



ALL IS WELL IN REALITY

A PURE FORM DISCOURSE

BY ROBERT ADAMS

In the nineties, Robert Adams conveyed Discourses on transcending ones enslavement to the ego's fears anger, total limited identification to only the human condition rather than the Divine Origin, completing the four decade richly multi layered Teaching, each decade emphasizing a different, necessary aspect of Illumination and daily living, ranging from The Garden Talks, The University Talks, to the later nineties Talks. These later Talks constitute Silence of the Heart Book I.

Greetings and salutations! It is good to be with you on this lovely Sunday. All is Well.

Think about that statement, All is Well. No thing is the way that you think it is. There is no thing in this Universe that is what you believe it is. Everything is something else. Nothing is ever the same, or appears to be the same. The only thing that appears to be the same and does not change, are your thoughts.

Most of us have a mind set, and it is very difficult for us to change this. This is the only thing that keeps us from seeing Reality.

As long as your mind is set, it is in

accordance with the Universe and the world, and you see things as they appear to be, but not as they are.

You look out of the window and you see a beautiful tree, a beautiful sky, woods, a lake. That sounds great. You look in the other direction, and you see rioting, man's inhumanity to man, destruction, earthquakes. How do you reconcile this?

Look at your own personal life. You have good times and bad times, and it is from this that you know what you want to experience. You want to experience the good times, not the bad times. Yet, what you fail to understand is, where there are bad times there are good times and where there are good times there are bad times. You cannot have one. You can never have one. And to give an illustration of this, is the story of the Two Frogs.

NEVER GIVE UP

Once there were two frogs. They inadvertently jumped into a vat of milk. There was a fat frog and a skinny frog. And they could not get out.



They were swimming around. The sides were slippery, and the fat frog said to the skinny frog, "Brother frog, there is no use paddling any longer. We are going to drown, so I might as well give up." The skinny frog said, "Hold on brother. Keep paddling. Somebody will get us out."

They paddled for hours. Again, the fat frog said, "Brother frog, I am becoming very tired now. I am going to just let go and drown. There is no way that anybody can ever get us out of here. It is Sunday. Nobody is working. We are doomed. There is no possible way we can ever get out of here. And the skinny frog said, "Keep trying. Keep paddling. Something will happen. Keep paddling."

Another couple of hours passed. And the fat frog said, "I cannot go on any longer. There is no sense in doing it, because we are going to drown anyway. What is the use?"

And he let go, he gave up. He drowned in the milk. But the skinny frog kept on paddling. Ten minutes later he felt something solid beneath his feet. He had churned the milk into butter, and he hopped out of the vat.

So it is with us. We go through so many experiences in life. We think there is no way out. We believe we are human and we are caught in 'Maya'.

We have got to go through certain experiences and suffer, and be happy, and do all kinds of things.

But, when I share the Truth with you, that there is no Maya, there is not universe, no thing is the way it appears, it is only your mind that creates these conditions, and 'mind' doesn't 'exist'! (laughter)

You don't believe me! You want me to talk about ...karma and reincarnation!. (laughter) You want to get into all kinds of facets of the universe. You want to hear eloquent lectures about how we are going to be 'saved', yet you do feel human, don't you?

PERCEIVING THE ETERNAL

You do go through experiences, don't you? If you would only learn to sit still, to be quiet, to stop reacting to the universe, to the world, to the situations, to life.

We give everything a name. That's the problem. We say, this is cancer, this is poverty, this is an earthquake, this is a million dollars, this is a new home, this is a new car, this is a war, this is a dog, this is a cat.

We have 'names' for everything. What if we forgot about those names? And we stopped seeing things as some-thing?

What if we just observed things, watched things, without giving them a 'name', without coming to a conclusion? What do you think would happen?

You would transcend everything. For whatever you are no longer 'attached' (* "By 'attached' I refer to an inner understanding. I do not say, do not become close to anyone else, not to take care of anyone else.") to, gives way.

