

*Nothing Makes Me Happy*



S O K R A T E S

*(examining the stone, you can see the original spelling)*

## **The Daylight Ones**

**I**n Plato's Republic, Sokrates proposes a cave where most people are convinced that the shadows floating on the wall are the only reality. They are, in the parable, chained to see only contours, confined to a dark reality of body sensations, sub-conscious dreams, mythic appreciations, and brief satisfactions.



In contrast, there was also a smaller group, who saw things more directly, because they knew (with dwindling satisfaction) that the shadows on the walls were projections across objects from a rational fire. They did not see their core action of self-protective, knowing-separation — and so most barely ever noticed their cavern of self-possession. They were likewise chained to the certainty that the solid world they logically measured by the fire while awake was the configuration of reality.

Plato portrayed how Glaukon remarked that the cave dwellers were “strange creatures” to which Sokrates retorted, “Like ourselves.”

But there was another person in Sokrates' metaphor: one who spoke of the light outside “the cave of subjectivity”; one awake beyond myth and mere logic (while naturally including them) to the whole and holy life, intimate with the radiant life-light of real reality. Standing in such Daylight Presence, we come to a luminesce, where the mature soul is found across the threshold of self-understanding, satisfied in priceless simplicity, heart-rest, and self-evident daylight. The Sunlight One is mysteriously empty in the wonder of unknowing (‘divine Ignorance’) and paradoxically full of enjoyment.

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In Daylight, every breath is intimate with fundamental energy, unchained in love, naturally standing whole in self-existing, vibrant light and unfettered feeling. The free soul, the person from the Day, is ecstatically awake to the universal divinity of this reality. “The estate of divinity is at hand,” the master of the Christians exclaimed to those who had ears and could turn to This.

The metaphor of subterranean subjectivity and the ecstatic Day who en-lightens illumines both the ordinary evolution of humans and the great evolutionary leap of the Illumined. This was powerfully shown by Plato in his re-creations and creations of Sokrates. The mythic sees the outlines of reality and the logical sees the rational and irrational harmonies of measurable things. Daylight sees all, being Light itself.

Stepping whole-bodily outside the blackness of interiority with its every slant and point of view, the Daylight Woman or Man ecstatically sees and breathes the immortal beauty that is the Real substance of all. They see all differentiations perfectly because of the mysterious unity of primal happiness and primal light. This radical integration is not confined to systems of knowing but is also whole-body/whole world, unreasonable, and freely humorous. In Plato, we see us cave-dwellers talking at length with the dancing, laughing, wise and un-knowing Daylight Man.

These servants of Daylight demonstrate with exquisite simplicity that this reality Is lighted and light, love-blissful. “Fools are those,” Heraklitos penned twenty five centuries ago, “that are not in constant intercourse with their core being.” It is our own protective cave-logic that dismisses this and them. With Sokratic irony we see our cave-bound point of view is undermined by their heart-resting in the Ground of Being. Thus we are shown how the free soul intercourses deep earth, open heart, and luminescent sky.

Understanding is rightly rooted in, and thus points to, heart-wholeness, where thanking grows greater than thinking. This heart-simplicity grows self-evidently in gratitudes, in appreciations, and in authentic core-realization. Our soul maturation is inspired and

confirmed by the Daylight Ones. Who is at the source of every religion and a host of sage and saintly understandings? Daylight Ones.

By their demonstration, we know that at least some of the Daylight Persons “returned” to the underworld of grown children with their half lit beliefs and anxious adolescents fixated onto measurable facts in perpetual thinking. As this endless stream of thoughts drowns us in Styxian darkness, we look up to see that even the river Styx is gracefully illuminated by Daylight Presence.

While belief serves the affective development of the feeling-soul, and logic can clarify this understanding (to conduct greater growth and discrimination), all of these souls see the light that grows us from within the cave of shadowy inwardness and the knot of the body-mind. By the knot of the body-mind, by the knot of memorable history, we are *thrown down* into *sub-jectivity*. (The Latin “sub”, meaning “under”/“down”, combined with the Latin *iacere*, “to throw”.)

