



ICL JOURNAL

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ROBERT ADAMS INSTITUTE

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THE ROBERT ADAMS INFINITY INSTITUTE FOR COMPASSIONATE LIVING EST. 1997

The Robert Adams Publishing Group and Board of Directors a Non Profit Group self established by Robert Adams for the Dissemination and Generational Teaching of his Pure Form Message of Love, Compassion and Humility through his lineage to all who request it regardless of financial stature, with respect, honor and reverence to the dignity and well being of all peoples, religions and nationalities, presented in Original Pure Form as conveyed and lived by Robert Adams.

“You Must Develop a Sense of Brotherhood With All Of Humanity” “

Infinity Institute for Compassionate Living JOURNAL Established by Robert Adams & Laila 1997. Robertadamsinfinityinstitute.org established by Robert Adams 1997 A Non Profit Group established for the betterment of humanity through dissemination of The Teaching of Robert Adams “Our Mission on This Earth is to Be of Service to Humanity” disseminating the Archival Documented and Preserved Forty Complete Years of Recordings, Publications, Literary Offerings in the Personal Singular Teaching and experience of Renowned Internationally Published Teacher Robert Adams dedicated to “Alleviating the Suffering” of humanity through peaceful Teachings of personal Unfoldment, and perception of the “Unimaginable Beauty” that lies within the human potential.

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THE ROBERT ADAMS INSTITUTE FOR COMPASSIONATE LIVING
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SOMETHING BEAUTIFUL SOMETHING WONDERFUL

THE ATTAINMENT OF HAPPINESS

Anything you have to do in this world to 'bring' you happiness, does not last. For the world is a world of constant change. When you look to the world for your happiness, for your peace, for your harmony, you are making a mistake. Look at this world. Is any 'thing' ever the same? Things appear. They stay for awhile, and they go.

Consequently, if you identify with the things of this world, you will be totally confused and confounded, for you won't understand why things are like this. You own something, you lose it. It burns, disappears out of your 'life'. You live with a person. They change. Leave. This is the way of the world. But the question is: Who are you? And where do you belong?

As you go within yourself, as you begin to find the Truth within yourself, something begins to flash in your mind in the beginning, that tells you that you are not the body, and you are not the mind that you think with. Something begins to take over.

SOMETHING WONDERFUL

You begin to feel feelings that you have never felt before. You begin to see things as your SELF. 'YOU' are never angry at anything, because if you are angry at anything, you are angry at yourself. If you hate anything, you hate yourself. Therefore, you stop hating. You stop judging, you stop criticizing. You leave everything alone.

You no longer differentiate, you leave 'it' alone, period, without qualification. You see the world differently. It becomes a 'dream'. When you are dreaming, the dream appears very real to you. Where does the 'dream' come from?

It comes out of your mind. Yet, while you are dreaming, you will swear the dream is real. The dream world that you are in is valid, and no one can tell you otherwise. If you are in your dream, whatever you are dreaming about, and I say "You are dreaming. This is nonsense, it is all a dream." You would laugh at me. You would look at me and you would say, "You are crazy. Look at

everything.” You would even pinch me and say: “Can’t you feel this? How can that be a dream?” What you do not realize, it is a dream pinch! Everything is taking place in a dream, just like here.

Therefore, Sages have told us since the beginning of time that this world is an illusion; as a dream. And the more you react the further you get entangled in it.

When you get entangled in it, you will keep living forever and ever in different bodies, different places, different things, and it never stops; you may believe you ‘get old and die’. Then you take a rest, and you ‘reincarnate’.

Then you go through experiences again and again and again. Until you start realizing that the whole thing is a dream, ‘utter nonsense’. “I “(*The True SELF”) have absolutely nothing to do with this world.” And you awaken to your True Self.

INEFFABLE PEACE UNALLOYED HAPPINESS

When you awaken to your True Self, this is the happiness and peace I was referring to. You will find such Unalloyed Happiness, and such Ineffable Peace. And there will be no-’body’ to explain it. No-body within you or without ‘YOU’, for you will be It.

Your SELF.

QUESTIONS AND ANSWERS SURRENDER:

YOU CANNOT STAY THE WAY YOU ARE

“To whom should I surrender Robert?”

R: To The SELF.

There is something more beautiful, more grand, more wonder-full than you could ever imagine, that exists within you, which is the Substratum of All Existence. Yet in order to feel this joy, this bliss, in order to find Total Freedom from all of life’s so called burdens, you have to dig for yourself.

You have to give up something. You can’t just stay the way you are, with the same disposition, the same values, the same preconceived ideas, the same concepts, and be Free.

You cannot do this. You have to do an ‘about face’ and totally give up all of your ideas about life, totally surrender your ego, your mind, your body your pre conceived ideas.

To whom do you surrender this?

To your ‘SELF’.

Silence of the Heart





Everyday Transcendence- Practical Compassionate Assistance

EVERYDAY TRANSCENDENCE

PONDERING PRACTICAL COMPASSION

“PRAY TO GOD AND HE WILL HELP YOU.”

ICL Teachers, Global Prayer Circle, University Students, Lesson Students and ICL Class Groups of Service to You in 24 hr. Personal Prayer and Assistance. Request your name placed in the quarters of Robert Adams.

