



“Our Mission on This Earth is To Be of Service to Humanity.”

The Robert Adams Benevolence Project 2014

Welcome to [The Robert Adams Benevolence Project](#), a practical application of the Teaching of beloved humanitarian Sage, and Teacher Robert Adams, in “Alleviating the suffering of humanity.” Robert Adams initiated this arena of joy filled service. “Never pass up an opportunity to be benevolent. To alleviate the suffering of others.”

The Robert Adams Benevolence Project is an all-encompassing application of the time proven service and aid organizations that provide food, clothing, hygiene necessities, inspirational encouragement, compassion and company to those that are in need, whether emotionally or physically, regardless of religion, race or culture.

History

For over four decades The Benevolence Project has provided food and clothing to the homeless and hungry in urban areas, under the direction and direct participation of Robert Adams and his beloved daughter. Children are a particular concern and dedication to The Benevolence Project. Throughout the world, the majority of the hungry and homeless are women-mothers and children.



Volunteering, Uplift Someone

“As you are Unfolding, spread sunshine to all you meet. Visit the housebound. The lonely. Bring cheer to others. Alleviate the suffering of others. Leave this world better for being here.”

The Benevolence Project offers the beautiful opportunity to offer the best of ourselves, our heart, to those who are experiencing a stage in life where they have been placed away from others, are unable to leave their home, are completely alone in this world. “The forgotten”, as Mother Teresa called them, can be found in traditional residential care facilities, including a rapidly expanding plethora of private home facilities that place elderly parents of working

children, although they suffer from no major illness or loss of faculties. The Benevolence Project volunteers have enjoyed this arena immensely, honored to be permitted to enter their rich world of conversation, humor, talents and skills, career wisdom, family wisdom, and full hearts.

This area is particularly recommended for volunteers who are unable or do not wish to travel out of their neighborhood communities, are cautious as to safety issues as a single volunteer or wish to bring their children or other family members with them. These volunteers have special skills that, while seeming ordinary to them, define a rich and rare treat of intellectual- spiritual stimulation and upliftment to someone alone with little diverse or enriching interaction with others on a one to one dynamic. One volunteer found several years of transformative, delightful and emotionally expanding afternoons introducing poetry readings and classical music afternoons to a suburban placement home in her community. She brought tea and 'exotic' Indian sweets to two women who 'clicked' with her, closing by reading from *Happiness This Moment* to them each week, introducing a comforting and new concept of what is called 'dying' to those who felt a need to spiritually ponder options. The following guidelines are required to provide a sacred environment of mutual respect, personal integrity and focused intent, gentle loving kindness, becoming a vehicle of divine compassion in a humble, honorable and spiritually viable manner.



The Joy of Service

Benevolence Project Guidelines

1. Contact the director in charge with courtesy and graciousness. Identify yourself clearly as a volunteer who brings supplies-companionship and enrichment through reading, music and inspirational activities including your personal skills. Some students have offered their professional skills in Chair-Aerobics, water ballet, yoga, oratory skills masterfully reading poetry, scriptures, singing the favorites of your audience's era, etc. A professional skill is not required, only a pure kind heart full of loving kindness, patience, unconditional support and a conscious connection to the peace and harmony of Gods Presence, superseding all events.
2. Arrange a once a week visit. For food kitchens and distribution, if you are volunteering with a group you will arrive on their schedule for volunteers. If you are offering your own arrival for donations, readings, companionship, music, etc., arrange a pre formatted firm schedule and respect it with dignity and regard for the organizations and people dedicated to its success.
3. Prepare your materials prior to arrival. With wisdom and regard for others, do not gather your materials and schedule plan together while partaking of their time on your arrival. Respecting this sacred offering in opportunity to be of service to humanity, offering up to God all of your resources with love and happiness, arrive with your highest, most gentle, respectful Self. Maintain a constant emanation of 'good cheer'.
4. In Graciousness and respect for the rich potent time allotted, depart at the arranged hour regardless of interaction with others. This alleviates the management of requesting you to honor their schedule, residents, etc. Uplift the departure with joy, humor and love.
5. Should you be inclined to utilize or incorporate personal life issues, other spiritual paths, additional orientations, activities other than that registered, you are respectfully requested to formally contact your Robert Adams Teacher Center, withdraw and inform them that you are now visiting as a singular individual not affiliated with The Benevolence Project in respect to the founder Robert Adams who instructs; "I do not discuss other teachers. Other Paths. This is for those called to one Path here. Therefore it behooves you to spend this time on only one Path." Readings are not required at Host Meetings, yet are optional.
6. In discrimination, it is appropriate to not bring children with you to serve. Exceptions may be made for visiting the elderly if a pre- planned format of activities such as reading, singing, meditation, board games, etc. is followed. You are a conduit of happiness and upliftment. Leaving children indiscriminately unguided while focusing on others may expose them to environments they are not equipped to understand.

