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*Harmony
With All Life
Ethical Vegetarianism*



Robert Adams

HARMONY WITH ALL LIFE
THE DISCOURSES OF ROBERT ADAMS

COMPASSIONATE VEGETARIANISM
UNITY WITH THE ANIMAL KINGDOM

ROBERT ADAMS

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HARMONY WITH ALL LIFE

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AN INTRODUCTION TO COMPASSIONATE LIVING

THE PURE FORM DISCOURSES OF ROBERT ADAMS

HARMONY WITH ALL OF LIFE

“YOUR BODY IS NOT A GRAVEYARD”

Your body is not a graveyard. The Animal Kingdom was not placed here for you to eat. Your body does not require flesh to survive. It was not created to consume flesh. Do you have the pointed teeth of a predator? The day will come when the thought of this act will become unimaginable to you. You will not be able to imagine ever doing such a thing. The Animal Kingdom is a manifestation of The Supreme, awaiting your recognition. In this earth plane, which is approximately at the third grade level of evolution, the Animal Kingdom is not yet truly perceived. The Animal Kingdom is not understood.

THE HARDENED HEART

This is because the heart is hardened. When the heart is hardened, suffering ensues. Many people think their heart is not hardened. And yet they have no problem hurting others if it benefits them. Taking what is not theirs. Pretending there are no karmic repercussions to their actions. Yet if you could see with the eyes of Truth, you would indeed be surprised.

The terror, the pain, the suffering that is experienced by the animal that you eat. This is all absorbed by you. It becomes a part of you. Of your consciousness. We are not talking about health here. Physical health. That is another thing altogether. We are talking about your consciousness, your awareness, your being. This is a subtle plane. Yet it affects your spiritual progression. How does this occur? This occurs on three levels.

If you have a hardened heart, then your ego will tell you, “Oh this is not affecting me”. And yet, just as in your present state of consciousness you cannot yet perceive the whirling of the cosmos, the atoms and the molecules that exist, the Unchanging Eternity that the Illuminated, the awakened, glimpse at will, so you cannot perceive what is occurring in the act of harming and eating an animal. This is why the world is in the state it is in. We are not in ‘our right minds’ so to speak. We are not perceiving the truth of our actions. What is going on on all the different planes. What is happening in The Eternal. In the physical. In the mental. In the emotional. We are not in our natural state.

We are not in our natural true state of awareness. It is as if we are really swans gliding upon the surface of the lake, regal, pure, awake, and ‘we’, our human consciousness has sunk down to the very bottom of the lake, lower and lower, until we can not even see the glistening surface anymore. We look up through the darkness. The point is, we do not even know that we are in darkness. “This is reality. Face reality. This is the real world.’ And yet is this so? Is this gross existence our reality, this vile predicament

of mans inhumanity to man? Is this truly reality? Those with a hardened heart will answer ‘yes’.

Nothing you do occurs without affecting your consciousness. Nothing. No Thing. It is impossible for this to happen. It all goes back to your Free Will. This is the secret of everything. Because no matter what books you have read, how spiritual you think you are, how many religions you can debate, how erudite you are, while you are on this earth plane you are simply experiencing the repercussions of your past decisions. Your past actions.

So many people come to me, and they say “Robert, can you explain to me why I go to so many different (spiritual) retreats, meet so many teachers, know so much theology, read so many books, and these things keep happening to me and throwing my life into chaos?”

I ask them, “Are you compassionate?” How do they treat their children? Their husband or wife. How happy are the people who count on them? How do they react to others when they are driving in traffic, when someone they don’t care about needs their help? When someone needs spiritual comfort, one who has nothing to give them, who is on the street homeless?

You know the answers to these questions. This reveals your current state of awareness. The real question is, why do you make the decisions that you do in the first place? Because ever since you were a child, you have been trained to harden your heart. And suffering ensues.

So this brings us back to the three levels of actions, such as, how taking an animals life affects us. Affects or changes our consciousness. First, this lowers the consciousness. It actually pulls the consciousness into density. Into baseness. For you are ingesting a violent act. Violence on television, movies, in words, thoughts, or deed, all of this immediately lowers your consciousness. Why? It activates the dormant negative human *collective consciousness*.

‘Samskaras’ are the previously acquired tendencies and characteristics that are detrimental to your Unfoldment. Now I am speaking to you as if you already know these things. Because you do. Deep down. However I will not elaborate too much on this because I have spoken on this before. You are aware that you arrive here with tendencies that are for the good and those that are detrimental to Unfoldment. You annihilate these detrimental tendencies by spiritual dedication. By surrender of them to Truth. By giving them no attention at all. You observe them. But be very careful here. By this, I mean you do not act on them. At all. This loosens their hold on you.

Say you have a tendency, a habit to be enslaved to anger. Because if you are angry often, you are enslaved to it. Now, if you are spiritually unfolding, progressing, truly progressing, this will not be active in your life. You may be aware of the fact that you have a proclivity to anger, more than other people. Your parents were angry, your uncle was angry, and you feel justified in doing this to others. Until you became aware. Then you no longer do so.

This is a wonderful power. You do not have to say, “But

it is still in ‘me’” because nothing can make you act on it. “You”, the real you, simply looks at it arising, and ignores it. By ‘ignoring’ it, I mean that you do not act on it whatsoever. Now. What this means, is that it will not hinder your Unfoldment. It will not create any repercussions that you will have to experience. Freedom ensues.

A NATURAL CLARITY ARISES

You will not have to say “Why do these bad things keep happening to me?” You will not always be confused. The natural clarity of your True Self arises. Now, there is that tendency to anger that which has arisen out of habitual indulgence, where there is meanness, there is dishonor, there is ruthlessness, there is hate, there are all sorts of qualities that you no longer indulge in because you are doing spiritual practices. Now, your consciousness is elsewhere. You are heeding a higher vision. And you are lifted up. You are no longer attracted to that which causes harm.

