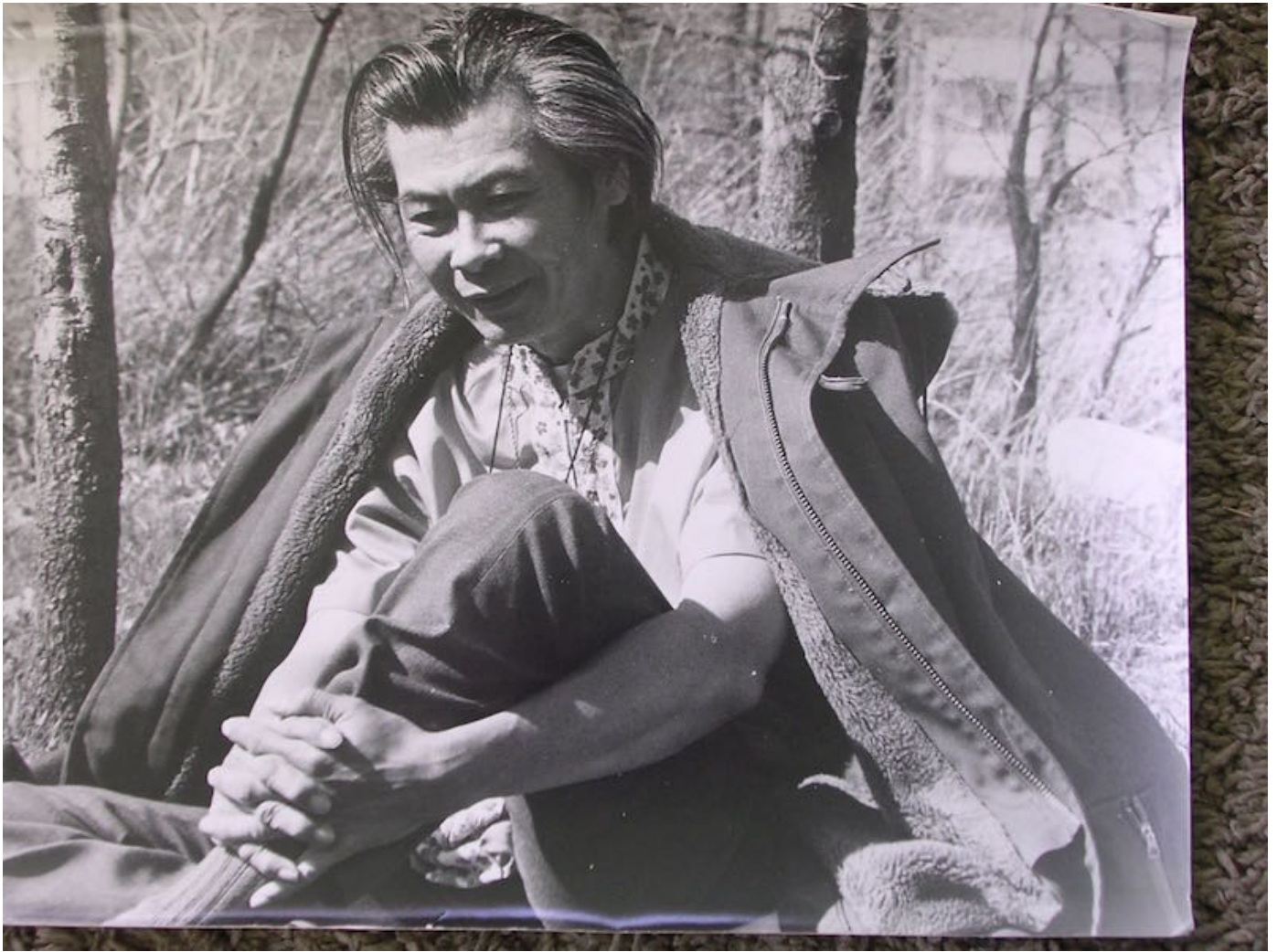
If anybody knows who is in the picture, please let us know.



APRIL 8, 2015

Adano Outdoors 1

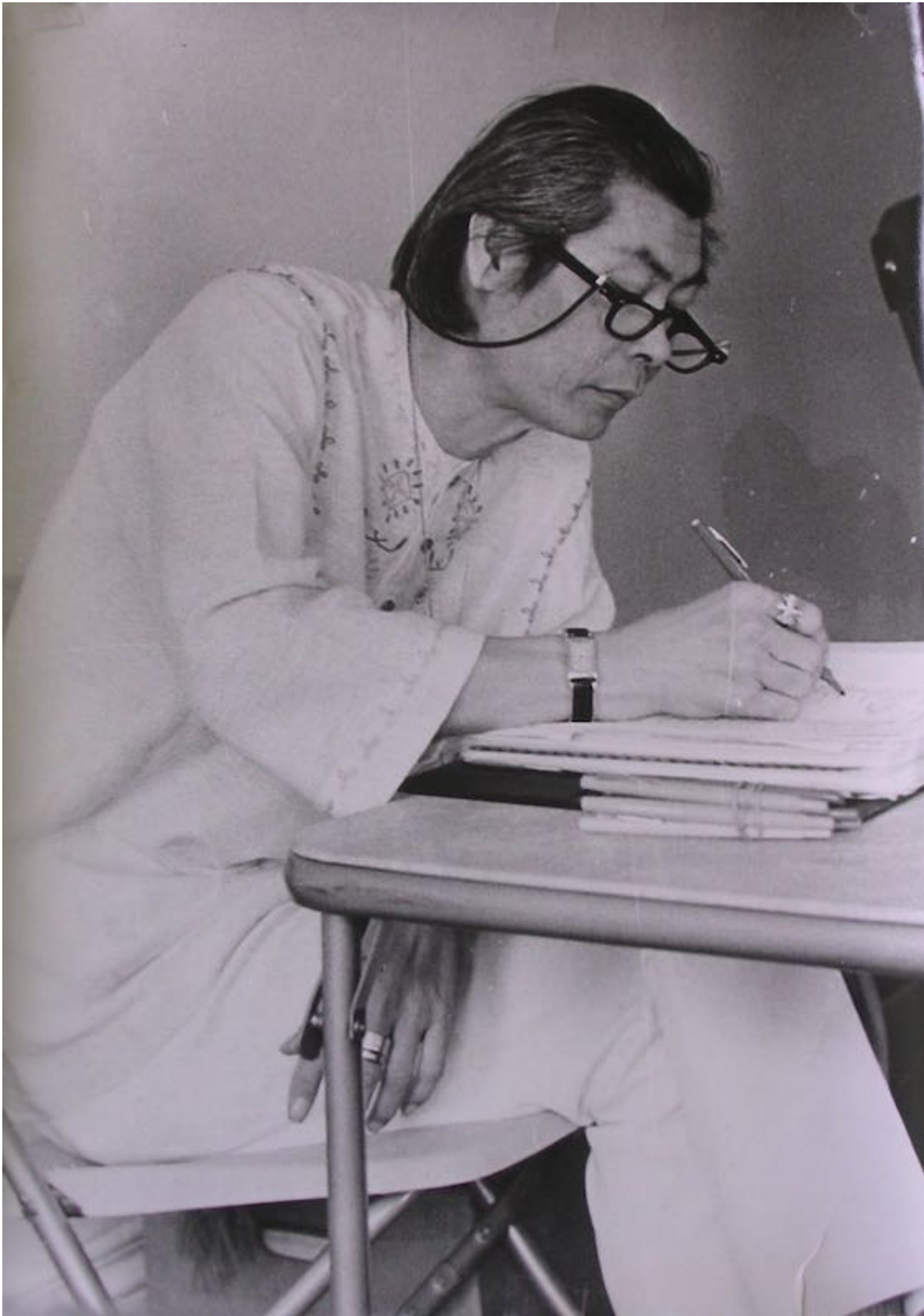
Another wonderful photo of Adano. Thank you to Lelia for this one also.



APRIL 8, 2015

Adano Writing

A wonderful photo of Adano (aren't they all). Thank you to Lelia for this one. She took it during one of their 14 hour 9 day seminars with Adano in Massachusetts around 1972.



APRIL 8, 2015

You Can't Go Any Further Than Matter

That is to say Creative Principle, this Creative Life Energy slowed itself down from a conscious flow to a crystallized object. You can't go any further than matter, you can only go back to pure consciousness. So, how thick is thick? See what I mean? How solid is solid? You are solid already, you have reached the state of solidity. You've reached the state of fixation. In other words, there is no hell. This is the hell, or the final fixation of your... Your freedom has been taken away and confined to dumb matter. You are confined to dumb flesh. In other words, the thing has already stopped here. This is the final manifestation of the creation. Now, it is all the levels preceding this is where the realizations exist. The preceding qualities, it's not where it stops, the preceding qualities. So the image is matter, but that image is atomic. That means matter is an atomic principle. Now energy is equal to the mass, this atomic mass, times the velocity of light squared. Now that Bible said at one time God made that light first and every Saint in the Bible said, "no man see God, but saw the Light." Now I'm not talking of a little electrical light, a total Cosmic Light is light because all the atoms are composed out of it. So we are seeing crystallized light, but we don't realize crystalized light until we try to manipulate it by our will.

— Adano Ley (1965, Sat Guru Volume 3, 29 minutes)

APRIL 7, 2015

Timing

The timing of the daily events of your life is the evidence that Creative Intelligence is in charge of your survival.

MARCH 28, 2015

Meditation is to keep us always going to the

perfection

Meditation is to keep us always going to the perfection. It is to keep us to go in more and more. So there is no end. That's the beautiful part of it. Now, in meditation, we are going to run into a peculiar problem. There are certain things that occur that appear to duplicate at times this divine law and these are the functions of the mind too. It imitates at times. Now, those who are acquainted with the youth movement of using acid or you call it the psychedelic experience. They do have a certain extension of awareness, but that extension of awareness is not coming from the superconsciousness, it's coming strictly from the subconsciousness because the subconsciousness is a reservoir already of that superconsciousness. It's a mirror. So inside of it, that subconsciousness has all these things stored up already, as a replica of the superconsciousness, but it cannot add more to it unless the superconsciousness feeds it. You follow?

— Adano Ley (1965, Sat Guru Volume 3, 3 minutes)

MARCH 26, 2015

Finding God

Finding God and being enlightened in God don't give you a big intellect. Far from it, you might end up being the craziest fool in the world by being ultra simple in your behavior, like a child, and the world don't like you for that because they don't need childlike people. They are always looking for some horrible individual, threatening thing or something like that, to make out that he's important and spiritual. The worst insult to God is a long face. When you love God you smile, what more obvious is than that? If you don't love Him, you're not going to smile and if you're going to love with all your mind, you can't fall asleep, you can't die. Isn't that what He said, "with all your mind," objective, subjective, superconscious, "and with all your strength." That's your breathing you know. No breathing, no strength, and with all of your heart, that's the pumping of the life blood in you, decarbonization of the blood. When your blood is over carbonized, you're sick, you degenerate yourself. When you purify it, the body is healthy, it's radiant, it lifts, it conserves, it expresses wonderness, simplicity, and your whole Soul? Loving the Lord

with your whole Soul is just letting God take care of you, don't try to take care of Him. We're too busy trying to take care of God, telling Him how to run the world.
— Adano Ley (March 15, 1975 Rockland, 0:24 minutes)

MARCH 22, 2015

Tape Restoration

Paul here: By the way, we just received four more Adano tapes from Colorado. The quote below is from one of them. This tape is over 40 years old! When it was run through the tape player, it broke. Most people would have just thrown that tape away, but it was possible to splice and save it. Some tapes have jammed in their warped casings after sitting in a hot car, some have been a jumbled mess after “spilling” into somebody’s tape player. So please, please, please, if you have Adano tapes laying around, don't let them deteriorate any further, at some point, it won't be possible to save them. We have transferred and archived over 500 hours of Adano's materials and will transfer your tapes to MP3 (or CD) using professional equipment and send you back the digital version at no charge including the entire archive of Adano Audio and Video. Even if you don't have any tapes, if you are interested in the entire archive, that is possible too. Message me first for details.

MARCH 22, 2015

You Cannot Experience God with the Mind Racing Fast

You cannot experience god with the mind racing... fast, you can only experience it when the mind slows down. It's obvious that when you're dead, you are very close to god. You can't argue with it, but when you're alive he's so close to you, you don't recognize it. He is the next breath. So between the next breath and death itself, learn to slow down the brain. They could have put that in a book 1,000 years ago, but they didn't want to tell us the

truth, but now we wake up with the truth, what it's all about. We don't have to run around like chickens without our heads to find god. He is closer to us than the breath. He's inside of us at the point of the forehead. "When thine eyes," two you see, "are single," centered, "the whole body is full of light," atomic energy. Einstein says light, matter is equal to mass times the velocity of light squared. Jesus is saying it in his own way, this body is full of light, "and the light is shining in the darkness," that is your desire nature of your cells, or call it the ultra polarities, positive negative, "and the darkness comprehends it not." The mind don't comprehend why light should be in your cells until you start bombarding the atoms that form creation, "but let your light so shine before men," that's the important aspect of it, "that they may see the good works and glorify the Father in you." The time you spend to slow down the brain to observe the reality of yourself, this is what the good works are.

— Adano Ley (March 15, 1975 Rockland, 22 minutes)

MARCH 10, 2015

The Common Link

The common link at every time you attempt to meditate, you feel a sense of peace, joy, and a widening awareness of yourself. When I use the word "a widening awareness of yourself," I am saying that there's a tremendous intensity vibrating out of your Being to think, to understand, to feel, and react and that this is infinitely flowing stronger, pulsating more and more with greater momentum every second that you widen this awareness. This is a big difference because you are starting to see the infinite, unlimited source of your consciousness. It's there all the time pulsating and you can go in and merge with it.

— Adano Ley (1965 Dreams Volume 2 – 2:05 minutes)

MARCH 2, 2015

He Starts to Meditate

Now, he starts to meditate and he discovers by that attitude certain things that have been

there all the time from childhood up to that moment, but he never realized they were there. 1 – He discovers that he is calm, he is more collective. 2 – He discovers that there is an inner light that flows within his brain. 3 – He discovers there is music in the atmosphere that he normally did not recognize was there. Now 4 – He discovers an extended awareness of things around him that he did not normally recognize were there. In other words, he seems to step into time a split second ahead of his fellow man in awareness. This makes him consciousness now that there must be something to meditation. Then he's caught up in "is it good or bad? Is what I'm doing evil or is it...?" He's got that guilt complex coming right now. So he starts looking for friends to talk to, but there aren't too many friends that he can tell this experience to because they themselves never had it. Now, those that he would meet who would talk about it, don't want to talk about it because they will think they are all nuts. So spiritual people have very few friends, but religious people have lots of friends because they can take the bible and dissect it from cover to cover and debate in rhetoric all over the whole thing and have friends.