“NEVER FORGET THE MOST IMPORTANT THING;
LOVE, COMPASSION AND HUMILITY”.

“Infinite Consciousness, may my compassion become big enough to transcend my self, becoming an embodiment of The Omniscient, All Pervading Perfect Reality.”

THE HEART OF THE TEACHER

Unequivocally, the most appreciated and endearing emanation of ‘true substance and good character’ from my revered Teacher Robert Adams, so missing from the atmosphere appearing in contemporary Western offerings, is the personal, both human and divine, caring selflessness, the softly tender concern for each individual and humanity at large.

By this example, he clarifies the pivotal, generalized Western interpretation defining

“Unalloyed Bliss”, attained in the gentle practice of Self Observation originally introduced here by Robert Adams. This foundation of ‘substance and character’ is omitted in a variety of modalities by modern teachers, yet Robert clarifies this understandable misinterpretation of the rich ancient heritage of culturally understood traditions in true origins of Vedic culture; “Correct Living”, “Begin at the Beginning”, with concern for ones fellow man. ‘Never keep silent when you can offer words of compassion.’ Below, Robert Adams addresses relevant Topics.

THE ORIGINAL PURE FORM DISCOURSES OF ROBERT ADAMS

HELP IN EVERYDAY TRANSCENDENCE

ON TRANSCENDING DEPRESSION

“Never say that ‘you’ are depressed. This is impossible. “YOU”, the real you, can never be depressed. Never. This is of the mind; you must agree to place your mind on certain thoughts, and then identify completely with them. Therefore, this cannot happen without your permission. Without your agreement to place your mind

on what appears to be not to your liking, and identifying more and more with this as 'you'.

Of course, this does not imply that one must simply not place their mind on matters that need to be correctly rectified. On the suffering of loved ones. On normal human events. This means that these things no longer pull you down. These things no longer take you over. These things no longer have any power over you. For you know who YOU are.

IT never changes. You are All -Pervading Bliss Consciousness. You are Bright and Shining Like the Sun. The events of this life are like the clouds passing in front of the sun. The most effective way to permanently disperse them is to respond with love, compassion and humility. To do what is right. Then let it go.

For nothing can touch who you really are. Nothing can truly affect YOU. Nothing can truly hurt YOU. Yet, if you go around saying "Nothing can hurt me" and taking advantage of others, then you will simply increase suffering, and continue fooling yourself. Observe this world. Be in it, but not of it. Become a vehicle of loving-kindness. Rise to a higher vision.

Do not believe for one moment that you are a human being with human problems. Within you is a light brighter than a thousand suns. Cling to this Reality. No matter what happens to you, never forget your True Nature."

ON TRANSCENDING DEATH

There is no death. It is impossible for you to die. Absolutely impossible. There is no

beginning, there is no end. There is only Infinity. There is only love. All is love. You may change forms, but you can never die. Nothing dies. If you appear to be separated from a loved one, you will be reunited.

"TRUE LOVE DOES NOT CHANGE."

Of course you do not say this to someone suffering. You help. The secret is to go beyond constantly changing forms, through selfless Surrender. Through the Consciousness of All Pervading Reality. Many people ask me, "Can my loved one return to me, see me?", all those sorts of inquiries. In Reality, of course all of this is possible. Compassion is a great force. Masters like Ramakrishna and Jesus returned to comfort those in grief.

What are you doing now, this moment, to transcend the suffering of this human embodiment, and discover the glory, the power, the joy of who you really are?

ON THE SUFFERING OF THE ANIMALS

Your body is not a graveyard. When you eat meat you absorb the animals pain, his terror. You must develop an affinity, a great compassion for all living beings

Animals are not put on this earth to eat. Animals exist in the same One All Pervading Reality as we do. They are manifestations of Presence. They teach you to surrender to compassion as your True Nature.

ON CHILDREN

Your children should come first. If you have chosen this role, you must become an

Embodiment of Selflessness, and service. They will become what you are to them; the love. People come to me asking how they can go beyond this 'role'. Why would you wish to do this?

THE OBJECT IS TO PERFECT ALL OF YOUR EARTHLY ROLES, TO BECOME AN EMBODIMENT OF LOVE.

Of The Supreme. Instead of speaking about love, be love. Instead of speaking about service, serve them. So do not say "I am not a parent, I am not my role." Say; "God let me become an embodiment of your love."

ON LONELINESS

You are never alone. You have never been alone. You can never be alone. It is impossible. Absolutely impossible. If you could see the surrounding Reality, the Presence that you exist in this minute, you would never believe in loneliness again. You have separated yourself from this awareness through your own mind.

In my Father's house there are many mansions. There is endless assistance for you. Surrounding you. You are an embodiment of The Supreme. Therefore, how can The Supreme be alone?

Yet you must practically address your earthly existence. Go out of your way to alleviate the suffering of those in need. Visit the housebound. Feed the hungry. Go beyond yourself, your human self, and the thought of loneliness will dissolve.

Beginning seekers often mistake what I am saying is to stay by themselves all the time.

To be Silent all the time.

You were created to enjoy a sense of brotherhood with all of humanity. Are you doing the practices that we discussed? It is only when you have identified yourself with a human existence, limited yourself to the fleshly existence, that the thought of loneliness appears.