Yet if you choose, through Free Will, to participate in vile surroundings, actions, words, and thoughts, then these ‘samskaras’ will become more predominant. For there is a dense force to lower consciousness that, while it is not as strong as Truth, can pull your mind, your awareness downwards. This makes the journey more difficult. And the ‘samskaras’ appear to gain power. They become active. You feel them more. They create more problems for you. Life becomes harder. Compassion annihilates this.

Therefore, you stay away from vile movies, surroundings,

people that are beligerent. That gossip, that have hard hearts. You feel a peace, a beauty, that is vibrant. Joyous. All Encompassing. This is who you are. Sheer Omniscience.

Now as you are Unfolding, you become sensitized to what is not conducive to you, in progression. Therefore, you have put out a 'signal' so to speak, of desiring to Unfold. Of desiring to be more loving, living in Truth. And the universe responds. The Supreme responds. So if you indulge in actions connected to violence to defenseless creatures like animals, then the repercussions are deeper.

For we are speaking of inner Illumination. Of shedding the light of truth on appearances to the contrary. Yet it is not enough to say "That is just an appearance" and walk away. This is backwards. You were not put into an earthly predicament to ignore everything and pretend that you are 'awakening'. Superior to others. That is illusion.

You are here to become a manifestation of you True Self. And what is your True Self? None other than Eternal, Limitless Compassion. It is the ego that resists this. This is rooted in the selfishness of the ego. It will do anything to make you believe that you are only accountable to yourself. This keeps you bound. Bound to a joyless existence. Where does joy come from? From becoming a manifestation of The Compassionate Self. Would The Self simply stand by as terrible suffering falls upon others? This is not the nature of God.

Many of you see me participating in activities that

alleviate the suffering of animals. This compassion never goes away. Upon complete Illumination, upon perception of The Supreme, the multitude of universes, galaxies, angels and saints throughout infinity at will, the compelling impulse to Right Action, to the alleviation of suffering for all, remains. For all living beings are in The Heart of God. This is The Way of Illumination.

HANGING IN ROBERT ADAMS QUARTERS

Saint Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may not
so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.

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SPIRITUAL ACCOUNTABILITY

Therefore, you learn to take spiritual accountability. For your actions. And this brings great happiness. For the world loses its hold on you. It's power over you. 'You' answer to a higher power. And of course this power is none other than Supreme Love. Wherein no living being will ever be harmed by you. For your consciousness is ruled by Truth. This means that Truth, The Supreme, will come to your aid when you require it, for you live by its ways. It's Laws of Compassion. And this is the only Reality.

So, the effect of partaking on any level with harming animals, is that your latent detrimental qualities are affected. They appear to become more predominant. More difficult to overcome so to speak. Although they ultimately do not affect The True SELF, be aware that I said ultimately. These things must be surrendered within this dream, in order to induce awakening. You cannot partake of such things once you are aware of a better way, and not be affected. Your mind may say, "I am not affected", but you are nevertheless.

You may say "Robert, what about holy people who eat meat, like the native American religions or the Lamas?" My response is, "Are you actively, truly devoted to that path? Above everything else in your life?" "If you are, the time will come when this realization will come to you out of Truth, for Truth is universal. Most of these holy men are renunciates who own nothing, absolutely nothing, and eat whatever people give them to eat. Nevertheless, there are

vegetarian Lamas. The point is, do not worry about them, their entire life is surrendered to God. There is nothing else, no other desires being fulfilled.

What about you? What are you 'surrendering'? You are of this culture, this age, and you are imbued with surrounding violence, vile actions of mans inhumanity to man. The atrocities that create horrific pain for the animal kingdom. You are taking a step out of all of this into Omniscient Reality. This is a virtue. This is a Holy Surrender. This is the beginning step, the necessary step. Do not think you are superior to your parents, your friends who consume flesh. They will realize this of their own accord. This is not an ego game. This is a powerful path of humility. Grace.

If you wish to gently share your experience of the non-separation in divine consciousness with the love of the Animal Kingdom with them in a gracious manner then do so. But then leave them alone. Always be Gracious, for this is the way of Truth. It is your responsibility to transmit Truth with graciousness and compassion devoid of ego. This is the deepest strength, for your actions must be firmly and completely rooted in Truth. On all levels. Therefore if you, the human self, feel the latent tendencies we have discussed appearing more frequently, continue to ignore them and immerse yourself deeply in spiritual practices of great power. Great beauty. Truth.

That reveals who you really are. For the real You is brighter than a thousand suns. More brilliant than the greatest light. All Pervading All Omniscient. Observe. Surrender it up. But never partake of this tendency. You

will quickly find yourself embraced by the Power That Knows the Way. This Power will embrace you. Embrace your life. You will begin to go in a completely different direction. All of the subtle realms will begin to open up to you. You will see into the Reality contained in a flower. The animals will begin to gravitate to you. You will understand who they really are. For they exist on an Unchanging plane of Reality that you do. There is only one Consciousness.

On one plane, they appear to be in a so called lower state of evolution, but this is not entirely true. For once you remove yourself entirely from the reality that harms them, you rise to a higher level of relationship with them. You become Aware, And as you rise in consciousness, you will be surprised to find that you both exist in Divine Consciousness. You both are rooted in One Divine Source of Love. You both respond to Love. The separation dissolves. For the separation was of your own creation.

Now, I am not speaking of so called ‘animal behavior’ that you have been taught is their nature. I am speaking of the higher planes of Omniscient Reality. Saints such as Ramana Maharshi held great communion with animals. His beloved cow was greatly revered. People think that this is a path of great detachment, in their own interpretation. But this is a way of the heart. Ramana expressed emotion about his love for this cow. Just as St. Francis was one with the love of the animal kingdom. He perceived their awareness. And this is how you should be.