— Adano Ley (1965 Dreams Volume 2 – 2:03 minutes)

FEBRUARY 27, 2015

A Master Does Not Remove Your Karma

See a Master does not remove your karma from you, you know. He speeds it up to the extent that you are exposed to it faster, to the extent that you gain the enthusiasm and the courage and the will to be faithful to the truth that you can overcome it quicker. So that makes you a better person. Now, if the Master denies you karma and make you what it called a life free from obstacles or conditions that interfere with the free flow, then the Master is not true to you. That's the beautiful part of a Guru / Disciple relationship. By constantly pulling the rug out from under you occasionally or challenge your wits, you know, making you more alert as to where the next test is coming. This kind of making you aware of yourself and the potentials that are within yourself. The God-ness in you, you are able to call on it.

— Adano Ley (1965 Dreams Volume 2 – 1:25 minutes)

FEBRUARY 22, 2015

Meditation Prayer

Heavenly Father, beloved Jesus, and the Saints and Sages of all religions, bless this meditation and grant us the protection to walk the path of the Soul to its true nature and home within.

— Adano Ley (1965 Dreams Volume 2 – 1:18 minutes)

FEBRUARY 17, 2015

Meditation Instruction

Ok, just keep the spine straight, but don't strain and slightly close the lids and keep the mind at the point between the eyebrows, the reference point (period of meditation) and let the consciousness dwell in the right ear and try to listen to the audible life stream flowing through the body and around it and don't be too concerned if the mind drifts around. It's just natural, but what is most important about the drifting is the reference point. You don't want it to drift and latch onto to an id (idea) concerning the past or an id (idea) concerning the future. You want to latch on to the present, what you are doing. In other words as the man says, "watch what you are doing." Watching, it's vigil, by internal watching and internal listening, the consciousness begins to rise into the Pure Consciousness and the luminescence of the inner light begins to glow and those who are listening, sometimes you will hear the celestial music coming from the audible life stream and the music of Soul.

— Adano Ley (1965 Dreams Volume 2 – 1:07 minutes)

JANUARY 31, 2015

Diving Deeper

But diving deep at intervals with tremendous intensity of awareness, this brings on much more. In other words, the more repetitions you make of diving into the consciousness in a

shorter space of time, the greater the momentum will be. Than if you just make it a sort of a marathon action and forced and become frustrated. By going a little at a time, coming out, not opening the eyes completely, half open it, and savor it. It's like a good meal, just drink that good champagne of Spirit and you go back and take another mouthful and come back, and you keep dipping in, keep dipping into it. Before you know it, you are getting further and further into the Consciousness, wider and wider into the Consciousness and more illumined in the Consciousness.

— Adano Ley (1965 Dreams Volume 2 – 1:06 minutes)

JANUARY 28, 2015

Divine Law

See, this is the peculiar part of Divine Law. As long as you don't refuse to face it, the problem, the greater law comes to work. It doesn't come to work, "I, God, am going to change the law," it comes to work in subtle ways because how is God is working in subtle ways? He is working as the vital life force, the vital awareness of human beings, for human beings. Therefore, God is in Man already, but Man cannot recognize it.

— Adano Ley (1965 Dreams Volume 2 – 1:05)

JANUARY 8, 2015

The Spine is the Actual Altar of God

Now, in meditation normally you keep the spine straight you see, and the spine is the actual altar of God, the eternal life principal, in the human body that is the temple. Now, every temple has got some little table which they call an Altar and they have wafer and wine and candles to tell you that the Holy Spirit is present. Man is the only real temple in the universe, all the rest are imitations, and the spine is the only real altar and the life principal is the only true God in all man, but man doesn't know that. Man has got to discover this for himself in order to be free and meditation is his first attempt to discover the truth of himself.

– Adano Ley (1965 Dreams Volume 2 – 7 minutes)

DECEMBER 31, 2014

Scared of the Dark

You know some people are scared of the dark, but why should you be scared of the dark? We were all ghosts in the first place before we became human beings and we are gonna go back and become ghosts and haunt some other poor human being. So there's nothing to be worried about, we are brothers of the dark just as much as brothers of the light. So there is nothing to be afraid of or to fear. There is no fear for God, God is the whole creative force. The ID (idea) is that you are trying to realign your consciousness with this universal truth.

– Adano Ley (1965 Volume 2 Dreams, 6 minutes)

DECEMBER 31, 2014

Dreams

In sleep research we have various measurements and one of the things in sleep research or what you call the rapid eye movement that goes on, we dream, you see? Now dreaming is important to us. If we don't sleep and dream to a certain extent, something will happen to the brain. Now, it is not important at another level. I'll put it in a different way. "Important things first. The more important things become important, the less important they are." Do you follow me so far? Important things are first, right? Everybody goes about shouting, "this is important," and he does it first. The more important these things become, the less important they are eventually because there are other levels that you are going to go on. You cannot get stuck on that one thing you see? So dreaming is important to a certain level, but then dreaming is no longer important at another level. You see you go past dreaming. Now, Master used to say that you dream by your own volition, through your own effort, and you dream because you have no volition. Now, you can create a dream yourself. You can close the eyes and dream, that is you can begin to image where you

want to be in the dream, but you have to take that flow or source from subconscious relationships. You cannot dream something that you, or generate, something that you haven't been associated with on your own volition. Can you say, "well I want to dream" and stop right there? You didn't give no description of what you want to dream and somebody says "What you wanna dream about?" And then I says "Gee, well what is it I wanted to dream about?" What is it? What symbol was it? What association was it, you see? "Ok, I wanna to dream about a lamp," but a lamp is an association and a language relationship, you see? Now, I don't want to dream and one of the funniest things can happen, you find yourself dreaming more because you automatically set off a condition in your consciousness by not wanting to do something, the consciousness is pulling down from the subconscious. You live your life so long in subconscious associations and memory patterns, they gotta come up. So that's past.

— Adano Ley, (1965 Volume 2 Dreams, 23 minutes)

DECEMBER 30, 2014

Genuine Immortality

But there is a genuine immortality, there is a genuine non-decomposition. It is a genuine realization of this is pure energy or spirit based upon behavior. Now this is pretty hard for man to swallow, that his behavior can be the responsible process of transforming solid matter into something sublime. Yet only because of the behavior does man has a way out in this process, you see? It's the behavior that gives him everything because if you judge the culture of a nation and the level of the revolution by how the people behave in relation to each other and what was their contribution or were their contribution to this culture by the men who left their physical frame a testimony of accomplishment and this what he challenged "to him that overcometh, I will not send forth a second time." Overcome the decaying condition of his cell. Today doctors are struggling hard all over the globe how to stop the aging and the decaying of the cell. Now, the sages are not saying that they will not discover it, the sages are not saying that it's not within the realm of possible experience. The sages are saying by slow, methodical experimentation, it will require many, many centuries before the final result is found out. Well what becomes of us who

are caught up in the stream? Do we have that much life in the physical frame to experience this thing? Now, are we to cut ourselves off from society to experience it or are we to realize it from moment to moment that this is a process already built into us? That we can, by the power of consciousness, carry on a self refrigeration of the cells to a point where we can achieve total immortalization of it by non-decomposition and our efforts will show by the result.

— Adano Ley (November 23, 1968 All Night Q2, 1 minute)

DECEMBER 20, 2014

Why Cosmic Intelligence Had to Rest

Now you see why the Cosmic Intelligence had to rest and let Man make mistakes by implanting the very first law of resistance or brain jamming. If I say to you, I want you to forget a certain number and the number is 99. You will go to remember it all the time, do you see what I mean? I demonstrated what is called a brain jamming principle and I've demonstrated the principal that is gonna make you go against yourself. Now, "Thou shalt not eat of the fruit in the midst of the garden." That means thou shalt go that way because only that way can I observe this process of my creation. How else can I see this thing going? If everything is perfect now, there is nothing there for the creative force to work. You see how this cosmological... The Creator is not damning Man, He is not damning Man or Soul, He has made Soul for a cosmic play, but by setting up what you call the tragedy and setting up the villain first in the process, He has cosmic drama. No villain, no tragedy, no cosmic drama.

— Adano Ley (June 2, 1965 Man is Soul – 53)

NOVEMBER 29, 2014

Cymatics Modernized

And here is another one, a modern version of the Cymatics video!

— Paul



CYMATICS: Science Vs. Music - Nigel Stanford

from [Nigel Stanford](#)

05:52



NOVEMBER 29, 2014

Drawing Mushrooms with Sound

Adano would have liked this video. A great mashup of sound and visuals.

— Paul

<https://www.youtube.com/watch?v=rtR63-ecUNo>

NOVEMBER 16, 2014

The Main Importance of a Kirtan

But the main importance of a Kirtan is the identification and the frame of reference for which the identification comes from. We can be singing to God as a creation hoping to identify and we can generate a lot of emotional drive, but if the frame of reference is from God's singing to us, God carrying with us with His own words that He wants us to realize, then this is an entirely different communication. God is on a different tone level of communication. Our tone level is to reach up because we feel abandoned. Our tone level is to express our separateness and our need for communication, but we couldn't feel

abandoned, or we couldn't feel a sense of communication if it was not designed that way in the very start. Who is more abandoned than God when everything go back in Him? Who is at the bottom of the ladder when everything goes back into Him? You see you never think that God is lonely just as much as you feel you are lonely and separate from Him. He is lonely when He has got no creation to play with.

— Adano Ley (June 1976, Tyler, 47:00)

NOVEMBER 16, 2014

Part 4 of 4: Masters and Time

Part 4 of 4: Masters and Time

(Woman tells the Taoist story of the man who comes to end the drought and he doesn't do anything for three days, then the drought was broken and when they asked him why he said the only reason it took him three days is because when he left his home he was out of the Tao and it took him three days to reestablish it. Is that the idea of it?) That's the whole idea of it. Our universe is our time lapse if we accept it as such. The reason why we don't accept it as such is because we have been preconditioned with certain conditions around us and therefore we are always expecting it not to work. I'll give you an example. I have a patient, she came in and told me her problem. So I says, "You know, you are perfect. Why don't you accept it?" She said, "What do you mean?" I said, "Well, God made man is His own image you know and then if you are made in His own image and likeness, He's pretty imperfect." She didn't like to think, but she start thinking, well He's perfect then she's perfect.

— Adano Ley (June 1976, Tyler, 42:00)

NOVEMBER 16, 2014

Part 3 of 4: Masters and Time

Part 3 of 4: Masters and Time

Now you take Master Charan Singh. They say you can measure the time in the Dera when Master comes out of His house to walk across to give Satsang. He's always on time. That's what everybody say, but you ask the people who is people who is on time, Master or the people are on time? The time is on time around the Master when He's on time and you flow with it, but you are not aware of the fact that the time is measuring itself proportionately to the Master's motion. Alright. (Someone asks, "Can you say that again?") You are not aware of the fact that time is measuring itself proportionately to the bodily motion of a Master and when we synchronize to that bodily motion of His, we are always in time. Even the light in the environment will appear to be like that. Good example, how many times do I come to Boston and the rain falls as soon as I come? A lot of people have experiences like that. That we're in phase. It says, the more you realize the trueness of yourself, the more you are in phase with the environment and you're never out of phase with it. Life will even seem to extend itself a little longer than normal for that person that is in phase and all different other phenomena seem to extend themselves to adjust. Now, that is exactly what happened.

— Adano Ley (June 1976, Tyler, 40:00)

NOVEMBER 16, 2014

Part 2 of 4: Masters and Time

Part 2 of 4: Masters and Time

In the Guru's mind, there is no numerical value on time. It is all in flow according to receptivity when He comes there. That's the realized person and He is never late, you are late because He has been waiting for you thousands of lives for you to realize that you were out of phase with yourself and you are busy thinking that you have to satisfy society to be on time like a punchcard when society doesn't give a hoot who you are when you die. And the only person who gives anything about you, he is your own self, how you stay healthy, while you are alive. You have to take of this mechanism and conserve this energy to enjoy it the best way you can by being severely happy. And health is happiness, half of the job done. Sickness is unhappiness, half of the job done. So who wants the other half,

which is death, too soon? So you extend the health nature as much as you can without trying to run society or impose it on society, you just flow with it. So the Guru consciousness is one that He ain't in a hurry because there's nothing, He ain't going no place and as soon as you recognize that He ain't going no place, the quicker you are going to get there with Him and the sooner you are going to find He's always going to be on time because you gonna end up synchronizing with Him and you are never going to be late in your mind. So after they had learned that lesson from Him a few times, He was always on time and they were on time.

— Adano Ley (June 1976, Tyler, 38:00)

NOVEMBER 16, 2014

Part 1 of 4: Masters and Time

Part 1 of 4: Masters and Time

When you are not interested in God realization, or what you call “time lapse sequential existence,” when you are not interested in that. You see, God realization is time lapse sequential existence. People didn't know that, you know. Time lapse means there are no time. Sequential existence everything is Now and therefore you exist as Now and that is God realization in a scientific context. So what has happened is that there is no time in God realization and the way we break out from our time nature, wanting everything to act on time, we get very disoriented and we feel an urgency speeding up in us. Therefore people who become spiritual are always on an urgency level. They get more and more involved with the timelessness of it. So anything that is aggravating would be time itself. They always never seem to have enough time to do the thing in time. So they end up doing what is called Guru time. So when the person invited Mutkananda and they say, “will you be here for Satsang?” And he says, “Yeah, I'll be here.” “Tomorrow night?” “Yeah, I'll be here tomorrow night.” And he shows up at ten o'clock for it. They are waiting for him to show up so they are all peeved. He doesn't show up at eight o'clock, he shows up at ten o'clock.

— Adano Ley (June 1976, Tyler, 36:00)

OCTOBER 11, 2014

Adano's Last Recorded Words

Today is the 25th anniversary of Adano's Mahasamadhi. Here are the last two minutes of the last recording we have of his words. Thank you Adano!

See there is no commandment, thou shalt not lie, because the whole universe is a what? an illusion, optical illusion or Maya or relativity, centered upon acceleration, elements playing this particular process of holding things together in a geometrical shape by resonance, that's the spoken word. Your own spoken word holds up the geometry and your own spoken word separates the geometry. So if you're going to be honest with your cells, you have to make the commitment and finish it by doing it and just don't say it and don't do it because they'll pull you out from underneath and let you face your own dirt. See? So that is why placebo works. The scientist doesn't like it, but it's a preparation for the acceptance of commitment... Thank you. Well I guess we gotta hit the road. I love you folks...