Refuse to identify with the appearance of loneliness. Know who YOU are.

ON TRANSCENDING FEAR

There is absolutely nothing to be afraid of. Absolutely No-thing. For in Reality, there is no fear. This is a thought that has no substance. It only has the power that you give to it.

The more you Ponder these things, the more 'fear' subsides. Eventually, it will subside altogether.

There is no death. There is no time in the Infinite. There is only Supreme Love. "

"Within you is Unimaginable Beauty. Discover this."





'Beyond Time' A Student's Experience

*I*t began over ten years ago with a phone call to a fellow seeker whom I had not heard from for while. For months, then years, we had run into each other in the Los Angeles area in our mutual search for answers to lifes' spiritual questions.

So I half jokingly opened the conversation by inquiring, "Well, have you found the Holy Grail yet?" To which he responded resolutely, "Yes!".

He went on to explain that he had found an American teacher in the nearby San Fernando Valley who was a direct disciple of Sri Ramana Maharshi (whom I'd never heard of) and I might add, I was somewhat dubious of even the word 'guru', despite a certain attraction to Eastern mysticism. Nonetheless, after requested urging, I decided to go once to meet this somewhat unearthly looking and behaving man, whose Teachings, other than a few brief sentences, were conducted with silence.

(*note: This singular period defined Robert's rare inclusion of literal silence in his talks, differing from others in which he explains, "I do not mean to literally keep silent all the time. I am speaking of an interior silence, a realization. That is why I utilize this time to speak.")

Although the first time I looked into Robert Adams pale blue eyes, I felt as if I should hold onto something just to keep from falling in. My friend and I would still spend many hours over coffee, after weeks of 'satsang' (free gatherings with an Illumined Teacher) with Robert, debating with each other, (and ourselves) whether he was "completely nuts or really onto something".

Little did we know back then how blessed we were, and always will be!

The Later Years-The First Los Angeles Talk:

Beginning with that first Thursday afternoon however, something about Robert in the ashram-like setting, a U shaped apartment complex built around a central courtyard, with steps leading to a pillared street side breezeway where he often stood waiting was so compelling that I found myself returning to his presence from then on. The faces and places would, of course, change quite dramatically over time.

But for the purpose of this particular story, I suppose I could explain that I was quite ill at the time, did not know my way around the Valley very well, etc. but suffice it to say that it has been one of my life-long samskaras (tendencies) to not only almost

always be in a big hurry, but usually late in arriving. This gathering was no exception.

When my friend confronted me with how disruptive this was (although Robert never seemed to mind or even notice) I felt so humiliated that I vowed if I were ever late again, I would simply sit outside the closed door to receive Roberts grace there, rather than in his apparent physical presence.

Beyond Time and Space

So, when on the following Thursday I realized that despite what seemed like my best efforts, I was running slightly behind schedule, it was with great relief when I arrived that I saw Robert standing, waiting as usual between the pillars.

As I hurried from the car, I watched him turn and walk toward the apartment where we met, losing sight of him only as I rushed, breathless, up the stairs just seconds behind him.

When I entered the room, there sat Robert on the floor with the other students, in the middle of an answer to a question someone had just asked him!

Was Robert a “Jnani”, an Illumined One? To such a question, he would merely shrug and answer, “I have no idea what I am.” Can a “Jnani” appear, as has often been recounted, in more than one place at a time?

Had he come out to let me know it was all right if I was late, or was this an illusion? Is, in fact, everything we perceive with our senses, as Robert taught us, an ‘illusion of mind’? Who is there to know the answers to these

questions? ‘I’ know less and less with every day that passes.

In His Service Forever,

Dana La Monica

A Personal Narrative by Dana La Monica

Dana La Monica is the sole Los Angeles audience student invited by beloved Mrs. Adams into the residence of Robert and Mrs. Adams, presently accompanying Mrs. Adams in great continuing life long service to The Teaching. She often assisted them in their Christmas and holiday family gifting and preparation.

She is the direct Los Angeles Student of Robert Adams.

Extracted from The Golden Tribute Book, Videos, Archived Volumes of rare Recorded Prophecies by Robert while in Ecstatic Awareness



ROBERT ADAMS

“I WELCOME YOU WITH ALL MY HEART.”

WELCOME TO THE TEACHING OF LOVE, COMPASSION
AND HUMILITY, UNIQUELY CONVEYED BY BELOVED GENTLE
TEACHER, ROBERT ADAMS.

