

INTRODUCTION

THE RETURN TO HAPPINESS

A MAP HOME

“There are many writers, explorers, theorists and seekers, but only a handful of actual Master Teachers.”

When the internationally revered illumined Mystic, beloved Teacher and rare modern day Sage, Robert Adams, originally introduced *The Happiness of The Eternal Now* to Western audiences in remarkable depth over four decades ago, his deep warmth and ethereal radiance announced the presence of something extraordinarily different.

Something far and beyond a mere philosophy, theology or interpretation of past spiritual offerings far removed from real life. Here, sparkled a timeless, transcendent Truth from one who *knew true Happiness*. His own fathomless reverberating happiness shines like a beacon in the darkness of an unsteady world. Yet he is a modern American mystic who happily lived his life in the suburbs.

“Happiness is your true nature.” Is happiness actually our natural state? Amid an abundance of cynical Westerners discussing, debating, and intellectualizing the concepts of love, awakening, peace and compassion, here was one who actually exists as love, happiness, peace, emitting light. One who walked the walk.

What flooded out of this phenomenal gentle master teacher in unabashed eloquence and fluidity, transformed so many lives that increasing crowds began to gather around him, yet he sought none out. “I am not a guru. You must discover this for yourself. Try it and see if it works for you.”

Refreshingly removed from substituting mere words for action, he remained quietly engaged in practical service to humanity through

groups aiding the homeless children, providing for the local urban homeless population, and emphasizing peace as a basic requirement of human involvement. A powerful Ultimate Truth speaks fluidly, purely and commandingly through him in words that reverberate deep within the soul, setting a rare Sage far and apart from contemporary offerings.

Here, in modern times, is the rare one who speaks from pure Illumination. Yet it is his gentle, touching innocence in the frame of relaying loving Truth that is most moving. "Compassion, that is the most important thing."

An internationally revered teacher of extraordinary humility, his consistent, often startlingly uplifting emphasis on "Bright and Shining" happiness, which is 'The Substratum of Our Existence', a topic few even claim to remotely imagine, results in a collection of his deeply moving Happiness Dialogues. These define the precise directives, experiences, and path to actually consciously return to our original nature of Unalloyed Happiness, shared within this book.

My years with this transcendent illuminated Sage revealed a depth of joy expressed only in the saints of antiquity. Here, the practicalities of contemporary challenges and so called 'problems', from loss to depression, are all addressed from a powerful and freeing perspective of Ultimate Truth and a transparent, highly evolved selfless compassion.

He spoke rarely, only if requested, for both traditional and established modern groups and organizations that requested his presence. Even more unusual, he refused to charge to attend his talks and events, honoring the pure Ancient Way followed by true saints, sages and mystics throughout history. Eventually his talks were published in international journals and magazines throughout the world, as his own selected groups remained with him throughout his life. A precise daily practice to transcend "That Which Is Not Truth" is the foundation of his teaching.

THE EXPERIENCE

Teaching from a lifetime of genuine mystical awareness of great transcendence, his truth is offered to all. The experience of an Original Full Format Talk of Robert Adams is a dip into the rarefied waters of sheer joy. Amid his own unique original format of Dialogues, Questions and Answers and music, the very air in the room is palpably transformed, sweetened and uplifted as he guides his audience beyond intellectual concepts into the ultimate crux of his Message of an all consuming love and happiness that exists beneath all appearances to the contrary. His depth of inner stature transmits the rare experience of divinity.

Indeed, there is a 'happy ending', and he would share his experience freely if asked, with a fathomless twinkle, "This has been my experience. Try it and see if it works for you." And work it does, as those unwilling to concede to life as it appears in unsteady times amid a joyless existence, are 'trying it' and finding that a deep, prevailing inner happiness does exist beyond external appearances, awaiting our attention.

We are invited to ponder the possibility that we emerge from "An Unimaginable Beauty" awaiting our daily access. This nourishing of the soul, the "Unfoldment into our True Nature of Unalloyed Happiness" is our destiny. Fresh, natural and lucid, life becomes extraordinary. But one requires a true illumined Master to guide the journey. One whose inner overcoming paves a golden path. The Reality of the Eternal within us becomes a direct experience.