— Adano Ley (September 25, 1989, Tucson, 2:10)

OCTOBER 5, 2014

Part 6 (last): The Fifth Bardo

The fifth bardo is the most important of them all, the clear white light which the Soul goes back into and there is no loss of individuality in the clear white light, it is the regaining of Self, the cosmic Self, because we cannot lose individuality. We may lose ego association with the body, but not the Divine Individuality that is Consciousness. When the Soul goes back into the white light and regains itself, it will recognize the Divine 'I' and see itself in all things. For that brief moment it returns, we in the living can experience it more, than those who are going through that trial by living in our Conscious Now. We must empty our minds of past and we must empty our minds of future as we start the fifth bardo or the final bardo for them. God exists Now, He doesn't exist yesterday or tomorrow because

existence is Now. Where would existence be? Think for one moment, you exist and existence is Now, and only because Consciousness exists Now can you sense your Nowness and you are one with everybody Now. The moment your mind drifts away, it would be like that water shaking in the glass from past to future. When you synchronize your Consciousness to Now, past and future become Now. In the Now, you are free from the physical body, the Astral (gap in tape, but picks up in two minutes) body, and the Casual body. You are One, you are Soul Now. It is only Now, in the Nowness of your being can you experience the white light. Many of us may experience it and many have experienced it before, many have experienced it by their meditation, but it is only through Now and in the bardo of the Nowness, the fifth bardo, this can be your Divine experience of yourself. 1:30 – Those who are going to go through the bardo will be helped by the Masters to experience the Nowness of themselves and when they experience the light, how much they will hold of that light and you'll find how much you can hold onto the Nowness of your consciousness. It may not be more than five minutes or five seconds depending on how strong you bring your conscious, but you have the advantage over those who have passed over that you are in the body and can repeat the process as long as you are in the physical frame. When you are out of the physical frame, the process is a one shot exposure and you go back to the level where you are supposed to prepare yourself for reincarnation. In the physical body, the only disadvantage is you going to sleep at night or you decide not to wake up the next morning.

— Adano Ley (1965 ThreeHourMeditation, 1:24)

SEPTEMBER 27, 2014

Part 5: The Fourth Bardo

The fourth bardo is the blue light of the Christ Consciousness. If they have been lifted up by the Holy Spirit, which Jesus spoke as the Holy Comforter or Cosmic Vibration, then their hearts and their heart chakras will be opened up for them to a certain degree of how much they can take and hold onto of that divine light. As we try to help them to go the fourth bardo or the Christ Conscious light, which is blue, how much they will be able to hold of that light to get a glimpse of Christ Consciousness, that is as much as they can

take with us helping. We will act as a booster charge for them in that bardo. The Masters will help them to a certain extent, they have to learn their lessons, the Christ Consciousness, the malfunction of thinking. In the Christ Consciousness, man is involved with the ability to materialize his thoughts at will and to misuse his thinking powers is his mistake he would make and his downfall in the Christ Consciousness. Now, how much of the mistakes they have made in their own lives they will see in the Christ Consciousness and then they would have to learn their lessons that they have learn to think right and if they get to a better rebirth, the right judgement, right thinking will come with them. Air is the element and that is all around us and to signify it, we light the match, which is the fire and let the smoke go up, that is gone back up into the air. The bardo begins with fire turning into smoke... We start the bardo with the chant again, “Who Is In My Temple.” Well, let me go over the words so you may understand what it is.

— Adano Ley (1965 ThreeHourMeditation, 1:05)

SEPTEMBER 20, 2014

Part 4: The Third Bardo

We go to the third bardo, which is gold symbolized by the fire, already it's there, which is the Cosmic Vibration or Holy Ghost and since this is the Aquarian Age, the holy breath, or Kriya, is the one that liberates us. Since they have not had initiation into Kriya, we do it by proxy and when you join me in chanting Om, I will do the Kriya on the third bardo for them. As I raise my hands, we just say Om (they do this). We will keep our minds on the golden light and here we will chant “Door of My Heart” together. I'll lead the chant, so the words aren't very difficult, but as you chant “Door of My Heart” with me and the Kriya being done by proxy, their lessons begin on the heart chakra for them, wherever they are on the third bardo. If they have never come that far in development, whatever lesson they may learn in the third bardo begins for them now. We will help them through. We are lending our spiritual love to them. So just close your eyes and think of gold (chants “Door of My Heart” with group).

— Adano Ley (1965 ThreeHourMeditation, 0:52)

SEPTEMBER 14, 2014

Part 3: The Second Bardo, The Green Light

Oh Divine Spirit, water is our sister that envelopes all forms, yet the mind is not as clear as water. In the second bardo, the mind is suffering with many attachments, still cloudy, it still drifts back to old associations of people on this earth plane. The Soul is not free. Let us close our eyes and picture the green light, the green consciousness that frees them, the green light to go, the purity of mind. As we think of this green light, we send out freedom of the mind to the souls also mentioned before and keep your consciousness on the words I will repeat in the second bardo. “I may lose my way and roam in the darkness of the mind, but oh my Divine Mother, shining, luminous, let me see that tiny taper of divine remembrance of Thee be never extinguished by my gusts of disbelief. I only sought earthly things, but now to finally discover that I can only crave Thee, the purity of mind and consciousness. Come, O Divine Spirit, be with me always. Om, Christ, Gurus. As we keep our minds on the color green, sending them the freedom of mind. May the water purify your consciousness, the water of Spirit.

— Adano Ley (1965 ThreeHourMeditation, 0:42)

SEPTEMBER 7, 2014

Part 2: The First Bardo, the Red Light

Just let your mind dwell on the red light and lend your spiritual power and humbleness so that these Souls may have a joyous rebirth for theirs is their rebirth now. With living threads of Thy beauty my winsome wings were woven. Endowed with a spark of immortality, I have flown from life to life. I escape from all who audaciously try to possess me. I only belong to Thee O Spirit. No transience enthralled me; my true home is Thy Changeless Spirit. I return home. Thou hast clothed barren eternity in the verdure of multicolored cycles. In the forest of incarnations, I flit gaily from tree to tree. I shall alight at last, O Lord, upon Thy outstretched hand. Om... Christ... Gurus... As we keep our mind on the red, sending love, freeing these Souls so mentioned from the gluttony and the greed of the

physical realm and the lower parts of the ego. (meditation). Slowly raise your hands above your head, still holding onto that red light in the consciousness, and let us send out the sound of Om seven times. Om... (x7). As you feel love coming up from the heart as a warm sensation, slowly open the eyes and don't move. This ends the first bardo.

— Adano Ley (1965 ThreeHourMeditation, 0:33)

SEPTEMBER 6, 2014

The First Bardo, the Red Light

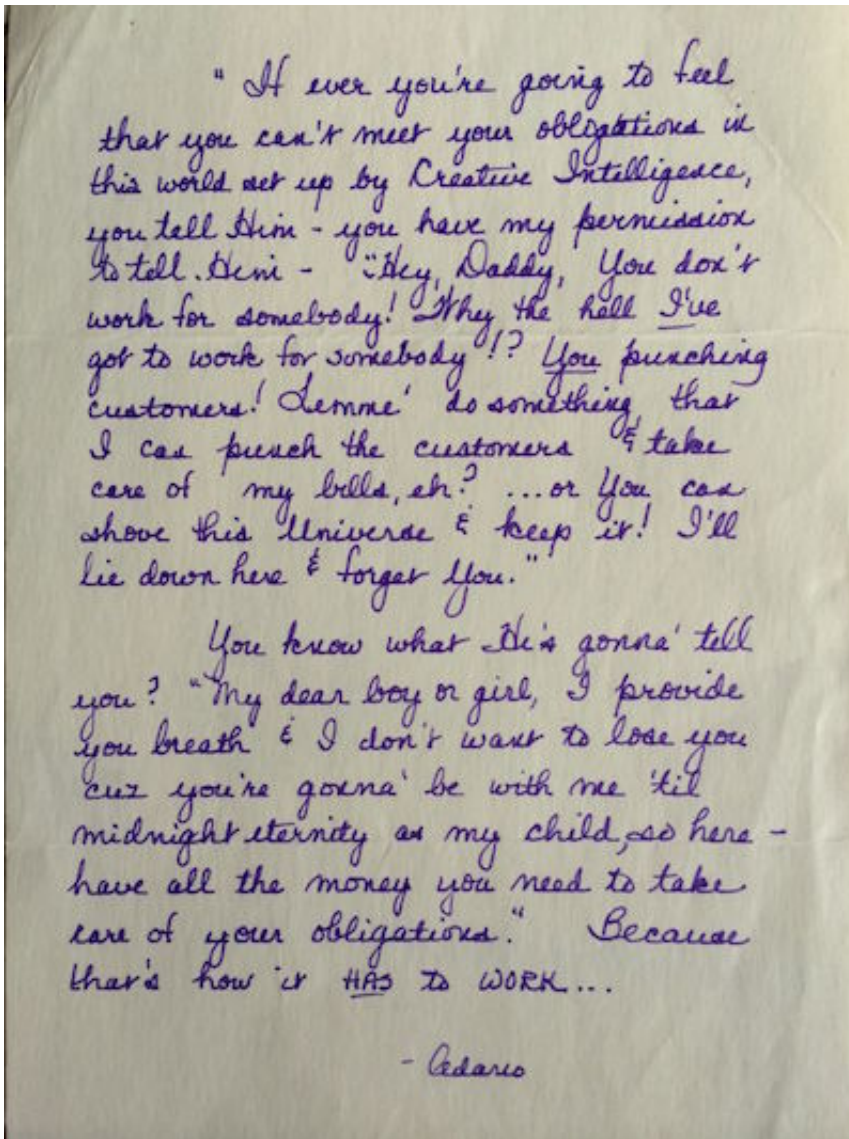
Join me in the first bardo, the red light. The Soul will travel up the first bardo of the red light so you focus your mind on red and all these Souls pre-mentioned are gathered in the red light and as you focus your mind on the red, try to think of the words I will repeat, freeing them of the attachment of the red light which is the attachment of the lower part of the ego and the attachments of food, which is represented here as rice, and material substance which is represented as money. Freeing them from the greed and gluttony of the lower bardo.

— Adano Ley (1965 ThreeHourMeditation, 0:32)

SEPTEMBER 6, 2014

Adano Ley – Obligations

Right click to download.



AUGUST 28, 2014

Mahasamadhi Ceremony Prayer

O Spirit, Divine Mother, Beloved Jesus, Babaji, Lahiri Mahasaya, Sri Yukteswarji, our beloved guru Paramahansaji, Mataji, and Saints and Sages of all religions, we bow to thee all. Free our lives from all obstacles and may thou be the only love reigning in our hearts and may thy love shine on the sanctuary of our devotion that we may be able to awaken thy love in all hearts. Om, Peace, Om. Divine Spirit, we are thankful tonight for this wonderful gathering for our beloved Sister Helen who made her home available for this

spiritual Mahasamadhi ceremony and to all our brothers and sisters in the spirit who have come a long way to gather themselves to commune in spirit and to lend their spiritual power to aid certain Souls traveling through the bardos of consciousness. Masters, as a humble disciple, I surrender my body tonight in thy service that the energies be used to help those Souls traveling through the bardos and if it is thy will, that they may make it to the clear White Light and have a peaceful rebirth wherever they may be.

— Adano Ley (1965 ThreeHourMeditation, 0:25)

AUGUST 19, 2014

Why Masters Discard Their Bodies

If Masters never discard body to free them from the personality complex, disciples would never make an effort on their own. They'd never be strong, they would be weaklings all their lives. They cannot walk on their own consciousness. They would never make the effort. They would constantly try to use that Master form as a rabbit foot for all their basic problems in the world and don't we do that in our religious organizations? Try to use it as sort of a "genie in the lamp" attitude of prayer and association?

— Adano Ley (1965 Volume 1, I am Soul, 1:45)

AUGUST 15, 2014

Chronological Versus Physiological Age

Laboring under the illusion that I have a Soul, I can see the need even myself to want to calculate the chronological ages of Masters of Life. But once one begins to realize that Man is Soul, chronological age don't really exist, it's physiological age that exists. You maybe all physiologically old, yet chronologically young and there are great Masters who are chronologically old and physiologically young. That is the truth. How to maintain physiology or physiological youth and carry on chronological age is the science of non-corruptibility or self-regeneration.

– Adano Ley (1965 Volume 1, I am Soul, 1:12)

AUGUST 10, 2014

The Soul Exhibits Omnipresence

The Soul, partaking of the qualities of the Divine, exhibits omnipresence that it seems to reach out and be present everywhere in consciousness. It seems to radiate into unlimited existence. Here begins the devotional workload of communion with the Universal Spirit, God, ever conscious of the present Now. The vast ocean of peace and tranquility is all around you now, in the form of Consciousness and the personal vigil of watching is the linkup with that vastness of consciousness from within ourselves.

– Adano Ley (1965 Volume 1, I am Soul, 0:50)

AUGUST 9, 2014

Keeping a Cool Head

The important thing about the peace that comes is that you're able to work in the environment on the problems that the environment present without causing the nervous system to heat up. Now, I said "heat up." When you are angry or you are in a state of emotional stress, this body heats up and when you are recollective, pensive, in a state of deep meditation or concentration, the body cools down. It's very important to realize, there's an old saying "keep a cool head, my son, you will make the grade." Don't be a hot head. Even in these little statements, we start to see an emotional principle demonstrated to us.

– Adano Ley (1965 Volume 1, I am Soul, 0:30)

JULY 25, 2014

Discipline is Freedom

(continued from July 6th post)

Now, in this discipline, when you really understand how it functions, you will see it's freedom. It's not an imposition or a restriction to your real nature. In fact, it's the first time you can regulate the flow of consciousness through this mechanism called the body. The first time you can really merge in that delightful, fundamental peace and know it exists because from it everything seems to flow like light. It's vibrating. It's the consciousness that works for you now to work in this material world totally creative for the first time, unhampered with animosities, unhampered with prejudices, unhampered with any type of psychological hangups. It is that what you are striving for in your discipline. The inner contact of this inner flow where this vital power flows from within you.

– Adano Ley (1965 Volume 1, I am Soul, 0:20)

JULY 13, 2014

Oneness With the Spirit

And the oneness with the spirit you have to hear it because it's the audible life stream within the body. The mind wanders all the time. The mind thinks in its own level that it knows and it can assume and recognize what God is and the mind tries to describe to itself what it feels God can be from its own outward education and from its outward acceptance of life, but that's dualistic. That is the phenomenal part of the mind. That is the conscious part that is functioning, that's your consciousness. It's only your conscience, which is the realistic part of you, the real part of you, the survival part of you, the part that continues from life form to life form, gathering experiences. That part stays in the background observing the masquerade of the consciousness, observing how the consciousness is going through all types of evasion and questions and answers. Eventually that conscience comes to the decision, there really is nothing out there or inside. It's a peculiar game, how this conscience comes to this decision because we don't see anything, we don't hear anything, and nothing dramatic has happened. So right away, the conscience suddenly gives the impression to the consciousness, "See, you're wasting your time, there's really nothing here but me, conscience." How many of us have not arrived at that state or have arrived at that state? Most of us have arrived at that state, but

that's where the journey really begins because when you break through that level by trusting the conscience to be receptive and let loose, turn loose this inner peace, then we begin to get the inner experience of the life principal flowing within us and the first experience we do have is the disassociation of the body and the sense of oneness with the spirit. When this comes, we can't live with the experience because we usually see ourselves inside of ourselves and outside of ourselves and that's a shock to the brain that God has become you. This life principal has become you. Therefore it recedes from that level and comes down back to the consciousness level and tries to pickup activity as a means of survival, as a means of importance. It tends to relate to the outside world because the inside world doesn't go any further than the oneness of the spirit. The outside world seems to be more attractive. The craving and the desire nature to expend energy has been important. Its importance is only temporary in terms of our breathing, in terms of our commitments and our responsibilities, but that's where we get our so called "ego drive" because we feel that we got to be doing something outside in order to make waves in the ocean of life and then we will become important individuals and we stand out like a sore thumb in society, either we are accepted or rejected by it. We live with the illusion that action on the outside is realization. Action on the outside is not realization. Action on the outside is merely fulfilling desires for lack of comprehension which your conscience and your consciousness.