How does it feel to be thrown down, forced to bow, “put under a yoke” (L. *sub-jugated*)? Everyone feels knotted inside; we are flooded with the sensations of being a victim. Being thrown-down makes us subjective — and the floor of the cave is dirty. So let it be noted: “Human” and “humus” (“earth-soil”) are etymological relatives. (Likewise, “dust-soil” in Hebrew is *adam*.) The human adventure from being thrown down as a dirty creature and fallen victim to authenticity and creative ecstasy begins in a dim cave of soiled subjectivity.

While cave-dwellers glimpse the lighted opening, to stand in clear light is another matter. We must move towards it with our whole body and soul, said the Sage of Athens. “Just as the eye is unable to turn from darkness to light without the whole body, so too the instrument of knowledge can be turned (by the movement of the whole soul) from the world of becoming into that of being, and learn by degrees to endure the sight of being, to the brightest, supreme being. We find [ourselves within] What Is Good.”

Fortunately, the Daylight Soul is moved to help and *crosses down* — down into the underground confinement of the knotted body-mind (and history’s “spindle destiny”) to freely demonstrate and articulate the actuality of divine realization and the mysteries of supreme being. To those humans who are *thrown down*, the Daylight Ones incarnate the enlightened Day of immortal beauty. In Sanskrit, this enlightened *crossing down* into the dirty temporal cave of human subjectivity is *ava-tara*, or avatar, who “comes from the realm of light.” She or He realizes the immortal reality, is beauteous being without difference. “Avatar” is not your virtual, higher self-image, but the Lighted Self of all, Here in Person.

The Daylight Ones radiate and serve us historical humans thrown down in sub-jectivity, tortured by time, unrealities, and memories (e.g. “This reminds me of ...”). We seem to be always re-acting, re-hearsing, not present. Daylight’s example (in word, action, and presence) spurs us anxious cave people to see how we cling unhappily to the past or unreal ideals and remain habituated to temporal self-concerns. Thus enlightened, we grow to change and adapt to Sunlight’s Presence. For without avataric demonstrations, enlightened realization might only be another unreal human invention, imaginary only. Discerning the actuality of realization, we recall the insistent refrain throughout the *Upanishads*: “from the unreal to the Real”.

The fabric of our unexamined beliefs and presumptions, our unfinished childhood, and our verbal interior cast the cave and architecture of our subjectivity. Upon the Styxian stream of endless thinking, our egoic reflection finds the shore of our felt anxiety and is moved by it; anxious e-motion un-consciously forms our complex subjectivity. Being thrown-down into fearsome darkness is self-evident in universal Narcissism, obsessed as “I” in body, feeling, and every measure of self-concern and self-satisfaction.

But what if, Sokrates proposed, the one who knew of the light beyond belief, concern, and thought came back into the cave and tried to tell those souls caught in the act of being identified with

a character in a social role about the light of immortal beauty and the wise cultivation of your soul? It was obvious: They would be laughed at and castigated. Get real, the merely rational would ironically say (while yet still plagued by dreams and abstractions).

The Sage of Athens further advanced that if the one Awake to the Light outside the cave told those embedded underground about their chains and tried to help them free, what do you think would happen if they got their hands

on them? What would unconscious, subconscious, and merely conscious characters do to the Daylight person interfering with their shackled presumptions and chained habits? — Sokrates loudly enquired. “Kill them,” Glaukon gave voice to the obvious. Sokrates knew, Plato wrote.

En-Lightenment is the gift of those who come from the Day of limitless Reality. Free souls live unfettered in feeling and thus in lightened understanding. Knowingly risking their lives by knowingly shaking the darkness-chains, the gift of enlightened demonstration informs, confirms, and Incarnates what Daylight Is in human expression: un-limited feeling-being, destroyer of illusions, joyously simple as nature, love without end, supreme being.

Seeing Daylight’s demonstration and responding in kind, we awaken beyond the cave of within-ness to true love’s light, intimate to Beloved. In love, ignoring the separative caves of opinion, we are heart-moved to ecstasy, beyond point of view. Our feeling and awareness are not only unified and naturally whole, but the work of intimacy grows into surrender, the gate of wondrous being, intrinsic awareness, and unreasonable happiness.

