

**“I Would Not Say: “The World is Not Real ”
“Those Well Read Can Give Flip Answers”**

People inquire very often, “Robert, is the world really real, or is it an illusion?” The answer I give is dependent on who is asking the question. It is not an easy answer to give. Those who are well read in (* The ancient path) Advaita Vedanta can give these flip answers; that the world is an’ illusion’.

This may be true in an Ultimate Reality (* “If you are living in the ‘Ultimate Reality’ there is no ‘you’. There is only selfless love.”) But as far as we are concerned in our every day experiences, the world is as real as you make it. Always remember that you are creator of your world, the world that you see is a creation of yourself, all that you are involved in, the circumstances in your life, the vicissitudes you go through every day, are a result of what you are, nothing more nothing less.

**“I Would Not Say, ‘It Is Not Real’.
This Would Be Giving the Wrong Advice.”**

So, if you feel you ‘attachments’, feel that the world is pressing down on you then the world is real. It is real to you. *So, I would not say “It is not real.” This would be giving the wrong advice.*

The world is real, as long as you feel it, but what I will tell you to do is to go within and ask, “Who sees the world the way it is? To whom does this world come to? Who is the seer? Who observes the world this way?” Of course you do. But who are ‘you’?

The world becomes illusory only to the person who has transcended the self, the personal the ego self. Then the world is only images, like the images on the screen. People are not involved in the screen, they are involved in the images. They know nothing about the screen. They see the images on the screen. Without the screen the images would be

bent out of shape. But with the screen you have got a perfect image. So it is with the world. Unconsciousness. Your True Self is Consciousness but you do not know it. The whole universe in consciousness, but you do not know it. You identify with the images. Your body appears to be an image also. But you think it is real. Your thoughts appear good and real to you. The thoughts appear very valid.

Your reasoning is very valid. Therefore, the world is real to you. And you go through experiences in this world, good experiences bad experiences, as long as you think it is 'real'. (* "Therefore do not say "The World is not real. Instead discover who you really are.") Now I am not speaking of 'belief'. You can believe one thing and feel another thing. For instance, you can believe the world is real and you can 'believe' the world is illusory.

What Matters is What You Are

It does not make any difference what you 'believe'. *What matters is what you are.*

This an important point to ponder. What you are determines what this world is for you. Not what you 'believe'. "Belief" has nothing to do with it.

If you can feel in your experience that All is Well, that everything is Unfolding as it should, then you will know that the world is (* That which is called God-Perfection in ancient culture) "Brahman". Not the world as the world (* "Do not think that the vile circumstances, abuse in this world are fine and well.") But the world as "Brahman". Everything will become holy to you. Sacred. And nothing will ever annoy you. For you will understand this world to be only of images, "Brahman" is the Reality or Consciousness. Therefore, it is up to you. It is always up to you. No one is to 'blame' but you. No one can ever do anything for you except yourself, for you have the Freedom.

Transcending, Talking About It, Experiencing It

But what you see determines what happens to you. Therefore the wise

person does not judge by appearances, but observes the appearances without reacting and realizes that, everything is for a time. This too shall pass. Everything 'happens' in time and space in the worldly sense. But in Reality, there is no time and space. There is no 'world'...there is only 'Brahman', Consciousness. But you cannot go around speaking this way if you are not experiencing it. This is a mistake many aspiring make. They have ideas about what the world through reading books. Reading sacred literature. And they go on exclaiming their beliefs. Remember, again, your 'belief' system has nothing to do with this. It is only your experiences that determine what happens to you. What you are experiencing.

The Fruits of Experiencing: Eternal Happiness. Compassion.

Are you experiencing Peace and Harmony? Are you experiencing Compassion and Love? Joy and Happiness? *If you are not experiencing any of these things, then the world is 'real'*. I am not speaking of fleeting happiness, temporary peace, being quiet for a time. I am speaking of Eternal Happiness! Eternal Peace! Eternal Joy! Eternal Bliss!

This is your Divine Birthright. This is the only Reality. This Perfect Self that is Bliss, that is really you. At that time, the world becomes 'null and void'. When the whole world becomes 'you', your Realization becomes the whole world. Right now, most of us are bound by the body. We only expand ourselves as far as our circumference. When you break the binds that have been holding you for so many years, you become All- Pervading. Omnipresent. You see yourself as a whole universe-as every-thing. And you feel it.

You feel this place that passes all understanding. You are not hurttable any longer. Nothing can turn you on and off like a faucet. You see conditions happening, you watch and observe, and smile within. For you now, deep inside, that this is not the Truth. This is only 'changing images', like the movies. It looks like the images on the screen in the movies and you try to grab them. You grab the screen, not the images. Because the images do not really exist. Yet it appears to exist on the screen. It is a film. Yet it looks very real. But try to grab it, and you cannot.

Perfect Harmony in All Conditions

And so it is with your life. Your life appears to be so real situations appear to be so true. Yet, if you see it in the right light, 'you' (separate from the Eternal Self) do not exist at all. They are a dream, for nothing is the way it appears.