— Adano Ley (October 26, 1973 Rockland Mass, 0:00)

JULY 12, 2014

The Journey of Now

The most important thing in this journey of now, since it is not going anyplace, it's called the Journey of Now. NOW. And it sounds like a journey which implies going someplace, but you're not going anyplace. It's a journey of coping, more than going. It's a big difference between looking at it as a journey of going someplace, from one place to another place. It's occurring in Now. A journey of coping in the Now and since Now and coping are all contained by the Creative Me, that's why Moses had to confront it, "there is no god before Me," and don't have no graven image. Don't look for any object outside of

yourself that's going to represent me. Me is already locked up here.

— Adano Ley (March 28, 1986 Tape 3 Living to Live 0:40)

JULY 6, 2014

Discipline 3

(continuation from last post)

We should not try to suppress our emotional nature to discipline our lives and call it discipline. We should try to understand our emotional nature. The only way we can understand our emotional nature is to take those very codes that have been handed down to us in various religions and see their influence on our behavior and those very codes that have become legislation in our convention that holds us in a psychological pen for us to move in our assembly line existence. It is this we have to review and evaluate to see it before we can say we are willing to accept the disciplines of Spirit. A disciple's greatest desire is the God Realization and the knowledge that he is Soul and greater than that is the universal desire of God to see the creation unfolding as Soul. You see, this is what makes for the presence of Living Masters on earth plane. They are the unfolding.

— Adano Ley (1965 Volume 1, I am Soul, 0:17)

JULY 3, 2014

Living People

All around us, we think we are seeing living people, but really, 99% of the time, people around you who appear to be living are thinking of dying. They are thinking of what they are going to do when they are 60 years of age and phase off out of life. So they are already dead electrically and magnetically, but if they are living to live, they have this tremendous power available to them to be in the world yet not of the whirl, to be seen and not to be seen.

— Adano Ley (March 28, 1986 Tape 3 Living to Live 0:13)

JULY 1, 2014

Illusion and Truth

I'll give you an example of an illusion and the actual truth. There was a priest who lived in a town and a big rain came and it started to flood the area. So the priest began to pray to God to stop the rain. Got out there, praying, and the water came up to his knee and all the parishioners in the town saw him there praying and they came along with the boat and said, "Father, please save yourself. Come on, get in this boat and let's go to the highland for refuge." And he says, "No, I am praying to God to stop the rain. You go save anyone you find that needs help, take them to safety." He kept on praying and the water got up to his chest. By that time a second boat came along and the people said, "Oh Father, please save yourself." He said, "No, I am praying to God to stop the rain. You go and find people that you can save and take them to the higher ground." They went off. By that time the water got as high as his nose now. Along came a helicopter with a ladder and said, "Hey Father, please save yourself, grab the ladder, the place is all flooded." And he shouted, "No, no, I am praying to God to stop the rain. You go ahead and try and save anyone that you can take them to higher ground. I am praying to God to stop the rain." Finally, the water is over his head and he is standing before God and he says, "How come I'm here? I thought you would stop the rain?" And God said, "Well, I sent you two boats and a helicopter, what more do you want?" You see what belief can do in that fixated state versus when the practical is all around you for you to function. And that's the problem is happening to many of us today, that we get so over fixated in the belief and when the practical thing is there, we miss the truth. Not that a miracle cannot happen to pray for the rain to stop, with God anything is possible, but I don't think God is constantly manufacturing miracles because somebody get down on his knees and prays for it. When all the other varieties of ways for man's survival and continuance is available to him. He's just got to open his consciousness and recognize the many other opportunities that are there for his survival. This is what we are calling "Living to Live" instead of living to die. Living to die is a fixated state. Living to live is not. All the great men who have come down throughout the centuries all came to teach us to live to live.

— Adano Ley (March 28, 1986 Tape 3 Living to Live 0:51)

JUNE 30, 2014

Discipline 2

(continuation from last post)

If I did not realize that these were not actual suppressions on this emotional nature of mine, the consciousness would have gone into a negative tone or a negative attitude of existence and destroyed itself. But I realize that the discipline is an art of reducing the outward flow of the desire pattern through the senses through the mechanics of my body to cope with the environment in which I live in. If it were not this principle of reducing and turning on and raising it and lowering it at certain times when it was necessary, the road of discipline would be impractical, near impossible for the individual to follow. But we don't get the disciplines that ruin the mechanism. No discipline is imposed by scriptural truth that would ruin this mechanism because this mechanism when created was created for a particular purpose. As I said before it's stated in the scriptures that Man became a Living Soul. Man did not become a living body. Yet he seems to be imprisoned in a form called body. That is so far he seems to be imprisoned in. It's the realization that this form contains the qualities of Soul that spurs with the cycle to make that effort.

– Adano Ley (1965 Volume 1, I am Soul, 0:14)

JUNE 14, 2014

Discipline 1

So normally, if we attempt to impose a restriction on this emotional nature to prevent it from becoming too involved since we want to follow discipline, we end up being more frustrated, more aggravated. In fact, you wish you never started to discipline yourself. Everything that you intend to do starts crumbling. Anytime you become exposed to some real truth and what you thought was truth and you automatically discover you had wished you had never got involved because at one moment you seem to be traveling in a beautiful plane of thought, everything is working fine, you can adjust this emotional nature. Then all of a sudden you find downhill you go. Another moment you find in that downhill moment

there is frustration. There is lag, boredom, there seems to be no outlet. Everything seems to be closing in on the person. But the disciple, and as I said I have to refer to myself as a disciple, I am not the master, because mastery is something I have to achieve. As a disciple, disciplining this entire mechanism and directing it to its true creative source, God, I too would admit I would rather jump over a cliff than attempt the disciplines because they are too harsh at times. When it became obvious what one would have to surrender and yet because it was not a form of suppression, I realized the value of the discipline on my emotional nature.

— Adano Ley (1965 Volume 1, I am Soul, 0:12)

JUNE 7, 2014

The Universe is for Love

The universe is for Love, but not to be in love with it because the moment you say you are in love with it, you program out of love and you are going to fall out. You have incidents to go in and out of it, but if you say Love and you feel it, this is what they say the compassionate nature starts to emerge out of your memory banks. Creative life is creative Love, already locked up in you and all the Loved Ones that have gone ahead. They have so loved the world that they enter into it. When you read the statement “God so loved the world that He gave his only begotten Son” meaning that Consciousness, out of creativeness loves Its manifestation that It will constantly merge Itself into Its manifestation for the benefit of Its manifestation. So you begin to realize what a fantastic process of God’s Love is embodied already coming in. You can’t evade it no more. It’s not a mind thing no more, it’s not a brain, it’s heart. The heart begins to pulsate for the first time.

— Adano Ley (July 28, 1983 – 2, Flagstaff Memory, 2:00)

JUNE 7, 2014

Full Spectrum Awareness – What Is It?

The realized person has the total spectrum working for the first time in him. He has the

total memory. So he not only sees, but he hears and feels and smells and can taste. That's why you have to first put yourself in order. It's like a doctor. He can't be a doctor if he don't take his training course.

— Adano Ley (July 28, 1983 – 2, Flagstaff Memory, 1:43)

MAY 14, 2014

Full Spectrum Awareness

Again, at certain age levels, the full spectrum opens up. Full spectrum awareness occurs between 30-35, in the first phase of a person's evolution. Now if he doesn't accomplish it between 30-35, the second phase of full spectrum consciousness is 45-65. Now if he doesn't accomplish it between that second phase, then he's got one more opportunity 80-100 on. That's why some records show individuals to have a late illumination in that awareness and others to have an early illumination and the majority falls in the middle. Now, it depends on how old you are now and trying to shift over. It's like trying to say to yourself, "I just got pregnant today and I want the baby tomorrow." You personally have to go through certain psycho physiological changing and cleansing routines on your own mechanism to evaluate and let it occur. So it's not something we can push. It is something you have to let mature within, but you will get it. It is there for you. You may not know at which one of the three levels you are in for it to mature out. So don't let that bother you. All you have to do is go on in and it will come out.

— Adano Ley (July 28, 1983 – 2, FlagstaffMemory, 1:45)

MAY 11, 2014

Psychic Illness

One of the psychic illnesses that we suffer from is a sense of over perfectionism. That is a form of psychic illness. Whenever you find the individual is hell bent or heaven bent for perfection, you are looking at a sick person. Question from the audience: Is that self righteousness? That is a form of mental illness, not psychic illness. Self righteousness is a

mental illness. Psychic illness is that he is doing every single thing, to the extent of damaging the body, to be perfect. Satan is not a separate entity. It is the aspect of God that is flowing out of the realm of non-manifestation. God, if you take the word God, in Its true aspect represents total goodness. What is total goodness? There is no physical object actually speaking that is totally good. We couldn't relate to it from a mental level to compare it, we can only sense goodness. That would be a feeling from the Soul's level. So we say God is good. God is the all good and Jesus says, "call no man good save the Father." So, the term God infers goodness, which is a quality, which is perfection. It's not decomposing, it's not rotting, or anything wrong with it. It is good. Now, the opposite of goodness is a manifestation which is going to be subject to breakdown. So it has to be in opposition. It has to have the qualities of breaking down, have the qualities of deterioration. So the word Satan is Hebrew for opposition, adversary. It is not a person. We tend to personalize it. Most Oriental thinkers do that. They tend to personalize impersonal concepts simple because the mind wants something to relate.

— Adano Ley (1974 – 3 Easter 10:15)

MAY 5, 2014

Scientific Verification

In my search, I have placed the mechanism under certain disciplines handed down by the Master Paramahansa Yogananda. Because he communicated those disciplines to my frame of reference as the most scientifically verifiable way that I have been able to test them scientifically. Not that there is no other frame of reference for them in your own consciousness. In my work, I have to be scientific. I cannot tell a scientist that I believe in a god and tell him that you have to rely on the faith to do this and move that chair over there. I have to give him a demonstrable relationship.

— Adano Ley (1965 Volume 1, I am Soul, 0:08)

MAY 4, 2014

A Disciple

I am only a disciple and a disciple is one who has decided a long time back that he came to the wonderful realization that he is pretty stupid. He doesn't know his way out, how to behave among his fellow man. That was me and is me. I am seeking, as a disciple does, to discipline the whole structure of my nature to the one reality and that one reality is I am Soul. I don't have Soul. This may come as a strange statement to many people, but to those who have diligently searched the truth in all scriptures and scientific investigation of life, will realize that Man is Soul and the testimony lies in those Masters, or human beings, who have achieved this in their own life and have demonstrated it and worked with man to realize it.

— Adano Ley (1965 Volume 1, I am Soul, 0:01)

MARCH 16, 2014

Dynamic Will

The Sages have placed a formula for us always to apply Dynamic Will when we need it and that is: desire or ID (idea) times the energy which is the natural body power, times the Breath divided by the Breath, that is the inhalation / exhalation cancels each other out, and we have Conscious Energy. Conscious Energy vibrates in an unobstructed universe. We live in an unobstructed universe because this is a time / space continuum. The chances are 1,000,000 to 1 that you will touch an atom if you put your hand through that object because it is all empty space. Yet that empty space is waves, waves of consciousness, and this object is different from that object by a rate of vibration and an ID (idea) is what you recognize it by. The impulse of the concentration is how you alter it. So we see it is possible now that what these Sages are talking lie within the realm of application. We have a choice to manifest to convince ourselves (ourselves), but this is not the reason why we can do that. The reason and purpose for true manifestation is to correct our behavior. You see? The Sages all are examples of transcendental behavior. That is Cosmic engineering, Cosmic Life engineering. They know the art of behavior, we don't know it. So we have ups and downs, obstacles. Every time we can picture the ID (idea) or the problem that is

interfering and direct the energy anywhere, we have now psycho-somatic reconstruction instead of psycho-somatic destruction or disease.

— Adano Ley (1965 Meditation / Kriyas, 1:26)

MARCH 16, 2014

Speeding Up With Kriyas

Kriya is showing you this. If you can realize that all this is here in this body and if you can make this revolution in the spinal column and an alteration of the temperature ratio, you have done exactly what nature would do if you eat, sleep, went to bed, got up, worked in 365 days. You would have the same adjustment. That is a slow movement. This is a faster movement. It is a measurement movement. One is speeded up. Now, the first thing you will notice if you take eight years to do a certain amount of studies of science. You will find the ups and downs: the resistances, the adjustment periods, the mutation periods, the molding of pattern periods, the saturation period, the lag, the frustration periods, and eventually the new recurrence / the new impetus start all over for eight years. In any problem you go through this same repetition over and over. You don't seem to get out of it. It becomes like a rat race, you are stuck. Now your attitude has to come back to yourself to get this thing to go into yourself. Now, if you can recognize this, you can speed these various movements up.

— Adano Ley (1965 Meditation / Kriyas, 0:34)

FEBRUARY 2, 2014

Starting All Over

No one likes to know that he has been following something for centuries and all of a sudden to wake up one day and find out he's a fool. It hurts him, but it is the best way to start. To be hurt one time and to pick up from the broken pieces and start all over to put them together.

— Adano Ley (1965 Meditation / Kriyas, 0:30)

JANUARY 29, 2014

Valid Knowledge Cultivates Devotion

Valid knowledge cultivates devotion, which cultivates faith, but to believe without valid knowledge cultivates superstition. So we have centuries of superstition brought on to us. Now that is no fault of no one. The fact that valid knowledge could not be given to people before their time.

DECEMBER 29, 2013

The Soul Partaking the Qualities of the Divine

The Soul partaking of the qualities of the Divine exhibits omnipresence. That it seems to reach out and be present everywhere in Consciousness. It seems to radiate into unlimited existence. Here begins the devotional workload of communion with the universal spirit, God. Ever conscious of the present Now. The vast ocean of peace and tranquility is all around you now in the form of consciousness. And the personal discipline of watching, the personal vigil is the linkup with that vastness of consciousness from within ourselves.