He perceived their spiritual stature. Their state in evolution. There was no division. There was great love

This is our natural state. This is why it is said, the lion will lay down with the lamb. The peace that passeth understanding will reign supreme. There will be great joy. The secret is that this joy is NOW. This exists now. Awaiting your experience. Will you begin to do this?

BEGIN AT THE BEGINNING

We are discussing the things that obscure this awareness. For it is impossible to progress, once you know better, partaking of such violence. Such harm to other living beings. Therefore we begin at the beginning. With the first step. We cease to partake of anything that causes harm to the animal kingdom. We cease to affect our consciousness with this. We cease to ingest violence, the terror, the horror that we cause them to feel. We become a peacemaker. A holy person of peace. We become a manifestation of the Supreme to them.

As I have discussed, the second way that eating flesh affects you is the absorption of violence, terror and horror into your system. The digestive system. The emotional system. The nervous system. The sensitive system. This is a separate thing from the first topic we have discussed. As you know, emotions, thoughts, hidden feelings, all of these things have substance. Since Omniscient Reality is the only Reality, this is where you want to be. Completely, totally, immersed in Omniscient Reality. The forces of these things you ingest incur the arising of chaos. Confusion. Depression. They affect the nerves. The system, the consciousness becomes accustomed to this feeling. To this darkness that produces chaos, suffering.

The body does not require flesh to survive. There is no reason for such things to exist. It is the low consciousness of humanity on this evolutionary scale, devoid of understanding.

Again, it has nothing to do with feeling superior to anyone, it is only about compassion. While this may sound unusual, strange to you, a great part of this world is vegetarian-due to poverty or religion-and has been since time immemorial. All of my children were raised vegetarian and were rarely if ever sick. This was a happy, peaceful experience for them. Now they are teachers of compassion, the wisdom of acquiring understanding of the animal kingdom, for hundreds of people.

This is beautiful. Align yourself with this Reality, consciously. As your personal experience. As you Free yourself from enslavement to this, as you temper your humanity, the senses, to Truth, you stop being selfish. You stop thinking “Me first, me first” and your flesh becomes tempered to the SELF. The flesh, the senses, make excuses for everything. For harming anything. This is a culture of sense worship. Free yourself from this enslavement now. And the Love will come rushing in.

It will arrive so strongly that you will not recognize yourself two years from now. The beauty will radiate from your True Self so easily that it will begin to transform the rest of your life. Everything in you wants to do this. It is only your mind that is keeping you on the primary level of consciousness. Arise and be free.

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One Heart

ONE HEART

The mind is powerless against Truth. For Truth is beyond the mind. This is why it is important to specifically follow one path with your whole heart, with all of your being. With the virtue of loyalty. All of your strength all of your heart, is going in one direction. You are receiving the benefit of on pointed worship if you will. And God responds to this. Greatly. For God sees the heart. Be assured of this. There is no way around this. You may deny this. He sees the heart just the same. This is what I have been trying to tell you. Omniscient, All Pervading Reality is Unalloyed Happiness.

All Pervading Love, Compassion, right this moment. It is you, your human you, that is turning away to participate in all of these vile activities. Once again, remember, you are looking through the dark layers of dirty water from the bottom of the lake. Illumination is the sun that remains All Pervading, Unchanging Reality regardless of the limited view from the bottom of the lake. That is temporary. That will pass. You will not perceive your existence from the shadows of the lake, glimpsing moments of light through muddled ripples forever. For the light of Reality is Eternal. Unchanging. And this is in the heart of all living beings. This is in the heart of animals as well as humans.

You are fooling yourself if you tell yourself that animals have no feelings, no emotions, no awareness. You are aware of the ancient scriptures telling of the great saints and sages that could commune with the Animal Kingdom. The great yogis of the Himalayas sat with poisonous snakes

for days in meditation. The sages who the tigers would not attack, but fell at their feet. This is Reality. The Truth of your Consciousness is seen by others living in Truth. For there is only One Heart. And Illumination is the awareness of the Light of The Supreme behind all appearances. The Unchanging, The Eternal, The Infinite.

Does this not show you the compassion of The Supreme? Instead of being placed here in this earthly appearance, all alone in a dismal plane of appearances, you are surrounded by beautiful fragrant flowers, sunsets, and wonderful animals to comfort and love you. What compassion. And what does humanity, in their present state of consciousness do? They hurt them. Eat them. Observing this cruelty, it is no longer a puzzlement why man is in the predicament of suffering that he is in, for it is all self- created from previous actions. It behooves you to not participate in this. Be of One Heart at all costs. For this will greatly accelerate your spiritual evolution. Beyond that of this present state of humanity at large.

The third way that this action affects you, is that of a somewhat more advanced understanding. And yet you have asked me this. This has been my experience. It is of value for you to learn to live correctly in this world, for this reduces much suffering. You simultaneously realize that this earth-world of appearances is a dream, and yet you walk through it as a Manifestation of Pure Compassion. Everything that you encounter is left happier for meeting you. Something wonderful will happen. You will see that your life ceases to attract situations of suffering. Of callousness.

You have risen above the delusion that your actions have no repercussions. Therefore, observe this incredulous opportunity for you to be a vehicle of The Supreme for the Animal Kingdom. Harming the innocent and defenseless causes immense repercussions of suffering for all concerned. The consciousness is lowered by these vile actions, as such progression is not possible. The secrets of this universe do not reveal themselves to you. For behind everything is radiant, All Pervading Love. You must develop this Love in order to perceive it. This is imperative. Always remember this. Without this Remembrance, you will continue to believe that appearances are the extent of Reality. You will become hard. Cold. For that is the result of placing all of your belief in that which is not of Love.

With this understanding, we will elaborate a little on the third way. The third way that harming animals affects you, is that it incurs a myriad of repercussions. You must be very careful with this. You must be very gentle with this understanding. It is an interior realization. Therefore, beginners often utilize this as an excuse to behave badly to others. The ego loves to grab unto this knowledge and cause unhappiness for others who have no understanding of this. Repercussions occur on many subtle levels.