The feeling-being of inherent happiness is full of grace and gifts. Happiness is illumined and confirmed by the immortal Daylight



Ones. Or we seek for lasting light in cave-like satisfactions, dreams, and logic. (Indeed reflections are found therein.) Reflected in the limbic to higher brain development, the freeing of feeling is how cave dwellers turn from their certainties to a fuller understanding that includes wondrous un-knowing.

Daylight freely embraces the paradox of mindfulness and mindlessness: “Mystery is the Gate to the essence of life.” “Wonder rests the vital being and cools the brain.” / “True philosophy begins in wonder.” (LaoTzu, Adi Da, Sokrates)

Addressing this mystery, Sri Ramakrishna told the parable: “Once a salt doll went to measure the depth of the ocean. It wanted to tell others how deep the water was. But this it could never do, for no sooner did it get into the water than it dissolved. Now, who was there to report the ocean’s depth? What Brahman is cannot be described. In samadhi one attains the knowledge of Brahman -- one realises Brahman. In that state reasoning stops altogether, and man becomes mute. He has no power to describe the nature of Brahman.”

In awe of Daylight, we learn to un-knowingly/ignorantly/mysteriously “stand out” of our cave of knowing subjectivity in overflowing joy, or as Sokrates would say: *ek-stasis*. In ancient Hellas, *ecstasy* was considered *the* proof that the body and soul could mysteriously intercourse with lighted reality. (Their ek-static ceremonies were indeed called “the mysteries”.) And Sokrates was known as the soulful man who said he knew nothing at all, “except perhaps that love is the right way to live. [and] The realizer of the mysteries and the true lover of wisdom are one.”

The un-knowing, free soul basks in self-evident Beauty-Daylight, Primal Brightness, inherent happiness, and responsive Fullness. The unfettered one rests in divinity, is responsible in love, and cuts sharp to worship nothing but this “immortal beauty” (Diotima-Sokrates). This fundamental happiness and Beauteous Presence is found omniversally, but is seen most easily in ordinary beauty and naturalness, and most powerfully in the Daylight Person.

To behold the Daylight Person confounds the mind, breaks the heart, and liberates the soul to worship beautiful being. Direct beholding of immortal beauty and Daylight Presence carries brighter instruction in divinity than all scripture. The Daylight Ones agree: it is an advantageous grace to behold the Daylight Woman and the Daylight Man. Thus, in *The Tripura Rahasya* Daylight Dattatreya advised Parasurama, “In due course the methods advocated in the Holy Books will be adopted. Failures are everywhere. Disappointment results. Expert advice is sought. Such advice will be forthcoming only from a person living in beatitude. Such a Sage will in due course, initiate the aspirant in Divine Magnificence. Feeling divinity makes the aspirant persist in the course, and gradually takes them step by step to the highest pinnacle of Happiness. Now you can see how association with the Wise is said to be the root-cause of all that is Good.”

Heraklitos wrote of the ever-changing river of time twenty-five centuries ago: “All entities move and nothing remains still.” Seeing this ceaseless transformation, we are thus moved to notice what does *not* pass. We intuit or become distracted by our Fundamental and formless Ground, That Substance which does not change, or as contemporary Parmenides transmitted, “What is, is.”

While goods may pass, what is Good is lasting. Chronos (Time) is superseded by Rhea (Flow) so that Zeus (Brightness) comes into Being. Flow begets a Brightness, concealed at first from Father Time, and in the next instant, Zeus outshines Time itself. Liberating Flow yields an Immortal Brightness. Liberating Flow feels what Being is: ever-presence, the Flow of the unchanging, immortal beauty, the self-evident Truth of heart-joy, indeed of everything.

In our awe-filled appreciation of the Daylight and worship of immortal beauty, the heart itself is acausally transmitted as Reality, Being itself, Adi Da notes for us. This self-evident pure Presence, inherent happiness and supreme Being is the worshipful divine Substance and unchanging Ground of all, inherently the Heart and

intrinsically the Light of understanding. This I learned in the sacred company of Adi Da.

Through the gifts of Diotima, Sokrates inherited the Orphic teaching of immortal beauty and soulful being in *Phanes*, or Primal Brightness, First Light. (In Sanskrit, “primal or first” is *adi*.) Recognizing *Phanes* as the Primal, Self-Existing Beauty-Light, the soul can give itself up in beautiful *epi-phanies*. Reality is self-evident, Self-evident, and Self Evidence — “Primal, Prior, Intrinsic, Self-Evident, Inherent.” Adi Da sings and sings.