Whatever you are no longer holding on to, no longer holds on to you. And, as you let go of your 'opinions' toward person, place or things, you find that you are growing, you are evolving. You are beginning to become something that is ineffable, something that cannot be explained. Something that is so wonderful, you will never dream that something like this existed. Yet it does!!

Why do you appear to have a body? Why do you appear to be playing these games, if they are not 'real'?; the answer is, 'you' are not playing any games. There is no-body doing any-thing. This is something difficult for most people to comprehend. No-thing at all is 'happening'.

But I move, I swim, I play golf, I go to work, I watch television, I am doing all of these things. These things appear to be happening. "You" have to remember the question; to whom is it happening? Who is experiencing this?"

"YOU" ARE BEYOND THE APPEARANCES

And, of course we remember it is the ego that

is experiencing this. Then you remember again; "YOU" have no ego. There is not ego. An ego never existed. If it did, where did it come from? Who is the creator?

Whatever you believe in, there has to be a creator to have created it. If you believe that you are human, something created you. You say that your parents created you, and you go back in time, of who created them, and who created them. You go back to the very beginning. Everything you believe in, there has to be a 'cause'.

Even when I tell you that there is no 'cause' therefore there cannot be an effect, you think I am crazy, and I am! (laughter) For who wants to be 'sane'? To be 'sane' means you 'conform'; to society and the things that are happening in the world. You think alike. I can assure you that no-thing 'exists'.

(* re: "Do not misunderstand me. If you truly understand this, you will not say aloud 'no-thing exists', for this is an interior realization. You continue loving others, helping others, taking care of your family. Do not use this as an excuse to live in a crazy, vile manner. You simply lead a more peaceful life. One filled with loving kindness.")

What you become will function very well. And, I can assure you, when you think about no-thing, the no-thing that you are thinking about does not 'exist'. Once you think about no-thing, you spoil it, because it becomes something. Always remember, the idea is to stop thinking completely.

Nothing functions mentally at all. Yet, some of you still believe, if you stop functioning mentally, you will become a vegetable, you



would not be able to function. This is not true. What you were will not function. But, what you become will function very well. You will always appear to function.

Yet, there is no 'functioner'. You are not what you seem to be. No matter how many times I tell you this, you are still thinking, thinking, judging, coming to conclusions, trying to work out your life. You have to let go. Totally, Absolutely, Completely.

You have to let go so completely, that you will feel no body, no mind, no pain, no thing, that is the only time you will make progress. Do not 'think' about this.

The thoughts cannot help you. There are no thoughts that can help you realize the SELF. It is only a total completely letting go, giving up.

What do you give up? You give up the ego.

The mind. Your 'opinions' about things. That is all you give up.

YOU WILL BLOSSOM AS A BEAUTIFUL TREE

But yet a tree seems to appear. It turns into a beautiful tree as it grows. So will you appear. Yet, you will know that you are not the appearance. You will know that you are totally Free and that you are Omnipresence,

All-Pervading. The whole universe is taking place inside of yourself. And, if you are not the 'self', there is no 'universe' for 'YOU', are beyond the no(t) self!

Where there are no words to describe it.

Yet, it is so beautiful, so blissful, so joyous, that if you have had a taste of it, you would never return. You would never want to go back to humanhood.

TO BE TOUCHED BY TRUTH

This is why there have been many who have been touched slightly by this Realization. They have been Touched by Truth

And they can remember that there is something there, even through they are back to their human self, so it appears They never forget that Touch.

And these people are the ones who strive forward, to go all the way, and to Realization. What does it mean to go all the way? It means, to look at your life as a picture show. All of the experiences are images on the screen. It means not to regulate your life at all but to observe it and watch it, to look at it intelligently.

To see the emotions that come into your mind, To observe the fears, the arrogance,

and not to 'do' anything but to look, look through them and become Free of them!

Think of an emotion that bothers you. Perhaps you have a bad temper, a fearful disposition, whatever. First you have to see it! Then dive deep deep within it. And it will totally and completely disappear. It will never bother you again. When you 'try' to change things, they all appear to be fixed for a while, then you will find yourself in the same position that you were in before. Different people, different places. You do not want to 'change' things, you want to be STILL and look.