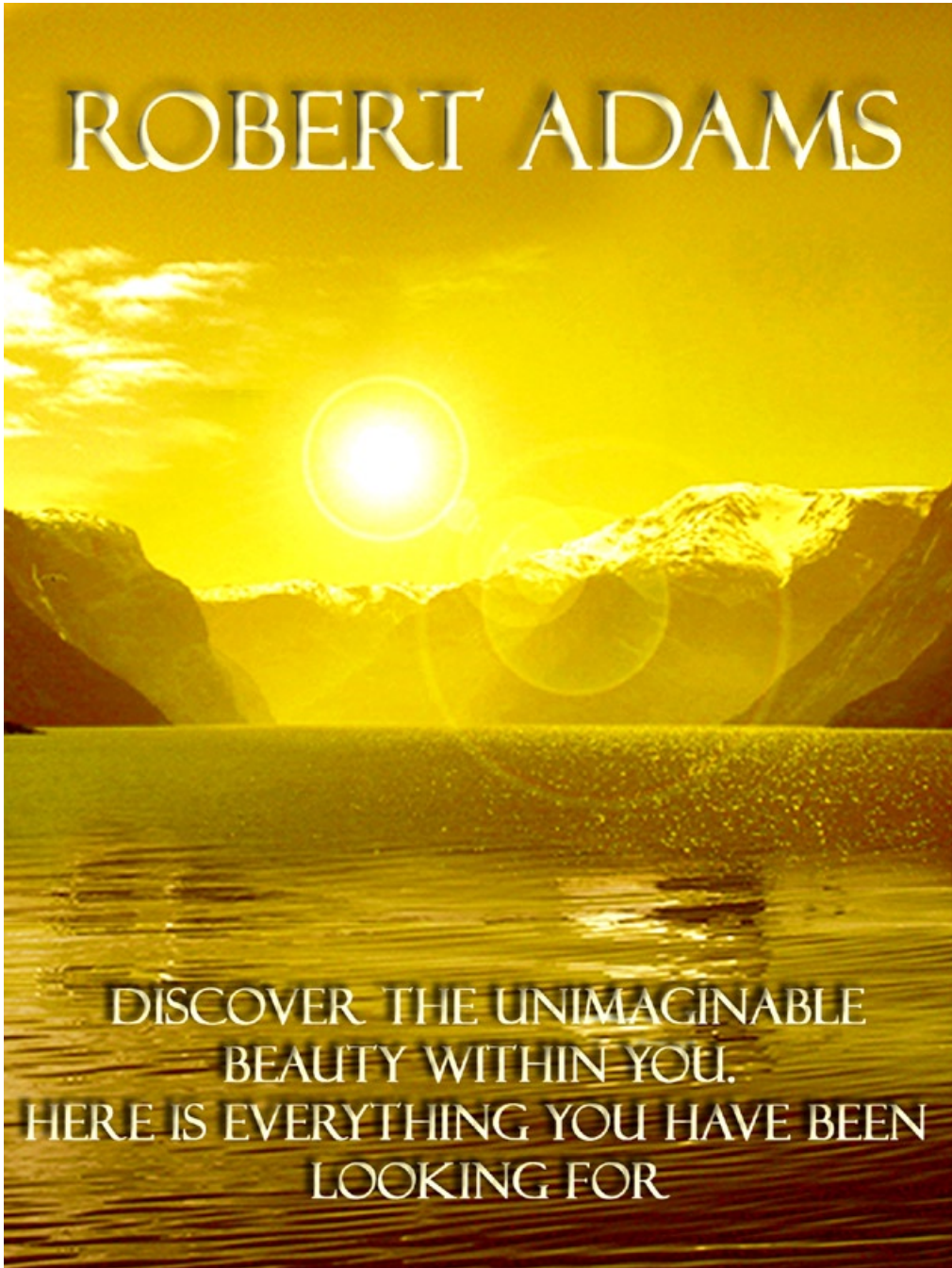
BE AS A FLOWER.

THESE GENTLE LOVELY WATERS OF INNER UNFOLDMENT,
AS A FLOWER UNFOLDS ITS PETALS, FOLLOW A SEQUENTIAL
INTRODUCTION INTO THE FOUNDATION, THE PRACTICES,
ILLUMINATION AND LINEAGE OF A MODERN AMERICAN
MASTER WHO EXEMPLIFIES ILLUMINATION FOR ALL. WHILE
DEDICATED TO TRADITIONAL LIFE IN THE AMERICAN
SUBURBS RAISING HIS FAMILY, HIS ETHEREAL RADIANCE
ATTRACTED AUDIENCES EVERYWHERE DEMONSTRATING
THE REALITY OF INNER UNFOLDMENT FOR EVERYONE.

“THE DISCOURSES ARE VERY POWERFUL.
THE HAPPINESS WILL COME BUBBLING UP.”

ALL CONSUMING LOVE

ROBERT ADAMS

A vertical rectangular image with a golden-yellow color palette. At the top, the name 'ROBERT ADAMS' is written in a white, serif font. Below the name is a photograph of a bright sun setting or rising over a range of mountains. The sun is a large, glowing circle with a lens flare effect. The mountains are silhouetted against the bright sky. In the foreground, a body of water reflects the sun and the mountains, creating a shimmering effect. At the bottom of the image, there is a block of white text in a serif font.

DISCOVER THE UNIMAGINABLE
BEAUTY WITHIN YOU.
HERE IS EVERYTHING YOU HAVE BEEN
LOOKING FOR



FROM THE ULTIMATE PERSPECTIVE

“EVERYTHING IS LOVELY AND BEAUTIFUL”



THE ORIGINAL PURE FORM DIALOGUES OF ROBERT ADAMS

** Designates student requested references of precise clarification per Roberts previous explanations in order to assist those unfamiliar with his previous Teaching on primary Topics within each Discourse.*

Good Evening! Welcome! I welcome you with all my heart. Most people are home, watching the presidential debates. We ought to have ‘Jnani’ (‘Advaita Vedanta’) debates, Whoever shows up, loses of course. (Laughter)

If only people understood the first Principle of Self Realization, which is simply this; whatever is destined to happen is going to ‘happen’ no matter how you try to stop it. And whatever is destined not to happen, will never happen, no matter how much you try to make it happen.

