



## FREQUENTLY ASKED QUESTIONS AND ANSWERS

THE PURE FORM ORIGINAL TEACHING OF ROBERT ADAMS

“WITHIN YOU IS UNIMAGINABLE BEAUTY”

“THIS HAS BEEN MY EXPERIENCE. TRY IT AND SEE IF IT WORKS FOR YOU.”

Q: IS ROBERT ADAMS A GURU OR DID HE ESTABLISH A RESIDENTIAL COMMUNITY?

R: “I AM NOT A GURU. I CAN SHOW YOU WHERE THE VEIN OF GOLD IS BUT YOU HAVE TO DIG FOR IT. YOU MUST EXPERIENCE THIS YOURSELF. YOU WILL NEVER BE THE SAME.”

Q: DOES ROBERT ADAMS INCLUDE MEDITATIONS OR DEVOTIONS IN HIS TRANSMISSION - HIS TEACHING?

A: “MEDITATION LIFTS YOU UP, ABOVE THE WORLD. I AM NOT SPEAKING OF JUST CONCENTRATING ON AN OBJECT. OF COURSE I AM SPEAKING OF DIVING INTO GOD. YOU WILL KNOW YOU ARE DOING THIS CORRECTLY WHEN YOU FEEL THE DEEP, ABIDING PEACE. THE BLISS. THE LOVE WITHIN YOU, AS YOU.

THIS IS WHY RAMANA TAUGHT THE PERFECT COMBINATION. MEDITATION AND INQUIRY. SO MANY PEOPLE LIKE TO PRETEND THEY ARE ABOVE THIS. THEY ARE FOOLING THEMSELVES. TO PRACTICE INQUIRY ALONE ONE MUST HAVE PREPARED THEMSELVES THROUGH MANY LIVES OF DEEP MEDITATION AND SPIRITUAL PRACTICES.

IF YOU THINK YOU DO NOT NEED MEDITATION, OBSERVE YOURSELF WHEN SOMEONE ANGERS YOU, PULLS IN FRONT OF YOU ON THE FREEWAY. WHEN DEPRESSION COMES.

MEDITATION WILL LESSEN THIS IMMENSELY. THE I AM MEDITATION IS VERY POWERFUL. THIS WILL ALLEVIATE SUFFERING. DO THIS THE FIRST THING WHEN YOU AWAKEN IN THE MORNING. THE WORLD WILL LOSE ITS HOLD ON YOU. DO THIS UNTIL YOU FEEL THE DEEP PEACE.

THOSE WHO MEDITATE DEEPLY DAILY, ACQUIRE A BRIGHT COUNTENANCE. THIS IS THE TRUE SELF SHINING THROUGH. HAPPINESS BEGINS TO BUBBLE UP. MANY PEOPLE INTERESTED IN ADVAITA HERE DEVELOP EGOS, THEY THINK THEY ARE ABOVE MEDITATION. YET THEY HAVE NEVER HAD A TRUE EXPERIENCE OF GOD.”

A BHAKTA (LOVING DEVOTION TO GOD) AND A JNANI ARE THE SAME. THEY ARE ONE.

(\* REFERENCE: I.E. RAMANA MAHARSHI, THE GREAT INDIAN TEACHER: “THROUGH MEDITATION ON THE FORMS OF GOD, AND THROUGH REPETITION OF MANTRAS, THE MIND BECOMES ONE-POINTED.” “THERE IS NO DOUBT THAT THE END OF THE PATHS OF DEVOTION AND KNOWLEDGE ARE ONE AND THE SAME.” RAMANA MAHARSHI)

Q: IN MODERN LIFE, WHAT IS UNATTACHMENT? SOME PEOPLE EXPLORING THIS PATH SAY TO HAVE NEITHER LOVE NOR HATE. YET ALL TRUE PATHS SAY GOD IS LOVE?

R: “THIS IS TRUE. LOVE IS THE SELF. GOD IS LOVE. LOVE IS THE UNDERLYING REALITY THAT IS ETERNALLY SUSTAINED, ALL PERVADING, OMNISCIENT. HUMAN LOVE IS AN EXPRESSION OF THIS. THE MORE SELFLESS IT IS THE MORE PURE IT BECOMES. RATHER, YOU WANT, ABOVE ALL, TO BECOME MORE LOVING. LOVING TO ALL PEOPLE.