That is why this is a subtle understanding. For if you really have compassion, you will be guided in the wisest way to assist others in understanding this, if that is appropriate. Grace is the ultimate compassion. And grace is abundantly present in the lives of those who show exceeding compassion. Do not utilize this knowledge as an excuse to harass people, to pretend that you are superior to people.

This is where the efficacy of prayer is most useful. This will make you humble and lift you up to a virtuous plane, a higher plane, than that of the human ego that utilizes these things to project their unhappiness on to others.

YOU ARE NOT HEARING THESE THINGS BY ACCIDENT

Now the repercussions that I am speaking of occur on various levels. According to your knowledge. Your spiritual development. Your acquired awareness of such things. For example, if you are a devoted mother who lovingly prepares suppers for her children each night, preparing the only food that she is aware of, that she grew up on, she is doing the best she can. Eventually this understanding will be presented to her. This is quite different from he who has the pre ordained 'destiny' if you will, to hear these things. Now. For You are not hearing these things by accident. You are not hearing these things because you have nothing else to do. This has all been pre ordained. Millions of people never hear of such things.

They never hear of such things at all. Why are you hearing of this? Right now in this moment? It is because you have prepared yourself previously for this.

Somewhere, you have prepared yourself in your involvement to embrace this awareness and to carry it though. And yet it is entirely up to you. You can grasp this understanding of existing on a higher level entirely, or you can continue on the way you have been. Your Unfoldment is entirely up to you. Everything that you do is entirely up to you. Even preordained events. In a way, they are up to

you for you will choose a way to respond to them. From The Self or from your self. Your human self.

The repercussions that you activate will depend on if you are responding from The Self or your self. Since The Self is pure compassion, anything else is not an option. And in response, this will return to you. This is the Law of Compassion.

The Law of Compassion is exacting. It may appear as if nothing is different when you refuse to participate in actions such as eating meat. Yet on the Unseen, much is occurring. You have made a conscious decision to rise to another level of understanding. Just as a flower blooms, each petal gently unfolding, such is your understanding. Your consciousness. It is unfolding, petal by petal. Each layer of awareness is now being uncovered.

You are being brought into higher understandings by a momentum that you have activated by your decisions. Do you understand this? There is much Unseen that you would be amazed to imagine. When your heart is pure this becomes apparent to you. Now if you are functioning on the higher dimension of the Law of Compassion, it welcomes you as its own. This is a universal Law.

A Law of the universe. Here, you will find a great warmth of awareness. You will rise up a notch. Now, this is not apparent. Until the time comes in this life where you are in a predicament in need of compassion. Perhaps you have accrued unfortunate circumstances from prior decisions. However, because of your decisions of compassion to

others over your own desires or base senses, suddenly something happens in your life, something appears, that helps you in an unexplainable way.

Someone may appear and pay your rent for you when you are about to be evicted. You may be about to be robbed and suddenly it is averted. Those in the delusion of harming others, robbing others, may feel a sudden impulse not to harm you. Perhaps your beloved pet is due to leave his body, but something happens and his life is extended. Grace. Intervention. Mercy. All of these things are the products of compassion. And you have become a part of this Reality.

Therefore, repercussions such as this begin to occur in your life. Animals sense this. They know compassion. But you are not depending on what you get back. You are choosing this because you are awakening a grand compassion, an understanding of The Animal Kingdom. You will begin to feel a deep oneness with the Animal Kingdom. There is no division in your consciousness. For the Animal Kingdom shares the same Consciousness as you. In Reality, they are resting in God, just as you are.

THE OCEAN OF BLISS

Their physical forms are resting on the ocean of bliss, upon which all movement and appearances are taking place, just as yours is. They are on a path of evolution just as you are. And they feel pain, emotional and physical.

By evolution, I do not mean that they are ignorant, unintelligent, and they are evolving. I mean that their evolvment is different. Yet their consciousness is not limited to this physical plane as most peoples are. Many house pets in particular, are much more open to the subtle planes than most humans. They perceive thoughts. They perceive your state of consciousness. They perceive your heart. They are vehicles of unconditional love.

Sages like Ramana Maharshi perceived his cow as a beloved soul. Because their physical form rests on God as ours does, they are often a pure channel of The Supreme to humans that need this. It is true that some animals of advanced spiritual adepts, those who belong to them, advance quickly themselves, taking on the higher characteristics.

The main thing that I am trying to tell you is that Consciousness is One, It is of God, and all living entities are existing in this same Consciousness. It is as if many waves and ripples are on the same big ocean. They all emerge and return to this ocean. They are all part and parcel of this Ocean. They all are sanctified by being of this ocean. All of life is sanctified. Everything alive is precious. Therefore you have no right to take a life that you did not create. To harm any living being.

In this way you are attracting repercussions of a certain kind, depending on the laws that you are aligning yourself with. If you align yourself with mans vile actions, you will be subject to this state of consiousness. Now of course, no matter what comes to you, you can turn yourself around

and set a new course. You are not bound to continue your previous decisions. You are not destined to tread one direction in this life, for divine grace and mercy will allow you to raise yourself up. If you are completely surrendered to God. In all arenas.