There should be a little longing in all of us for Total Freedom.

And a little longing for Total Peace and Harmony. A little longing to realize, experience Perfect Harmony in all conditions.

A Spiritual Faith to Release You From Bondage

But what you are really experiencing right now, is your programming. Time passes by, before you know it, you are gone. What have you accomplished? Be honest with yourself. What have you accomplished in this life? I am not speaking of material things. Material possessions. You have got to leave those behind. You cannot take those with you. I am speaking of your spiritual life.

Have you learned and practiced some kind of spiritual faith, practice, to release you from the bondage of humanhood? Or have you just been running along with the tide, waiting for something to happen to you? This is your life!

And what you do with it determines where you go, and what happens to you. Any real seeker of Truth is only interested in the Truth. Not in situations, experiences, what happens to the world, but only interested in The Truth. The Truth, being The Self, Pure Awareness. If you are really interested in The Truth, you would not carry any burdens in your mind, of any kind. You learn to let go of them as fast as they come. For instance, you see an accident. *You job is to help as much as you can*, but not to carry it. To let go of it and continue your life.

Our Mission on This Earth is to be of Service to Humanity

You do service to the world, but you do not act in the world. Again, this is your life. Where are you on the spiritual path? Only you, yourself know. What are you interested in? What do you do with your life all day

long? What do you think about all day? This tells you where you are at. Consider the progress that you are making

There is nothing in this world that is worth your becoming angry, upset or disillusioned. Remember, all things in this world pass., Things are like this today, tomorrow, they may change completely. Learn to go within. That is where ALL the answers are. Find out who you really are.

See if you are this body and this mind. And the experiences that you are going through. It is up to each one of you to do this. There is no one who can really help you, for in the last analysis you have got to know the Truth yourself. You are the one.

Chapter Five

Innocence and Purity, is Total Awareness

Yesterday morning I was in the park walking my dog, and I usually let the dog pull me wherever he wants to go. So, he pulled me over to the bench because he wanted to sit down, and he wanted me to also sit down.

I sat down on the bench and there was a little girl playing nearby. She came over to me and she said, “Mister, can you make my wish come true?” And I said, “Maybe, what is your wish?” She was about four years old. She said, “I want to be big like you. My brother is bigger than I am. My sister is bigger than I am. My mommy and daddy are bigger than I am. Will I ever become big?” So I laughed and explained to her that she will be big one day also, to have patience. Then her mother called out.

The point I am trying to make is the innocence that was in the child, the pureness, the Total Awareness.

Her only ‘problem’ was to be big. This was the whole world to her, to become a big person. Then I said to myself, ‘We grow up, and look at us then.’

When We Become Big, What Happens To Us? The Innocence is Gone.

We have been so programmed, so brainwashed, the innocence of childhood is gone. The purity of childhood has vanished someplace, and we have taken on the burdens of this world.

This is called 'Maya', the Grand Illusion. Most of us are stuck in this. And we refuse to let go. We get involved in everybody's business. We have a television that we watch daily. The newspapers we read everyday. We are living for the soap operas. Metaphysical things mean nothing to us. And yet, we become involved in these things. The first step we have to take is to be totally honest with ourselves.

Do Not Walk Around Saying That The World is an Illusion: This is Nonsense

Be totally and completely honest with ourselves, and see where we are really coming from. The realization will come to you when you empty yourself out of all these burdens that you have carried for so long. It will come by itself. But in the meantime, do not walk around saying, "The world is an illusion." Or that "The world does not exist!", when you are feeling the world. You are talking nonsense!

When you discover that the world is an illusion you will have nothing to say about it.

There is absolutely nothing to say. For you will have become That.

In the Meantime...Practice Loving Kindness

In the meantime, practice Loving Kindness, compassion. Help your fellow man all that you can. Do good deeds. And work on yourself continuously. Twenty- four hours a day. By 'working on yourself', I mean, Know the Truth about your Self. Say to yourself something like this;

Daily Confirmation Practice: Something More Beautiful

“The world I see seems real. My body appears to be real. My thoughts have hold of me. My body has a hold of me and tells me that I am this and I am that. But. I know that there is something else. Something more profound. Something more beautiful than I can ever imagine. There is something BEYOND my thoughts. BEYOND ‘my’ feelings. BEYOND my body. Perhaps I have not discovered what it is as yet, but I know it exists.”

And you give yourself examples. Say to yourself;

“The water in the mirage seems real enough, but upon close investigation, you realize that it is a mirage, not at all real. The snake and the rope seems real enough, but upon close investigation, I find out that it is only a rope. It is not a snake at all...If this is an optical illusion then my body must be an ‘optical illusion’ also. (* “The body is cells, atoms, yet can you see this upon looking at it?”) The world I see must be an optical illusion because it keeps changing all the time.