— Adano Ley (1965 Meditation / Kriyas, 0:07)

DECEMBER 27, 2013

The Mind Has a Tendency to Drift

Now the mind has a tendency to drift only because it was involved with the external realm and this is a form of discipline by trying to observe what the mind is latching onto, what particular ID (idea) or word or association or thought or experience the mind is latching

onto and through this conscious observation or conscious discipline, the mind sometimes recognize an idea or a thought creeping up from the past, some past experience. Now if it is associating with that experience, eventually the emotional nature will become frustrated. If the mind is latching onto something concerning the future, sooner or later the emotional nature will end up in anxiety. Now if the mind is involved in the present, now, what it is actually doing in relation to the body, then the sense of breathing, the function of breathing begins to slow down. In the scriptures it is said, “God breathed the breath of life into Man and Man became a living Soul.” At this very moment in the present Now as the consciousness identifies itself with the present and the slowing down rate of inhalation and exhalation, Man is given an opportunity to experience his Soul awareness.

— Adano Ley (1965 Meditation / Kriyas, 0:04)

OCTOBER 7, 2013

Close the Eyes, but Don't Fall Asleep

In the meditation, you are asked to just close the eyes, but don't fall asleep. Try to keep the spine straight and don't strain, be as comfortable as possible because this entails conscious effort and the conscious effort is discipline. Now the vital energy flows through the vital nerves and through the five senses into the physical organs and you are involved with the outside world through the senses of seeing, smelling, hearing, tasting, and touch. Now, everything involved in that outward realm is retained in the brain as language and the association through language. In the meditative principle, or disciplines, we will shut down one of the avenues. That is the lids of the eyes, vision, and through this shutdown attitude, the discipline of sight begins. While we close the eyes and look within and not falling asleep, we have a sense or tendency to become more aware of our existence. Thus a stepping up of your inner consciousness and you begin to realize that the sense of hearing is taking over more. The sense of smell, the sense of taste and touch are also becoming acute to the extent that they are becoming extra perceptive. And as we gaze at the point between the eyebrows with our eyes closed, keeping the mind there, gradually we will see a light or a radiance, a luminescence.

— Adano Ley (1965 Meditation / Kriyas, 0:01)

OCTOBER 6, 2013

The State of Peace

Now, in the meditation, you find that you are in a state of peace. That is, you are not agitated, you are not getting restless. We have thoughts that come and go, but we are not worrying about the thoughts coming and going, they will settle down of their own nature. Don't try to interfere with them, because then you are taking your conscious will to move something that the mind has to do. All you have to realize is like a bronco rider, that's the Soul, who gets on the bronco bucking horse and hooks himself into it and let the horse run itself until it gets tired and stops, and that's your mind. That horse is going to buck and buck and buck until it gets tired and it says, "well, I've exhausted every verbal concept, I know what I am." And then it reaches the last thing it don't know anymore id-s (ideas) come in then the Soul will shine through like a light. Pow! Right in the dark skull of ours, we will see a flash of light and light we know is white, but white light is colors. When it breaks itself, it breaks into colors. So we will see colors.

— Adano Ley (6/3/1965 Dallas, 0:35)

OCTOBER 4, 2013

Dishonest Without Knowing It

We are dishonest without knowing it because we are ignoring, we are living in a state of ignoring, "Ignore-ance," to ignore what we are. You see, the sage once said, "God, Spirit, Mind, Love, and Tranquility." He said, "These are words, but these words have half meanings to some people." They don't have real meaning, they don't have real experience to some people. Yet to those who have experience in terms these words really represent, and can produce what it do represent in terms of the physical nature, then we have lived it. So Master Yogananda used to say, "I am not interested in people who talk of the Bible, I am interested in the man who can live one sentence of the Bible." If his whole life was representing one sentence in the Bible, that man is living the Bible, that man is experiencing the Bible. If he never knew anything else and didn't do anything else in terms

of spiritual culture, if he would only live one sentence and make this one sentence his guiding light of inner life, that man is a living Bible unto himself. He says the rest are going to flow automatically to him. The knowledge is going to flow because he will pull it. That man is natural with that consciousness and this is the basis of the inner peace.

— Adano Ley (6/3/1965 Dallas, 0:33)

OCTOBER 3, 2013

The Test of Pride With the Ego

He too (Peter) made the one mistake that Jesus was liable to make which is the last test of pride with the ego, you see. There is no devil and we say he went up to be tempted in the wilderness 40 days and 40 nights, fasting. He was hammering out the different aspects of ego and the various negative natures in it. The last one is, “If you bow down and worship me all these things are yours.” In other words, “I give you power over life and death if you only become a dictator over humanity.” The scripture say that man has the power to have dominion over the universe, but not to possess it. Only God possesses us and He is hungry, very hungry for us. That’s the funny thing. He created us and He’s hungry for us, so hungry for our love. Nothing else does He want from us because what else would He want from His creation. He cannot ask us for anything else, but conscious love from our own efforts. That’s why He created us and left us incomplete by the process of evolution, physiologically speaking, and psychologically endowed us with His cosmic nature to move independently here to here which is called cosmic man. As Jesus says, “man ought to be perfect,” but he is not. That doesn’t mean physiologically speaking. Psychologically speaking he is imperfect, he has to work out his psychological nature to attain cosmic consciousness, perfecting his consciousness. And there is the danger of our consciousness.

— Adano Ley (6/3/1965 Dallas, 0:01)

SEPTEMBER 21, 2013

Creative Will

The Cosmic Desire is that the Creation follow the Creative Will, not that the Creation desires to follow Creative Will. The Creation recognizes Creative Will. It should understand recognize Creative Will taking place in all its activities. Not that it should crave to go back to the Creative Will and submerge to it and surrender to it. When it does that, it is still lacking. It should come to the understanding right away that the Creative Will is in it and the Creative Will is responsible for it. It should begin to recognize that immediately without having to go on craving for it.

— Adano Ley (6/2/1965 Man is Soul, 0:18)

SEPTEMBER 21, 2013

Getting Past the Intellectual Stage

I am going to give the reason why the student cannot get past the intellectual stage into the spiritual experience because there is a basic law there. That law is sometimes called Satan, Devil, or the Divine Examiner. But it is called by the metaphysician or cosmic science, the Principle of Ramm. This particular part is called the Primary Principle, like the primary function in a coil because it involves a particular force in the mechanism. And the second part is SLR. This is called the Secondary. R stands for Resistance. The basic intrinsic resistance in all structure by the very art of creation exists as is. God cannot destroy His devils because He is devil manifest also. You see? He cannot come into manifestation if there is no basic resistance in the manifestation. So how can He destroy what we call devil? How can creation begin without intrinsic resistance? That's why the law of resistance exists or Ramm. It is the principal that any manifestation involves resistance. "Fiat Lux," to break the resistance of darkness, light was necessary. It is already there, basic, part of us, will be us. But this resistance you'll find does not last, it is a period only. That's why the scriptures say "all things comes to pass, but not to stay." That was left out in the writings. All these things will come to pass, but not to say. Because all things are moving in the cosmological time sequence with their intrinsic resistance. Now, resistance acts only for a period until you recognize it as resistance and if you don't

recognize it as resistance, psychological, physical, or spiritual then it will continue to possess and haunt you, obsess you. But it can't stay too long either because the very law of nature it is moving. It is not static, it is in the process of moving.

— Adano Ley (6/2/1965 Man is Soul, 0:00)

SEPTEMBER 17, 2013

A Man of Truth

The moment a man of truth, or anyone who is interested in the truth of his existence, the moment he gets together in the Consciousness of I, the consciousness of his own self, and to listen to his own name, that's the vibration, in My Name, that is Cosmic Vibration, that's the vibration or frequency of the I-ness in you. The three levels of existence will come into focus, that is the mineral existence, animal existence, and human existence. When these are synchronized, that why we call this a Satsang, a meeting of Souls. When they are gathered in my Name, in this Cosmic Frequency, because where are we going to gather in the first place. Not in a motel, we are gathering in the whole Cosmic Arena. We are right here in the universe of life. "There am I in the midst." Because he is not over there, out there, He is in the midst. He is in the here-ness, the now-ness. He who? Life itself. The Cosmic Life itself is present all the time as the Sound Frequency passing through us in the form of flower, man, beast. And it is the living relationship that is Spirituality. Because the thing must be living, the thing must be a living experience to see it going in simplicity, not in complication. Because living experience is a simple thing. Truth is simple, but difficult to comprehend.

— Adano Ley (1965 Recorded from Visit 2, 1:23)

SEPTEMBER 16, 2013

Divine Will is in Everything

You see this is how it works actually. The Divine Will is in everything. You see years ago I used to force myself into what I want to do, when I want to do it, you know, and nothing

stops me. I realized too many knock downs, you got to wake up one day change your whole attitude around. From that time on then I realized that God has a plan already setup like a big jigsaw puzzle and our lives, each one of us, fits into this plan. You see abundance, possessions, there was a time in each one of our lives when we had a surplus it, where we abused it, or where we hoarded it up, and never shared it. You understand? Or we didn't know how to acquire it. So we are thrown back constantly into the world stream strictly to realize this, but we are realizing this from the ego standpoint wanting to do it ourselves, wanting to solve the problem ourselves. Now, when the principle has been setup that the Divine is taking care of that, that's why Jesus says "Do not pray like the Gentiles do who want something, because the Father in heaven knows what you need already. The lily don't plant or anything... these things go on. Rather seek the Kingdom of God which is in you." Rather, go inside and all these things will be added to you. So, that is learning to fit yourself into Divine Will. Now, Master Yogananda clarified it by saying, "What you are trying to do daily is to be at the right place, at the right time, for the right experience and everything will take care of itself." He says in the first part of it, it is difficult to adjust because you are bringing with it unfinished karma, but the moment it starts to make the adjustment, then the karma begins winding itself up. Then your whole life changes. Then you begin to see now what Jesus meant, "You have life abundant, flowing." You see this is life flowing through your mechanism.

— Adano Ley (November 11, 1968 Inner Universe, Volume 3 00:40)

SEPTEMBER 15, 2013

Being Attuned to a Master

When you are attuned to a Master, there is a particular feeling that comes over you and you can sense it very clearly and distinctly. You know that a Master is linked into you and He is giving you this vibration, this experience, this love. If you are in doubt of any spiritual experience in meditation, then repeat the holy names of So Hung or Radha Soami and if it is not a genuine experience, it will go away. If it is a mental experience, just a psychological experience, it will go away because it is not the real thing. But if it is a genuine experience, it will stay. Suppose you are seeing somebody on the inner plane in

your meditation, you see me or someone, and you are in doubt, then repeat the holy name. If I remain, then it is a genuine thing. If I don't remain, then it is a mental hallucination. You have proof of which you are experiencing.

— Adano Ley (November 11, 1968 Inner Universe, Volume 3 00:20)

SEPTEMBER 14, 2013

All Truths are Simple Formulas

All truths are simple formulas. They sound simple when you read about them, attempt them. You know, “be thou still and know that I am God.” This is not so easy to do either. None of these things are easy to do. They sound so simple, but it is not easy to do. Because it is a struggle between the emotional pull of your five senses and the devotional pull of the intuition. The intuition, which is the Soul nature in you too, wants you to go in an unerring way and to experience divine law and the divine will of being in the right place, at the right time, for the right experience. But your emotional nature doesn't want you to go that way. Your emotional nature wants you to establish the action by your ego and by your will, “I must do this. I got to do this. I want to do this.” and before you know it, you end up making a muddle of the whole thing. I only have one thought most of the time, “Divine Mother willing.”

— Adano Ley (August 1968, Intuition 3, 1:35)

SEPTEMBER 13, 2013

His Word Makes the Light Possible

That's why the Saints always say we see the light of God, but it is His word that made the light possible. It is his whole word, this sound principle, this logos, this Om, this cosmic principle, this audible life stream makes it possible. Now, John says “in the beginning was this word,” is this cosmic principle, this cosmic sound. Scientists are admitting now that cosmic vibration exists and is the result of the atoms in motion. Now, this is ultrasonic and yet it is audible. It can be heard by meditation. Inwardly, outwardly, after you meditate you

can hear the cosmic bell ringing all around the room. And those who can't heard it are not tuned into it, but those who can hear it hear it all the time. When you get into advanced meditation, this is what you have been taught to listen to, the bonnie, the Cosmic Sound, to hear it vibrating in the room. Now, the bell is important because the bell is synchronized with the heart chakra. Now, it pulls you up into the third eye or the Christ eye. "When thine eyes are single, the body is full of light." Jesus said that, this is what he means within here is a light vibrating in the mid-brain and this sound pulls you up, back all the time. You don't slip down. Now, the book of Revelation is deeply involved with this and it's all yoga. It is nothing new, it's the Science of the Soul. It has only been written in symbology, and now for the first time the scientific explanation of it as to what is going on electrically. We can understand it for the first time. It is an atomic principle. In the beginning is the sound, this cosmic, audible life stream, and they call it Word. What is Word? Isn't it sound waves? Now, "and the word was with God." What is God that is Word can stay with him? God is the total consciousness, or pure consciousness and it is a positive principle.

— Adano Ley (August 1968, Intuition 3, 1:05)

SEPTEMBER 11, 2013

ADANO REUNION 2013

ADANO REUNION 2013

BEGINNING: Friday, October 11 at 2:00 pm

ENDING: Sunday, October 13 at 3:00 pm

You can confirm you are attending on

Facebook: <http://www.facebook.com/events/403117943133155/>.

COST: \$25 a night for those staying at the Retreat Home

\$25 per person for the weekend for those staying elsewhere (helps with food purchases)

WHERE: Grace Ram's Retreat Home

14388 County Road 227
Arp, TX 75750
903-530-3453

CONTACT PERSON: Liz Monk
214-616-9970
hllmetrik@aol.com

Hello, Adano Family!

This year, we are gathering in East Texas among the majestic piney woods where it all started. It will be 24 yrs since Adano's Cosmic Vacation. My...how time flies! Please join us in the celebration and remembrance of His Great Life with good food, great meditation, and tons of stories from the old days (put on your memory caps and bring your stories.)

The location of Grace's Retreat Home is between Tyler and Henderson. The house's accommodations sleep 12 to 15 people in beds and up to 30 people on blow-up mattresses, sleeping bags, cots, etc. You can actually pitch a tent, if you choose. Those who require beds due to physical needs, please let me know. A couple of you have offered extra air mattresses and sleeping bags. Awesome!

Below, you will notice Hotels, Flights, and Transportation aids. If you are flying, we can coordinate with others and arrange pick up at Tyler Pounds Regional Airport.