THE TRUTH IS THAT ONE SHOULD HAVE NO DESIRE THAT RESULTS IN SUFFERING WHEN THE DESIRE IS NOT FULFILLED. DESIRE IS NOT LOVE. THE EGO LIKES TO BELIEVE THAT SELFISHNESS IS UNATTACHMENT. HOW? BY LEAVING PEOPLE, WITHDRAWING, NOT BEING LOVING, NOT TAKING CARE OF OTHERS, NOT PROTECTING OTHERS, AND BELIEVING THIS IS NON ATTACHMENT. QUITE THE CONTRARY. THIS IS SELF ABSORPTION.

IT IS BETTER TO PERFECT YOUR ROLE AS PARENT, PARTNER, FRIEND. BECOME THE ULTIMATE EMBODIMENT OF LOVE WITHIN THAT ROLE. DO NOT FOOL YOURSELF. NON ATTACHMENT IS AN INTERIOR REALIZATION. YOU ARE NOT DESTROYED WHEN A THING THAT YOU ENJOY IS REMOVED. YOU KNOW WHO YOU ARE. THIS BECOMES EASIER WHEN YOU ARE HUMBLE, COMPASSIONATE. YOU DO NOT LET OTHERS WALK ALL OVER YOU. HOWEVER YOU ARE BECOMING A LIVING EMBODIMENT OF THE STRONGEST FORCE IN THE UNIVERSE.”

Q WHAT IS THE SELF?

R: GOD WITHIN YOU. IT IS ENTIRELY UNRELATED TO YOUR HUMAN SELF WITH A SMALL S. BY UNRELATED I MEAN YOUR DESIRES, RESENTMENTS, ANGER, IS NOT THE SELF.

Q: WOULD YOU SAY THAT EVERYTHING IS GOD IN MANIFESTATION? SO WE SHOULD ACCEPT WAR, RACISM, EVEN HITLER, AS SIMPLY ANOTHER MANIFESTATION OF GOD WITHOUT OBJECTION, WITH A PEACEFUL HEART?

R: NOT AT ALL. QUITE THE CONTRARY. THIS IS THE OPPOSITE OF THIS TEACHING. YOU DO NOT REMAIN PASSIVE IN THE FACE OF INJUSTICE, UNKINDNESS, UNRIGHTEOUSNESS. YOU PERFORM CORRECT ACTION. RIGHT ACTION. RIGHT ACTION IS A MANIFESTATION OF THE SUPREME. YOU DO WHAT YOU HAVE TO DO TO HELP OTHERS, FIRST AND FOREMOST. HE WHO KNOWS IS THE FIRST TO LEND A HELPING HAND. ONE DOES NOT REMAIN PASSIVE IN THE FACE OF VILE ABUSE OF OTHERS. YOU DO WHAT MUST BE DONE TO ASSIST.

THE SECRET IS, IT DOES NOT DESTROY YOU IF YOU DO NOT IMMEDIATELY SEE THE FRUITS OF YOUR EFFORT. YOU HAVE PEACE IN YOUR HEART. HOWEVER, YOU REALIZE THAT EVERYONE IS THE SELF, A MANIFESTATION OF THE SUPREME. THEREFORE YOU HELP EVERYONE.

THE SELF IS PURE, HOLY,, OMNISCIENT. IT HAS ONLY LOVE FOR OTHERS AS ONE.

Q: I WAS RAISED CATHOLIC. THE HEART IS A VERY DEEP TOOL FOR ME TO WORK WITH IN LOVING GOD. I PERSONALLY SEE NO PROBLEM WITH THIS HOWEVER I ENCOUNTER A SMUG SUPERIORITY IN MANY INVOLVED WITH EASTERN TEACHINGS, AS IF THEY ARE ABOVE SUCH THINGS. HOW CAN I APPLY THIS TO THIS PATH?

R: SURRENDER IS ALSO A SUPERIOR PATH. SURRENDERING OF THE HEART COMPLETELY TO GOD BRINGS ILLUMINATION. HOWEVER, ONES ENTIRE LIFE MUST BE SURRENDERED. HOW? BY SURRENDERING EVERY ACTION, WORD AND DEED TO GOD TRUSTING YOUR LIFE COMPLETELY TO GOD. WITH A HUMBLE, PURE HEART. GOD SEES THE HEART. NOTHING IS HIDDEN. COORDINATION REPERCUSSIONS ENSUE. YOUR UPBRINGING CAN BE UTILIZED FOR THIS. IF YOUR HEART IS PURE, THIS WILL BRING ILLUMINATION, GOODNESS. PURITY. BE SIMPLE, KIND, PURE WITHIN. YOU MAY BE THE PRESIDENT OF A COMPANY OR A NUN, BUT IT IS YOUR HEART THAT REVEALS YOUR SPIRITUAL STATURE. WHEN DIFFICULTIES ARISE, HOW WILL YOU REACT? THE FLOWER EMITS ITS FRAGRANCE DEVOID OF PRONOUNCEMENT, EGO. IT MANIFESTS DIVINITY.