YOUR DESTINY HAS BEEN PLANNED FOR YOU

Would not it be wonderful if the politicians understood this Truth? There would be absolutely nothing to worry about, no-thing to

fear, no-thing to ‘conquer’, no-thing to ‘win’, no-thing to lose. Everything is Unfolding the way it should. Everything is in its right place. There are no mistakes.

EVERYTHING IS LOVELY AND BEAUTIFUL

Just the way it is, If you can only understand this in your own personal life! What you are supposed to go through, in this experience, in this incarnation, has already been planned for you before you came into this body. Yet, ‘you’ have absolutely nothing to do with it, because you are not the body.

As long as you think that ‘you’ are a body, you think that you are somebody, somebody ‘important’. Or, you think that you are a ‘failure’. Whatever you think about yourself.

If you would only turn within, and see the one SELF, then you would never worry about what is going to happen to you at all. For you would realize, there is no ‘you’

(“When I say ‘you’ I am referring to limiting yourself to being just a human body.”) for anything to happen to.*

SELF OBSERVATION: HOW MANY TIMES
DID YOU BECOME ANGRY TODAY?

“YOU” are Total Freedom right now.

(“Never believe that the human ‘you’ is the real ‘YOU’ .”) Total Liberation, complete Awareness. Yet, you do not believe me. You still feel inclined to be a body, a doer. Think of the experiences that you went through today, and see if you do not believe that you are a ‘doer’.*

How many times did you become angry today? How many times did you feel slighted today? How many times did you feel fear, or that some-thing is wrong somewhere, or that you are not in your right place?

This shows you that you believe that ‘you’ are a body. And as long as you believe that you are a body, why not just let go, and stop fretting and worrying about your body?

THE POWER THAT KNOWS THE WAY
WILL TAKE CARE OF YOU. HAVE FAITH

The ONE who makes the sun shine, the grass grow, the apples grow perfectly on apple trees. The food that sustains us, nourishes us. Everything has been lovingly provided for us.

HAVE FAITH.

TRUST THE POWER THAT KNOWS THE WAY.

This is a first step. To have Total Faith and Total trust in The Infinite, the ONE. You may call this God, if you want to. For it makes no difference what you call it. It is within

you. IT is everywhere. All you have to do is Surrender to it. Surrender all your doubts, your frustrations, your fears, everything that has besieged you for so long. Give it all up. Does not belong to you. Be free of it.

When are ‘you’, and what will you always be? Silence. There is no answer for that. For the mind can never comprehend the Unknown, the Transcendental, The SELF. The ‘mind’ can never know these things. The mind only knows itself as a body, as a doer.

ENTER TOTAL BLISS PEACE AND HARMONY

Therefore, you have to transcend the mind, transcend the thoughts, transcend the universe, and enter the Silence, where there is Total Bliss, Peace and Harmony.

Actually, the only Freedom that you have, is not to react to conditions, and to turn within to see the Truth. Everything else is preordained. Whatever appears in your life is destined to be. It is your reaction to what appears that matters to you, to what is going to happen next.

It is your reaction to life’s experiences that comes to you, which determines what is going to happen to you next, by the way you respond to it, by the way you react to it.

Do not be in conflict with your thoughts and the SELF. When there is no conflict, there are not thoughts.

Thoughts only appear because there is conflict.

By ‘conflicts’ I mean, you are worrying

about getting rid of your thoughts. You are doing 'sadhana', 'pranayamas', (ancient traditional means of experiencing divinity, SELF) meditations in causing conflict for are you not saying, "I" am doing these things, to 'become' liberated? "I" am doing these things to become Free?

These are the conflicts because "YOU" are already Free, liberated, therefore, when you give yourself the information that 'you' have to do something to 'become' liberated, there is immediately conflict, this is the only problem you have.

It is your conflict. (* "Do not misunderstand me. As those of you know who have been coming here for some time, I am not saying do not do these things. For the pull of the world is very strong, and these things are powerful. I am simply saying, know in your heart, that the real "YOU" is eternal, Unchanging, always in Bliss Consciousness.

However, while you are in a body on this earth, you want to actually experience this, as Reality.")

YOU DO NOT HAVE TO SUFFER

And this 'conflict' comes from programming. When you were a child, from samskaras, from previous existences. Things that you took with you, the habits that are inside of you, that you believe you are.

This is where the conflict comes from. For it tells you, "I am just a human being! I am just a frail body. I have to suffer sometimes, sometimes I have to be happy." This is all a lie for there never was a you that has to

suffer, there never was a 'you'

(* "There was never a you that is separate from The Supernal.") that has to be happy, there is no one in 'you' who 'needs' to be happy, there is no one in you who needs to be miserable, both imposters.

So every time you try to 'exchange' negative conditioning for positive conditioning you are causing conflict. This is the reason that psychiatry and psychology doesn't 'work', because they are trying to make 'you' normal. Who wants to be 'normal'?