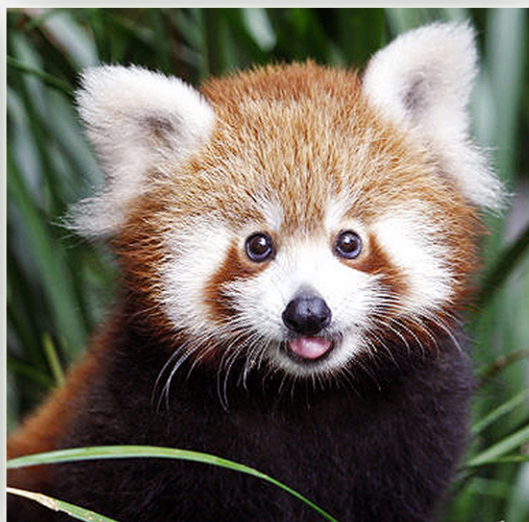
Now people say “But Robert, this is all a dream. The earthly experience is not of our ultimate identification.” No one who truly understands Truth would say such a thing. For the Self within understands Truth of its own accord. The Self understands that this dream is a sacred opportunity, not to be treated with disregard. That is delusion. Everything that you are encountering has been particularly chosen for you to learn to act from the Self. Entirely from The Self. The Self is beyond human ego and mind, rationalizations and selfishness.

THE TENDERNESS OF A DEWDROP

And with the tenderness of a dewdrop, understanding comes. With this understanding, evolving from Ultimate Reality, comes the awareness that every living thing on this earth desires to be happy, for that is their natural state.

And you regard all with the respect and loving kindness of The Supreme. In this way, this journey becomes a profound experience of Illumination.

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QUESTIONS AND ANSWERS

Q: Robert, you seem to be speaking from the general perspective of passivism or 'ahimsa', of non-harm, of the same nature of Gandhi. Is this so? And if so, how can we really do this in modern times?

R: It is not a passive act to refrain from harm. It is an act of strength. No matter what has happened to you, what will ever happen to you, cling to this. You will win on all counts. You will stop creating bondages of returning to suffering on this earth. You will be freed from the cycle of continuing delusion. In this sense, past incoming events will be over, end. A sense of peace will ensue.

You speak of passive resistance. Notice you appear passive, calm, but yet you are resisting wrong action. It should be called peaceful resistance instead of passive.

There is no time in Infinity. (answering question on 'modern times') Truth is eternal. It does not matter what time it is. (Laughter)

Q: Robert, my brother is a gourmet chef and takes a lot of pride in making our meals. How would my compassion for him balance with my compassion for the animals?

R: With peace and wisdom. Eat everything but the meat. (laughter) Teach him some of our special Indian dishes my wife prepares for our celebrations.

Q: Yes Robert, as you know, I manage an animal rescue

mission and I find myself running into constant obstacles because my inner self knows that their life is sacred but veterinarians we hire and that volunteer regard them carelessly and want to just put so many of them to sleep...(describes incorrect prognosis where the animals actually lived and thrived) and tell owners to put them to sleep without trying other options.

R: You do the best that you possibly can. Explain a better way. Hand it to The Supreme. Surrender it. “Lord, help me to become a vehicle of compassion. Help me to know what to say.” Does this mean to allow the animal to lose his life? Of course not. You do everything possible to preserve their lives. (Silent pause) You are doing a holy act. This is very good. This will have eternal echoes. The Self appears. Continue this. You have been pre ordained to do this.

Q: Your dog Dimitri is so loyal to you. I notice he is from the Tibetan tradition of temple guard dogs. Can you tell us how you got him. (Audience: “We want to know about Dimitri!” much laughter)

R: My daughter gave him to me. She rescued him. She enlightens others to the Animal Kingdom. He was found abandoned. Neglected. So he was having a bad day. (Laughter) Then he became very loving. He is a very highly developed soul.

Q: How did Dimitri do in the earthquake? I heard he could not be found. He is always at your side.

A: Yes. After all the homes evacuated, neighbors were

outside. Everyone was waiting. Many thought we were bombed. Then we noticed Dimitri was not there. He always comes behind me everywhere. You were not allowed back in the house. No one knew how many more quakes were coming. My son in law went back in the dark anyway and crawled upstairs through the debris calling him. He was sitting straight up on my bed. He carried him out and put him on the ground. (Robert resided with his large extended family for his entire life, enjoying family suppers together each evening, surrounded by his adult children in the homes next door.) He did not move for several minutes. "Dimitri is frozen!" (Uproarious laughter) He was shocked. Then, he walked over to the bushes. And he was happy again.

Q: What purpose does the animal kingdom serve?

A: They are not here to 'serve' us. By this I mean they are not here to be our slaves. They are manifestation of The Supreme. They give love. We were intended to live in peace, harmony and immense love with them. Immense love. This love is stronger than anything else. You are one in Consciousness.

Q: I was previously raised on a farm and was completely desensitized to the animal kingdom, to my dismay. My concern in my present values, is the seeds I have sown through ignorance.

A: Yes. Devote yourself to their welfare now. Do this with all the love in your heart. Do as much as you can now.

Q: How do you account for the immense unconsciousness

and barbaric actions that occur in our culture in this area? I don't think most people even question or imagine where their food comes from. Where their meat comes from.

A: This age of humanity's evolution on this earth is extremely low. Atrocities are rationalized by the ego. The mind is distorted. This lowers one's personal consciousness. Children do not arrive on earth like that. They have to be changed. To become selfish. This cruelty produces repeated returned repercussions. Until you awaken from the dream of wrong action. It is not just the animal you are hurting. You are hurting yourself. You are lowering your awareness. This causes confusion as to Right Action. Confusion as to Right Action causes one to create suffering. It is a cycle.

Creating suffering causes prolonged delusion. This is why a life lived in gentle non-harm to anyone, is the highest path. Because you are observing the incoming repercussions of your earthly embodiment without creating any new ones. You are purifying your life. You are contributing to the evolution of this planet. This understanding is very important.

Q: But Robert, are not some animals ferocious and harmful?

A: Are you not harmful at times? Wild animals eat to survive in the wild, in that state of consciousness. Humans harm without cause. To satisfy the delusion of the ego. Yet still, some wild animals are vegetarians. What I am trying to say is that there have been many ages on this

earth of deep understanding and evolvement. The Animal Kingdom reflects this consciousness. The consciousness of general humanity. In this age, which I say is like the third grade, the so called wild animals are propelled by a collective or mass consciousness of the Animal Kingdom. They are reflective of the deep ingrained consciousness of the planet.