PRAYER AND SURRENDER ARE VERY POWERFUL. THEY MANIFEST DIVINITY. GREAT SPIRITUAL GIANTS ALL ACKNOWLEDGE PRAYER. SURRENDER. PRAY TO GOD AND HE WILL HELP YOU. BUT THEN YOU MUST LIVE YOUR LIFE AS A MANIFESTATION OF GOODNESS. EVEN RAMANA TAUGHT TO GIVE EVERYTHING IN YOUR LIFE TO GOD.

(\* REFERENCE: “ HE WHO GIVES HIMSELF UP TO THE SELF THAT IS GOD IS THE MOST EXCELLENT DEVOTEE. WHATEVER BURDENS ARE THROWN ON GOD, HE BEARS THEM.” RAMANA MAHARSHI )

Q: WOULD ONE IN REMEMBRANCE OF TRUE NATURE BE ABLE TO SIMPLY OBSERVE THE VIOLENT TELEVISION OR HORRIFIC NEWS, EXPLOITATION AND REMAIN AT PEACE?

R: ONE WOULD HAVE NO ATTRACTION TO BE IN SUCH A SITUATION. ONE WOULD REFRAIN FROM ALL VILE AND EXPLOITIVE ENVIRONMENTS. THE QUESTION WOULD NOT OCCUR.

Q: HOW IS HAPPINESS OUR TRUE NATURE?

R: THERE IS ANOTHER WORLD, A WORLD OF HAPPINESS, JOY, UNIMAGINABLE BEAUTY, BLISS PERMEATION. THIS IS REALITY. WITH WHICH WORLD DO YOU IDENTIFY? THE

CHOICE IS YOURS. WITHIN YOU IS A LIGHT BRIGHTER THAN A THOUSAND SUNS. LET THIS SUN SHINE FORTH. YOUR REAL SELF, IS PURE HAPPINESS. REAL HAPPINESS. FULL. ALL PERVADING. INFINITE LIKE THE SKY. ALL OUTER EVENTS ARE TAKING PLACE ON THIS SUBSTRATUM OF HAPPINESS. THIS HAPPINESS IS ETERNAL. IT DOES NOT CHANGE THIS IS ULTIMATE REALITY. WHERE YOU PLACE YOUR MIND REFLECTS YOUR CONSCIOUSNESS IF YOU PLACE YOUR MIND ON THIS HAPPINESS, ALL ELSE FADES. ALL OF YOUR LIFE REFLECTS THIS REALITY.

IF YOU PERFORM ACTIONS ALIGNED WITH HURTING OTHERS, HIDDEN MOTIVES, UNKIND THOUGHTS, ANGER, THEN THIS IS THE CONSCIOUSNESS THAT YOU WILL EMANATE. DO NOT FOOL YOURSELF. YOU CANNOT PRACTICE INQUIRY, DEVOTION, AND ENGAGE IN ACTIONS CONTRARY TO TRUTH, AND FEEL HAPPINESS. YOU MUST MAKE A CHOICE. YOU BELONG TO GOD. GOD IS HAPPINESS. PURE BLISS REALITY.

THE EASIEST WAY TO RELEASE THIS HAPPINESS IS BY CREATING HAPPINESS IN OTHERS. AS YOUR PRACTICES ENSUE, THE I AM MEDIATION, CHANTING, INQUIRY, THE HAPPINESS WILL COME BUBBLING UP. IT IS IMPOSSIBLE FOR IT NOT TO DO SO.

Q: DO YOU TEACH DEVOTIONS, BAHAKTI? I HAVE READ OTHERS SAY YOU DO NOT, YET MOST OF YOUR TRANSCRIPTS APPEAR TO ADHERE TO THIS, RECOMMENDATIONS OF BHAKTI OR DEVOTIONAL PRACTICES FROM VARIOUS FAITHS.

R: I TEACH ALSO THE HEART OF DEVOTION. THESE THINGS ARE VERY POWERFUL. THEY HUMBLE YOU. THEY PURIFY YOU. THEY BRING GRACE. GENTLENESS. HAPPINESS.