For The Truth is, do not wish to be anything. There is no-thing you wish to be. (* Robert: "You do not have to 'become' happy, for happiness is your True Nature! It is the substratum of your existence. Feel this Now.") There is no-thing "YOU" have to become. There is no future for you' to become anything. Right this moment, "YOU" are the One.

THE TRUE SELF WITHIN REMAINS FREE

And there never was another. Right this moment, "YOU" are totally Free, without thinking a thought, without trying to make anything happen. Why not awaken to this Truth?

Why not awaken to the fact that there is no-'thing' that YOU (the SELF) have to 'become'? (Discourse concludes.)

Q: Is the 'Self' within, 'heaven' within?

R: "The Kingdom of Heaven is within you."

PARABLES *Told By Robert*



HEAVEN AND HELL- THE REAL DIFFERENCE

A man spoke with the Lord about heaven and hell. The Lord said to the man, "Come, I will show you hell."

They entered a room where a group of people sat around a huge pot of stew. Everyone was famished, desperate and starving. Each held a spoon that reached the pot, but each spoon had a handle so much longer than their own arm that it could not be used to get the stew into their own mouths. The suffering was terrible.

"Come, now I will show you heaven." The Lord said after a while. They entered another room, identical to the first, the pot of stew, the group of people, the same long handled spoons. But there everyone was happy and well nourished.

"I don't understand", said the man. "Why are

they happy here, when they were miserable in the other room, and everything was the same?"

The Lord smiled. "Ah, it is simple" he said. "Here they have learned to feed each other."



A BEDTIME AWAKENING STORY

AS TOLD BY ROBERT ADAMS

The Scorpion and The Sadhu

Why Always Intervene to Selflessly Alleviate the Suffering of Others?

There was once a traveler who was walking down a dirt road. He saw a Sadhu (wandering 'holy man') on his knees bending down and looking at something.

The traveler was curious. He kneeled down next to the Sadhu. He noticed something very strange. He noticed there was a puddle of muddy water and there was a

scorpion trying to cross from one side to the other. And every time the scorpion got to the middle of the muddy pond, the muddy water, he would begin to drown.

So the sadhu would pick up the scorpion, and the scorpion would sting the Sadhu, but he would put the scorpion down on the other side. And again, the scorpion decided to walk across the puddle and begin to drown.

So, the Sadhu would pick up the scorpion, and the scorpion would sting the Sadhu!

And he would put down the scorpion on the other side of the pond. And he would do this over and over and over again the traveler said: "Excuse me Sir, but can I ask you what you are doing? Why are you doing this? Every time you pick up the scorpion, you get stung!"

The Sadhu looked at the traveler, and he smiled and he said:

"It is the scorpion's dharma to sting, and it is my dharma to save."

QUESTIONS AND ANSWERS

Q: Robert, would this imply that it benefits our consciousness to always intervene to help even if it 'stings' us? I observe that you always ask us individually, how you can help.

R: Yes. Expect nothing in return. This brings Grace. Clears out incoming suffering, chaos.

Q: But what if someone continues to harm us, bad marriages and things like that?

A: I am not speaking of abuse. Remove yourself from vile things like that. I am speaking of selflessly helping people who are suffering, asking nothing in return. It is enough to simply help. This is very powerful.

Q: So, if one is 'the stinger' , a person who stings, what becomes of them?

A: They are stung as much as they sting, until they learn not to sting. The suffering they cause others, returns to the precise degree. That is the difference between being on a spiritual path of Unfoldment, and remaining in mass evolution.

You learn this painfully.

If you choose to consciously Unfold, you stop such things. You accelerate your evolution. Humans are not in the animal kingdom, and have the gift of Free Will not to sting. Flow through this world as the Sadhu. That is the moral of the story.



Life Laughter Love

Humorous Moments on The Path

I have been taking the book, Silence of the Heart, with me to various places where one 'waits', such as banks, dentists, etc. I choose a specific page, and without fail, the mere 'words' disappear and become me, deep within me, far beyond where I am as a person just waiting.

The environment that I am in fades somewhat, or just becomes a part of a greater plan- a greater whole of the 'painting' as Robert says- in which it is a passing scene, as Laila states: a temporal opportunity for me to appear in Truth and compassion.

This has worked steadily for seven years. I have found that often, so called strangers quickly climb over the proverbial 'ice' that

separates us and are intrigued at my teacher's deep words, shifting into a new perspective of life as we know it. One week it was time for my doctor appointment. I went to the drawer that I keep the book in. Strangely, I could not find it. It was not there. I looked all around the house. I have never experienced anything like this because my books are only

kept in that special drawer.

I finally called a friend at the Institute who gave me his. I then went to my appointment. It was at a new building that I was unfamiliar with, still being constructed in several of the hallways, a few offices having open doors and still no signs.

I went in and sat down, happily settling into my book. I noticed that there was an unusually peaceful feeling in the room, with the large TV playing a non stop video of calming morning rainbows over a beautiful field, with relaxing music.

How unusual. It was perfect for me to just sink into my daily book, Silence of the Heart, until they called me. Although the atmosphere was peaceful, something was off kilter, weird. I did not mistake the odd looks I got from the desk in the waiting room, as they glanced at my book. I usually happily referred friendly questions to the ICL site. When I looked up I could swear that I saw the lady at the desk actually scowl at me.

