



ROBERT ADAMS LESSON COMPANION™

By Robert Adams

KARMA & COMPASSION

THE SECRET LAWS OF THE UNIVERSE





An Authentic Original Dialogue by Robert Adams Preserved in original unchanged format by The Infinity Institute the only Source of the Message of Robert Adams

“Ponder the Transcripts daily
Meditate on each paragraph
Re- read the same paragraph
Allow yourself to absorb the Truth stated. ”

What Is Karma?

So much has been misunderstood about karma. Karma is not a punishment. Karma is a tool for understanding. For compassion. We understand how our actions affect others. Since most people do not understand how to behave correctly, how to have compassion, this helps us to understand. It is an exacting law of the material world.

Many people tell me that they are beyond karma. But as long as you are in a physical body, your body is under the laws of karma. There is no escaping it. (referring to misconceptions of being beyond 'good' and 'bad'. Goodness is the essential law of spiritual life, eliminating karma and suffering.) You body includes your mind and emotions. It will affect all of these areas to the extent that you yourself created on a previous occasion. It is really very simple. Yet, you need to understand it, because it explains suffering.

Every true spiritual teaching explains the laws of right and wrong. The laws of karma. The Bible tells us that as we sow, we shall reap. Whatever we plant shall return. If it did not, how could we understand a loving universe?

Man fools himself. He pretends that because our actions do not return right away, they are not going to. Surprise. (Laughter)

Now you may ask, what creates karma? Everything. Everything that is not of your True Nature creates return responses .Just the way you gave them out. Of course this occurs in the world of action and thought. Beneath it all, your peace remains, unchanged. Waiting for you. Now this is very interesting.



This includes words, actions and thoughts. Yes, thoughts. Uh-oh. Some of you don't like that. Let's say you have a nasty thought about somebody. You may be smiling at them, but in your mind you choose to entertain a nasty thought. Now you know that your thoughts are part of your consciousness. So what is your consciousness doing? What is it doing everyday? What are you thinking about? What are your habits?

Do they speak of your True Nature? Most peoples don't. They think no one can see or hear their thoughts, so it doesn't matter. The problem is that they (thoughts) also create karma. It means that you understand. This doesn't mean that you refuse to see the truth. What is going on. It means that you understand. You are honest with each person you are with. You are compassionate. You are kind. You are radiating love. You do not have bad habits. You never say 'That's their karma.'

Thinking a nasty thought about someone can become a bad habit. And you attract nasty thoughts back. And no one knows what is going on. They just know that they are suffering.

Thoughts are real in the material world. They are actually a part of the karma's of the earth. Therefore they attract repercussions. Now this is not to create fear. It is to create freedom. Freedom from bondage. The bondage of bad habits. Without freedom from bad habits you cannot stop creating karma. It is impossible.

Let's say that you say one thing to people and secretly think something else. This means that you have created the habit of deception. This creates karma. Then one day you trust someone, and they say one thing to you and another thing to someone else. Something nasty. Now you are hurt. Now you are suffering. Now you are confused. But you do not remember where it came from. You created it by doing it to someone else.

Each Time We Act Against Our True Nature, We Create Suffering

This is why we have the law of Ahimsa. Not harming others. Not harming any other living being. But you stop creating karma when you do not 'try' anymore. You are simply not attracted to doing things that cause karma. You are becoming more anchored in your True Nature, Lovingkindness. Your True Nature does not want to harm anyone. Anything. Your True Nature is loving compassion. To all. Each time we act against our True Nature, we create suffering.

Now Karma Can Get More Complex

Say you are trying to create a career. A living. You are honest. Hard working. You do your best. Yet something always happens. You can't seem to get a break. It starts to affect you.



You become depressed. You become despondent. Your personality changes. All because you cannot understand what is going on. Now, one way to approach this is to say, "I have bad karma". And to give up. This is the passive stance. It is taken by many so-called spiritual people.