As you become STILL and look, what you are looking at will look back at you.

YOU WILL BECOME RADIANTLY HAPPY

As you look at the world without interpretation, as you look at the world without attachment, what the world is will be revealed to you. The world will be revealed to you as no-thing, as an image on the screen of Consciousness. You will become radiantly happy. For no reason whatsoever. You will find the peace that you never dreamed existed.

You have to want this. You have to love this. You have to want this more than anything else in this world.

When I say, "Want it more than anything else in this world", I do not mean it in a 'I don't have it' sense and 'I want it.' I mean, to feel and believe and know, that YOU ARE THAT. And you want THAT to be uncovered for you, by going deeper all the time, by letting go of all the things that seem to be happening in life, continuing to dive deeply within the SELF.

You dive deeply within the SELF to the extent that you give up the stuff that you have been carrying around for years.

There is no one who cannot awaken. Since your Real SELF is already awake, there is nothing that can keep you back but yourself. By this 'self' I mean your mind, your thoughts. Your thoughts are the only thing that keeps you back. You have to look at these thoughts, and not allow them to do anything to you.

Do not allow them to frighten you. You have to remember to practice Self Inquiry, to inquire, 'To whom do these thoughts come?' To always think in your mind, "There are not thoughts." All these thoughts are a mirage.

Remember, you use your mind to destroy your mind. You introvert the mind upon itself. When the mind is introverted upon itself, it disappears, for it never existed. But, when the mind is extroverted, then you are alive and well in the world, going through all types of experiences. In school they taught you to be extroverted, to have an outgoing personality. What has it done for you? (laughter)

Look at the world in which we are living, see what is going on. Look at our figureheads, government officials, state officials. These are all extroverted people. Thus we have been told that to be introverted is to be a 'loner', and to never get anywhere. Where do you want to get? If these people only realized, what the world in which they are playing is all 'karmic'. In other words,

everybody is in their right place. Where they are supposed to be, there are no mistakes.

So, these people do not believe they are not the body, and world does not 'exist'. But they believe that there are bodies, and there is a world, and there is a Universe. And everything that appears to be, is karmic in effect.

This is why I always say, there are no mistakes. For you are where you are supposed to be, in accordance with the laws of karma. But, do not keep thinking about getting rid of karma, for you will have a bottle on your hands.

*You have to go out of this, 'see' that karma never 'existed'. (* re: "Those of you who have been with me for awhile, know that when I say something doesn't exist, I do not mean this in a strange way.*

I speak from The Ultimate perspective. There is something better. Something Eternal. Therefore, do not focus on what is temporal, but on that which does not change; Omniscient All Pervading Bliss Love Awareness.") Does not really 'exist', and so just wake,

Awaken. Yet, if you want to play with karma, you will have many lifetimes, many experiences. It will never stop. It will go on and on, indefinitely.

REMIND YOURSELF EVERY MORNING

A MORNING INNER MEDITATION

Start to realize 'karma' never 'existed'. Now, there are no previous lives and 'you' do not exist now. Do not try to analyze this or figure it out in any way. Just keep it inside of you. Wake up in the morning and say to yourself, " I ("I" as only flesh-ego)

DO NOT EXIST NOW. 'I' HAVE NEEVER 'EXISTED' PREVIOUSLY AND 'I' WILL NEVER 'EXIST' IN THE FUTURE."

When the mind is calm in the morning hours, when you awaken, when you say something like this, you will get a beautiful warm good feeling. You will feel wonderful, for it relieves you of the responsibility of taking care of 'yourself' to an extent. Yet you will still take care of yourself, but it will be completely different.

You will brush your teeth, you will take a shower, you will go to work, you are totally free from the reactions of the things that are going on. There is no 'one' to react any longer. Therefore, everything that appears to be done by you, will be done in a wonderful way. All the time, knowing you are not the doer. I know this teaching sounds 'absurd' to most people. And yet, this is the Teaching that has been propagated by Roshis, Sages, since the

beginning of time. This is it.

