

**Trust in the Current  
That Knows the Way**



# Trust in the Current

## *The Heart Meditation*

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### The Robert Adams Student Series II




I Love Each One of You  
Unequivocally.  
There is nothing else I can do.

*Welcome. In this beautiful lesson Robert shares his experience in Awareness that this world is not our Home. That we are not defined by the circumstances of the ever changing material world. Rather, we are of eternal nature, of Divine Origin.*

*By living more and more in this Truth, our life quickly attunes more profoundly to **The Current That Knows the Way.** The Harmony of God. We live in accordance with Divine Laws. We Awaken to the Truth of our existence,*

*suffering lessens its grasp on us, and we begin to experience Transcendence of the human condition. The Teaching deepens with the Introduction of a new potent **Meditation** to deepen your Practices into the advanced Message.*

*“We welcome you with all our hearts.”*

 welcome you with all my heart. I love each one of you unequivocally, for after all, you are my True Self. I must love you.

### If you want to make progress, you must learn to love unconditionally

Do not allow the mind to  
tell you why you should  
not love someone.

There is nothing else I can do but to love you. For you are really my Self. There is only One Self you see. And you are That.

It is good for you to remember what I am saying.

I love everyone.

Leave no one out of your love.

For what you think of another one, you think of yourself.

Learn not to react to people. Just love them. Love everyone you meet.

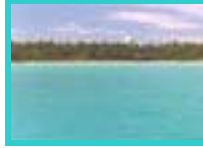
I am not saying to ‘fall in love’ with everybody you see.

I am saying love and let them go on. Love your enemies.

Love those who despitefully use you. Love is the greatest power in the world, It will make you Free in no time.

When you see peoples faults, you are seeing your own faults sometimes, so never be judgmental.

If you want to make progress on your spiritual path, you must



●  
We have to  
Meditate.

learn to love unconditionally. Do not try to figure it out or analyze it, just do it. Do not allow the mind to tell you why you should not love someone.

Just think about this. Just love someone without thinking, by analysis.

If you can only love enough, you will be the happiest person in this world. Most of us here are looking for self realization...Freedom. Yet, you know you are already that. (Beyond the human personality.)

The only way to discover this is to

**Everything comes from the same Source.**

●  
The Heart Center  
is in the right side  
of the chest.

meditate? What is the best meditation?" Well, you have heard me say, upon whom can God meditate? Himself? Herself?

Now this is all well and good, but all of a sudden the world is pressing in problems of the world. Our own problems. And it means we have to meditate. *We have to.*

*(Daily knowing the Reality of God on an experiential level, emotions, mind, all meld into The Presence.)*

In other words, do not fool yourself. Do not think that you do not have to meditate.

Yes. In meditation, there is a subject and an object, and in 'Reality', there is no subject and no object. There is only the One. There is only Consciousness, Absolute Reality. *(Robert often discusses the various paths of devotion, i.e. subject and object, child, father.)*

●  
Many of us know  
this only  
intellectually. We  
are not feeling it.

love people, animals, nature. Everything. For everything comes from the Same Source. *Everything is the same.* There is no difference between you and a cat or dog, in the sense that you are all the same Essence of Life. Pure Love.

Unconditional Love.

You have to learn to love. It takes practice, but love *is* the answer. Love is the key.

To everything.

People continuously ask me, "Robert, what is the best way to

Yet, many of us only know this intellectually, we are not feeling it. Because we are not feeling it, we still react to life.

We should set aside times for meditation. Preferably in the morning before we get out of bed and before we go to sleep.

Now, what sort of meditation should you do?

**There is a Current That Knows the Way,**

This Current has been filled with many Awakened people. It is the Reality itself. And you meditate on this Current, which is right in the **Heart Center**, in the right side of the chest, the Center.

When you do this, sit still. Perfectly still.

And be comfortable.

Watch your breathing. When your breath becomes slow and peaceful, then you focus your



●  
 Allow Your  
 Mind to go  
 back to the  
 Meditation on  
 The Current

attention on **The Current That Knows the Way**. The inner Current in the Heart Center. It goes deep within the Heart.

*See this Current as a White Light, a beautiful White Globe of light, in the Heart Center.*

Stay in this Meditation as long as you can. If anything disturbs you, if any thoughts come, inquire, "To whom do they come? To whom do these thoughts come? They come to me. Then, who am 'I'? Pretty soon, your mind goes back to the Meditation on the Current.

That is all you have to do.

Begin to make this new Meditation a Daily Practice. Do this twice a day for about twenty minutes to half an hour, or

longer. If you can. If you can do this upon waking up, (*Alternate with the I AM Meditation*) it will carry you through the day beautifully. For the first thing that you think about when you get up in the morning, that is what you carry through the day.

Do this also before you go to sleep. As you do this Meditation, before you go to sleep, you will find that you have pleasant dreams. You will feel good when you awaken in the morning.

### The Decision

In other words, what I am saying to you, is that you have got to change your lifestyle if you want to find peace and happiness.

