

The Secret of How to Change

A Personalized Essay by Adi Da Samraj

Introduction

The following essay has been formatted in 'first person' so that it can be read aloud as a personal affirmation or prayer. It is recommended that the reader engage the practice of reading this essay aloud once a day for thirty days as a means of embodying the wisdom that it contains.

The Secret of How to Change

True change and higher human adaptation are not made on the basis of my self-conscious resistance to old, degenerative and subhuman habits. My change is not a matter of my not doing something. It is a matter of my doing something else, something that is inherently right, free, and pleasurable. Therefore, the key to my changing is insight, and the freedom to feel and participate in ways of functioning that are right and new.

The tendencies and patterns of my earlier adaptations are not wrong. They were appropriate enough in their own moment of creation, and there is no need for me to feel guilt or despair about them. Likewise, my efforts to oppose and change them are basically fruitless. Such efforts are

forms of conflict, and they only reinforce the modes of my own self-possession.

What is not used by me becomes obsolete, whereas what is opposed is kept before me. Therefore, the creative principle of my change is one of relaxed inspection and awareness of existing tendencies, as well as my persistent, full feeling orientation towards right, new, regenerative functional patterns. If I do this consistently in ecstatic resort to the Divine, I know that my free growth is assured.

I have no regrets. I resort to the Divine in Truth and in the present. All that I have done had a logic in its time. Only God avails. Whatever is my habit in this moment is not wrong. It is simply a beginning. My habits are not necessary, but are only tending to persist, because they have not yet been replaced by further growth. I hear the Teaching of Truth, and understand what is the right, ultimate, and regenerative pattern of each of my human functions. I feel free of all negative judgments about what I have done, and what I tend to do. Instead, I turn with full feeling and attention to the creative affair of new adaptation in most positive Communion with the Living God who is alive as all beings.