The Beautiful Revelation: Diving Deeper, Deeper into Freedom

Then you can ask yourself, “Then who am I?...I can think, I can reason. Yet where do these thoughts come from? To whom do they come? Who thinks them? Where is their source?” As you keep prodding this way day after day, as you keep pondering these things day after day, the day is going to come when you finally find release from all of this. It will. You will find Total Release. Total Freedom.

And you will laugh at yourself for you will understand what this world is, a ‘dream’. But again, if you are feeling the world, you cannot say it is a dream. How can anyone convince you it is not a dream? I will not tell you it is an illusion at all because you are feeling it. I can only tell you to go within yourself and find out for yourself. What is the Truth about yourself? Find out. The answers are all within you. The day will come when you realize that there is no ‘body’. *But until it does, practice your spiritual practices.* This is your Life!

Do Not Dwell on Disturbances-Dwell Only on God

Work on yourself. Do whatever is necessary to make your environment better so that you can have more time to work on yourself. If something is disturbing you, put an end to it once and for all. If you hold on to those disturbances that happened fifty years ago, thirty years ago, twenty years ago or even yesterday, this keeps you back from spiritual advancement, for your mind is full, playing with foolishness that you think is so important; somebody hit your car and drove away and now you have got to pay for repairs. What happened? That is the way it is. Do not dwell on this. Do what has to be done and get over it and continue. Go forward. Never dwell on the 'problem'. It expands the 'problem' in your mind and builds up your ego.

The Tenderness of Surrender

How do you dwell on God? By surrendering all of your 'stuff' to God. Giving up all of your misery. All of the attitudes. All of the anger. The depression. Give it all up to God! God will chew it up, spit it out, and be Free of it. Try to remember that your life is more than the body that appears to you right now. We forget about who we were before we were 'born'. We have had many experiences, but have forgotten all these things. We are so swapped up with our life right now, that we think it is so important.

We are forgetting there was a Before and there will be an After. It is up to you what happens. You have been around for millions of years. You will be around forever. You have had many experiences. So why should this one worry you and bother you? This is only another experience. That is all it is. In Universal Time you are 'here today and gone tomorrow'. You are only here for a few seconds of Universal Time.

You did not come here to get involved in circumstances and predicaments. You came here to find your Self. Discover your real nature. Now what are you doing to make this happen? It is up to you.

I can lead you to the gold but I cannot do the digging for you. You have to dig for yourself. I share with you my experiences. I can assure you that this world does not 'exist' (* "When I say 'exist', I mean 'The Eternal Unchanging'") not because I read it in a book. It has been my experience. There is no 'world', yet it appears. Therefore the question is, "To Whom does it appear?" Not why does it appear, but to Whom does it appear? Find out!

I can also assure you that no matter what experiences you are going through right now, what is worrying you or disturbing you, if anything, this too shall pass. Therefore, cut through the jungle. ('Maya'). Remove all the fears from yourself. There is absolutely nothing to fear. Everything is predestined, yet you are not supposed to react to it. It is true that you are Pure Awareness, but you have to have the experience. And you cannot have the experience if your mind is filled with all of the garbage of this world. If you think about it, it makes sense.

**Now You Have Been Given All the Tools.
The Factory of Intelligence is Within You.**

You have got to vehemently make up your mind that from this day on you are not going to judge by appearances with your life, or somebody else's life. That you will watch, to be aware, look and let go. Or you can stay the way you are and keep worrying and keep fretting. The choice is yours. Again. It is always your choice. Yet, if you will find out who you are and let go of this world for just awhile, you will be surprised at what happens. Find out who you are. Spend time doing that. Are you really this body that appears to be a man, or a woman? A boy or a girl? Are you really this 'person'? Find out!

You have been given all the tools to work with. The factory of intelligence is within you. All you have to do is dive down and 'check it

out', and you will be amazed at what you find.

Experience What is Real-A Genuine Experience of New Reality

So in conclusion, the world is both real and unreal, depending on where you are coming from. It makes no difference what I tell you or what anybody else tells you. You are the one who needs to have the experience for yourself.

You Know All About the Spiritual Life. And Yet You Have Not Experienced It.

You may run all over the world, visit many teachers, sages, read many books, yet until you are ready to do some serious work within yourself you will only build up your 'intelligence', that is all. What do you want to do? You know about the different traditions. You know all about 'spiritual life' and yet you have not experienced it, or seen many people do that.

They have read so much, seen so many teachers, they 'went mad'. The spiritual life is the easiest thing you could ever do. All you have to do is to sit by yourself. In The Silence.

Be Still and Know

Keep still and watch your thoughts. Observe your thoughts. What could be easier than that? As you continue to observe your thoughts, you will automatically go deeper and deeper within yourself, until you begin to Question: "Who am I? Where is this I? Who does this I belong to? Where is the Source of it? It is not 'me'! It never was 'me'." And everything will take care of itself. Everything will happen by itself.

Become Free. You are alreadyFree.
Peace.