



Pure Form Original Teaching of Robert Adams

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Why Help the Children and Animals? What Do You Really Know?

You Must Have Tremendous Love and Compassion.

The Original Pure Form Dialogues of Robert Adams

A Beautiful Reminder

I mentioned that as a continuation of this Bandhara celebration to go and find the homeless person and give him or her ten dollars. So somebody as usual called me and asked me a question about this. (laughter) their question was, 'can I give fifteen dollars?' They needed my permission.

Robert, What Purpose Does It Serve to Give Presents to Orphanages, Help Animals, Etc.?

Actually there was another question that this person asked me. *“Robert, how do you reconcile the fact that you tell us the world is an illusion, everything is pre ordained, everything is Maya, yet you ask us to give ten dollars to a homeless person, and I know also, that you belong to and sponsor a group called The Peaceful Priest Warriors, (Roberts beloved children’s award winning international children’s aid foundation that he established with daughter) that are trying to bring everlasting peace to children and (rescue) animals. Also, you give presents to the orphans and orphanages on Christmas and Easter (Robert and his children’s aid organizations for abandoned and abused children, Amnesty International, etc.) What purpose does this serve? Why do you do this if “no-thing” “exists”?”*

Robert: How do you know that the world does not exist? How do you know Maya does not exist? How do you know that predestination does not exist? Have you had a personal experience that tells you? Do you believe that you are the body? “He said ‘no’.” “Why are you saying ‘no’?” I asked him. When you react to a situation, whatever the situation may be, when you really feel something in the world, it proves that you believe that you are the body. So he said, “Well, you tell us, I read it in books.” That does not mean anything. You should not believe me. You should not believe what you read in books. They may all be lies, as long as you believe that ‘you’ are (only) the body then the world exists. “Maya” exists. *And you are to act as if they do exist. Otherwise you are fooling yourself.*

It Is Easy to Become Arrogant- Do Not Fool Yourself Into Believing That You Do Not Have to Help Others-When You Awaken, You Will Still Help Others. *This is Very Important.*

Robert Adams courtesy of The Robert Adams International Benevolence Project

It is very easy to become cynical, arrogant. Believing that you do not have to do anything in this world. That the world owes you a living. That you can just not help others and get away with it. ‘Karma’ takes

care of everything. And even in the **Absolute**, where they do not 'exist', if we have not reached The Absolute, (* "In The Absolute there is total Illumination, only Bliss Consciousness.") where they do not 'exist'. We are under The Laws of Karma, and not the universal laws. *Do not fool yourself. Do not fool yourself into believing that you do not have to help others. When you Awaken, you will still help others.*

If you are in that environment. Only you will know that you are not the doer. You will realize that as you are helping others, no 'one' is 'doing' any-thing. There is absolutely no-thing being done. Yet, you go out of your way to help. *This is very important.* Do not turn your back on the world. For most of you are still a part of it. And, the first calamity that comes along in your life will prove to you that you are a part of it. So, you will react, therefore instead of asking me if you are self realized you just check off yourself what you have to do. Do things still bother you? Are you annoyed easily? Do you become depressed? Do you get angry? Do you fluctuate in your moods? Do you believe that you would rather live in one environment? And think one place is better than another? Do you have inclinations to run to different places, one after the other? As long as you have these feelings, you are still earthbound. The word Freedom, is exactly what it means. Freedom. To be totally and absolutely Free of all desire. To act in the world, yet you are not the actor To do whatever it is you do in the world, yet you are not the doer. To refrain from arguing, from debating, from trying to prove your point. To not be judgmental. Most of us observe something and we immediately come to conclusions or try to straighten it out. To fix things, and all of these things tell you where you are at. Tell you who you are. When you can go through the day without a shift in consciousness, when you are absolutely the same way, regardless of what is going on in the world and in your life, or in your community, then you will know that you are making very good progress. This does not mean, again, that you will do nothing. *You will help where help is needed.*

Have Faith in the Efficacy of The Universe

You will do whatever is necessary to do to take care of yourself and others, yet 'you' have not 'opinions' conclusions. You will not be 'extremely' happy nor extremely unhappy. You will have transcended those 'feelings', remember, it does not matter if you are healthy or sick, rich or poor. None of these things have anything to do with you. Whatever the law of karma dictates for your body, remember it is not "YOU". Everything, as far as your body is concerned, has been determined from the very beginning. So, why get upset? Why do we become upset over a situation?

You believe that you are God and it is you who determines the way of the situation. When in Truth, you have absolutely nothing to do with it. You are just an onlooker. You just observe. You never act. When you think about these things, you can come up with the reasons why this sounds ludicrous, therefore do not 'think', When your mind becomes active with thoughts, you will come up with all sorts of things, as you probably know. You will come up with things that you have to do, that have to be done, now. Make your life a certain way. Look for certain employment. Worry about the future. Regret the past. All of these things show you that you believe that you are the body and the mind, and it is you who have absolutely nothing going on. There is no movement. There is blissful quietness. That is your TRUE NATURE.

