



ICL.Lesson Student Vol. II.

The Original Pure Form Dialogue of Robert Adams All rights reserved

Eternity Introduction *“In the midst of winter I came to learn that within me there lay an invincible summer.”*



With these words of Camus, we are reminded of the Truth Eternal of the core of our existence, so eloquently and joyfully expounded by our teacher, Robert Adams, who states, “Never forget that life is a blessing. A rare opportunity.

When the illusion seems real, look up at the sun and remember who you are. Remember what is within you. And in this, be joyful.”

Here we are treated to the value of understanding the freedom experienced within the context of Eternity. This includes an often requested clarification on the primary focus of spiritual origin, or classification, of the essential Teaching of Robert Adams.

Robert Adams clarifies how his personal experience emphasizes both ancient traditions of attaining awareness of our True Nature; by activating and embracing

the natural power of the love and devotion of our Heart. (referred to in ancient traditions as ‘Bhakta’)

The path of love, and the sharp delineation and discrimination of the intellect or mental agilities (referred to in ancient traditions as the path of ‘Jnana’) is to separate from what is not of divinity.

This allows one to eventually surpass the mind, and reside in Truth.

Robert Adams clarifies consistently that he limits not his wisdom or personal experience entirely to one specific human label or classification. but recommends and includes both of these origins for



And Eternity is here in this moment.

their power and ability to assist one in returning to their natural state of “All Pervading Love-Awareness”, by consciously accelerating ones evolution.

This awakening-returning to our simple natural state is commonly referred to as ‘Illumination’ or “Enlightenment”. This state is our original, ever present Reality.

“Happiness is your True Nature.”



Robert: It is good to be with you once again.

As I say ‘once again’, you are aware, on some level, that there is no time that we are

not together. And there is no time that we will not be together. For we, as we appear to be, our physical bodies, are simply superimposed upon Eternity.

And Eternity is here in this moment.

On the most minute level, what we call our hearts, our Being, our awareness, all subside within the same breath.

The same existence. There is no division. The division is all in our minds.

As we appear to journey through Eternity, through what we call ‘life’, this Reality remains. And this Reality is Eternal.

We, as physical forms, appear to share this moment in time, and yet, from the larger perspective, there is no time as we know it, nor is there any separation between us.

It is impossible for it to be so. For deep, deep within yourself, you can feel this sense of Eternity. Feel it this moment. There is no division. There is no separation.

Ponder this deeply. Find sustenance in this Truth.

The illusion of difference between us all is a by-product of fear. The illusion of fear appears because our human ego has a subtle awareness of being

“Happiness is your True Nature.”



Required Disclaimer: Only the ICL Logo confirms an Original Discourse , recording, or literature by Robert Adams.



For you are living in the Awareness of Eternity. And Eternity is the manifestation of Truth. .

separated from Truth. I speak these words on the most simple level. Of course the ego, the human self apart from the Source, is an illusion.

Therefore it feels compelled to divide itself from others, to separate itself in order to feel superior.

“I have more than them.”

“I do this better than they do.”

“My reality is better than theirs.”

“I have knowledge of Reality. They do not.”

“What can I get from them?”

In this way, the ego is apparently insane. It is not real, with no fulfilling substance. For one cannot imagine the concept of fulfillment with-

out Truth. So it is starving for Truth. For a kind hand to lead it Home. Where it can dissolve and stop crazily clinging to this and to that.

In the meantime, it has made *this* reality, this experience of human embodiment, quite unpleasant.

For we were not created to live in separation from one another. Not at all. This separation is a temporary state of affairs.

And it is the cause of much needless suffering.

This is why the saying, “Follow your heart.” has a semblance of Truth to it. The True Heart, the Source of love incarnate, is part and parcel of the substance of

your True Self. There is no other. However, one must distinguish between habitual emotions, selfish desires, and your True Heart.

When the True Heart is leading you, you do not differentiate between your own happiness and that of all concerned.

For you are living in the Awareness of Eternity. And Eternity is the manifestation of Truth. It is more than mere ‘time’.