But there is another way. There is hope. You see, you do not have to be a victim of your karma. Your real, Ahimsa based True Nature (giving only love) is stronger than any karma. It

is not subject to the laws of this world. (meaning karma can be balanced with loving actions) Your True Nature is Pure. It is beyond the appearances of suffering. No one who understands karma says, "That is their karma." when they see someone suffering. They have compassion. They intervene. This is where the hope comes in. There are two things more powerful than your karma. Compassion. And Forgiveness. When we choose these qualities, these truths, we Awaken.

There Are Two Things More Powerful Than Your Karma

Let's say that you see someone suffering. You may not like the person very much. But this has come to you. You see this. This has all been pre-arranged. Even this is your karma. So you see this person suffering. Now, you have two choices. You will create your future.

You can see their suffering and say, "I understand the laws of karma. This is happening to him because of something he created. How lucky I am to understand this." And you walk away. This is the way of the beginning seeker. The one who does not understand. They only care about what happens to them. And so they go their way. But one day they will be in that position. They will be suffering, and no one will care. There will be no one to help them. Perhaps they will be in a religion, or a family, where they think, "Well, that is your karma." And there is no compassion. So he starts wondering. And eventually he will learn that everyone deserves compassion. This does not mean that you let anyone hurt you. This just means that you deal compassionately. Gently.

Compassion Is Stronger Than Karma

Then they eventually Awaken. Oh, now I understand. Compassion is my True Nature. When everyone has compassion, then no one suffers. That is when you live in a more spiritually advanced, knowledgeable culture, or civilization. This is who we really are deep down. But something, someone changed our minds. We decided not to be compassionate. We refused to simply live in our True Nature. This is why we suffer. It is so simple. Yet we make it



complex. It is not. Now there is the second way. Remember, the first person walked away. He thought he was 'spiritual'. He thought he was Awakened. But he thought to be spiritual meant you only do what is convenient. What is comfortable. What feels good. There is a whole new religion that thinks what 'feels good' means it is Your TrueNature. It is 'peaceful'. And they don't understand why they are still suffering.

Now if you choose the second way of compassion, you begin to Awaken. Awakening occurs each time you live in your True Nature. But you must choose to do this. No one can do it for you. Then you begin to feel joyful. Peaceful. And this begins to define your life. And so you see, in the end, you actually feel better than you ever thought possible. For you have overcome all suffering.

You see someone suffering. You understand that there are the laws of karma. And you step in. You see what you can do to help. To alleviate suffering. You do anything you possibly can. This is what it means to be holy. Two things have happened here. You have intervened in someone else's karma, and you have changed your own. Every time you perform an act of compassion, you change your own karma. This is a law. The story of the Bodhisattva encompasses this law. To not accept complete enlightenment, complete annihilation of the ego and separation from God into omniscient love, bliss and joy, until every single person on earth does. And so you return to this earth. To help others. So you see, it is not so bad. *(Laughter)*

You Can Change Your Karma

But you cannot perform actions without karma. Now, the truth is, there is no karma. (In the non-changing Bliss of God beyond re-birth) Yet, you cannot escape your karma, But there is no karma. You see, you are here on earth in a physical form. Yet this is all a dream sequence. This is not your Home. Your real Self remains ever anchored in the bliss of God. It has gone nowhere. It is who you really are. This is the Real Self that remains never changing bliss consciousness, pure joy. This is what the person meditating feels. This is the bliss spoken about in all spirituality. It is a fullness of heart. You are lacking nothing. You are a part of all of life. You are Omniscient. You are interested in the well-being of everybody. And yet, you are nobody. No ego. No anger. No selfishness. Nothing but your True Self. This is occurring right now, this very minute. Right where you are. Be still. Watch. Let the thoughts go by. Feel who you really are. You can feel it. You can feel the bliss. The completeness. The 'you' that is beyond it all. The 'you' that knows the truth behind all changing circumstances.



Within You Is Unimaginable Beauty

You see, within you is Unimaginable Beauty. You are Unimaginable Beauty. Are you living like this? Do you act like this? No one can do this for you. I can show you where the diamonds are, but you have to dig for them. You do this by the way you live your life. What are you doing each day? Each moment? What are you feeling?