Then, if you are not feeling this, you have to evolve a sort of Faith in the Powers That Be. And a faith in the efficacy of the universe. When I speak of a faith in the universe, the substratum of all existence, that IT is Perfect, Joy, Total Perfection. It is All Pervading and it is "YOU". As you begin to ponder these things, the Efficacy of the Universe, having faith in It's powers, the mind becomes quiet. You become Still. You become happier. It is only after you do these things, after Pondering, Having Faith, realizing that everything is on your side, there is absolutely nothing against you, when you feel this, or a semblance of its meaning, it is only then that you can go further. Practicing Self Inquiry, understanding that no-thing is the Essence of every-thing. What is the sense of walking around saying "I am nothing" when you are hurting, and you think that you are something? When you are hurting, you must think that you are something. When you are suffering from mental anguish, or disease, or you are observing man's inhumanity to man in this world, and that hurts you –all of this shows you how human you are, therefore, make your life simple. Make your spiritual Practices easy for you

There is a Power of Good

Start by realizing that there is a Power of Good that controls everything. You can say, “I do not know what it is, I do not even know if I believe it or if I have faith in it, and yet deep inside something tells me there is a Power of Good that controls everything. And, you cogitate on that.

Do not fool yourself. *Become like a child.* Do not say this Power of Good is Absolute Reality, Pure Awareness, for you are just repeating things that you have heard. And that is the problem. It is better to say absolutely nothing than to make statements and affirmations that do not click. It is better to be totally honest with yourself. You can say, “Well, I do not know what this Power of Good is. I have no idea what it is, but it must be Good because the whole universe has been sustained for billions of years and I am here, Right NOW. Therefore, there is some Power That Maintains Me, Sustains Me, just like the trees are sustained, the grass is maintained, and the sun, the planets. Everything is functioning in a certain way. Think simply on these things. You do not have to become analytical, trying to imagine how it works. Make your spiritual Practice simple, do not interfere with the world. This is what I mean when I say Willis Well. Everything is Unfolding as it should.

This is True. Everything isn't Unfolding as you think it should. Everything is Unfolding as it should. Do not come to any conclusions. Be your SELF> Realize the Freedom that you have. That you are able to think in any direction. An animal cannot do this. An animal is conscious, you are self conscious. Therefore, you have an opportunity to become Totally Free in this life, for you are self conscious. It is therefore important to see what you do with yourself all day long. The things that are important to you. Your beliefs. The things that turn you on and turn you off. *Take an honest look at yourself and see where you are really coming from.*

See what its going on in your head. Are you playing games with people? Do you try to exploit people? Are you trying to gain for yourself at the cost of others? Where are you really coming from? It makes no difference if you see this in yourself, the idea is to see it is yourself, to admit it to yourself, and to do the necessary things to remove it Just the idea, I want to become self realized, is a very selfish idea, to being with, “YOU” are already Realized, I incorporates the whole universe. So, when a person says, “I want to become self realized, that person is totally deluded, for there is no one to become self realized. There is no ‘one’ who is asleep. *For the awakening is not personal.* (* “A person who has had a true experience of God would never say, “ I have detached from my human ego.’ “I am Illuminated.” They would have no desire to pronounce their spiritual stature, for there would be no ego left to pronounce it.”) Always remember this.

Walk in the Light for You Are The Light-Suddenly: Happiness is Your Very Nature

A true awakening is All Pervading. That is why you can say, “All this is the SELF and I AM THAT.” For you see yourself s the entire universe. Everything is taking place inside of your mind. Everything. By recognizing these things, there is no ‘one’ to be mad at, to upset you, no- thing that wishes to hurt you. You do not have to have a chip on your shoulder. Walk in the Light, for “YOU” are The Light. You are an embodiment of Truth. Everything is for you. Things may look dark sometimes, but there is not darkness in REALITY. If they appear dark for you, it is because you did not understand. You have been brainwashed to believe that certain things have to transpire in your life to make you happy. Yet, as we are talking and discussing, suddenly Happiness is Your Very Nature.

There is absolutely nothing in this world that can make you happier than you are yourself right now. You are covering it up with your thoughts, with your emotions, with your beliefs, with your concepts, with your dogmas. All this covers up your happiness. Therefore, never try to changes something in the outside world ‘so you can be happy’. It will not work. It never has worked, and never will work. It may appear to work for a time yet in the long run you will have the problem again and again and again.

There Will Never Be a Time When You Are Lost Anywhere

“YOU” are Happiness. “YOU” are Bliss. “YOU” are Absolute Reality, “YOU” are Pure Awareness. I can say this from my own experiences. I want you to be able to say the same thing and really know that this is the Truth. Stop feeling sorry for yourself. You will look forever. There will never be a time when you are lost anywhere, or cease to be. The problem is, you become attached to place person thing and the attachment grows so much that it cannot easily be given up, this pulls you deeper into illusion or Maya where the opposite is also wrong.