And no one can change it but you, for this is your life. The only life.

Forget about the problems you have got. Forget about the things of the

**Forget about the problems you have. Forget about the things of this world. How you think of these things determines what happens to you.**

world. Try to remember. This kind of world has been with us forever. There will be calamities. It is not going to get any worse, and it is not going to get any better.

You see, this is the kind of world we live in, with the exception that now we have television. Everything is condensed for us, so we see all the murders and crimes and cataclysms happening all over the world, immediately! Many times over.

It is all real for our senses, like on television...It is the same as it

always was. How you think of these things determines what happens to you. How you see all these things determines what happens to you.

It is up to you to take it in your stride, but let go of all these things. These friends and emotions you carry, about yourself, about others, about the world.

Let it all go, and go deep within. DEEP within. Deeper than you have ever gone before.

*Go deep, deep, deep, within. Now. Again, how do you do this?*

### Beginning

As soon as you awaken in the



morning, you get up and sit down in a chair where you are comfortable.

Take about ten or twelve deep breaths. Make your body relax, and concentrate on **The Current That Knows the Way.**

The Current deep in your Self. The **Heart Center**, in the form of the White Light. Stay as long as possible. The thoughts will come up. *Release all of these things at once.*

Do not allow the thoughts to continue. If you allow the thoughts to continue, they will take you over completely.

They will get worse and worse. *Stop the thoughts immediately*, by inquiring, 'To whom do these thoughts come?' Who is thinking these thoughts? Where do they come from? Why, they come from me, where else?

### **You will be pleasantly surprised at what happens.**

You must leave the world alone, leave people alone...forget about your point of view, for your 'point of view' does not matter in the long run.

Be your SELF, (Divine Loving Self) at all times. For 'You' exist. Exist.

Everything else changes, but 'You' exist. Your whole existence has been, and is, as 'I'. When you were a little person, you existed as "I".

I think these thoughts. But what is the Source of the 'I'? Where does the 'I' come from that thinks these thoughts? As soon as you make that statement, you go back to the Center again, The Current in the Center of your Heart.

If you can continue doing this twice a day, you will be pleasantly surprised at what happens. You will notice that after a week or so, you are really becoming happier and happier, more peaceful.

Your fear is disappearing.

Your anger is subsiding.

Your temper is coming under your control. Things of the mind stop bothering you. The things that people do no longer annoy you.

You are becoming a new person. Of course, becoming anew person makes you healthier, happier. It happens slowly, but it happens. It is up to you to work with it.

As you grow older, you exist as "I". Even when you are sleeping, you exist as "I". When you are dreaming, you exist as the "I". You have always existed as "I", have you not?

Yet, who is this "I" that you define yourself as? Where did it come from? Find this out by inquiring within. Make the time to do this.

Do not think you have no time. You have to get up early to go to

●  
You are becoming a new person.

●  
This is the most important work you will ever have to do.

●  
Becoming a new person makes you healthier, happier. It happens slowly, bit by bit.



work? Make the time.

For this is the most important work you will ever have to do. What could be more important than this?

To find yourself, to become free and liberated, is there anything more important than this?

I don't think so.

If you look for faults in people, you will find them. You always find what you are looking for. Stop looking.

Stop searching. Everything will take care of itself now.

This **Current That Knows** that I am talking about, is **Omniscient God**.

The ALL-PERVADING REALITY.

The Effortless, Choiceless, Pure Awareness.

This is your True Nature.

This is who you really are. You do not have to travel the world searching for this, it is right

When I say "All is Well",  
I am speaking from my own Experience.

●  
You Can Become  
Free of Anything  
and find  
Happiness Now.

here where you have always been.

It is simply that you have to let go of everything else, and it will shine by itself.

But you have to let go of everything else.

You have to let go of the past, let go of the future.

Let go of your judgments, let go of your fears and your hates and your prejudices. *These are the things that have been keeping you back from experiencing your Good.* Your Wholeness. Your Love. Your Peace.

Do not be concerned about your affairs. **THE CURRENT WHICH KNOWS THE WAY** will take a Way with all of your affairs.

**THE CURRENT WHICH KNOWS THE WAY** will take care of everything for you. It will.

And it will end up more beautiful

than you will ever understand. But you have to 'start the ball rolling' so to speak.

When I say "All is Well, and everything is unfolding as it should" I am speaking from my own experience.

Many of you do not feel this. Many of you are in pain mentally, and you refuse to do the work.

You refuse to do the thing I am trying to share with you. You refuse to do the work I am talking about. You came here, then you go home and you forget all about what I have said.

And you go on in the same old way you have always gone on. This is detrimental to your spiritual life. You have to do a



one hundred percent about- face as far as your life is concerned.

Do not believe you have been programmed since you were young and you cannot get out of it.

Never believe this.