7. **Embracing The Higher Vision.** “You are in the world but not of it. YOU, are a child of God. You are therefore operating from higher laws. I am calling you to a higher vision. Spread sunshine, happiness, loving-kindness to everyone. Do not operate by the ways of this world. You are a living embodiment of Good, Supernal Perfection, Omniscient Love. Love, Compassion, Humility. Always return to this.” It is of great joy and value to return in each Moment to this Reality, consciously and experientially, giving strength to others.



Entertaining and lifting the heart a child in pain— Spread Sunshine

Preparation

Single Volunteers

The emanation of Divine Presence, patience, confident emanation of Gods unconditional love to all is the direct result of the Practices. A wonderful opportunity to expand ones life in service begins with personal anchoring in Truth.

1. Light a candle. Begin your sadhana. Chant followed by the I AM, prayer to be a conduit of Love, Compassion and Humility is participated in by all Benevolence Project Members. Meditating until “The Peace The Passeth All Understanding” is experienced lifts Consciousness into Truth.
2. Review research on the group that you are visiting. Align yourself with their protocol, rules. Submit to their scheduling and format, while maintaining radiant goodwill in gentle offering.

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Hosting a Robert Adams Benevolence Project Group

Preparation

1. Following certification per enrollment form as a Robert Adams Benevolence Project Host, the following directives provide fulfillment of a joy- filled, supported experience of service to The Supreme, within all.
2. The Host is a pure -hearted servant of Omniscient Good, through reverence to the Sage Robert Adams in full respect and alignment to his principles and Teaching, infiltrating their own life with new joy.

Service includes:

- a. **Contacting donation organizations and picking up donations.** Previous students have approached restaurants, groceries, retail, requesting managerial/owner cooperation in donating leftover and day-old foodstuffs, clothing, toys, hygiene items, etc. Past contributors include Trader Joes, boutique retail stores donating hair ribbons/clips/bows, skirts, and toys, etc., for homeless children. Contacting the owners of chain retail establishments with the definitive group that will be receiving their offerings in a formal contractual format establishes the respect, regard, formal protocol and effectiveness in service that is of the highest regard to Robert Adams. Request a letter from the Institute specific to the organization you will be contacting and it will be provided.
- b. **Holding weekly Benevolence Project Meetings and Joining in Our Benevolence Circle Exchange**
Held in a clean and sattvic environment, a small white candle is lit in the simple constant respect and reverence to the Sage throughout the meeting. The meeting is thirty minutes long. The meeting begins with the prayer suggested at Robert Adams Discourse:

“Oh Divine Supreme, God, may all be in peace, happiness and harmony.

May I become a humble vessel of Divine Perfection in alleviating the suffering of others. “

Robert Adams utilized the song, “**Let There Be Peace on Earth**” to open his Discourses for over two decades. The Benevolence Project meetings begin with this song. Volunteers may sing along with lyric sheets and a You Tube concert or recording, focusing the heart of the group. A suitable rendition of the song will be provided when requested.

The times, dates, car rides, and distribution organizational details need to be coordinated and verified. Each person’s duties and activities are organized, superseding an awkward presence of volunteers simply being present devoid of reaching out to individuals with love, interest, goodwill, confident guidance into a comfortable uplifting space with a smiling welcome. Hosting protocol below;

Following the details being confirmed, a brief, spiritually powerful reading is shared with tea and/or refreshments. The meeting Closing occurs immediately. In the ancient tradition of respect and regard for the Teacher, the meetings do not include philosophical discussions of teachers, paths, religions, personal life situations, etc. The deep focused devotion centers upon the purpose of The Benevolence Project, humbly offering oneself as ‘a vehicle of loving kindness’. In the Teaching of Robert Adams, this sacred offering is the manifestation of our original real nature, bringing us into the blessing of Grace. Our own path is lightened as we rise to the Ultimate Truth during this brief journey on this earth, ‘Making this world better for you being here.’ The character virtues of devoting time to service is honored in ancient traditions as being of the highest caliber, manifesting the original divinity of humankind. Each smallest interaction with another human being with kindness, compassion, understanding and upliftment, connects us to The Supreme in one heart of humanity.



Alleviate the suffering of animals

Selfless Service Projects

1. **Distribution** of Food, Blankets, Clothing to groups as a Host Group or in the centers facilities. Volunteering in food serve lines. ***Discernment:** This service is not suggested for single women devoid of a group. The emphasis on urban area service in communities that are not responsible for the general safety of volunteers may not be familiar with the individual dynamics of persons in need. Therefore in these circumstances it is advised that male groups of students familiar with the areas and safety issues primarily guide in daytime service only.