Most people say they are spiritual, and continue living miserable lives. This is not what it is all about. Whenever you are in doubt about your life, about your karma, about how to handle things, do this one thing. Ask, "Who am I?" Practice Self Inquiry. Do this every day. Every single day. Without fail. When you are sad, do something beautiful for someone else. Stop thinking about yourself. Your karma will change. This is very powerful.

There is a story about a man who asked God to show him Heaven and Hell. He was taken to a room with a big door. When he opened the door, he saw a room full of starving, moaning people. They were dying of starvation. In front of them was a long buffet table laden with food. There was so much food on the table that it was creaking from the load. Then the man noticed that everyone's hands were tied behind their backs. Even though there was food in abundance, they were all starving to death. They were practically skeletons. They cried for help. Suddenly a voice spoke "This is Hell."

He was taken to another room. There was a big door. The man opened the door. There was a room full of people. Their hands were also tied behind their backs. But they were all smiling and joyful. They were contented and happy. They laughed and got along like good friends. Then the man noticed something. One person was feeding the other by holding the spoon full of food to his mouth. In this way, they all fed each other. And they were all happy. Suddenly the Voice spoke again. "And this is Heaven."

You see, so it is with us. When we learn that we were meant to live with compassion, we will be very happy here on earth. Our problems will not seem so painful. It is easier to feel the truth of who you really are. This is very basic. We do not have to be enlightened to do this one thing. This is why Jesus said, the greatest of all the laws is to love one another.

This All Affects Your Karma

Are you born in a violent family or a kind family? A peaceful neighborhood or a troubled neighborhood? Are you surrounded by opportunities or do you have none? There are traditionally people who can see your karma. When the Buddha was born, a great seer came to tell his mother that he was an illumined soul who had come to help many people.



He would be remembered for many ages to come. In yoga these abilities are called Siddhis. Some allow you to see your past lives. But for most people this would be very painful. If you think that you are suffering now, think how you would feel if you could see how bad you used to be! This is the grace of Maya. Forgetting who we are to identify with circumstances. The identification with material delusion. You think that this is all this is. This one life. This body that changes. That never stays the same for one day. These things that you think will make you happy. It is though you are hypnotized.

First you think that you are born, then as soon as you get used to being a child, you are a teenager. As soon as you become used to being a teenager, you are an adult. As soon as you get used to being an adult, you are an old man. Then you are gone. And because you believed it all, you come back and do it all again. But don't think that this means that nothing here matters. Everything you do matters. That is the seeming contradiction. Everything you decide to do, creates your future karma.

If you are not creating karma, you are not creating future suffering. If you are not creating future suffering, what are you doing here? It is your choice. It is entirely up to you. You could be Awakening. Awakening to your True Nature. You could be practicing Self Inquiry every day. You could be pondering the Transcripts. You could be serving others. You could be resting in your real Self. But instead, most of us are creating karma.

" The Siddhis allow you to see your past." Now if you have the ability of the seers, the Siddhis, the ability to see your past lives, you might learn quickly what you did wrong. But this would not necessarily mean you would not do it again. If you have bad habits deeply ingrained in you, then it is more difficult for you than for others to progress. In ancient times the seers were called to help you with your karma.

How do you get these bad habits? You choose to do them. Over and over and over again. If you get angry a lot, it starts to feel normal. You forget that there are people who do not behave that way. You turn into an angry person. Then you will bring that habit into a new life, if you believe in that. These are called Samskaras.

These are tendencies that you already have. That you came in with, so to speak. This explains why some people are one way, and some people another way. Why for some people it is very easy to spiritually progress, and for others it is very hard. Why some people are never angry, and some people are always angry. Why some people are loving and some people are cynical. Why some people are attracted to devotion, and some to formal intellectual study. Why some children are peaceful, and some angry. Why some people have



a conscience and some don't. You developed these habits, inclinations, prior to this life. And therefore your karma attracts similar situations in this life. Until you give up the bad habits. Then you begin to awaken. Your 'conscience' is your true Self.