You can get out of anything that needs to be released, you can become free of anything. Let yourself become Free. Forget about our past. Even if you have a perfect past, without a problem, there are still past

the various experiences that are necessary for your unfoldment and fulfillment. Yes. That is true. The experiences that you are going through presently, right now, that seem so terrible to some of you, are actually meant to be precisely that way. They are totally necessary for you.

So, love the mess you are in. Do not feel sorry for yourself. Be completely thankful for who you are, what you have got. Be thankful for the so called 'terrible' things of your life that seem so bad, be thankful for them, for they are actually here to help you deeply, not to hurt you. Nothing comes to hurt you. Absolutely nothing. For where would it come from? It comes from your mind, from your own creation. For your progression.

lives to consider.

Thinking about the past will get you nowhere. You exist Now. Now is the time to take action. Positive action. Do this Now.

Forgive everyone. Practice loving kindness to everyone. Be at peace with everyone.

For they are your SELF. (*Your Divine Self rather than human personality-desires.*)

Try to realize that you are in your right place, right now, going through

So, in practicing this Meditation that I share with you, you will find Absolute Freedom. Awareness of Inner Bliss.

We will practice this right now, together. I want you to practice this morning.

You can do this practice forever, which is now.

## The Heart Meditation

*Make yourself comfortable.*

*Close your eyes to remove obstructions.*

*Focus your attention on your breath.*

*Be aware of your breathing.*

*Feel with every inhalation, that you are becoming calmer and calmer, more relaxed and more peaceful.*

*With every exhalation, you are becoming more peaceful, more relaxed. Say to yourself, "I am now going to focus my attention on THE CURRENT THAT KNOWS THE WAY, THE DIVINE CURRENT WHICH RESIDES IN MY HEART CENTER.*



*Jump deep within, deeper than you have ever gone before. Jump deep inside of yourself, into The Heart Center, and see the beautiful bright light. This orb of light.*

*A million times more powerful than the sun. See it in your Heart Center*

*And the whole process is to center yourself there and keep your mind on your center. Concentrate on the center, in the Orb of Light. Stay there. Go deeper within.*

*Go deeper. Dive deeper into the Center. Stay there. Stay there as long as you can without thinking. In the beginning, thoughts will come.*

*Do not concern yourself with the thoughts. Ask yourself, "To whom do these thoughts come? To whom do these thoughts come? Who is thinking these thoughts? I AM. What is the Source of the "I"? Who*

*am I? As soon as you say this, go back to the Center. Go back to the Center. Sit in the SILENCE, but as soon as the thoughts come, do it again. Ask, "To Whom Do They Come?"*

*It makes no difference what kinds of thoughts you have. Wonderful thoughts, Good thoughts. Bad thoughts. It makes no difference. All thoughts must go. Even the most beautiful thoughts. For you see, you will see visions.*

*You will see beauty and joy that you have never dreamed possible. Yet, eventually, it all must go as you go around that. As you advance, go around everything that you see with compassion.*

**(Robert explains that God will appear in many lovely forms. Heavenly beings may appear as you advance. Observe them**

and return to the Center.) Whatever comes to you, whatever thoughts, whatever visions ask, "To Whom Do They Come? They Come to Me. Who am I?" go back and concentrate on the Center. Let us all do this now by ourselves. **(Meditation)**

### Question

**Q:** Who is the "I" that says that I am too tired?

**A:** Not the whole "I", the little 'I'. It is the same "I" that you use all the time. Most people use the word "I" all the time in their working experience.

To snap out of it requires this meditation, to snap out of it and reach back, where you belong, to Consciousness, which is the big "I".

I AM. I AM. I AM. It will take care of itself.

You don't have to think about it. You don't have to consider which "I" you are using. Just do the work and everything will take care of itself.



## *Trust in the Current That Knows the Way*

### **The Heart Meditation Introduction**

From 'Meditations for Peace and Serenity in a Changing World'

#### **Summary**

1. **Practice Each Day** The Heart Meditation. Twice a day. Robert explains that this may be alternated with your **I AM Meditation**, but full concentrated focus on one particular Meditation for a designated period of time reaps distinct results before incorporating another.
2. **Self Inquiry** may be continued throughout. This is recommended throughout the day.
3. Meditation is required of all, for the pull of the world shifts our consciousness into identification with personal suffering, confusion, negation of spiritual laws, and dulled perception of our True Nature. Therefore "Do not abandon your Meditation to simply 'Be'. This is a misunderstanding.
4. Trust your Life to **The Current That Knows the Way** with whole heartedness, establishing solidity.
5. Do not believe that there is ever something holding you back that you cannot get out of, transcend, or rise above. *There is nothing that can hold you back from happiness in the Here and Now.*
6. If we love enough, we will be the happiest people in the world. Feel this beyond intellectualism.
7. The Current That Knows the Way is God, personally directing our life and experiences for Good.

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*Note:* You are receiving instructives in **The Meditations for Peace and Serenity in a Changing World**. Explicit guided directives spoken by Robert Adams are currently available in Guided Meditations on CD's "*Wisdom of a Western Sage I, 2 and Higher Vision*"

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