Suggested for Ladies; Ladies Project Groups;

2. **Women's and Family Homeless and Safe Shelters. Women's Job Preparation Organizations:**
This area is particularly open and receptive to inspirational visits, music and parties. The Robert Adams Benevolence Project has initiated birthday parties with hats, presents and spiritual children's books, toys and hugs for homeless children who would have no birthday party, a custom that Robert Adams always honored. "Establish a sense of brotherhood with all of humanity." The group or volunteer may bake a beautiful birthday cake, blow up balloons, and prepare an easily accessible birthday party for a child who has encountered dismal life circumstances devoid of 'good fortune', kindness or compassion. Families with single parents feeling confused and rejected due to being in such circumstances after job loss or illness are often inspired, refreshed and empowered to begin fresh after a happy experience with their children finding joy. In this atmosphere, a few words of inspiration, faith and kindness flow easily. We respect their life circumstances and sense of pride and dignity.

One twenty- five year old man wrote a beautiful letter to The Benevolence Project, explaining the effect that the birthday party for him as a ten year old had on him at a time when his parents had to move their family into a shelter. He never forgot the fact that strangers cared enough to provide this seemingly light- hearted intervention into his grim fate. For a moment he had a childhood where there was kindness. The world appeared different. He regained his faith, stopped drug abuse. Now in graduate school, he volunteered with The Robert Adams Benevolence Project.



Intentional Kindness

3. **Distributing youthful attractive modern grooming accessories, hygiene items, fun and whimsical colors and trendy small items, hairbrushes, etc. to girls in institutions/orphanages/clinics.**
This small act of personal interaction rather than simply dropping them off allows a spiritual female role model to appear in their lives in the nurturing and unconditionally loving gentleness of the Divine Mother to all motherless children. A few kind words, a question on their well-being, an assurance "God will guide you, always choose goodness." constitutes the small things, that on this earth are the acts of Truth.

4. **Musical Entertainment and Readings:** Organizing a concert of performers is a blessed upliftment to the elderly particularly. Piano playing, sing-alongs, hand clapping and joy are a welcome warmth to the heart. One volunteer plays guitar spirituals upon request while his wife serves Indian sweets that she hand prepared, to the interest and stimulating questions of the guests. Another plays classical recordings while inviting many to board games. The Institute teachers have been visiting assisted care facilities, homes for incapacitated elders, and retirement facilities with beautifully orchestrated formal readings from Inspirational verses and poetry for years per our suggestions, to the wonder of joy supreme. Hot tea and chai is served on these wonderful evenings. The crowd became so large at one residence that they were relocated into an auditorium with speakers, each meeting ending with a line for handshakes and hugs, inquiring of their well-being.
5. **Hospice:** A deep sense of joy and Presence in love is established in the committed sharing of One Heart with those in hospice desiring comfort, peace, amid an unconditionally loving relationship focused on divine Truth. Immense conscientiousness in sensitivity, courtesy, gentility and spiritual guidance in prepared protocol results in one of the most meaningful experiences for many students.

The Master and his daughter devotedly visited a particular hospice each week with a candlelight reading with music, Robert Adams holding their hands and comforting them. The primary physicians presented a letter expressing their amazement at the benefits enjoyed by the participants, in gratefulness.

Additional arenas include animal rescue, wildlife rehabilitation, nurturing pets in a shelter. Protocol: Please do not take photographs of anyone in a facility without permissions. Minors are wards of the state and their privacy is respected in safety.

FAQ's

Q: Can I serve in another arena than the above?

A: Please submit the inquiry to the Institute with your arena and address.

Q: Can I offer service to the Institute?

A: Yes, traditionally students offer language translation, typing, proofreading, and class preparation.

Q: Can I incorporate other activities into the meetings?

A: Kindly reserve this arena for The Benevolence Project format in purity. Within The Robert Adams Benevolence Project, the traditional offering as established by Robert Adams are established in sole context. This is a wonderful, warm- hearted accurate tradition of joyful brotherhood in pure form.

Q: Do I send in the meeting minutes to the Institute following each meeting and

Volunteer service?

A: Yes. In unity and brotherhood we remain as one together in pure dedication. This documentation

helps us to guide and support the Host in current and future activities.

Q: Are there any other considerations to humbly respect in service?

A: Organize a pre-arranged gathering with the directors in residential centers so that all questions and concerns will be addressed in advanced.

This will avoid attendance confusion. In reading presentations, avoid insensitivity to those that may feel an ingrained misunderstanding of such paths, and honor their traditions. Many singers in the past have asked what their favorite spiritual songs were and included hymns, and songs from various faiths. Truth, joy, comfort, warmth, friendship and the alleviation of suffering is the priority and purpose, in the manner in which the recipient feels most joy.

"I say to you, the world teaches, "I am number one." I say, put others number one and yourself number two. A new reality will begin to appear. A new world will arise, for you will no longer be living by the confines of this world of man's inhumanity to man. The greatest suffering is due to man's vile meanness to one another. By becoming selfless, happily lifting others up, making their lives easier, joy comes."

Robert Adams



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