Yet, even in this case, you read of so called so called wild animals who respond to love, lions, monkeys, many animals who become attached to humans, who save their lives. The Animal Kingdom cannot normally direct their evolution as man can through the gift of Free Will. Yet their evolution can be accelerated by being placed in loving environments where they are respected. They will begin to reflect the consciousness of their owners after years.

When you stop seeing animals as slaves, as workers, and see them as (also) Divine Consciousness, you begin to receive their true awareness. They have a great receptivity to the subtle realms. They are of The Heart.

Q: Robert, this is all quite revealing to me. When I visited the Oriental temples I remember the many animals welcomed in. Working in the medical profession, animal therapy is increasing. One aspect that is of particular drawing to me is the possibility of perceiving a pet as pure consciousness.

R: What is your purpose in doing this? Your role is to love and take care of the animal first. To practically show

unconditional loving- kindness in expanding abundance. This exchange is their purpose-to open your heart. You do not want to just (only) regard them as ‘consciousness’ for this is of the mind. They are of the heart. I understand what you are referring to. You seek an experience of the animals as direct manifestation of The Supreme. This will come naturally as they reveal themselves to you in the love you show them. Everything will happen in the consciousness of the love. Without this, it is impossible.

Q: I notice that each time I begin to do my morning meditations in the Discourses, my cat appears from anywhere in the house and jumps on my lap and closes her eyes.

R: Yes. As they advanced, they perceive the presence of Omniscience. They recognize The Infinite.

Q: When I was a child we had our pets blessed at the St. Francis blessing ceremony. They brought their animals into the church. What do you think of the stories of St. Francis and the animals, talking to the wolves, actually nature, including the moon and the sun.

R: This is correct awareness. It is the arrogance, the belligerence of man that assumes that he is superior to all of life., Many saints and sages, many great adepts, spoke to the animals, communed with them in Omniscient Reality. In All Pervading Awareness. But this was not a cold act of observance, saying, “the animal is pure awareness”. This experience is one of humble wonder and awe at the immense love that is there.

Since the direct experience of God is love, all separation dissolves. For in Reality, all separation is imagined. It is of the mind. It is of the ego. St. Francis was of the heart. The Heart of God. He took birth with an advanced awareness of the true nature of The Animal Kingdom that was further awakened in his lifetime. (Silence)

When you go deeper into this, you discover the same Reality in the flowers. The trees. It is the substance of All Pervading Reality. This is not a head knowledge. This is an immense experience of unimaginable all- fulfilling beauty, love, gentleness. In which a deep understanding prevails.

Q: You and your wife raised your family as vegetarians but my children are surrounded by a pro meat culture.

A: Surround them by a family, a culture that does not include meat. Explain why you do not want to hurt the animals. How God gave you all of the other choices of healthy food to eat. Take the time to do this.

Q: Robert, I have been deeply devoted to my spiritual path...I have reduced my circle to include only them. They are vegetarians but extremely unpleasant. They ridicule people of other diets in superiority. I have found that I feel more attuned with other people who do not act this way.

A: Yes. That is the ego. That is delusion. You discover Truth and the mind deludes you into thinking that you are somehow superior to other people. The point is to drop

this completely. And proceed on. Do not have anything to do with such things. Do not forsake Right Action.

Q: Could you talk a little about the effect of meat on the subtle levels and why this is so important?

A: Yes. As we discussed, the terror , the pain, is absorbed within your body, your system, your consciousness. This pulls your consciousness into suffering. For there is great suffering involved. To those sensitized to Truth, this is abhorrent. This remains in your personal emanation. Or energy field. To pick yourself up and pull yourself out of unspoken vile actions of our culture begins to accelerate your Unfoldment.

Q: In what viewpoint, that is, the highest most accurate viewpoint are we to hold animals then?

A: You are their protectors. Their big brothers if you will. Many people approach me saying “ I see animals are in the Now.” and they walk away as if they have made a discovery. This is not the way. Your role is to take Right Action to alleviate their suffering.

Do not make the mistake of not fulfilling your earthly role to Perfection. You do not walk away from your role of taking care of others and say “There are no roles. Now I know that I am beyond all roles.” This creates repercussions of suffering. For you are mistaken. The point is to fulfill your role perfectly as parent, child, protector, whatever your role is. Therefore with animals, you want to perfect your role as their protector, caring for them. With love.

BECOME TRANSPARENT

Do not worry about what you did in the past if you correct it now with great love. Without the love, correction cannot occur. You can be of great service to the Animal Kingdom by alleviating their suffering. Begin today. Allow this to become a vehicle of service to God. Become transparent. Become a vehicle of The Love of the Infinite. See yourself this way everyday. Say to yourself, “I am a vehicle of The Love of The Infinite.” Feel this deeply. This will take you beyond your ego. Beyond your mind. The ‘you’ that you thought yourself to be will be revealed as The True Self. Pure, loving compassion.


Do not allow anything to stand in your way from rising to this new level of existence. Imagine if you completely changed yourself today. Right now. If you spent the remainder of your life on this earth by doing one pure action, alleviating the suffering of animals, you will have become an asset to humanity. The Heart of God sees you. You will feel an inner buoyancy that you cannot explain to anyone. It will begin deep inside your heart . You are awakening the True Heart. Therefore, become Transparent. Drop the excuses, the rationalizations, and become transparent.

You will become an embodiment of impeccable Truth in all aspects of your existence. Reach out to dissolve the illusion of separateness. When the separation dissolves, all that is left is love. Joy. For everything else is a separation of the mind. An illusion that the world, upbringings,

competition, created in you. But they are shadows. They are False. It is the same nature as a glass. If a glass is filled with different liquids, the nature of the glass is not apparent. When the liquid is removed, the nature of the glass, pure and transparent is perceived. What appears as empty to the eye is actually the nature of the glass.