Amid an unusually refined, kindly, pure gentlemanly humility, his Presence of Truth touches the most caustic of hearts, continuing to increasingly transform lives throughout the world. Amid hundreds of completely extemporaneous, soul-permeating weekly talks and spontaneous audience questions and answers- from celebrities to professors, monks to mothers, his disarming smile of transparent wisdom reaches out to lift others up to where he himself resides. There, we remember a beauty forgotten.

THE SILENT SAGE - LET THE TRUE SUN SHINE FORTH

As tour buses stopped to point out the suburban hilltop residence of the resident saint, fondly called The Silent Sage, audiences gathered to hear this teacher, devoted husband and father, who reflected the purity and nobility of both a child and a prince, whispering of ancient, highly evolved wisdoms lived out as Reality, rather than spoken of in 'alternative' concepts. Both simple and layered, his message resonates with all. A true modern mystic, practicality melds with gentle beauty, his own radiance a reminder. "This is not dry head knowledge. You must experience this yourself." Suffering subsides as "The Happiness Bubbles Up." Something within responds.

Many described a new awareness of love that fills the air with a deeply healing balm at his words. No questions go unanswered. This beloved teacher takes personal time and care to go out of his way for anyone who approaches him, doing so with personal questions answered in this book. We enjoy a distinctive quality separating his transmissions from mass generalizations of 'peace' and 'awakening' given within today's maze of modern offerings: the solid specifics of how and why in a fresh purity of intent, shining disarming kindness. Married and residing in daily family life for 43 years, he joyfully states "Do not remove yourself from your role. Become a living embodiment of love."

This care appears consistently in his personal commitment to bring happiness to each individual rather than simply announce a teaching and leave one to their own devices. To the intellectually jaded, this rare combination of powerful mystical illumination accompanied by tender kindness, traditional values, and a self-effacing benevolence confounds all traditional assumptions of 'getting' happiness.

THE NIKE SAINT

From personally consoling a grieving student to actually removing his new white Nikes on the street to hand them out to the homeless man approaching him, he lives that of which he speaks. The words of one going far beyond the concept of love to exemplifying the reality of it, strikes deeply indeed. In these *Happiness Dialogues*, we are

treated to a solid feel for the origin of his entire Message to humanity:

“Awaken to the amazing possibility, that happiness is our true nature.”

THE TIMELESS QUESTION OF HAPPINESS

Our assumption that happiness is something to be found, is challenged here by the discovery that happiness is something already gloriously present, simply to be uncovered. The personal emancipation from the dilemma of human suffering is as simple as returning to the Kingdom from which we originated, that of Illumined love, yet requiring something practical of us - *Living in this New Reality.*

A dedication to the actions that practically awaken our dormant happiness and all of its fruits; sustenance, comfort, compassion and love, is the very definition our true nature. The result is a sustaining, real original happiness which the outside world cannot affect.

“The happiness that we experience on earth is barely a glimmer of the Unalloyed Happiness that is the Origin of your Existence.”

A true Sage that has delved into the deepest fathomless caverns of divine consciousness and simultaneously perceives them all, is practical in an immaculate perception, reminds students that seek ‘instant illumination’ from simply ‘being’ in the present moment, that this is only a beginning step rather than a tool in and of itself. Going beyond this initial step, we ‘dive in’ deeper, dramatically lifted into ‘A Higher Vision’ of our life, of who we can be, of utter and complete transformation through immersion in The Ultimate Reality. A love that results in the happiness that we all deeply crave, against which all else is merely a backdrop of waiting. “Here pain dissolves in the bliss - full glory of the eternal now.”

The human precursors to happiness are more than a nicety. “Without the love, the compassion and humility, one cannot find happiness. One cannot return to their True Nature. For what do you think your True Nature is? This abiding omniscient happiness is the substance of your being, and of everyone else’s too. Therefore you share this happiness with all. This has been my experience.”

THE HISTORICAL HAPPY ENDING - YOU ARE PREDISPOSED TO JOY

Is happiness our true heritage? Joy our destiny? The theme of true happiness, of joy, remains the origin and promise for humanity through out historical reference, from the Bible to the Bhagavad Gita. From time immemorial, traditional cultures and wisdoms unite in emphasizing happiness and joy, as being the foundation of creation; the true destiny for man.

Here in his uniquely singular experience and Teaching, Robert Adams, emanating sublime happiness through both health and years of illness, shows us how to experience that Reality. Today. How to actually have that happiness that defines our True Self. It has never gone anywhere. It only awaits our return. For as he states, "You are Pre-Disposed to Joy."