Q: ROBERT, IF A TEACHER SAYS THEY ARE AWAKENED OR ENLIGHTENED, OR SOON TO BE ENLIGHTENED, WOULD ONE BE WISE TO EXPLORE THAT?

R: "NO ONE WHO HAS EXPERIENCED GOD WOULD NOT HAVE ANY DESIRE TO PRONOUNCE IT. IF YOU WERE REALLY ILLUMINED, THERE WOULD BE NO EGO THERE TO STATE IT. FORGET ABOUT THOSE WORDS. YOUR JOB IS TO BECOME A BETTER PERSON. JOY WILL FOLLOW. YOU MUST RAISE YOURSELF TO A HIGHER VISION IN THIS WORLD.

Q: YOU SAID ONE MUST BE READY FOR THE PATH OF INQUIRY, FOR THIS TEACHING. IN ORDER TO TRULY PROGRESS. HOW IS ONE READY?

R: I SPEAK THE ULTIMATE TRUTH. TO BEGIN THE ULTIMATE, ONE MUST ALREADY HAVE THE FOUNDATION. IF YOU HAVE NOT SURRENDERED ANGER, RESENTMENTS, GOSSIP, ILL WILL, HARM TO OTHERS, YOU ARE NOT READY TO BEGIN THE PATH. BEGIN AT THE BEGINNING. TO MEMORIZE SPIRITUAL TERMINOLOGIES ALONE IS DRY HEAD KNOWLEDGE. THIS HAS NOTHING TO DO WITH SPIRITUAL PROGRESSION. YOU MUST BE A GOOD PERSON TO BEGIN WITH THIS IS FUNDAMENTAL.

Q: WHAT IS THE BEST WAY TO SEE THE WORLD?

R: SEE THE WORLD WITH THE WONDER OF A CHILD.

Q: WHAT IS THE BEST WAY TO RAISE CHILDREN?

R: PROTECT THEM FROM THIS WORLD. PLACE THEM FIRST IN YOUR LIFE. TEACH THEM NON HARM. TO KNOW WHO THEY REALLY ARE. BRIGHT AND SHINING LIKE THE SUN.

Q: OF WHAT PURPOSE IS PERSONAL RELATIONSHIP WITH GOD OR FORM SUCH AS CHRIST OR KRISHNA IF THE SELF IS UNIVERSAL?

R: BHAVANA (THE DEEP DEVOTED DEDICATION WITH GREAT LOVING EMOTION TO FORM OF DIVINITY) IS IMPERATIVE, FOR WITHOUT FEELING PERSONAL LOVE ONE OFTEN REMAINS IN DRY HEAD KNOWLEDGE. THE MIND AND EGO BECOME BIGGER.

Q: IT APPEARS THAT THE RULES OF BEHAVIOR OR CONDUCT ACHIEVED IN SPIRITUAL PRACTICE IN THE ORIGIN OF MANY PATHS ARE OMITTED IN THE WEST. THEY SEEM TO BE REPLACED WITH DESIRE TO TEACH AND BECOME FAMOUS.

R: QUITE TRUE. RESPECT FOR BODILY TEMPLE, MODERATION IN BEHAVIOR, SELF RESTRAINT IN HUMILITY, REFRAINING FROM THE VILENESS OF THIS WORLD LOOSEN THE WORLDS GRIP ON YOU. THIS REDUCES BONDAGE TO THE MATERIAL WORLD. ALL TRUE PATHS FOLLOW CORRECT BEHAVIOR TO OTHERS. DO UNTO OTHERS AS YOU WOULD HAVE OTHERS DO UNTO YOU. THAT IS HOW TO LIVE.

(\*REFERENCE: ROBERT ADAMS IMMEDIATELY LEFT FILMS, MUSIC OR ENVIRONMENTS IN WHICH VIOLENCE, MEANNESS, VULGARITIES OR UNKINDNESS TO CHILDREN, WOMEN OR ANIMALS OCCURRED, MAINTAINING AN OLD WORLD STYLE GENTILITY IN PEACE.)

Q: HOW CAN WE ACQUIRE THE BEAUTY OF SILENCE AND SOLITUDE?

R: THIS IS AN INTERIOR REALIZATION. THIS DOES NOT MEAN NOT TO TALK. SOLITUDE AWAY FROM PEOPLE ALL THE TIME CREATES SELF ABSORPTION.