But you must truly perceive the fullness in this. Instead, people often misunderstand this to mean that everything is empty, hollow. Yet this is not the case. An artist sees the beauty in form, the purity in the clarity. And all of these things in the true nature of the glass itself. And even when the glass is filled, it maintains its nature. Therefore, understand that your nature is transparent. Pure. Clear. Crystalline. Beautiful. Reflecting light.

When ‘you’ truly become transparent, all that is of your True Nature is transcended. Anger. Selfishness. Confusion. Hidden motives. Meanness. A hard heart. Because you are not becoming something else, you are returning to the awareness of who you really are. Deep inside you feel this. Something stirs to this. Grasp that, hold on to that, and drop the rest. By diving deep inside until you feel the Unchanging Reality, the peace, the love, the Presence. Then the love will expand and reveal that this is the crux, the Source of every living thing on this earth. And you will never be able to harm any living thing.
Peace. Peace.

 Peace to you all.

TIPS TO TRANSITIONING TO VEGETARIANISM

The Personal Compassionate Vegetarian Diet and Life of Robert Adams

Robert Adams allowed only his beloved wife to prepare his meals in a fresh food based festive vegetarian celebration of several formal courses, prepared in great beauty. His wife was raised in an Indian/English multicultural environment of hosting global political and spiritual figures, a celebrated gourmet vegetarian nutritionist/dietitian and artist, the author of two cookbooks books on compassionate vegetarianism. Receiving spiritual visionary inner guidance for the future since childhood, this lead her to a childhood- prophesized forty eight years of humanitarian service to the world hand in hand with her beloved husband, adopting many abandoned children, giving selflessly, preparing vegetarian feasts for visiting crowds in traditional hospitality of ‘the guest as God’.

Together in a compassionate life, they devoted themselves to saving and raising abandoned homeless children and caring for many household animal companions. In later years, she solely cared for him in outer illness as he allowed only her to prepare him for his weekly talks as well as his personal exclusive diet, renowned for providing beautiful, festive, vegetarian feasts, as well as providing personal nurturing to hundreds of students.

She prepared weekly celebrative, reknown multi cultural lavish vegetarian feasts featuring Indian, Oriental, Latin, and the cuisine of various cultures, surrounded by

classical music, beautifully designed surroundings, and benevolent hospitality, always treating ‘the guest as God’ in the ancient Vedic spiritual tradition. Robert enjoyed returning periodically to a semi macrobiotic based diet of three meals a day in his normal routine, emphasizing vegetables and grains.

They demonstrated normal vegetarian diets in modern life, as he took his family out to eat twice weekly in which they enjoyed ‘regular’ fare, sans flesh foods, providing a simple introduction to vegetarianism for most people who believe that they must eat only vegetables and ‘plain’ foods. Traditional Indian and ethnic vegetarian diets include many spices and flavors utilized in ashrams, temples and even monasteries. However, vegetables and grains are foundational. In suggestion for beginning:

1. Enjoy a variety of common nationalities in food traditions, simply discarding the meat, rather than just immediately reducing your diet intake to a few new dishes such as restrictions to tofu and vegetables, and similar ‘vegetarian’ stereotypes if these are not enjoyed. This gentle transition allows one to enjoy dining out, enjoying a balanced healthy natural diet simply discarding any meat dishes.

Contrary to myths of the ‘nuts and grass’ vegetarian diet, refraining from eating meat is the primary step to a spiritual, compassionately- based diet rather than a general health- based vegetarian diet. From this point, nutritional transitions that ‘honor and respect the sanctity of the physical embodiment’

can be made, discarding chemicals, preservatives, and increasing ‘fresh life force’ foods- such as enjoying more fresh raw fruits and vegetables. Even these can be enjoyed with nutritional garnishes such as festive mint, lemon twirls, fruit sauces, such as those prepared daily for Robert by his wife, who prepared for Robert three formal meals of several different courses daily for over forty years.

Eating was honored as a peaceful sharing with others. Robert sat formally at the table for all meals in a family style setting, surrounded by his large extended family arriving from their homes, for a large intercultural style formal evening suppers as in the tradition of India, Italy and the Latino tradition. Eating surrounded by loved ones has been studied in research to actually improve digestion.

“ Do not lead a crazy life without self-discipline.
Master the body. Do not be enslaved
by it. “ Robert

THE FOUNDATION

2. If you currently consume meat dishes daily, you may initially choose vegetarian based meat substitutes for sandwiches, main courses and snacks, such as ‘Tofurkey’, and Loma Linda products, which Mrs. Adams often utilizes in teaching new vegetarians, for Christmas dinners with gravy, party club sandwiches, and most dishes prepared with meat.

3. Learn seven basic full course, compassionately vegetarian -based meals that you can rotate and reinvent throughout your week. This is your foundation. You may begin step by step with Robert's recipes in the cookbook of vegetarian selections, or follow the guideline below.

Example: Main Course Entrée: Tofurky club or Panini sandwiches prepared with special flavors of fresh basil, yellow tomatoes, lettuce, onions, garlic and lemon pepper powder. Other entrees may be Mexican tostadas, rice and beans, and large salad. Chinese, Thai and whole food entrees should feature a large fresh vegetable salad accompaniment.

Snacks include transitioning to products that do not use animal lard or other flavorings, no preservatives or extreme sugar. Tortilla chips and fresh salsa, fruit salads with coconut, mint and berry sauces. Popcorn, light fruit cakes and pies, even ice cream topped with fruit.