There are other Siddhis that enable you to see all sorts of things. But most of these things just distract most people. What value does it offer you if you do not improve? After you understand the message, you must go beyond it all. You must go beyond each life, each experience, to the Self that never changes. The trick is to get to this Self, (The perfection of pure Godliness) you must be peaceful. Compassionate. Pure of Heart. Without these things, you may imagine that you are living in the Self, but you are fooling yourself. Your ego self. "I" am something. Your True Self is beyond any ego. Any identification with personality.

Your true Self is beyond any ego. It can never be hurt. There are so many people believing they are without ego, living in their true natures, Yet they dislike many things. Other spiritual groups, religions, other people... Some have banded together to dislike other people. The other people think that they are spiritual. And so it goes...but are your actions pure? Harmless? 'Spiritual' dislike of others is common. It is all the same thing. The maya is just more complex. Anger, gossip, jealousy, frustration. They are all the same. When you do any of these things, Especially to another person, You are sucked back into complex karmic predicaments. Then there is Grace. But then there is Grace.

Grace And Mercy

Who deserves Grace and Mercy? Where does it come from? What is it? Grace is not deserved. One does not earn grace. Grace showers you with mercy. Grace is the nature of God. Grace changes everything, in one moment. This is the nature of love. Divine love. This is a love that supersedes all conditions. All limitations. All changing circumstances. It is permanent. Never changing. All pervading. You do not follow someone around for 'Grace'. Some people spend a lifetime following teachers for Grace. Grace is not Santa Claus.

A Human Life Is Precious

You do not have to wait or not wait. It just is. Grace is the ultimate act of surrender. Does a baby have to 'earn' its life? Does a flower have to earn its blossoms? Grace will completely change your destiny, or karma. There is no defining it. You will know it when it happens. The impossible occurs. A miracle happens. Or you simply are allowed to continue on with your life. That is a great privilege. Many souls consider a human birth a great honor. It is a rare opportunity to Awaken. The scriptures say that a human birth is precious. How precious is



your life? If you see your life as a superimposition on Reality, you will understand what is going on. Reality is omniscient Awareness, eternal Compassion, Bliss. The Consciousness of God. This never changes. Never goes anywhere. You have chosen to look away. You have identified with outer events as being you. So the ego is born. There has to be someone who is experiencing everything. Someone with a name. That name is the ego. And whatever your name is. *(laughter)*

The Ego is not scary. It is simply not the Truth. This does not mean that you are 'bad'. That the ego is 'bad'. It simply is not the truth. So you cannot Awaken if you do not know the truth. This is a gentle Awakening. It is important to remember this. Once a student said to another, "Wake up! When will you Awaken?! Are you stupid?" *(laughter)*. He was very angry. He thought someone was doing something he didn't like. So he would tell him to Awaken. It was like telling someone to shut up. Then he told him he had bad karma. This is wrong. He did not understand what Awakening is all about. If you are not compassionate, understanding, making correct decisions, you are not Awakening. Awakening to your True Nature means that you are becoming more loving, kinder, creating less karma. Your life begins to reflect your True Nature.

Soon you begin to understand. You understand what your life really is. You are full of gratefulness. You are thankful for everything. If you make a mistake, do something that is not correct, You do not become angry, you do not berate yourself. Always remember that adage I remind you of, "There is no saint without a past, and no sinner without a future." You simply correct it, before you become entangled in more complex karma. How will you know when the karma is increasing? You feel confused. Nothing makes sense. You cannot understand why the same thing keeps happening again and again. "There is no saint without a past, and no sinner without a future." This is true of everyone. It does not matter what you have done. Everyone can Awaken. Now. This very moment. This does not mean that you can continue the same actions And think it does not matter. It does. We are back to karma. If you think it does not matter, watch what happens in your own life. Whenever this seems too much, always remember three things:

1. Compassion is greater than karma.
2. Forgiveness is greater than karma.
3. Grace is greater than karma.



If you need to, write this down. Hang it up where you can see it every morning. Look at it when something that seems bad happens. It will relieve suffering. It will remind you who you really are. Remember this. No matter what happens, Never Forget Your True Nature. Never forget who you really are. You are greater than the world. You are greater than what is happening to you. What seems so real. You are a child of God, a divine being, pure Love.