There is no time in Eternity. Once again, Eternity is the Presence of Reality.

The more that you become aware of your superimposition upon Eternity, the more beautiful your life now



When you align your human mind to this greater Reality, you are freed from all that is creating suffering.

becomes. Why? Because you perceive the limitless power, beauty, Absolute, in the eternal moment. And within this Reality, anything is possible.

Any-‘thing’ that is of the Reality of Perfection. When you align your human mind

to this greater Reality, you are freed from all that is creating suffering. If you have truly done this, then your discernment is immaculate.

Your Heart becomes a vehicle of All Pervading Reality. What does this look like? It may be a life long mediator

in the Himalayas, or a boy sitting in a field of flowers, engrossed in Presence. It may look like a minister, a gardener, a priest. This awareness may last for a moment or a lifetime.

Of course, the purpose of understanding this, is to maintain a permanent state

of Awareness. By now you know how to discern this. You realize that you are ever residing in an Awareness of All Pervading love.

Yet just to experience a moment of Eternity is grace. Do not be too hard on yourself if this awareness fluctuates. Just to experience it greatly reduces suffering.

There may be one of great Heart-fullness who has completely surrendered to the Awareness of this Reality.

Complete surrender is the ultimate conscious action. And this person may have been so affected by that experience that somewhere in their heart a surrender has occurred that never leaves.

Therefore, although they are not maintaining a constant awareness of the Presence of Perfection, the surrender of the heart was so complete, so all consuming, that they continue to make the majority of their mortal decisions from this wisdom of the True Heart. No matter what. No matter what comes along.

Perhaps you have a Martin Luther King, a great humanitarian. St. Theresa, or another

enraptured saint. They may not remain consistently in this Consciousness, yet their essential nature has evolved. Therefore their primary actions are of selflessness. They gravitate back to selfless service.

To the alleviation of suffering. This is a form of surrender to service. And this consistency, this faithfulness to the Realization of a higher nature, will carry them exceedingly. It is more than most people will experience in a lifetime. They have touched Eternity. Their decisions come from eternal truths.

This differentiates one from those who seek mental clarity over True Heart. There is a time for each. And here we encounter the path of discernment and the path of the Heart. Both touch All Pervading Eternity.

Yet eventually, ones heart must be transformed. Melted. Immersed in the Reality of Love. This is imperative. Why? Because this is your True Nature.

So we must realize, fully, completely realize, that we are superimposed upon Eternity. This earth is not our home. We must realize, fully and completely, that there is no substantial



Let us begin with the realization of Eternity

difference between us and our neighbor. We must discern the grandeur that occurs, with the path of both the heart and the mind.

Let us begin with the realization of Eternity. It is essential to understand that you are superimposed upon Eternity. One must pursue self-realization with this awareness.

What is Keeping You From This?

What is keeping 'you' from this awareness?

You are speaking about the personal "I", and the personal "I" can never be 'self realized'. The personal 'I' is finite. The finite can never know the infinite. That is why the personal 'I' can never become 'self realized'. And as long as you think that you are the personal 'I' who needs to be 'self realized' there never will be a time when you can become 'self realized'.

The word, 'self realized', what does it mean?



Because you have taken a human existence, there are things you are required to master.

It simply means your natural state. It is not something that you become. It is something you are. You wish to experience your natural state. What you want to do therefore is to awaken to your natural state.

That is what you are now, but you have covered it up with the personal 'I'. As long as you keep talking about 'I am this' and "I am that" and "I need to be self realized" or 'I need to awaken' it will never happen.

This is also true of your problems. When you think, "I have to solve a problem." You

are referring to your personal 'I' and you will come up with relative ideas that will pull you further into problems. They will never be solved that way. Look back at your experience and you will see that what I am saying is true.

For if you realize you are not the person I then who is left to become self realized? When the I is gotten out of the way you become omnipresence.

You become I AM, not I am this or I am that just I am. Do not talk about it. Do not try to convince somebody else, but simply awaken

Everything is resolved and you are happy.

yourself to the fact that you are I AM and you have always been I AM. If you can just reason that way, you would not have anything to say after that. Just say to yourself right now I AM. AS soon as you say I AM all of your so called problems are resolved.