UNLESS YOU ARE IN PRACTICES FOR MANY HOURS A DAY, SUCH AS A MONK, THE SOLITUDE IS WITHIN THE HEART. THE HAPPINESS WITHIN THE HEART. GO DEEP DEEP WITHIN THE HEART. THE SILENCE IS HAPPINESS. THE SILENCE IS FULLNESS OF GOD. A RADIANCE THAT IS INDESCRIBABLE. THIS RADIANCE DWELLS WITHIN YOUR HEART. YOU CAN BE IN A ROOM FULL OF LIFE, LAUGHTER, TALKING, AND BE IN THE SILENCE. YOUR JOB IS TO ACQUIRE AN EXPANSION OF THE SILENCE THAT REMAINS EVER WITH YOU, AS YOU, FOR YOU ARE THAT. THIS INCREASES WITH DAILY PRACTICES. LUMINESCENT REALITY ENSUES.

Q: AS A PARENT OR 'HOUSEHOLDER' AS IT IS CALLED IN SCRIPTURES, DOES ONE REFRAIN FROM UNNECESSARY FAMILY DUTIES AND EVENTS, ATTEMPTING TO DISCOVER THEMSELVES APART FROM ALL ROLES?

R: QUITE THE CONTRARY. WHAT IS UNNECESSARY? GOD HAS GIVEN YOU THIS FAMILY TO BECOME A LIVING EMBODIMENT OF OMNISCIENT LOVE WITHIN IT. THIS IS JOY. ALL EARTHLY ROLES WERE CREATED OUT OF THE SUPREME. THIS LIFE IS A RARE OPPORTUNITY. TO BECOME A LIVING EMBODIMENT OF THE SUPREME. A FLOWER DOES NOT SAY 'I AM NOT MEANT TO BE A FLOWER. SO I WILL NOT BLOOM HERE'. IT GENTLY UNFOLDS AND BLOSSOMS INTO ITS FULL MAGNIFICENCE AS A FLOWER. IT SPREADS ITS BEAUTIFUL FRAGRANCE TO ALL WHO COME IN CONTACT WITH IT.

NOW THE SECRET IS THAT YOU DO THESE THINGS WITH THE FULL REALIZATION THAT YOU, THE REAL YOU, IS ETERNAL, INFINITE, ALL PERVADING, BEYOND ALL THOUGHT AND FORM. YET YOU LEAVE A FRAGRANCE FOR ALL BY BEING HERE IN THIS LIFETIME.

Q: I NOTICE THAT THERE WERE NO TEACHERS OR 'SATSANG GIVERS' IN THE STATES UNTIL YOU BEGAN TEACHING, AND THEY EMPHASIZE DOING NOTHING AND STATING THAT YOU ARE ALREADY AWAKENED. IS THIS POSSIBLE? IT SEEMS TO BE BECOMING A TREND LIKE 'CHANNELING' WAS IN THE 80'S, NOW EVERYONE IS 'AWAKENING'. WAS IT LIKE THAT WHEN YOU BEGAN? YOUR TEACHING IS SO DIFFERENT.

R: YES. WHAT YOU ARE STATING, THE EMPHASIS ON DOING NOTHING, IS EGO. ALTHOUGH FOR THE MATURE SOUL DEEP INQUIRY BRINGS ILLUMINATION QUICKLY, REMEMBRANCE OF THE UNIMAGINABLE BEAUTY OF WHICH YOU ARE PART AND PARCEL, THIS IS VERY RARE. IF IT WERE SO FOR YOU, THERE WOULD BE NO EGO TO STATE IT. DO YOU SEE? YES. THERE ARE MORE TEACHERS THAN STUDENTS. EVERYONE WANTS TO TEACH, BUT WHO WANTS TO KNOW GOD? ONE MUST BE CAREFUL.

Q: DID YOU SPEND THE TIME AFTER CONFIRMATION WITH YOGANANDA AND RAMANA RAISING YOUR CHILDREN?

A: YES. PEOPLE ASKED ME TO TEACH. I GAVE DISCOURSES WEEKLY.

Q: CAN YOU EXPLAIN WHAT BROTHERHOOD REALLY IS?

R: IT IS THE REALITY OF EVERYONE BEING THE SAME SELF. THERE IS NO SEPARATION. ALL SEPARATION IS MAN- MADE. REGARDLESS OF HOW ANYONE ELSE 'LOOKS' OR APPEARS, WE ARE ALL CHILDREN OF THE SAME GOD. WE ARE ALL MANIFESTATIONS OF THE SUPREME. IT BEHOOVES US TO ACT ACCORDINGLY.