This will never change. This will never disappear. Environments will change. People will change. Things will disappear. You will change. Your body will change. Your friends will change. But who you really are will never change. So. Now you understand your karma. You see your karmic tendencies, as they are. Perhaps you discover that you like to be angry. You like to gossip. You like to run around. You like to feel superior. And you see that this creates suffering, or karma. So you stop it. You begin serving others. You begin to behave correctly. Responsibly. You do more devotional activities.

You ponder the Transcripts many times a day. You sing, chant, pray, meditate. All of these things soften the heart. A soft heart alleviates karma. If you have a soft heart, You do not feel like harming anyone.

You begin to live with Ahimsa

You reflect the beauty within you. Suddenly you feel very different. It happens when you least expect it. One day you do not have to try. Happiness is Your True Nature. You do not feel angry. Angry, mean words do not come out of your mouth. You are too happy. You have begun to live in your True Nature. You can feel this. Happiness is Your True Nature. This is why everyone is always seeking it. They want to return Home.

As you begin to refrain from creating future karma, you begin to appear different. You don't have to try, this happens by itself. Others sense this. Your True Nature reveals itself. It gently emerges. Simply. With great kindness. Any true teacher radiates great kindness. You have heard it said that a teacher can take the karma of his or her students. Sometimes this is true. This happens out of love. A student may be very sincere, very pure, and has some residue of karma coming. Their teacher may take this on, knowing that this is illusion. They feel the pain, but also observe it to be an illusion at the same time. This is the Teaching of Christ. He did this out of love. This is how we progress. Through love.

Question: How do we overcome the feeling of depression that occurs when something we had counted on now appears hopeless?



Robert Adams: Step back and observe. Not with coldness. With gentle observation. This is not passive. There is great power in this. This is the first step to non identification with outer circumstances. With the things that happen to you. Know that this has nothing to do with who you really are. Really know this. Remind yourself of who you are. Do this until the emotions pass by. If it helps, say "This has no power over me." Ponder this. Meditate on this. Read the words. After this, you have freed yourself. You are now able to make a correct decision in line with the dharma, (Living according to life laws) or right action of your life.

You don't have to leave everything. You still act responsibly. You still do your duties. You carry on. But it is different. You know who you are. You are safe. Is the karma of our lives already decided at birth? Most of it. But as we discussed, this can be changed by Compassion and Forgiveness. This is the power of the spiritual path. Your karma does not affect you the same way.

You realize that this is a dream, and it cannot really hurt you. You observe what is occurring. You do your best to handle it. You have great compassion. You do not tell someone, "That is your karma." You help everyone and you remain in peace. True peace. This is not escapism. This is truth. There are always those people that overcome their karma. People that are blind, handicapped, ill. They do more than most people who are healthy. On one level, I can say, do not let your karma hold you back. Push forward. Utilize all of your circumstances to Awaken from this Mortal Dream. Use everything that happens to you.

See it all as a gift. This is what it is. When we see it correctly, it all reveals compassion. We see how we have affected others. Anything we were born with, came into this world with, is actually a gift. It either teaches us how to rise above it or how to appreciate our blessings. But the important thing is, it is always changing, and it has nothing to do with who we really are. Who we really are remains omniscient and above it all.

Question: How do we untangle ourselves from karmic relationships?

Robert Adams: How do you know what is a karmic relationship?

I assume you are talking about a relationship that you do not understand correctly. Most of our close relationships in this life have previous bonds. It doesn't matter where they came from or why. All that matters is that now we see others compassionately as they are, we see their True Selves. I hear so many people say 'this is karmic' 'that is karmic'. It doesn't matter. What matters is what you do now. Everyone responds to love. You must be honest with



yourself. Treat everyone in every relationship exactly as you would want them to treat you. God sees our heart. Where we are really at. You cannot fool yourself. You cannot say "I am above them." "I am above this." You are in the situation you are in for a reason.