As far as a schedule during the retreat, we are planning so far:

Friday: Afternoon snack
Evening dinner

Saturday: Breakfast
Lunch in Tyler at Grace's Health Food Store
(While in Tyler, we could tour memory lane)

Evening dinner at the retreat house

Sunday: Breakfast

Lunch would be leftovers

Due to the passage of time since we have all been together, e-mails and addresses have changed; therefore, please pass this on to those initiates that I have missed (I know I have missed many) or send me names and I will get this out to them. Also, in order to plan meals, lodging, etc., please contact me as soon as possible.

Come and let's be together again. Remember, "It's Love...It's Love...It's Love that makes the world go round." And Guys, we got more than we bargained for from Adano, and most of all...We got the Love!

Lizzie Monk Metrik

7309 Hiddencreek Drive

Dallas, TX 75252

214-616-9970

hllmetrik@aol.com

LODGING

Grace says Hwy 64 is closest to the Retreat, so these lodgings are in their respective order as to location to Hwy 64:

Staybridge Suites 903-566-1100

Magnuson 903-593-3600

Residence Inn 903-595-5188

Holiday Inn Express 903-566-0600

FLIGHTS

For those flying to Tyler Pounds Regional Airport, here are some extra details:

From Dallas/Ft. Worth (DFW): American Airlines/American Eagle provides non-stop jet service, 1-800-433-7300, www.aa.com

From Bush Intercontinental Houston (IAH): United Airlines provides non-stop jet service, 1-800-523-3273, www.united.com

GROUND TRANSPORTATION

Rental Cars located at Tyler Pounds Regional Airport

Avis/Budget, 903-592-2613

Hertz, 903-533-8700

National Enterprise, 903-597-1375

DRIVING DIRECTIONS are provided below by Mapquest:

FROM DALLAS:

I-20E

Exit 571B and continue straight onto I-20 Frontage Road (E)

Right onto FM 757S – 5.0 miles

Continue onto County Rd 21/Red Bird Rd – 3.3 miles

Left onto FM 850E – 5.9 miles

Right onto County Rd 227 – 1.1 miles

Destination on Right...14388 County Rd. 227

FROM HOUSTON:

US 59 North to Nacogdoches

US 259N/North St. to continue on US 259N – 33.7 miles

In Henderson, Right onto US 259N/US 79N – 1.7 miles

Left onto TX 64W – 16.3 miles

Merge onto TX 135N via Ramp to Overton – 2.4 miles

Left onto County Rd – 251 .1 miles

First Right onto County Rd 227 – 0.8 miles

Destination on Left...14388 County Rd. 227

FROM POUNDS REGIONAL AIRPORT:

NE on Skyway Blvd

Right onto TX 64 – 5.4 miles

Slight Right onto S. Glenwood Blvd – 0.4 miles

Left on TX 31 E/W Front St

Continue TX 31 E – 5.8 miles

Right onto FM 850E – 13.5 miles

Right onto County Rd 227 – 1.1 miles

Destination on the Right...14388 County Rd. 227

SEPTEMBER 2, 2013

Garden of Eden

This is the garden of Eden and the Tree of Life is in us. The roots are in the head and the nerves come down this way, in the trunk. Now, when God slowed down, or pure consciousness slowed down into energy, and energy into matter, it has to stop someplace in the matter. Now if it stopped in man or manas, organized tissue, that is capable of expressing consciousness, then where in this tissue did it stop? What gives this tissue superiority over other expressions of tissue? The spine, either vertebrate or invertebrate, organized life. The most important organized life is the vertebrates. The invertebrates ones mean those without spine, vertebrae, that don't have any sense of organization. Those with the spine have the sense of organization. Those are the ones that push forward and all the evolutionary movement continue. Now, Masters have said that in this mechanism with this spinal axis, which is an altar, God also gave one more important thing, a thousand petal lotus in the mid-brain. This is where the seat of the life energy is supposed to rest now. It slows down from there, gradually become the body form, then stopping at the point in the body form. It has to stop at a point in the body form. If this is the root of the tree where we would draw the sap from when it takes energy, the tree has to stop at some point from the roots. Now, if you look at a tree or a seed shooting its way out, all the roots are where the seed is supposed to be, then the tree comes up. There comes a point where the tree stops growing and it is just spreading. At the head of the tree, where it

stops, this is where the dormant energy is. Now in mind, where this had to stop, it stops at the base of the spine.

— Adano Ley (August 1968, Intuition 3, 0:40)

AUGUST 31, 2013

Come Let Us Make Man

This planet Earth is only four and a half billion years old. It's a fantastic thing when you think of it that we are naive enough to think we are the only human beings in the whole universe. You understand? When every scripture has said, "Come let us make man in our own image, male and female created them." That means organized life came into existence in a male and female process, but in no language can you find a word man, except in Sanskrit that would indicate organization. Manas is mind in Sanskrit. There is no other language that you are going to find this word that is going to indicate us as man. So if manas is mind, what really were they saying? "Come let us setup organized mind in tissue form, male and female." The whole universe had to have it. So organized tissue form, which is mind in an organized way, we are looking at an organized tissue form in mind. So Sanskrit already tells us here is what the thing is, male and female. You see? So if the Masters all say that this universe here is highly populated, not only in the physical realm, in the astral realm and the causal realm, boy, I'll tell you, Adam and Eve had a long battle to go if they were the only two people. You see how we are not understanding? Adam and Eve is Ida and Pingala in ourselves, you see?

— Adano Ley (August 1968, Intuition 3, 0:37)

AUGUST 18, 2013

Assessing Work

Let's assess work. What is work? If you do assess it, and then you can see why possible it is not so much work as we think it really is. Work is desire plus energy. You must have some motive plus a certain amount of exertion and call it work with the resistance against

it. Because you have to exert yourself against a certain resistance to accomplish it. Now, once you realize that this is what you are being involved with, then it is not such a thing to run from because then you see now that the daily resistances in the outward life is the key to the accomplishment of strengthening the inner life. The inner life don't get strong without the outward expressions. The inward life only gets sharper or more distinct in observation, outlines, and feelings, but you still got to apply in a physical sense, your nature. You can feel joy inside and it becomes sharper and distinct and more pronounced, but you take a two year old kid in this room with a lollipop and you have on your nice dress and you'll see how much joy you really got when he drops it on you.

— Adano Ley (August 1968, Intuition 3, 0:17)

AUGUST 17, 2013

Hearing the Sound

The Masters don't want to scare you away at the start, you know. Otherwise you wouldn't want to do this thing. The pearl of great price is worth its weight in gold. Well, the pearl of great joy, of great conscious joy, is worth its weight in silence. Put it that way. Hail to the jewel in the lotus, isn't the jewel in the lotus. Om Mani Pad Mani Om. That's what it means, hail to the jewel in the lotus. Hail to the Light within the Third Eye. Hail that he that can see the Light and hear the Sound. This is what it is. All these are things... this is what you are trying to do. Greater than the Light, is the Sound because the Sound is responsible for the Light. Adano sings "I am Om, I am Om, Om, Om." He didn't say "I am Light." You know Paramahansa Yogananda and all the great Saints, they didn't say "I am Light." He says, "I am Om." I am the Cosmic Vibration, the Word. I am the Word. So "I am that I am" you begin to realize what Moses was experiencing. He experienced the Oneness of the Word as pure Consciousness, which is Himself and this is the Sound. He got to hear this Sound, a high pitched electronic frequency and it breaks into a melody and it is there all the time and it pulls you. It pulls you up, it doesn't pull you down...

— Adano Ley (August 1968, Intuition 3, 0:07)

AUGUST 6, 2013

Wonderful Pictures of Adano from the 1970s

An attorney from Dallas met Adano in 1969. He recently sent some photographs of Adano made in 1972 in Tyler, Texas. What a treasure!



JULY 28, 2013

Living Masters

In the case of the living Masters and I don't say that the un-living ones are not important.

Each one is in its own category and they are all important. What you are trying to establish in the part of meditation is a living contact helps us to understand the non-living contact better because in the non-living contact we are liable to develop illusion. Do you understand? Now in the living contact, the living contact will vouch for anything that has occurred within you. To him he can say, “I was there at that date, ta ta da da.” and he can even tell you things about yourself that would happen at that particular time if was there or not. Do you understand? He is able to tell you that. So you know the living Master has this capacity. He is total awareness. Now, you are tuning in to these Masters in the living form for instruction. Now, their instruction is to show you the secret of creation, how the law of life works in you and they tell you that you listen in the right ear for this current.

— Adano Ley (August 1968, Intuition 3, 0:01)

JULY 14, 2013

Ways to Pray

We have three ways to pray in which we can confuse ourselves. One, we pray that the person get well, but we are confused to the extent that they need to be well. We are confused to the extent that we think all prayers are so important that the Divine Intelligence has to intercede to make them well. You see the pride in the ego that crept in there? Because we assume right away that all prayers are so important to create an issue or intercede in that person’s life. This is the thing now. That’s one approach that we have that is a weakness too. How do we step aside from that weakness? We meditate again in ourselves

— Adano Ley (August 1968, Intuition 2, 0:26)

JULY 13, 2013

Success

Somebody asks Adano: “Well when you say succeed, what are you trying to succeed at? What are you trying to be worthy of?” Adano answers: God seeks within himself to achieve

the full realization or express himself as full realization in human form. That's why He slowed down and created human form; in order to worship himself. So He Himself, this Creative Intelligence, seeks to establish worthiness of His own Self in form. Otherwise, what do we need a form, what does God need a form to worship with Himself? The form will never admit to itself that it is worthy of the divine intervention. Its ego will say, "I am more important" but that's not worthiness, "I am more superior" but that's not worthiness. The ego can be very puffed up but the ego talking is self pride. That's not worthiness. You understand? Worthiness is a humility, not a sense of defeatism. There is no sense of being defeated when you think you are worthy of something or you are entitled to something. It is a sense of strength that permits you to apply yourself without any sense of doubt or backsliding.

— Adano Ley (August 1968, Intuition 2, 0:16)

JULY 8, 2013

God's Will

After we get into the meditative life, we are trying to feel ourself through the actions around us, through the things that are synchronizing our life. He says well, "this is God's will or my will, which is which?" God's will is so well organized that when the experience comes along and you get involved, the information that is being brought out, you see why it is God's will that you had to be there at that particular time for that particular experience. Otherwise, it is not there and the scripture says your needs are fulfilled, not the wants, and this is a lesson we have got to learn to live with. This is a natural process. As we learn to live with the need then, that doesn't say we don't develop our abilities, that doesn't say we mustn't develop our artistic nature or talents, because this is evolution. We have to gather this consciousness and work with it, but meditation is to help you to go to these things with a better sense of attitude, a different frame of mind, not a sort of defeatist attitude. Always think, if you are fortunate to be the one little sperm that became a human being, you are going to be fortunate enough to make the grade with what you attempt to do because this is already implanted in the sperm, in the very genes for success. Now, if you defeat that, you are destroying the very life principle in yourself. That's why the Master

says that the worst thing for a spiritual person is doubt.

— Adano Ley (August 1968, Intuition 2, 0:07)

JUNE 16, 2013

Meditation

I meditate but I never ask Divine Mother where I should go or what I should do because the first thing the scriptures of all religions point out, “do not pray like the Gentiles” like the gentle folk. Those who have no understanding, the uninformed. Do not pray like the uninformed who is praying for things. Now, learn to pray by seeking first the kingdom of God which is within you and all these things will be added unto you. That is try to sit down and gather in meditational practice and gathering this consciousness and let it calm you down.

— Adano Ley (August 1968, Intuition 2, 0:03)

JUNE 3, 2013

The Transfer of Love

Love can only be transferred in a profound way between two beings except by touch and the profoundness of a Master’s love for his disciple is most enjoyable when you go out and get a physical touch from him. There is no greater physical association after that because this is something you have lived through in a biological way with him. Now, that sensation, that electrical charge that has been transferred and it is tingling through your body. If it remains years after he has gone to other forms of existence and you can reach out and feel it, this is what will keep your faith going and what will keep your devotion going.

— Adano Ley (1965, Sat Guru Volume3, 2:05)

JUNE 3, 2013

When I Meditate

When I meditate, I build up the image of Master's form, I am holding back the Master too. Because I am relying on that form to bring home communication to my inner being. I realize I have to break that too and one night I was meditating and I saw the form and then the form disappeared. There was no form, just light, light, light, peace, peace, so I realized now the formless god is the reality of myself. I have to learn to accept, to live with this thing in true love for the first time. Now this is quite a pain. It is a painful thing to all of a sudden lose association with a form and slowly dissolve into light.

— Adano Ley (1965, Sat Guru Volume3, 1:24)

JUNE 3, 2013

The Human Person is Important

Now the human person is important. Now, we've all been initiated to a certain extent, but that doesn't say if a great master was to walk in, and there are many living today, if one was to come in the room, and was giving initiation. Is there anyone in here who would refuse to take it? This doesn't detract from the SRF disciples or the SRF masters or any other masters that exist. Any master that comes must realize who is selling the masters in the first place. You think they come of their own will? They didn't desire to come. They discovered they were soul and they discovered the responsibility that goes with being a soul, soul realized individual. They realized that they are shepherds gathering stray sheep for the owner of the ranch. They are working for the owner. In other words, soul realizes that the uninformed being cannot remain in that uninformed state because it will lead to disintegration of the universal principles and therefore they yoke themselves to this law. That's where the word yoga comes in.

— Adano Ley (1965, Sat Guru Volume3, 1:19)

MAY 23, 2013

Insecurity

So we say insecurity is the game we live by. God is insecure because he needs our love and this is true. This is the only thing he cannot get back from dumb flesh. He made it marvelous. The birds chirp to indicate they love god. The trees sway and give fruit to say they love god. But man will curse or man may swear and man may eventually chant that he loves god too.

— Adano Ley (1965, Sat Guru Volume3, 0:55)

MAY 23, 2013

Guru Gives Us Strength

The guru gives us strength, gives us the fortitude by being in the human form. Only for that reason, that we don't assume that we know what this god principle is on its own. We need that physical form as a reminder. Let me show you a deeper relationship in this guru relationship. Guru is soul. I said before god made man and man became a living soul when god breathed the breath of life into man. Man became a living soul, not a body. Not a body, remember you cannot look at the guru as body now, remember this is the big fallacy of the thing, why a physical guru or non physical. God breathed the breath of life into man and man became a living soul. Now, as long as man continues to believe he has a soul, he will not realize god. He will always think god is something separate from him. He will always think god has made him, god is punishing him, god is rewarding him, and before you know it, he will kill his god and bury it too. You know, god is dead, we might as well perform the ceremonial rites of it now or the funeral rites. So man has reached a point where he is already saying that to himself now because man is living under the uninformed condition that he has a soul. He is not informed that he is soul. He is living that he has a soul. You see, he is living under an impression that he has a soul. He doesn't think he is soul. Now, yet god does not leave his creation, that is his own nature, to flounder because then it will fall apart. If you have an object and it starts to break away gradually and you don't take care of it, before you know, it disintegrates. Now if this is humanly true, you mean to tell me creative intelligence that holds this universe is not going to do the same

thing?