THIS IS YOUR OPPORTUNITY

This is your opportunity to awaken. Why not use it? Do not let another moment go by where you are sitting there, believing and thinking something is wrong somewhere. Everything that is happening in this world today, has happened before. Different times, different people, different place.

All of those things have happened before previously. They have always happened in this world. This is the nature of this world. There are so many people that want a beautiful world in which to live, where there is everlasting peace, and tranquillity, where there is joy and abundance.

And yet these 'things' are temporary, for this is not the way of this world.

It is interesting, when you stop 'thinking' of joy, when you stop thinking of sadness, when you stop 'thinking', of good things and bad things, something wonderful happens to you. You Feel Love and Kindness and Beauty and Joy

For you are no longer 'attached' to any 'thing'. Yet, in this you feel love and kindness, beauty and joy, in a totally different way. Why not awaken now? Will you do this for me? (laughter)

Wake up. Do me a favour. Stop playing these games, most of you know when you walk out of this door today, you will forget many of the things I am talking about, and revert rightback to your 'stuff.' When you begin to think about eating dinner, going to a movie,

thinking about work, and you become involved in the material world once more.

You have to begin to catch yourself. When as you walk out of this door, and you are thinking of a bill that have got to pay, or you are thinking of a sickness you've got, or somebody in your family has, or you are thinking of the promotion that our are going to get tomorrow at work, catch yourself. Catch yourself. Stop yourself. And immediately say to yourself,

'To whom do these thoughts come? Who is thinking these thoughts? Where did they come from? "I" am thinking these thoughts. Who is the "I" Who gave birth to the I who is thinking these thoughts?'

You must keep this procedure up. And you will feel, and say, "The "I" does not 'exist'. It never existed." You will feel beautiful. You must keep this procedure up. The mind must be transcended. (Silence) All is Well. All is exceedingly well.

ON COMPASSION IN GRIEF AND LOSS: LOVE IS THE ANSWER, NOT WORDS

DO WE HAVE QUESTIONS IN THE BOX?

Q: Robert, for the last six months, my mother has been grieving and crying, due to the death of my father. What can I say to her to ease her suffering?

Robert: When there is a death in the family, it is difficult indeed. Yet, if we can only look beyond, beyond it.

If we can only see the Truth involved; nobody dies. Yet, you cannot say this to a

grieving person. They have no idea what you are talking about.

Therefore, all you can do is to love this person. If you can love this person enough, then she will feel it deep in her heart, and become calm. Love is the answer, not words.

When a person is going through a grieving like this, words cannot help. And we do not wish to be wise guys and say, " Ah, nobody died. Why are you crying? You are wasting your time. This is what you see."

This person is feeling the death, terribly. Well, you have to hug the person, love the person, and your vibrations will go into this person, and make her peaceful. So, do not talk too much, and do not say too many things. Just understand. Hug her, and love her. But, you know the Truth within yourself. Realize within yourself for her, that no one was ever born, and no one can ever die.

Do not tell her this. She will not be able to understand this. In all humility, feel this truth in your heart, and if you are sincere, she will feel this also, and have peace. (Silence.)

DAILY ASSERTION

" I Am infinite, imperishable, Self- luminous, Self- Existent. I am beginningless, endless, decayless, birthless, deathless. Never was I born. I Am ever Free. Perfect. Independent. I alone AM. 'I' pervade the entire Universe. I AM All Permeating and interpenetrating. I am Supreme Peace and Freedom Absolute. "

So remember that All is Well. Exceedingly well. There are no mistakes, none have ever been made, none are being made, none will ever be made. You are in your

right place, going through the experiences you are supposed to be going through.

Do not be angry with anyone. Look to your SELF. Love your SELF. Pray to your SELF. God Dwells in You As You. Until we meet again; Have a great Mothers Day!

"It is good to be with others on the same Path."
Robert

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