It is up to you to find this out. There are ancient laws that every true spiritual aspirant must follow in, any relationship in order not to incur further karma. It is your duty to honor this. Moral laws. In this way you will be protected. There are basic laws that end karmic suffering. If something is violent, abusive, etc. extricate yourself from the situation. If someone is depending on you, trusts you, you must do the right thing. All the while you are practicing Self Inquiry. You are serving others. You are chanting, praying, meditating on who you really are. This will make the suffering lose its power over you.

Question: Where do you go between the time of each karmic birth? Is there a heaven?

Robert Adams: There are heavenly dimensions. This is the basis of the understanding of heaven. The ancient teachings explain that there are Lokas. These are dimensions of existence. Some are very beautiful. Some are only inhabited by angels. Some are only for those who are Illumined. Some are for those who only did good on earth, great deeds, that helped many people. No matter what spiritual orientation, if any. Then there are the dimensions for those who harmed people. This is the basis of the teachings regarding hell. And it goes on and on. But none of it is real. Not really. That is, you experience it as real according to your actions, Just as this seems real. You can feel it. However, it is all basically unreal. The point is to Awaken beyond it all.

And the only way to Awaken is to stop doing things that will continue the cycle. Do not think that you can escape all of this by saying you are busy Awakening. By stopping actions. This is illusion. Stopping actions does not stop karma. You are here for a reason. It is a sacred opportunity. A flower continues to blossom, whether it is growing in a dump or a beautiful garden. In the same way, you are created to bloom, to blossom in Your True Nature of love, omniscient expansion, regardless of what is going on in your surroundings.

Our culture teaches us that we are our appearance, Things, accomplishments. What happens when we lose them? In actuality, they have nothing to do with who we are. By simply withdrawing from the world. You do not automatically begin to Awaken. Someone who has left the world is not necessarily more spiritual than someone in the world, unless they are doing serious spiritual work. Many people think that they just have to 'be'. To rest in their True Nature. But it is different. To just 'be' requires a pure heart.



Sometimes spiritual people think that to 'just be', means that they have no responsibilities to anyone. To their children. To their family. They are too busy being spiritual. Then they are born into a family where their parents are too busy for them. This is karma. They are not loved enough to be healthy. Then they wonder why they must suffer so. This is karma. Someone comes in. They do not care why no one loves them. They help them. They give them love. They have changed their karma. By doing so, they have created good karma. And so it goes.

When you grow accustomed to doing negative things, becoming hardened, hurting others, spreading suffering, being disloyal, you create what is referred to as Samskaras. I use the Eastern term because that is the best one. Samskaras explain why some people are born with negative tendencies and some are not. They have developed these habits before.

They must create good karma to change their Samskaras. That is the way it works. Creating so called good karma softens the heart. It brings us close to our Real Nature. If you wonder if you are beyond it all, beyond so called dualism, observe if you are always in complete joy. This is the only way you have overcome karma. Focus on Awakening. Above all.

Question: *Why is there so much general suffering on our planet?*

Robert Adams: This earth is a low plane. It is like the third grade. People are still learning not to hurt one another. People are still learning that materialism will not bring joy. Happiness. People are still generally barbaric. We exploit what is beautiful. We do not protect the innocent. The animals. The children. People change when they do not get what they want. It is difficult to even comprehend what love is in this age. How simple it is. But it is. This is why Christ emphasized the basics. How to behave. How to treat one another. Without this, you cannot progress. Start at stage one.

Then there is mass karma. This is when a group of people who have similar karma are born together, or come together in order to experience something. This earth plane is sort of gross, on one level, yet on another level, it is quite extraordinary. The scriptures state that it is an incredible privilege to obtain an earthly birth. Yes. This is because on more joyous, illumined, self realized planes, what is often called astral planes, it is so beautiful, people become complacent. And they do not completely Awaken for a long time. So it is important to Awaken now. Ponder this.