I attempted to observe my mind and heart as I felt rejection and seeming unfriendliness that appeared irrational. As time passed, I became more uncomfortable. I finally got

up to ask why my appointment was taking so long. I put the book down on the side table for anyone to enjoy until I returned, as I always did.

The moment I did, the desk secretary got up and walked over to the table, removing the book and placing it back into my hands. "You've got to be kidding!" she said wryly. I looked down at the book, puzzled and surprised. She read the title: "Silence of the Heart?!!!"

I suddenly realized that I might be in the wrong office. Sure enough, I looked at the small sign on the front desk. "Cardiac care with a tender touch. Urgent appointments sign in here." I saw seven very nervous former heart attack patients glancing at my book title.

My face color matched that of the photographs of human hearts on the walls. To this day, I chuckle 'with Robert', as I remember my error. Perhaps that was why I could not locate it in the morning, to not cause others distressing thoughts. Eventually, even the secretary shook her head and chuckled with me, directing me to the correct office.

Robert Jokes

Robert often made the following humorous observation, particularly during political elections:

Robert: They are having so many political debates now! We should have an Advaita Vedanta ('jnani') debate! (laughter)

Of course, the one who shows up, loses!

Mother Teresa: "I know God does not give us more than we can handle, but sometimes I wish he did not have so much trust in me!"

QUESTIONS ON THE ANCIENT TRADITIONS

Pondering The Ancient Ways to Inner Illumination: The Tradition of Surrender, Music, Love and Devotion

THE PURE FORM ORIGINAL DISCOURSES:

Robert: When your mind is thinking about so many different things, about the world, about your job, about your family, about your car, about your dog, about all kinds of things, then it is hard to get through.



THE MIND BECOMES QUIESCENT

So we Chant, we do yoga, we do different exercises. We sing and the mind becomes calm, quiescent. When the mind becomes quiescent, it is like a clear lake. The clear lake reflects the sun and the moon and the stars. If the lake is murky, it reflects the world. All these things are good. Chanting, yoga, singing, everything is helpful. They all lead to Self Inquiry.

Q: Can an emotional love become divine love? Can it increase to an infinite proportion to actually disappear into divine



love or realize its oneness with divine love?

R: What do you mean by emotional love?

SHINING THROUGH

Q: Well, like singing, and kind of dissolving in feeling?

R: Again, all these things make the mind quiet. There are purposes of making the mind quiescent, calm and peaceful, and then your SELF, your real SELF will shine through. All by itself, when the mind becomes absolutely still. It will not happen during the singing or during the chanting.

The purpose again is to quiet the mind. When the mind is quiet, when all the chanting has subsided, when all the music has subsided, when you have entered that place where there are no others, then you will awaken to your True SELF.

Q: Robert when you talked, you mention 'bhakti' (the ancient path of surrender to love of God) as a way to lead into Selflessness, or The I Am state. Are not there other variations of yoga like kriya and raja which is a culmination of the whole?

R: The closest thing to Inquiry, to Realization: is devotional ('bhakti') yoga. Kriyas, mantras, kundalini, are all very good for themselves, they open the chakras. They cause you to

develop powers, having nothing to do with "SELF realization".

Remember, you will begin by feeling a peace that you never felt before, a profound peace. Then all of a sudden, you will have a feeling of Immortality.

There will be no words to explain it. You will just realize that you are All Pervading. YOU have always been All Pervading.

There never was a time when you were not. There never was a time when you were born. And there never will be a time when you vanish.

YOU are Omnipresent, Absolute Reality. Ultimate Oneness. Your True Nature is (Nirvana) I AM That I AM. You have to discover this for yourself.

To continue with our procedure, at Ramana ashram, every evening they have "arati" to Ramana, so we are going to now have arati (a special celebration of loving respect). Devotional Service. It is in the evening, to the Master for it is a form of respect in an Evening Prayer. It opens your heart. If you do not have an Open Heart, you cannot go any further.

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THE BASICS

The Basics. Robert Adams from "Love and Service"

Pure Form Discourse

1. *You have to develop Humility. You have to open your heart to Loving Kindness.*
2. *You have to forget about yourself, your problems as if they never existed, and help others. Give of yourself to others, because there is only One SELF*

I AM THAT

3. *You have to stop quoting teachers telling yourself, others, that I am no- mind, I am Brahman, I am Consciousness, for that really inflates your ego.*

PONDERING SPIRITUAL ETHICS:

ON LIFE AND ETERNITY

Q: Robert, should we be 'for' having the right to terminate life, in cases of comas, etc.? America, a throw away society, seems so bent on getting rid of what is not of physical use...

R: This is true. Generally speaking, one did not create life, and one must do everything one can to preserve it. Even if it is preserving it in the body. (Silence)

As for coma patients, they are also often in other dimensions (of consciousness). They can often return. In higher cultures,

Count your blessings

instead of your crosses

Count your gains instead of your losses

Count your joys instead of your woes

Count your friends instead of your foes

Count your smiles instead of your tears

Count your courage instead of your fears

Count your full years instead of your lean

Count your kind deeds instead of your mean

Count your health instead of your wealth

Count on God instead of yourself.

Robert often distributed this poem hanging in his home to students.



everyone like this is taken care of. Loved.