“All appearances, conditions, forms, or changes are apparent modifications of Primal Energy. Primal Energy is the ‘Changeless Radiant Source’ of all things, Being Itself. It is neither visible or invisible.

“It is Prior and the Seat of All that is manifested and all of that which disappears. Primal Energy is the Essence of every body-mind.

“Primal Energy is the Essence of all “things”. Primal Energy is the Essence of all opposites and all changes. Primal Energy is the Essence of the activity of change itself.

“Nevertheless, Primal Energy Itself is inherently changeless. Even in all changes, Primal Energy Itself is forever conserved. Primal Energy Itself cannot be destroyed. Primal Energy Itself is a Constant and Self-Existing Shine, Merely Self-Radiant. Primal Energy Itself Merely Is.

“Therefore, Its Totality of changes, and even every conditional form, Merely Is. Being Is the Constant Sign, even in all changes. The Direct Intuition of Being Demonstrates that non-Being is an illusion, generated by fear.

“The fear of non-being is the Grand Illusion. Fear itself is the result of clinging to forms - without Understanding the Process of forms, and without Real Observation of Primal Energy, and without Perfectly Direct Intuition of Being.”

When we are resonant with fundamental reality through invocation, delight, service, temperance, and avataric Daylight, we bask in love, in reality’s light. We know love, for we have been given

love. Daylight is given across the landscape and into every crevice, illuminating the mouth of every cave (and deep into every open well). Even cave-dwellers, learning to receive love and working to give love, can turn toward the lighted mouth.

In Sanskrit, “give” is *Da*, noted in the *Brihadaranyaka Upanishad* as the root of the Sanskrit words for mercy, giving, and restraint. The Daylight Forest-Dweller transmitted: Upon the primal silence given by Aum (amen, ram...), there is primal lightning and its thunder, ‘Da! Da! Da!’ (for those who have eyes and ears). To give is to resonate with primal, self-existing being, appearing like lightning as mercy, love, and temperance. The Daylight Ones give Beauty’s Shine, Mercy’s Smile, and Love’s Gifts.

When gifts of heart are received, they are naturally duplicated in the responsive core of anyone. Thus the “Primal Giver”, *Adi Da* writes as the Daylight: “The process of the relationship between Me and My devotees is not mediumistic but synchronistic. There must be natural love, or coincidence, and duplication, rather than an exclusively passive and separated attitude that seeks only to receive, to be affected to the point of happiness, and to reside at the opposite end of a line of transmission. Come live with Me, be aligned with Me in your feeling, your action, your sacrifice, in Ignorance, or Love. In that case you will always duplicate Me instantly, presently, priorly. You will always duplicate Me more and more perfectly.”

In the devotional swoon of beholding Sunshine, we rest in love and grace, in prior unity and natural simplicity. We clearly hear *Adi Da*’s enlightened call for response-ability and self-transcendence: “The only way to know love in every moment is to be love in every moment.”

Avatar *Adi Da* transparently demonstrates this epoch’s Daylight Person. His writings, art, and silent transmission also confirm the appearance of transcendental Light in these dark times and this cave of modernity. With my own eyes, hands, and heart, I have seen His Sunlight and felt every shadow disappear in His Perfect

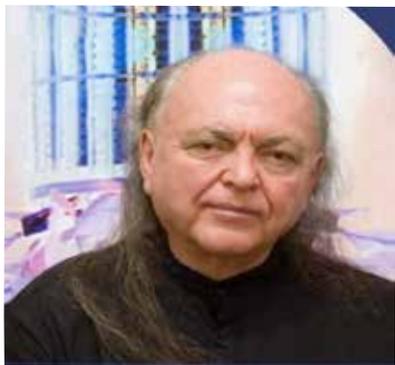
*Nothing Makes Me Happy*

Embrace. I am overwhelmed by His Gifts and I am slowly learning to accommodate Such Radiance.

Resting in Grace, we are struck with the magnificence of real living shown and given in the beauty and person of the Daylight Ones in human history. Their Demonstration of the Bright penetrates our dreamy inwardness and their free heart burns the illusion of our separativeness. Intimacy is consummated in every erupting heart-beat.