Do not believe that you want to be totally Unattached to person, place or thing.

They are both extremes, like every thing else in this world. You just want to Be. Not unattached or attached, if you say you are not attached, there is somebody left to be attached to the one that said, “I am not attached.” They have to be ‘attached’ to something to know they are not attached at all. If you are truly not attached let us say to person, this does not mean that you ignore them! Or do not care about them.

What is True Unattachment? We Have to Comprehend What These Sermons Really Mean

Unattachment means that you have absolutely Tremendous Love, Compassion, and you go out of your way to help! But the person who believes that they are ‘not attached’ and shuns the world, finds fault with people and does not care about helping anyone, *is a lost person*. (* “Of course by non attachment, I am referring to an inner process, an inner realization that no loss can harm “YOU”. This does not mean that you do not take care of others.”) We have to comprehend what these sermons really mean. Being bound, being Free. A bound person could never become Free. Do you believe that you are bound? Trying to become Free ? There never was a time when you were bound. So, how can you become Free? Freedom is the opposite of bondage. So, when ‘you’ think in ‘your’ mind that you want to be Free, ‘you’ are actually thinking that “YOU” (True SELF) are in bondage, are you not? Thus there is no bondage and there is no Freedom. While we believe that you are going to make something right in this world, you are going to correct something, ‘you’ believe that there is some-thing that has to be corrected, spinning your wheels, give that up, do not make your life harder than it is. Live simply, purely. Think less, Always remember who “YOU” are. Even if you do not believe it. There is something within you that is the Truth.

Within You is a Glow

As you have faith in it, it is like a glow. As you keep fanning it, the flames become bigger and bigger. As you keep looking within yourself, recognizing that you are not the doer, the body or the mind, the flame begins to become larger and larger, expanding. You become Peace-Full.

The thoughts begin to stop. You become Free. Do not compare yourself with anyone else. Do not emulate anyone else. Be your SELF. There is tremendous strength in quietness. The more you can calm the mind the greater the inner strength. Something will always take care of you, will always guide you lead you, protect you, if you allow it to. Surrender all of your cares, your desires, your needs, your frustrations to The Power That Knows the Way. Do this right now.

Close your eyes. Let go of everything Let go completely. Become limp and loose. Allow your body to become like a piece of clay. Just drop it on the floor and it spreads out. At this time, there is nothing bothering you and there is nothing disturbing you. You have a feeling of JOY. Yesterday is gone, tomorrow has not yet come You are here in the NOW. In this Moment there are no mistakes, there is absolutely nothing wrong. There is nothing you have to think about, to fix, to correct to judge. This MOMENT is your TRUE SELF. You just Are. In this MOMENT ‘you’ are neither man nor woman, alive nor dead, here nor there, YOU just Are. In this MOMENT there is no room for fear, for correcting, for trying to become enlightened, for thinking about yourself at all. This MOMENT just is.

The Great Name of I AM: MEDITATION

Begin to become aware of your breath. Notice how your breath takes care of itself. Your digestion takes care of itself. You have absolutely nothing to do with those things. Your heart is pumping blood, also your veins. You are not aware of it. You have absolutely nothing to do with this. You are part of a power which maintains and sustains you. It is the same power that allows all of these functions to take place. There is Perfect respiration going around, perfect digestion, perfect assimilation, perfect circulation, perfect elimination Everything is happening by itself. What is this Power that causes all of these things to transpire? I AM. I AM is the first name of God. It is Your REALITY.

You are becoming REALITY yourself as you invoke the Great Name of I AM.

Effortlessly. Peacefully. With your respiration, inhale, say I. exhale say AM. (Repeat)



Ecstatic Chant

The Pure Form Teaching of Robert Adams is offered solely in ICL Classes, Events, and Personal Counseling within the lineage and original Full Format Experience of Robert Adams through is self established Institute.

Robert Adams on Christian to Eastern Ecstatic Chant and Singing

Robert Adams on the Power of Western and Eastern Chant to Live Audiences:

In all of the traditions of the world there has been Chanting. The Catholics, the Jews, the Protestants, the Baptists, the Hindus, Islam, why? If it were not significant, why would they have it? Well, when you come in here to class, the world has had you for a week, influencing your behavior. The chanting sort of goes deeper than the subjective; it calms you down., prepares you for Something Higher. Even changes your Consciousness. Lifts you up. Chanting is very good. At Ramana Ashram they always had two hours of chanting prior to anything else. In the morning and in the evening: Chant! The same with Ramakrishna Ashram. Everywhere. So aspiring Jnanis believe only in the word. The word is insignificant. Many of you come just to her me talk....Words are words. Chanting is thousands of years old and has its value.

More on Chant:

Chant with all your heart. Sing from deep within. This is very powerful. This is beautiful.

If you chant upon waking and sleeping your entire consciousness will change. Suffering will be alleviated. It does not matter what denomination. Chant to God with all your heart. This is a holy act. Your real nature will arise.

Robert Adams.