Q: In this sense- oriented culture, it is difficult to raise children with morals. Is this important?

R: Yes. Protect children from the vile things of this world. From that which is impure. They must respect the SELF, the SELF in the body, in their hearts. It is your duty to protect them.

The way of the world is to corrupt. To teach what is bad is good and what is good is bad. It is much easier to progress if one leads a pure, good life. You have already taken the first step. Do not believe that 'non duality' means that it does not matter what you do. That is erroneous.

Do not be like the man who went to adult movies and said, 'I am Consciousness so it does not matter.' (laughter) Everything you do matters if you are on a path of Illumination.

Be gentle, peaceful, dive into the Presence every day. You can do this with your child. This is beautiful to teach them. Yet as children, it is your devotion to them that will reflect the highest Truth.

Q: Is eternity for reaping the repercussions that one has sown?

R: On the scale of the earth realm, one has eternity to do this. Unfoldment is the accelerated learning of the Truth. Of life, of the material world, the repercussions of our actions. All of humanity is on this path through slow evolution, but you can Unfold

quicker by loyally following one path with all. In your heart. Of course in The Infinite there is no time or space.



COMPASSION AND HUMILITY

Q: Robert, I don't mean this irreverently, quite the contrary. But you tell us to try to develop these qualities of Love, Compassion, and Humility, that you have described as beyond our comprehension. How do we try to develop something we cannot comprehend?

R: Simple. Be your SELF. (*"Of course whenever I say 'SELF' I mean your True Self. I am not speaking of your human self.") When you are your SELF, the thoughts come slowly to you, until they cease.

When the thoughts become slower and slower into your mind, and the thoughts begin to subside, love comes by itself, compassion, humility, come by themselves. So again, we have to stop 'thinking'.

All is Well.

THE DIVINE CONNECTION

"Those called to take this path to the end, remain together in The Divine Connection."

Robert



The Children's LESSONS

ThursdayEveningDownload

Interactive Lessons for Children

Robert Adams spoke often on children, and his personal many cards, poems and narratives handed to his own children are shared within the context of The Children's Dialogues, a beautiful and dynamic rare offering to prepare children to 'become a Bright and Shining embodiment of Truth.' In this life, we must guide their journey on earth, providing understanding and safe, pure discrimination in interacting in the world and its many choices and involvements.

A rare combination of the steps in Ultimate spiritual Truth for inner Illumination, offering practical guidance and clarity founded on solid eternal Truth, in a world of the temporal.

Your child is guided to "avoid incoming repercussions of suffering' through a direct experience of All Pervading Love, awakening to The Power That Knows the Way. The Childrens Dialogues contain: interactive beautiful colourful illustrative examples of the Highest Truth taught by beloved Robert Adams, in professionally

conveyed understanding for children.

Contemporary children's music they can link into excerpted from the award winning Benevolence Project presentations established by Robert Adams.

They will be able to download their own special 'private' Lessons along with their adult global Robert Adams Lesson Student Family.

They will be able to enter Questions and Answers, via e mail, receive personal phone counseling, learn The Robert Adams Meditations offered in Silence of the Heart I, II and III and learn Sacred Inspirational Music.

They apply The Teaching to situations in school and home, including loneliness, happiness, compassion, fear, within a familiarity with the ancient scriptures of Correct Living that Robert refers to, guiding them through wise decision making.

A rare and special life long remembered experience in gift for a child that will be revered for a lifetime, 'sowing seeds of joy,

enabling one to reap the fruits of their efforts.”



Q AND A'S ON THE CHILDREN'S HAPPINESS LESSONS

Q: What exactly does each child download each Thursday Evening with or in synchronization with adult Lesson Students?

Co-developed with an educator in presenting the Pure Form Teaching in uplifting, child friendly precise quotes by Robert; lyrical poems, stories and clear explanations follow, making practical life accessible important guidance understandable in a non denominational, protective and loving foundation.

Each child receives a beautifully illustrated three to four page special Children's Lesson professionally adapted to a child's needs and understanding, enveloped in a foundation of gentle love, compassion and clear guidance in Correct Living, an impacting introduction to the direct experience of inner illumination, through the Teaching, diving into Presence of All Pervading Love.

**Gentle Paragraphs from The Lessons by Robert Adams are followed with*

narratives and powerful Presence filled childrens explanations.

**Lesson Links to professional ICL spiritual contemporary children's music with a coordinating Message to the Lesson*

**Optional Online Question and Answers regarding their Lessons, just as the adult Lesson Student Global Family enjoys. May inquire regarding schools situations, home events, loss, pets, friends, poor cultural messages of chaos. "Protect children from this world. Surround them with happiness and love." Robert Adams*

**Each Lesson personally addressed to child's name. Guided- voice Robert Adams Meditations and Chant Instructives by Beloved Laila and Robert*

**Rare narratives taught by Robert to his own children, many with hand inscriptions.*

**Special enjoyable animal Topics with pictures, stories and Compassion Vegetarianism Introductions.*

A complete, delightfully applicable guided inner experience in discovering that Happiness is your True Nature, based on The Happiness Talks, answering the fear alleviating questions on life and living that all children seek from within with Roberts emphasis on Happiness.

This is a contemporary youth oriented application of the Joy of Gentle Unfoldment.