Is this happiness the same one that causes our eyes to light up with joy and our hearts to fill with completion? Vibrant, loving and dynamic rather than an abstract, cold-detached version of 'feigned happiness' far removed from warm involvement with others, our heritage of 'Unalloyed Happiness' constitutes a rich fullness of the soul in which, "Everything you could ever want is fulfilled beyond human imagining. There is no loneliness. No need. A magnificent Remembrance occurs. You feel an indescribable love with all of life, including the sudden Realization that everyone is truly your brother and sister. This Omniscient Happiness permeates everything."

"HAPPINESS IS THE SUBSTRATUM OF OUR LIVES"

In this book we enjoy the jewels of Robert Adams' own unique cadence and experience, the crystalline clarity of his own words. Saturated with his emphasis on happiness introduced as 'The Substratum of Our Lives', we are shown how to hold this Truth up to every common day to day concern in the brilliance of a light to which all else that seemed so powerful fades. It is in that Moment that we choose our destiny.

If we mistake this radiant brilliance of happiness as the mere removal from a normal, responsible active life, common in our cultures

tendency to encapsulate centuries of hard won ancient wisdoms into an often unrecognizable convenient interpretation, we are quickly humbled into awe by the touchingly practical 'overcoming' of the teacher himself, the ultimate example of being real. In this we find sustenance. The glow of transcendent self sacrifice and eternal joy. Unperceived amid his good cheer and genteel demeanor, for a good portion of his own renowned teaching 'career', ... Robert Adams own physical body underwent sudden illness after a strident active life of vibrant health in a robust physique in which he climbed mountains daily before sunrise, walking and swimming for miles, just for the joy of it.

TO OPT FOR HAPPINESS

Amazingly, his prominence grew as the ethereal peace emanating from him became world renown. Living in this realm of supreme equanimity, daily he rose before the sun to continue to hike for miles carrying his beloved little dog with him, accompanied by numerous children and loved ones holding his hand, as he transcended all assumed limitations.

Radiance is a rare commodity. Happiness even more so. Both pour out in boundless open floodgates to all who approach this 'St. Francis of the West.' Many describe instantaneous shifts in perceptions and newly awakened happiness in his presence for the first time in their lives. Amid the ultimate truths of the universe, his pulse remains on the simple power of our own personal innate joy as he simply states, "Ask everyone what you can do to make their lives easier, happier. This is the best use you can make of your time here on earth while you are Unfolding. Spread Sunshine to all you meet. For in this way, you are manifesting your True Nature." Within this profound wisdom of an illumined Sage, the simplicity of a wonderful humor is celebrated. Dressed in signature white, wearing a Mickey Mouse shirt with modern athletic gear, he ends his Discourses on the most intricate of topics with a request for all to join him in stretching ones mouth from side to side in 'the smile meditation', in order to remove oneself from self absorption in ones own life journey. Dive into the Eternal presence of a true illumined Master and rejoice.

Blowing bubbles with children, wearing a Santa hat for holiday Discourses, his warm humor compliments an unusual self effacing style of guiding one in the ultimate journey, home to joy, toppling our egos investment in substituting 'dry head knowledge' for the actual experience. Throughout this book, his warmth emanates in his own personal style of guidance. Sophisticated yet humble, precise yet universal, he offers refuge for the soul through the ultimate truth.

THE LIGHT OF A THOUSAND SUNS

This beautiful collection of The Happiness Talks of Robert Adams brings us closer to his heart. As these words that ring from a higher evolvment take our hand to lead us out of the clouds of everyday vacuous confusion into 'That which is Eternal, That Love Which Does Not Change', a hard shell begins to dissolve.

Practical, contemporary, yet uncompromising in transmitting an Ultimate Truth, he guides us in allowing layer after layer of all that has been mistaken for 'real life' to reveal an Eternal Substance, one that we can always depend upon. His words soften the heart and awaken selflessness, the true Nature of the Soul. His detailed instructions take our hand as we walk with him in a remarkable journey through the forest of apparent pain and suffering that we have identified as 'us', into "The Light of a Thousand Suns." This is a direct path to illumination.

The trademark radiance that melted a room and brought hundreds to tears in the face of his compassion, continues to remind us of this possibility. The possibility of the true nature of the human soul to emanate the same radiance.

The Sage is present just by thinking of him.

All healing is spontaneous.

Let the True Sun Shine Forth!

Robert Adams

 P. Devi