In DayLight, doubt is found to be most useful when understood to serve the heart. By the heart-demonstration of those Awake beyond belief, by those who Shine unendingly in fundamental Light, by wholly standing out of the cave of mind in ecstatic Daylight, the Holy Ones reveal Reality Itself, beyond a shadow of a doubt.

The Awake Ones Agree: There is Fundamental Reality and It is divine, or timeless beauty. “It is...” as Adi Da reminds us, “always and already the case”. Outside the cave or knot of the body-mind



(and history) is the natural estate of divinity; “Always and already.” Immortal beauty is the truth of reality. Our task is to understand exactly how we disturb This Joy.

Adapting to the reality of Daylight Beauty, we listen to the Daylight Man or Daylight Woman and we turn to This Reality. I came to see in the Sunlight of Adi Da that the realization of the truth is not accomplished by extroversion or introversion, not in things and others, nor by insights, inwardness, or mystic states, but by conversion from past impressions to being present, from perpetual wanting to joyous giving, from desiring love to active loving. In the conversion from matter to light, divine Light is present. Inspired to love by Da-Daylight, I see that God is love indeed.

The ancient Hellenes noted that the primary signature of divinity is *a-thanatos*, no-death, im-mortal: the Condition which

does not change. Seeing beauty's immortal essence, we find This divine Substance to be most worthy of passionate embrace and sacred breaths.

I give thanks to the Daylight Revealers for their inspiration and Incarnation of transcendental Light; thus inspired, we restrain or turn (*metanoia*) from temporary satisfactions to what we call immortal happiness, beauteous divinity, love in relations. Thus Sokrates delighted in the etymological intimacy of *sophrosyne* (temperance) and *sophos* (wisdom). Here we see real philosophy, real sadhana, real joy.

If this is to be more than philosophy and inward illusion, then we must see proof, demonstration, and incarnate understanding. Seeing "20th-21st century" Adi Da as the eternal Daylight Man gives us direct access to Light that penetrates the timely darkness of the modern and post-modern cave. His En-Lightened word carries timeless Sunlight. Seeing Sunlight, it behooves us to grow in reality's light.

In Hindi, *Gu-* is this cave-like darkness and *ru* is a beam of light. *Guru* is the One "Who shines through the darkness" of fear and interiority's separateness. Flooded with gifts of light and love, we relent and give ourselves up in kind. Embracing intimacy to Oneness inherits immortal Fullness, Heart Joy. My shout from Here: Sunlight Adi Da is my Beloved Guru. He Gives SunLight continuously. Imagine Blessings Showering. Heart Deep.

To be penetrated by the smallest beam of light and merely admire the sheer genius of Daylight is sufficient. We move from underground inwardness to opening mysteriously; we glimpse the daylight outside in moments of insight, ecstasy, openness, and embrace; we are heart-moved by what we behold.

The great gurus love freely—along with their transcendental light and unbroken ecstasy. Love is the real sign of their real realization. Thus the true Guru is Beloved. In Hindi, to be amazed in adoration and heart-broken in love is *bhava*, given up in grace. Thus Beloved is *Bhagavan*, whose free heart incarnation sings Sunshine.

*Nothing Makes Me Happy*

I learned from my Beloved that adoration is thus rightly founded on discrimination. We must recognize what passes and what is lasting. We must doubt every attraction until the heart confirms its reality in most lasting light. Even heart-strong Orpheus loses his beloved Eurydice. The lesson of the tragedy: The loss of duality precedes and coincides with Primal Light, supreme Being.

This loss of duality is not found in an emptying of ourselves, but in the natural giving of ourselves. This sadhana or work of inspired-giving is founded in recognition of the beloved. We intrinsically duplicate love in response; we recognize the immortal beauty before us and that “the estate of divinity is at hand”. In responding to the beauty and heart we behold, we inherit Advaita Reality, which is the Truth. Avatar Adi Da penned in *The Paradox of Instruction*, “Devotional surrender necessarily precedes and coincides with the Real.”