— Adano Ley (1965, Sat Guru Volume3, 0:51)

MAY 21, 2013

Meditation Bridging the Gap

Realizing that meditation can bridge the gap, the sages have come to us, and that's where the need for the guru. The guru comes up to start us off, to bridge the gap, and that's why Jesus says "I have come that ye may have life more abundantly." He didn't say I have come that you may see god today. "I have come that ye may have life more abundantly." God is life. Now, who is the room can say he has more life abundantly? I don't mean material goods. Life more abundantly means that you are a citizen of two realms of existence. While being in this material realm, confined to the physical form, you can vacate the form and go into that unlimited realm. "I rebuke you in your rejoicing because I live and die daily in god." He was able to slip in and out of this mechanism. When I say slip in and slip out, I mean his awareness opened up and allowed him to see that other realm and traverse that other realm with a Master or a Great One and still come back into this realm and accept this realm.

— Adano Ley (1965, Sat Guru Volume3, 0:38)

MAY 21, 2013

Sensing Soul

Now what you feel when I go into that consciousness is the flow of life that is in all of us. And you sense soul, your own soul you sense all the time. You sense your god-ness, but you are unable to put a finger on it. It is very hard to pin it. You say "well what part of it flows through this room, where?" It is passing right through the wood, the stone, everything, it is passing into space all at the same time. That soul consciousness is going on. Now, you are linked up into it. In other words, every time you realize you are soul, that doesn't say you can remain totally realized there all the time in that consciousness, you

drift back. You see, you have a temporary realization you are soul at times and until you become illumined that you are permanently soul, then you remain a soul. You see, you know it for sure. Now, until that time it is temporary.

— Adano Ley (1965, Sat Guru Volume3, 0:36)

MAY 21, 2013

Doing the Work Ourselves

In meditation, let us bear in mind, that we have to do the work ourselves. We have to be acquainted with the instrument we are working with and that's the human body. You can't trade it in and there is no u-turn on the road of life. It is a straight one-way from birth to the next birth, whether you like it or not. There's no u-turn and it is a one-way run and you can't trade it in, but someday we'll trade in a new heart for a new heart and we can change a leg into a paddle and change the nose into a snorkel and have parts bank you know. You know all these things are coming along sometime, but in the meantime, the human body is marvelously built. You don't want to change it, no matter how it looks. Now, being acquainted with that is being informed as to what it is. Being informed is allowing you to operate it, but you also don't want to make this operation a complicated, drawn out intellectual tussle with yourself because it then loses all proportions. Once you are informed that this mechanism functions a certain way by the scientists of the material world or by the spiritual scientists of the other world. Once you have got this information established there, then forget about the information, do the work. Now to do the work is to take time out to practice.

— Adano Ley (1965, Sat Guru Volume3, 0:23)

MAY 21, 2013

The Art of Meditation

A good many of us in their own way have actually achieved the art of meditation, but can't recognize it. For instance, let's say you are sitting down and just thinking for awhile. You

have been playing in the yard or running around and then all of a sudden you are tired and you sit down and you are looking around the trees and thinking, “well, got to go to school tomorrow, got my homework to do, gee whiz, and they are going to the movies tonight.” And you’re thinking, but this is a physical restriction from age zero to age eighteen imposed upon us by society. So you are thinking and there are certain noises are going on, there are certain arguments and all of a sudden you take off into your own little corner, you sit down and shut your eyes, you want to shut it out. But then all of a sudden, there is a peculiar feeling coming over. You feel cold or you feel warm and then you feel joy. You are stumbling right into meditation. You are being forced right into the very source of yourself. Now, because you can’t recognize it. Oh well, get out of this room and starting doing something. Come on, prepare, wash the dishes... Now, let’s put it in the adult scale. “Gotta get up for work tomorrow morning. Gee whiz, the car ain’t running, it’s too cold outside. I should have fixed that washer.” And all these things come piling in. Yet, when a brief moment, a brief time you take to relax. Then again you seem to go back into it. Now, someone comes along and tells you, “you need to learn to meditate.”

— Adano Ley (1965, Sat Guru Volume3, 0:17)

MAY 19, 2013

Meditation

One of the strangest things about meditation is that once you break into this consciousness, you can go into it. It is in there alone that the whole library of the Universe and its laws of creation come out. When a man said that he found some new invention, he didn’t find it by reading in a book you know. He pondered upon it and by pondering upon it, the superconsciousness, or the intuitive nature came down with the id (idea) from that realm. And then he saw that id (idea) and then he tried to impress that id in the geometrical or mathematical form. And from that mathematical form or blueprint, he tries now, in a simple way and sometimes in a complicated way, to take fixed structural matter to put it together. And each year he has got to keep making a new model of it. But the id (idea) is still there.

— Adano Ley (1965, Sat Guru Volume3, 0:01)

MAY 14, 2013

How is God Working?

Because how is God working in subtle ways? He is working as the vital life force, the vital awareness of human beings, for human beings. Therefore God is in man already, but man cannot recognize it, he can only feel it. He can't see it, but when he feels it, it is that condition of feeling that impinges on the consciousness for him to act. It makes him act in a more refined, a more sane, sanitary way, actually a non-destructive way. This is what really works with him.

— Adano Ley (1965, Sat Guru Volume3, 00:00)

MAY 12, 2013

The Doom and Gloomers

Many Adano initiates have been talking and have been comparing how Adano told different people different things. Several people could even attend the same Satsang and get totally different messages. This was a common occurrence. It was probably due to personal karma and because Adano was able to reflect back to the person who they really are. That's one reason why Adano told everybody to check out what he said to their own satisfaction. One of the things he told everybody was the “doom and gloomers” will always be with us, but that the earth would exist for another four billion years. He also said, “Man will never be in a state of lack of education, he will never reach the state of total over population, and he will never reach the state where he will destroy himself.”

— Adano Ley (September 1972, Householder Satsang 23:00)

MAY 7, 2013

Some Form of Contact

We seen then that we must have some form of contact and that is where the eyes are important. The eyes act as a two way camera. It photographs images from the outer world and also images from the subconscious and superconsciousness realms, the electrical nature. Our waking mind or conscious mind, reacts to retinal impressions. Observing images, objects, persons, that are in line with the vision. How then may a person see Jesus? This is the question tonight. We who have lived and have read of Jesus who has lived thousands of years ago would like to perceive him, not as a mental image, but the body of Jesus and the bodies of all saints who have lived on this earth plane and were immortalized in Cosmic Consciousness, God. It is possible and the Great Ones can appear before us anytime.

— Adano Ley (Christmas, Cosmic Consciousness, No Date, 10:00)

MAY 2, 2013

The Experience of Oneness

We are so close to the experience of oneness if we can just program the mind to work with simple techniques. The oriental people have learned it so they use a candle, or they use a picture, or they use a photograph, something to center. And you say “I want to merge with the Master.” Isn’t that the common term you use? “I want to be one with the Master?” It is the same as saying I want to be one with the little flashlight. The image has nothing to do with the inner experience. The inner experience is a bridge between the physiological will and the psychological will in order to experience omnipresence which is a sense of oneness or at-one-ment. This is also a feeling of outside-ness of your body. Yet you are never really outside. Because outside of where? You have always been outside, but you were looking down and trying to hold onto this, calling this the reality, but when you break the illusion of the psychological level and see that “hey you’ve been free all these years and never knew you were free,” but dreams are the only way to help you to remember that you are free and most people get dreams that they are always traveling someplace, flying someplace. This is to remind you that you have always been outside. So don’t block them, the idea is to recapture them and start focusing them.

— Adano Ley (Unmarked, No Date, 2:20)

MAY 1, 2013

Paul's Realization

Paul came to the final realization that the miracles were not the essential purpose of life, understanding the truth is the real purpose of living, how to function in a guilt free state. So he said “I rebuke you in your rejoicing, for I live and die daily in the Lord.” Meaning he was able to phase in and phase out on the cosmic tape called oxygen that produces the phenomena called consciousness or identity which made the intimacy of self beingness, worthiness now, the greatest joy. That was his rejoicing for the first time. He was rejoicing in self beingness.

— Adano Ley (Tucson, No Date, 22:22)

MAY 1, 2013

Godliness is Practicalness

Godliness is practicalness, you will discover that for yourself. That's why this gathering today is not a religious gathering and the friends that have invited me here are friends. I love you, but I'm not in love with you because to be in love is to fall out of love and then I'll blame myself for making the mistake, but to love you, we have a wonderful relationship, wonderful communion, very unending, very rewarding. That's different.

— Adano Ley (Statement of Love, No Date, 8:00)

APRIL 26, 2013

Acid and Alkaline

You need a little acid and you need a little alkalinity to be healthy. It is not 100% acid and it's not 100% alkaline, it is 80/20, you have to have the balance. That's one of the emphasis of macrobiotics, the acid / alkaline tone because modern science is hammering

it away because that's what's so obvious in the chemistry, but the timing again regulates its beneficial results.

–Adano Ley (Solar, No Date, 3:30)

APRIL 7, 2013

Third Rule of Solar Nutrition: Live to Eat to Get Sick

The third rule is “live to eat to get sick.” See, that's nature's way. If you don't eat to get sick, you don't appreciate nature. You would be very egotistical and bombastic. So nature has rules and laws designed to make you respect her. One, there is only a certain length you can stretch you leg before she will snap it. There is only a certain amount of food you can put in your tummy before she busts it. There is only a certain type of food you can put in there before you vomit it. She is very smart so she knows how to make you sick. When you like to show off and put it in and think you can outdo nature with your mind, but nature runs your body. She doesn't give a hoot what kind of mind you got. Mind over matter, that's a bunch of baloney. It used to work years ago, but it don't work no more. Because why? You think you got a big mind, you are going to prove yourself and then your body lets you down and they bury you.

— Adano Ley (Solar at Houston Clinic, No Date, 07:15)

MARCH 31, 2013

The Second Rule of Solar Nutrition: Place and Prosperity

The second rule, there is a time, a place, and a season for everything and I am going to underline “time, place, and season.” The time has to do with your health. Your whole body is regulated by time. There is no way you can get around the timing when it comes to health. What you eat and when you put it in keeps your health, but when you put it in is more important. The place also regulates your pocketbook, if you are in the wrong place

you will go broke. You can do anything you like, but you won't make it and in the right place, everybody wants to give it to you so that's evidence of fact.

— Adano Ley (Solar at Houston Clinic, No Date, 02:00)

MARCH 20, 2013

The First Rule of Solar Nutrition: A Little of Anything...

The first rule of Solar Nutrition is a little of anything is medicine for your system, too much is toxic. I will underline anything and toxic. And the person responsible for this statement is a guy called Confucius. The only problem with it is that a little for you is not a little for me, each person's little is different so we can't trust the word little, we have got to be more specific in terms of measurement. That's how come we find out research goes on today, what "little" fits everybody. So we can't say a little will work, we have to be more specific, if it is a gram, milligram, or half a gram or whatever it is. That's what makes it work.

— Adano Ley (Solar at Houston Clinic, No Date, 00:00)

MARCH 4, 2013

Knowing the Physics

So here we have the right to eat on time by the light, the right to eat by lunar because of the pressure, and the right to eat anytime and bless it. But don't eat anytime and don't bless it because it will muck you up. (Comment from a student, "So Therese Neumann knew the physics.") The thing is this, you learn the physics not from a school or a book process. After working with your body it becomes so obvious that they puzzle, "where did you get your knowledge?" You begin to see the phenomena is working through you. Your mind begins to zero in on it and then if you want to go validate it because you suddenly discover this wealth of awareness of yourself, you will find that most of the data is written in some book, but never put down in a way to comprehend it. So they are actually

experiencing that today now.

— Adano Ley (Solar 3, No Date, 32:45)

MARCH 1, 2013

Feeling the Air Around Your Skin

Feel the air around your skin. That air blowing against your skin is creative love, sustaining the universe. Within that air there are many gases and they all have different fragrances. Only one sustains the consciousness and all the other accentuate our quality. The more you feel the warmth of the air, the more the love is intensified in your body. Feel all the texture of the skin relaxing, absorbing and nourishing itself from the air. You are nourished directly throughout the entire surface of the body. (a short meditation follows)

— Adano Ley (Rebirthing Guided Meditation, No Date, 27:18)

FEBRUARY 9, 2013

Moksha or Liberation

Now we as human beings can bring ourselves up to the christ state, or the master state. We must attain masterhood. We have to attain this state, “none come unto the father but by me.” We all have to come to that state of development. Then from that state inward, it is god himself, the creative intelligence, that pulls us up. We have a physical lift from the body itself and you may find yourself lifting off the ground going through these states or you may see internally how the electrical structure is developed and you go into what is called Moksha or liberation. But this is internal, one can’t see this on a physical level, one has to see this on the extrasensory level.

— Adano Ley (Involvement / Emergence, No Date, 00:00)

FEBRUARY 2, 2013

Consciousness and Conscience

Consciousness is your awareness through your five senses to relate to the environ which you live in. Conscience is the beingness of your nature in which you have to live all the time with. Now, you can have mental tug of war in making decisions with your mind, but if you are going to make a final decision, act it, it is your conscience that will make that decision, not your consciousness. If you have to make a choice by your consciousness, you will start to debate with yourself, should I or should I not. That dualistic condition exists in your consciousness and by virtue of past experience, your conscience will make the final decision for you to act. And whenever you act it out, whatever happens from that action, that is what you got to live with. That is the sum total of you, not your consciousness, but your conscience because you will have to carry the memory of it and there is where you made the decision from, its made from the decision of a memory pattern. Your conscience is your memory patterns locked up already. And because you never hear the words “guilty consciousness,” “guilty conscience.” You are suffering with a guilty what? Conscience, not a consciousness. See the consciousness can never be guilty, consciousness is a dualistic movement in us, allowing us to make a choice, but whenever we make the choice in the final action of allowing the body to experience, this is determined by conscience.

— Adano Ley (9/1/1973, Simran Nutrition Chants Meditation, 27:30)

JANUARY 31, 2013

Mind Wandering

Mind wandering is one of the basis of ineffective meditation. When the mind keeps wandering, it wants to go back outside. It can't stay inside. The only way you can keep this mind steady and go back inside and keep it centered is doing that Simran, repeating that holy name, hallowing it, hallowing the name of the lord all the time. You get the mind centered, there is no other way, no other technique works sufficiently enough to keep the mind centered. Now, we can talk of it, hear about it, try a little bit everyday, you know, normal routine of living, but until we get into a session, like a retreat where it is hammered

in every second, how much you can really get this mind to center itself, you cannot break that pattern. It will stay for you with years of mental drifting. It will always be there until you hammer at it. It is like trying to dig a hole through a rock wall with a nail, but this is exactly what is happening. Your mind is in levels, it offers tremendous resistance to any attempt to harness it or direct it.