Breakfasts prepared for Robert were most often fresh fruit smoothies with green spirulina powder, fruit mélange, fresh squeezed juice. In the religious temples of India and warm weather monasteries, breakfast and dinner emphasize fruit and a light dairy product. The midday meal is the largest meal of the day

4. Devoid of professional vegetarian guidance when transitioning to a non-harm diet, one often suddenly

limits their consumption to lighter, less tasty foods, when they are more accustomed to a more emotionally full, comfort-food feeling. Robert Adams stresses the gentility and naturalness of non meat diet, rather than a forced, sudden switch to an unfamiliar diet. This lack of vegetarian guidance can mistakenly present dry, tasteless or unappealing food as superior, being ‘whole’ and ‘simple’ when in point of fact, most of the worlds vegetarian diets include massive amounts of spices, flavors, various colors and textures, varieties in many grains, as well as fruits and vegetables prepared a myriad of ways.

Robert emphasized eating at the table, happily, with loved ones. The relaxed, formal gathering together to ‘break bread’ in an environment of love, warmth and happiness reflecting the natural, ancient daily garnering of nutritional substance in the spiritually founded format for man given in the ancient, more illumined scriptures, including the Vedas, developed by a peaceful illumined culture, demonstrates a natural life, celebrating each life stage, including family life.

Preparing a beautiful place to eat, with flowers and candles as Mrs. Adams prepared daily, reflects the sanctity of life and the expression of brotherhood, integrating happiness and reverence into the simple but daily act of eating.

“Above all, be peaceful when you are eating. Be happy.”

Robert

“ALLEVIATE SUFFERING WHEREVER YOU CAN.”

A great advocate of Ahimsa, nonviolence to any living thing, emphasizing non-harm to animals, Robert states that we must take this beyond mere words to committed actions in our lifestyles. Many times when asked, “What difference does this make... Why is this so important?” He answered “You cannot become Awakened while you are causing suffering to others.

This is a part of correct living, not creating karma.” Robert and family, life long vegetarians advised his students to do the same. Service to others without seeking recognition or reward is an integral part of his message. His particular devotion to animals was well known. As a householder, he was deeply involved in family projects devoted to the welfare of animals for three decades. He himself had a beloved Tibetan dog.

If you would like to know more of The Robert Adams Institutes students projects to alleviate the suffering of animals in honor of Roberts tradition, simply e mail ICL to become involved in The Robert Adams Benevolence Project.

Other organizations; Animal Awareness, Black Beauty Ranch, Bridget Bardot foundation, Doris Day Animal Welfare League Christian Vegetarians, Buddhists for Animals, and the Humane Society’s Merciful Eating are all reputable groups that create concrete changes to alleviate

the suffering of animals.

*I*n this way, Compassion for All increases.

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ANIMAL NARRATIVES

ANIMAL NARRATIVE RAMANA MAHARSHI

ORIGIN OF LAKSHMI THE ASHRAM COW

A villager had a dream in which he was told to offer his next calf to Ramanasramam. He brought his cow and the calf to Bhagavan. The jungle around the Ashram was thick at that time and there were cheetahs. The Ashram people were perplexed and refused the offer, but the villager was taking his dream seriously and would not take the calf away.

The mother cow had to remain with the calf to feed her. Finally, the cow and the calf were entrusted to a devotee in the town. The calf became the famous cow Lakshmi. She grew up and had three calves within a few years. She would come daily to the Ashram to have her meals, graze on the Ashram land, enter the Hall and sit contentedly near Bhagavan. In the evening, she would go back to the town as other women did.

Once Lakshmi came into the Hall. She was pregnant at that time. It was after lunch time when Bhagavan was reading the newspapers. Lakshmi came near and started licking the papers. Bhagavan looked up and said: “Wait a little, Lakshmi.” But Lakshmi went on licking. Bhagavan laid his paper aside, put his hands behind Lakshmi’s horns and his head against hers. Like this they stayed for quite a long time. I stood nearby looking at the wonderful scene. After some ten minutes or so, Bhagavan turned to me and said: “Do you know what Lakshmi is doing? She is in

Samadhi.”

I looked at her and tears were flowing in streams down her broad cheeks. Her breathing had stopped and her eyes were fixed on Bhagavan. After some time Bhagavan changed his position and asked: “Lakshmi, how do you feel now?” Lakshmi moved backward, as if reluctant to turn her tail towards Bhagavan, walked round the Hall and went out.

SHANTAMMAL, ETERNAL BHAGAVAN

ANIMAL QUOTES

I care not for a mans religion who's dog and cat are not the better for it.

ABE LINCOLN

Until one has loved an animal a part of ones soul remains unawakened.

UNKNOWN

Hear our humble prayer O God for our friends the animals who are suffering for any that are hunted or lost or deserted or frightened or hungry. We entreat for them thy mercy and pity, and for those who deal with them, we ask a heart of compassion and gentle hands and kindly words. Make us ourselves to be true friends to animals and to share the

blessings of the merciful .

ALBERT SCHWEITZER

The greatness of a nation and its moral progress can be judged by the way its animals are treated.

MAHATMA GANDHI

Noninjury to living beings is the highest religion

JAINISM

It is my view that the vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind

ALBERT EINSTEIN

A man of my spiritual intensity does not eat corpses.

GEORGE BENARD SHAW

If one is trying to practice meditation and still eating meat he is like a man closing his ears and shouting loudly then asserting that he heard nothing.

ANCIENT BUDDHIST TEXT BY SURANGAMA SUTRA

The eating of flesh extinguishes the seed of compassion

.MAHAPARINIVANA BUDDHISM

If you have men who will exclude any of Gods creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow man.

SAINT FRANCIS

Blessed Art Thou O Lord our G-d King of the universe, who created beautiful animals in his world. Whoever has compassion for other creatures is shown compassion from heaven.

TALMUD SHABBOS

It is forbidden according to the law of the Torah to inflict pain upon any living creature. On the contrary it is our duty to relieve the pain of any creature.

RABBI SOLOMAN GRANZFRIED - CODE OF JEWISH LAW

May we realize that the animals live not for use alone but for themselves and for thee and that they have the sweetness of life.

ST. BASIL

Do not get to close to anyone except your animals they are the only ones you can trust.

PARK RANGER JOE