Your life is resolved.

Everything is resolved and you are happy.

Feel it. I am. Doesn't it feel beautiful?

Do Not Grow Despondent

Therefore as you progress through this lifetime, as you are unfolding, do not allow yourself to



Do not allow this world to reduce you to complete identification with unhappiness.

grow despondent. Do not allow yourself to surrender to the passing tides of delusion. Cling to the Supreme with all your heart.

If you must chant and pray all day, do it. If you must stop everything you are doing and Ponder the Dialogues all day, do it. If you must call out to God with everything you have, do it. But do not allow yourself to sit and become immersed in the delusion. Always take higher action.

Do not allow this world to reduce you to complete identification with unhappiness. Each time you do this it will become more and more difficult to break the habit. Start now and think where you will be many years

from now.

This awakens awareness of the temporal. The habit will already be broken. You will be much closer to becoming bright and shining, emanating who you are within.

Allow the joy to be. Just be. Many people make the mistake of projecting delusion where there could be joy. Sometimes people judge others celebrating, enjoying their children, their religion, because it appears to not be a part of their own life.

Their own happiness. So they say, “That is delusion.” But all joy is a blessing.

Everything that is brought into your life is

The principles of Eternity never change. They just are. The Divine Virtues

eventually a blessing, a tool for progression, if you allow it to be. To see the purpose behind it. It is all up to you.

Always remember. *We are spiritual people* *The world is not.* Therefore, we act accordance with spiritual principles.

What this really means is that we, as human beings, become last, not first. That is what Jesus meant when he said, “Those who are first will be last, and those who are last will be first. You have to develop a great humility. Do not long to be famous, or rich or great.

And do not say, “I want to be poor and have nothing. Either. They are both wrong. Just be your Self. When you are your Self, you will be amazed at how the universe takes care of you.

The universe is always ‘in’ Eternity. Not then, not soon, not before, not after. Eternity is now. There is nothing wrong with making plans. With accomplishing. But your happiness will not be found there.

It is always those with a concept of eternity that have done the most for this world. That have seen the smallness of their human selves and gone beyond this. Why?

Because the principles of Eternity never change. They just are. The Divine Virtues.

The perception of Consciousness occurs when you experience the truth of ‘your’ existence in Eternity. If there is one thing that you integrate today into your consciousness, let this be the Reality of Eternity.

When you live in the consciousness of Eternity, everything changes. This can happen by the path of human love, the all consuming devotion of the famous saints and poets,

or by deep unbroken Self Inquiry. I meet so many people who tell me that they have broken through the illusion of the temporal through Self Inquiry. And yet they have no warmth. The care for all people.

The awareness that there is no division. There is no such thing as the Awareness of Eternity without warmth. And you must acquire this Awareness.

Imagine for a moment everything that is surrounding you now. All the people, all the things. Everything.

Yet these things will no longer be a part of your life when you leave this earth. And that is not even one iota of Eternity. Think of all of the civilizations that have been on this earth.

Thousands of thousands of years ago. The Egyptians, those who came before them, the



cultures, the architecture, all of it.

Feel this for a moment. Where is it now? Now imagine Eternity. Galaxies, universes, all unending, infinite.

How can you identify yourself with a small problem, a petty idea, an upsetting event, in light of eternity? This is not meant to be used

Walking Through Eternity. This screen is as tall as the sky.

as a reason to do something in delusion and then say it is nothing before eternity. This is a tool of immense freedom. Of deep, abiding freedom.

If you remind yourself to live in the awareness of being superimposed upon Eternity every day, every hour, each moment, then a type of grandeur enters your mortal life. And the simplest things become immense.

Walking Through Eternity

As you are walking down the street, imagine yourself walking alongside a huge movie screen. This screen is as tall as the sky. It goes on and on as long as you can see.

On this screen is all of history. Everything that has ever hap-

pened on earth. All of the wars, the inventions, the cataclysms, the joy, the peace, the great humanitarians, the spiritual leaders.