Be As A Flower Be As A Flower

Truth is very simple.

A flower does not try to be beautiful

Its True Nature is Beauty

It Exudes Fragrance, Beauty, Perfection Just by its very Being

In the same way, when you Awaken

You will naturally exude Love Compassion, Beauty

It is all you.

For it is your True Self

Dissipating Karma by Daily Awakening

How To Ponder The Transcripts

The Daily Practices of Robert Adams

1. Pondering the Transcripts
2. Chanting and Prayer with Devotion
3. Service to others devoid of reward
4. Self Inquiry

Pondering the Transcripts is a powerful tool for Awakening. There is no path for Awakening that does not have Daily Awakening. Calming of the mind. Softening of the Heart.

Purifying of the things that cause you to identify with the events of the outer world.

The more you do these things, the more you Awaken.

You begin to feel these words as reality.

The illusion begins to dissipate. You cease creating complex karma. What happens to you does not affect you as deeply. You begin to dissipate suffering. These words enter your



consciousness. Your life changes. You begin to feel Happiness, regardless of what is happening outside. A Happiness that no-one can take away. This is because Happiness is your Real Nature. Love is the Essence.

Love is the only Power. Can you accept this?

Pondering

Find a quiet, tranquil place that you can use at the same time everyday. Place some flowers, candles, sacred items.

1. Use a special incense. Have a photograph of an illumined one.
2. Read one paragraph of the Transcript. Ponder this paragraph.
3. Close your eyes and meditate on this.
4. Open your eyes and read it again. Apply this to your life.
5. Ponder this on a deeper level.
6. Slowly read then next paragraph. Ponder this in the same way.

Question: I do not understand how I can help other people, do service as you recommend, when so many karmic things are happening to me that I can sometimes barely think straight.

Robert Adams: You don't have to think about it. Just do it. The Power the Knows the Way will guide you. Here is a secret. No karma can stop you from Awakening. Nothing can stop you. There is nothing that can happen to you that can stop you from Awakening to your True Nature. Nothing. You give everything, all the power that you have. The events occurring in your life are like a mirage. They hold no true substance. When you approach them from a viewpoint of suffering, it is as if you are saying, Oh, look at that mirage. It looks real. It is real. It is coming towards me. I had better just give up now. "

But you have another choice. You can say, "Oh look at that mirage. Isn't it funny how it looks real. It seems real. Yet it is not real at all. It has no real power over me. Now I know who I am. I will do what is appropriate to take care of my physical body, my loved ones, my house, whatever.



But I know who I am. If you do this with much love in your heart, something beautiful will happen. Something miraculous. You will find that you were chasing phantom shadows. It is your divine heritage to live in constant awareness of Your True Nature. Your never changing consciousness of Bliss Awareness.

You are one with all living beings in harmonious compassion. Stop and think about this. It is exquisite. There is nothing that is substantial in comparison. Now let's say you have the karma to be a great musician.

You came in with a great gift. It brings joy to many people. It may even help people to Awaken. Now some people think that you should give up all these things. Things that are 'separate' from what they define as Absolute. Have you ever noticed that these people are never musicians? (Laughter)

Actually, there is the karmic perspective of seeing this. In a previous embodiment, you worked very hard at music. You earned this gift you were born with through hard work. Perhaps you did not get an opportunity to fulfill this path. Perhaps at that time it was not your karma.

Then you were born into this life with this 'gift'. Now, the question is, what are you going to do with it that will help you to Awaken? There is a saying, Do not hide your light, your gifts, under a bushel. This means that your gift is meant to be used to serve others. So you develop your skill in this life and you make other people happy with it. You have done your dharma. You have fulfilled your karma.