— Adano Ley (9/1/1973, Simran Nutrition Chants Meditation, 00:00)

JANUARY 25, 2013

God is a Humorous Kind of Fellow

God is a humorous kind of fellow. One person said to me a long time ago, “we only meditate on God as man, you mean there is no female part of God?” Yes, God is mother too, its a “her,” its not a “ME.” He didn’t say “come let ME make man,” he said “come let US make man.” So there is a father / mother God you see? It is only we who have been educated in this part of the world that think of God as father all the time. We totally ignore that God is both principles. You cannot have a creation with out both principles in it. The male / female or the positive / negative or the passive / active principle. So the scripture is accurate when it says, “come let US make man.” The word US is plural and man is a dualistic force of positive and negative, male / female, “male and female created them.” We have the male man and the female man. “And God breathed into man the breath of life and man became living soul.” But man is the atom, that is the image we are made in. So we say “Adam” or “Atom,” the proton or protean man. But a proton is only a part of the atom, there is one part that is constantly spinning out.

— Adano Ley (No date, Flagstaff Discussion, 10:00)

JANUARY 20, 2013

Timelessness

Rest is timelessness. That is the meaning for the word rest. God is the eternal principle or creative energy is in the timeless state after performing everything that there is to perform

in a time state called creation. Creation exists in time. Now, there really is no time as an actual principle. There is the illusion of time in which creation must exist or appear to exist. Now, in this appearance, a unit of time is the distance light crossed the width of an electron, giving its potentiality as a creation.

— Adano Ley (No date Concepts of A77, 00:00)

JANUARY 17, 2013

Prayer and Meditation

Meditation is one step further than prayer. That doesn't say that man does not pray and I don't want you to go away with the ID (idea) that this is going to detract from a religious involvement of your life that you pray. Far from it. I am only trying to point out that by the meditative process of disciplining the emotional nature, you will really know how to pray for the first time and discover that prayer is a means of communing with the higher self.

— Adano Ley (1965 Meditation Kriyas, 00:00)

JANUARY 15, 2013

Realization and the Uniqueness of the Moment

So the person who is realized, he isn't wiser, or better than. That isn't what the word realized means, or implies. It is a person who has come to accept that each moment is unrehearsed, each moment is unique, and each moment is all they have. So some wise man wrote a long time ago, "after looking through my life, I come to realize that I have to live every moment of my life from now on as if it were my last moment." That's the way he summed it up. Because he doesn't have any moment to look forward to or look back on. There is no way I can pick up yesterday or tomorrow. It is a respiratory principle and worrying about others wouldn't solve the problem. What we can do for others is keep the thought of a cooperativeness which you yourself would feel in your present time frame as you cooperate with your timeframe. This particular condition will go out to help others to sense this cooperativeness and it gets stronger in them and they begin to cope with

situations instead of panic. More important is that you accept that there are moments in your life that you will be threatened with situations that you aren't prepared for, you'll feel competent or incompetent, but until it happens or you have to live it, what would you do, worry about it?

— Adano Ley (March 28, 1988 Tucson, 00:22)

JANUARY 13, 2013

The Science of Self Realization

With your next knowledge, astro psychology or astrology, which sets the foundation for time now. Every master has to know time thoroughly because he cannot work outside of time, he works with time, not with clock time, cosmic time. So he knows astro psychology or astrology and he builds from there parapsychology or knowledge of the extra sensory nature. He knows this properly because he is going to differentiate between the mystic or the fakirs and the true saint now. So he closes the triangle by meditation, the science of meditation. At the apex he puts what is called the weather vane and that is called self realization. And he has built the temple.

— Adano Ley (June 2, 1965 Man is Soul, 22:26)

JANUARY 10, 2013

Placebos

<http://kottke.org/13/01/even-if-its-fake-medicine-its-real>

(– Paul, for the “Adano would have loved this” file)

JANUARY 10, 2013

Guru / Disciple Relationship

The greatest relationship in the human body is the guru / disciple relationship. There is no other relationship, not even the mother / father relationship, that can compare with the guru / disciple relationship. It is the only true relationship. Why? The guru is a manifestation of soul in active life, and the disciple is an individual who thinks he has a soul to discover that he is soul sometime when the guru extracts him from that uninformed condition. You see the disciple always thinks he has a soul, he doesn't know he's soul. The guru knows he's soul all the time. The day the realization, the enlightenment, has manifested itself in the guru, the guru is soul. The disciple is not enlightened, the disciple is not free, he is restricted by his habit patterns.

— Adano Ley (1965 Volume 2 Dreams, 39:39)

JANUARY 7, 2013

The Cherokee Word Adano

The Cherokee word for soul is ada:n(v)do. It's semantic meaning, deconstructed from its root, ada nv a, indicates that someone or something is in transit, moving from place to place. This transitory vision of this mutable and mobile essence has its origins, according to Fogelson, in the aboriginal Cherokee belief that four primal animate life forces emanate from the human body.

— From The Night Has a Naked Soul, by Alan Kilpatrick

JANUARY 6, 2013

Attitude, Interest, and Service

To build a temple, you have to have a basement and the basement is called, attitude. Building the first basement in your life is attitude. Your parents should have the attitude so their offspring will carryover attitude right away, you see? Now a master is born to parents who already have the attitude. You never hear of a master being born to parents without the right attitude. The attitude is there. They couldn't build a temple, they couldn't give the offspring any impetus. So they themselves got to build for the offspring. So attitude is

established as the basis. Then the next line up is interest. This cannot die in your life, you cannot let interest die out, so there is no stagnant moment in your life, you see what I mean? There is no moment in your soul life where you are gonna lose interest. All life becomes interest because all life is soul now on a bigger scale. And from that you close up the next angle in service. You are forced to render service. With this service then you close the ceiling.

— Adano Ley (June 2, 1965 Man is Soul, 20:45)

DECEMBER 30, 2012

You are Soul

You are in the body with unfulfilled desires and you are exposed to knowledge that the Creative Will is supposed to guide your life. Therefore you crave to go back to the Creative Will to guide your life. Now, until you have overcome spiritual life, you are craving to go back. You have to realize that you are Soul. The moment you realize Soul, there is no going back. You are Soul, you broke the chain. “I AM that I AM.” “I and my Father are One.” These are all realizations, affirmations of the fact that you are Soul. Realization of the fact that you are Soul comes when you are building it now. “Build me a temple that I may dwell in the midst thereof.” (Adano Ley, June 2, 1965 Man is Soul, 19:40)

DECEMBER 22, 2012

We ARE Soul

Our whole lives are concentrated on “having” so we think we still believe we HAVE a soul, when we ARE soul. Now if you are soul, to live the life of soul is a different process, a different sense of focus, a different sense of evaluation. It’s no longer emotion with passion, it a reverse emotion that becomes devotion now, contemplation. You see you can be in the world and not of the world. That doesn’t say you are a cold potato. You can stay in this world of pure love and at the same time you can be in love or be loved or wanting to be loved. The three last statements are all ego, the first one has no ego. If you are love,

what are you? Consciousness. You are not imposing, not requiring, in fact you are the first to serve. (Adano Ley, Aug 1968 Intuition 1, 6:34)

DECEMBER 15, 2012

The Banana of Christianity

Christianity is the banana that I have to eat, but I can't eat a banana that it rotten without any skin because the bugs will get it before I get it. So no amount of truth in the world is totally isolated from fixation, orientation, and organization. All truth are locked in that way. The person who is in the process of unfolding has to discern between the fixations of "who" versus the actual of "what is." And that is your journey, that is your cross, that is your challenge, and that is your accomplishment. All through it is breath. You don't breathe, you can't do it. (Adano – 5/15/1987 Solar 3A)

DECEMBER 9, 2012

Meditation

We can get pretty hung up on this term meditation and not be meditating. Sitting down and closing your eyes is no proof that you are meditating. Your mind can be wandering. What you are trying to do in meditation is to experience that you are here and the first three things you want to experience: peace, consciousness, strength. The fourth thing is a bonus, the extrasensory forces come to you. You don't have to look for them. The first three things are personal disciplines on one's nature and that is what you are accomplishing in the meditation. You are actually sitting down and acquiring this inner consciousness, inner peace. We can sit down here tonight and meditate for 10-12 hours and many of us may not get anything, some of us will get something. Yet we can sit down and meditate for 15 minutes and everybody can get something, or none of us will get anything. So again, it is how we react inside. Conversation don't help us to experience meditative, only by doing it. That's why I would like us to really get some meditation now so we can really know what we are doing inside. Unless you go into it and start to feel it,

you don't know what to work for. No one can say what he is going to feel in it until he experiences it, then he knows what he is experiencing. That is what he is striving for.

— Adano Ley (November 2, 1968 2 Volume 1 SpiritQ1RRNW6 1:08)

OCTOBER 15, 2012

Why Do Masters Die?

Why do Masters die? Masters are only realized Souls who use the physical frame for exemplary service to other individuals who believe they have a soul, until they have enough strength to shut off the concept and stand up on their their own two feet. Then they go on and leave them knowing they are now capable as living as Soul. –Adano Ley (Nov 2, 1968 Volume 1 Spirit #2)

OCTOBER 7, 2012

Beingness Acting on Consciousness

The next level down is Beingness acting on Consciousness. Here we find Consciousness appearing and the sense of the I Am. If there is no “I-Am-ness,” then there would be no separateness. It is easy to come away from the Lord, or the pure Being and say “I Am” a being, but difficult to return back to the pure being and say “here Being, I am Being.” It takes mind to recognize Being, but Being does not accept mind. Mind has to surrender to Being. In Beingness acting on Beingness, there is no mind. It is all Oneness. Therefore in Oneness, there is no separateness. And the feeling of separateness only occurs in the mind, it does not occur in the Beingness of you. It's torture to be separated from the Lord and live in that nightmare of the mind. That is why we are coming down. But because we are given choice, we can rectify the separateness. The choice is to follow Divine Will. His Divine Will is that we do respond to His desire of perfection. Now if we don't respond to it, then we retard the perfection, or delay it, and then the separateness becomes intense. Then we start wandering, making mistakes by our choice. — Adano Ley March 1972

Emergence

OCTOBER 5, 2012

Beingness Acting on Beingness

The first level coming down from the Creator is Beingness acting on Beingness, there we are all equal, all One, and the sense of Oneness is very imminent for those who can remember it and those who rediscover it. Those who carry that memory of Oneness never lose it incarnation after incarnation, we still retain the Oneness. This is what Jesus telling and all the great Teachers are telling us, that Oneness with the Father. You see someone in the room and you do not know why you suddenly gravitate to them. But it's that Oneness that sense of bond that holds us together, the Love. Though we may know each other in many incarnations, yet behind the incarnations, that bond of Oneness does exist. So don't be carried away with the fact that we have incarnated, separated, and recognizing each other. In reality, it is the Oneness that pulls us back together. That is the real true feeling and true experience when your memory is opened up.

— Adano Ley March 1972 Emergence

SEPTEMBER 28, 2012

Resistance in Manifestation

The basic resistance in manifestation. Fiat Lux: to break the resistance of darkness, light was necessary. This resistance does not last, “all things comes to pass, not to stay” because of time. Resistance acts only as a period if you recognize it, otherwise it will continue to haunt you.

— Adano Ley (June 2, 1965 Man is Soul)

SEPTEMBER 13, 2012

Source of Supply

In consciousness, there is an inexhaustible source of supply as well as an inexhaustible source of fulfillment in relation to the eternal life of the Self. This eternal principle is what makes for Divinity.

— Adano Ley ([Adano 1965 Volume 6 Divinity](#))

SEPTEMBER 3, 2012

I Me Be

Quote from Adano Ley: “You can’t become unconscious of the Me in you. The I is constantly reminded by the Me because Be will always be there presenting the bill to I and Me is the bill. So, for that reason, we gain this by the process of going through. When there is no more Me to clean up, would Be be satisfied? Be will not be satisfied, because Be itself would be bored and start again creating an I to give it freedom to generate a use for Me. Me would emerge again from the Be. Come let us make Man in our own Image and Likeness. Be cannot stay stagnant or non-active.”

AUGUST 17, 2012

New Adano Audios Posted

26 New [Adano Audios](#) Added!

AUGUST 6, 2012

New Adano Audio Posted

6/3/1965 [Dallas](#) (1.5 hour, 47 MB)

JULY 31, 2012

New Adano Audio Posted – The Oldest Yet!

6/2/1965 Man is Soul (1 hour, 30 MB)

JANUARY 3, 2012

New Adano Audios / Videos Available

Happy New You! Thanks to several generous people there are over 100 new Adano Audios and three new Adano Videos available. Also, many older recordings have been restored to better audio quality. Contact us for information on how to get these new materials.

MARCH 4, 2011

Four New Adano Audios Added – Emergence

Four New Adano Audios Added – Emergence

JANUARY 29, 2011

Eight New Adano Audios Added – Various Topics and Dates

Eight New Adano Audios Added – Various Topics and Dates

JANUARY 21, 2011

New Adano Audios Added: Origins and Emergence

New Adano Audios Added: Origins and Emergence Parts 1 and 2

JANUARY 15, 2011

New Adano Audios Added

New [Adano Audios](#) Added: Involvement Parts 1 and 2

JANUARY 5, 2011

The Adano Ley Blog has a new address

The Adano Ley Blog has a new address. Please update your Blog Reader.

[Welcome / Bio](#)

JANUARY 5, 2011

New Adano Audios Added

New [Adano Audios](#) Added: Teachings of Jesus and Is Religion a Science

DECEMBER 23, 2010

Complete Set of Adano Videos Posted

December 23rd, 2010 – The complete set of Adano Videos are now posted to YouTube via the links on the [Video page](#). They have been posted in 15 minute segments due to YouTube's limitation on video length.

DECEMBER 22, 2010

New Adano Audios Added

As of December 22nd, 2010, full versions of Adano Lectures will be posted to the [Audio page](#). These can be up to an hour in length so, depending on your internet connection, you might want to right click on these and save them to your computer. These are lower quality MP3s than are sent if you purchase a CD or get these lectures on an iPod, but still very good. Please let us know if you have problems listening to these full length clips. (For the technical crowd, these are 56 kpbs MP3s, while the higher quality are 128 kbps MP3s.)

AUGUST 21, 2010

New Adano Audio Added

Added new Adano Audio on [Audio page](#). New audio “Emergence Entrapment” added.

AUGUST 14, 2010

Adano Photo Added to Photo Gallery

You can see the new photo by going to the [Photo Gallery page](#).

AUGUST 10, 2010

Adano Videos now on YouTube

You can access them from this page: [Adano Videos](#)

YouTube will be the format for future videos, if you find any problems watching the videos please email.

APRIL 11, 2008

Comments, Suggestions, Etc. About the Site

Please post your requests for Adano information, comments, etc. here. Please keep in mind that comments must be approved before they show up (to eliminate comment spam).