Illuminating this paradox and interplay of devotion and consciousness, Adi Da first wrote in *The Knee of Listening*, “Understanding is beholding Bhagavan, whose center is the heart and whose extremities are the mind and the activities of enjoyment.” Like the cow-maidens distracted by Krisna, we forget ourselves and fall in love — and God is love again and again. This is the Way of Divine Communion, Divine Company, Satsang, where Sunlight Grace showers. The Daylight Person “is the advantage of devotees.”

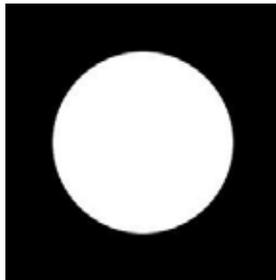
Wonderfully so, in Beholding the One Ecstatically Awake we fall in love, heart-broken, mysteriously enlightened, and are un-done in adoration. In beholding the Daylight Person, we are impressed with the paradoxical gift of self-evident Light and inherent happiness. Daylight demonstrates free feeling, intrinsic awareness, inherent happiness, real Reality: Beloved Beloved Beloved.

Beyond the cave of separative inwardness, Adi Da sings ecstatically as we step into the Day of Loving Celebration, “What is the Truth? We are happy. We live in God. The Great One Is our very being.”

“I Say to all: The Real Transcendental Spiritual Process in My Divine Avataric Company is a matter of going beyond the “blackness”, beyond the “dark night”— to the Divine Self-“Brightness”. I am not here merely to Reveal the darkness of conditional “experience”. You must see what has darkened you so profoundly. You must become literally En-Light-ened again.

“There Is a Sun That Is Forever Risen in the night sky of the body-mind. It Is the Eternal Sun—the (Self-“Bright”) “Midnight Sun”, Infinitely Above the mind and the crown of the head, and not perceptible by the presuming-to-be-separate observer.

“The Sun That Is Eternal and Perfectly Over-head is not in the midst of a colored sphere of light. There Is an Eternal Sun Over-head. It Is a Reflection of the Light in Which you Inhere. To see It is to be outside It.



“There is no option but to Be It. What is there to Be? Exactly That. Even though death rules to here, there Is an Indivisible Eternal Sun Over-head. And That Eternal Sun Is—Beyond even all conditional visibility. I have Come to Confirm This to you—each and all—Absolutely. I Am That Eternal Sun.”

In our controversial and relativistic age, can we even imagine someone universally free of every cave-like point of view, radically en-Lightened, paradoxically here, utterly free? Can we psychologically allow someone to be always loving and liberated, the Daylight in Person? Do we doubt by habit, by fear, or by discrimination? Do we admire or castigate? Our history betrays us. How did we think of

previous persons transparent to Daylight? The report is not good, the hemlock was delivered, the slander and crucification were imposed. Do we behold or belittle? History is clear that we must not take the mob point of view, but discriminatively see for ourselves the spirit-master before us, or not.

Daylight Da summarizes in *Breath and Name*: “We appear in this waking world by the very same process by which we appear in dreams. And the solid waking world is, when seen in Truth, no more real, necessary, fixed, significant, or true than any random dream place. When this begins to become even a little obvious, a process of awakening has begun, similar to waking in the morning from your dreams. When you begin to suspect your life a little, then you begin to become distracted by another and formless dimension, much as the sleeper begins to sense his bed cloth, his solid body, and his room. At that point, one may become sensitive to the Spiritual Master, the Presence of the Condition of things, one who is already awake, the paradoxical man. He is, in person, that dimension which is Truth. He calls you constantly and roughens your feet. He intensifies the sunlight in your room. He does not awaken you to another place or dream, as if your mother shakes you awake to play in rooms protected or threatened by your father. Rather, he serves an awakening in which there is no realm, no implication, and no adventure. He does not awaken you to another place. He awakens you in place, so that even while the dream of living survives, the destiny or even noticing of all effects escapes you.”

I bow down at the Holy Feet of the Daylight One, Avatar Adi Da, Who shines into my every crevice and well. His Embrace is received in gratitudes of grace, love, and happiness; He acausally, inherently, and tangibly transmits transcendental Light and Awakening Power. I grow in yielding, in receiving, resting, and waking in His Company. I sing of nectars at the Sunlight Feet of Adi Da Samraj, whom I am graced to call Beloved.

*Words to Him*