Time goes by and it all continues. It just looks different. It is all occurring now. One event after another. Then the planets. The galaxies. The universes.

They are occurring on this screen. There is no beginning and there is no end. And you continue steadily walking, progressing, moving forward. See the world this way.

The transcendence of complete identification with your outer experience goes beyond realizing the temporal illusion.

That is only the first step. The baby step. The point is to have an actual experience of the Supreme. *To be firmly rooted in what is Real.*

You are to be firmly planted in the Truth of your existence. And this Reality is imperishable. This Reality is joy. It is sure. It is consistent.

You are not floating around in unidentifiable substance. You belong to a greater good as they say. And this Good is aware of you.

It is waiting for you to hand your life over to it. As you progress, you are now seeing the power that lies in this simple realization.

You do not have to wait until great tragedy awakens you. You do not have to wait until someone leaves to make you



appreciate them.

You do not have to spend time in pursuits that do not fill you. You do not have to make decisions that you will regret.

You will not have to be at the end of your life, feeling disenchanted, disillusioned. Frustrated. Feeling that your chances are over.

This is a common illusion.

Because you did not live your life in Eternity. When you live in the awareness of Eternity, everything is sacred, yet you see through the world.

Of course, you are already existing in the transparency of Eternity. But you are not conscious of it. And this is all about being conscious of it.

This is all about living Consciously. Being freed from the the driving forces of illusion. When you are aware of the magnificence of Eternity, you see beyond your immediate circumstances.

You see the beginning and the result. You see the holiness in every single interaction. You were not drawn to this Teaching accidentally. You did not have the parents you did for no reason.

You are not interacting with the people you are interacting with now for no reason. For even if you are wildly rich, successful, popular, you will eventually reside in the unseen consciousness of your hearts intent.

What is apparent to others is of no consequence. Therefore, live in the consciousness of Eternity.

Ask yourself, 'What is Eternity'? Eternity is the Presence unending. It is life that can never be destroyed, that has never been born, that contains no ending.

When you are honestly living in the experience of your existence in Eternity, you are completely aware of the truth of everything that you are doing.

And you adjust your actions accordingly. As I explain, you are completely aware of the immeasurable fullness of each moment.

You see the value of every interaction. Fear and depression lose their sting. Because you are honestly aware that there is no loss in eternity. Because of this, you can assist those in pain.

As we have discussed, when you look at a movie screen, you see the whole screen. But now you are only living in one small corner of the screen, with only a tiny portion of the picture.

Imagine if you could see the entire screen. Imagine if you saw the whole movie. Imagine if you knew that each character was acting with another character, and the reason why.

Now you just see a part. More importantly, imagine that you knew that they were not real people but actors pretending.

And that there was no sad ending. There cannot be a sad ending. For you knew that a movie projector was showing the picture.

What a difference that would make in your life. What a difference that would make in consciousness.

How much pain would that take away from you. That is how your brief life is against Eternity. It is not meaningless. The actors are skilled. They will get paid if they act superbly.

A talented writer wrote the story. There is a plan for all of it. So never underestimate the value of your life because you realize that it is a dream that will pass. There is



great value to it. To see the value, to realize the significance, while remaining cognitive of the Reality of Unchanging Eternity, is what you are called to do. And in doing this, you will have less questions, and perceive more answers.

Become Vast

Many small things assist this consciousness. For this world makes you very small. You think that your day, your house, your neighborhood, what you encounter over and over every day, constitutes life.

You come to believe that the world revolves around you. This is why it helps to go out into the vastness of pure nature daily. Look at the expanse of the ocean. Immerse yourself in the expansive blue cloudless sky. Do this every day. Remind yourself who you are.

Do not forget to do this. Become boundless. Become vast. Become great. This also is a portion of humility. And the irony of this is that as you become vast, you realize true humility.

Eternity becomes you. And in this, there is nothing to fear. There is never anything to fear.

For you are Eternal. You have always been Eternal. And you will always be Eternal.

Know this deep within your heart and become free.

Peace.