Now, let's say you have a big ego. You think because you have a gift, you are special, you are unkind to others, you judge people who do not have a gift. This is a problem. You are identifying who you are with your karmic skill. The more you use it, the more you become lost in the illusion. Finally you have become a miserable person. You might appear ok, but basically you are miserable. Now one day you might have an epiphany. You meet a spiritual teacher. You begin to see the Truth. You see that when you do music perhaps you do illegal drugs. You become argumentative, insensitive to others.

It is nothing but a big ego trip. There is nothing wrong with the music, it is what you are doing with it. So, you decide to give it all up. For awhile, this might be necessary. In some rare cases. But this is not usually the case. You do not have to give up your karmic gift. You just have to have a pure heart. If there is any doubt, look within. Do you give your karmic



gifts freely to others? Do you use it in service? Your gift is to be used as a flower spreads its scent. In this way your karma becomes purified.

Be Aware That The World Has No Cause

How could the world have a cause? Where would it come from? When you dream, you can say that you dream has a cause. You are the cause, because you are dreaming. But can you say that while you are dreaming? While you are dreaming and you're in the dream, you believe that the world has a cause. Like everyone else does. And you get involved in everyday activities in the dream. You have good experiences and you have bad experiences. And then I come along and tell you that you are dreaming.

Karma And Love, Responsibility And Progression

Everyone wants to know if you come back with the same people that you love. First of all, let's remember. The whole idea is not to come back at all. If you have stopped doing actions that create suffering, that repeat the same lessons, if you have stopped fooling yourself and been honest with yourself about the words that come out of your mouth, your behavior, your life, really honest, then you have decided to do whatever is necessary to progress. Now, some people ask about records. Who keeps records? Not music records. *(laughter)*

If you are discussing the teaching of karma, of noticing what you are doing, if it constitutes correct behavior, then you might wonder who is keeping track of these things. Now understand, on one level it doesn't matter. After all, if you Awaken to who you really are now, does it matter how you got here? On the other hand, for some people, knowing these things can be very helpful.

You understand that what you do has repercussions. Let's say that you were raised in an environment that taught you that you always think of number one, You come before anyone else. It was normal to be selfish. To think, "What do I get out of this?" You may not even notice it. You don't notice all the people you hurt. You may seem nice, but if you do not get what you want you do not behave correctly. Understanding karma will show you the connection between these things. Why certain things happen to you. Why you need to change. Otherwise, you will say, "It doesn't matter, I can do whatever I want. There is no karma there is no illusion, there is just consciousness. There is just peace." That is a big mistake.



You must understand the nature of karma to find peace. If we have made mistakes, we can serve others to 'balance the scales' as they say. Now remember, all of this exists of levels of consciousness That are still in a certain level of illusion, of the Cosmic Dream. Of identification with a certain amount of personality. However, you do not escape from this by saying, "I do not identify with karma." It doesn't work that way. You see, the law of 'As you sow, so shall you reap.,' is about love. The loving laws of the universe wants us to be happy. This is our natural state.

Therefore, in our fear that originates in the ego, We choose actions that remove our happiness. Or so it seems. And gradually, through each returning experience,we begin to understand. We understand that we are not any of these experiences. We are beyond them. We are pure love. Eventually, all of our words, actions, decisions, begin to originate in love. Emanate love. We give love to all we come in contact with. Our live becomes a manifestation of love. And we will really begin to Awaken.

If we have loved someone, really loved them, unselfishly loved them, then something happens. This is a noble act. Particularly if we sacrificed for them. We have manifested a portion of our True Nature. Therefore, we have created, for want of a better phrase, good karma. Now this good karma was due to our own free will decisions. How we treated others.

How deeply we gave to someone. Perhaps there was nothing in return we wanted. Maybe it was to someone who just needed our help. Perhaps we supported someone in an impoverished country for their entire life and enabled them to go to school and have a career instead of starve. We have manifested our divine origin. Perhaps it was our wife of many years, or our children. Whoever it was, a bond has been created. Now, although you have to return to this limited earth consciousness of Illusion, at some point, you will meet that person, and it will benefit your life immensely.

It will make the Journey here easier. More enjoyable. Less painful. And if this helps you move towards Awakening, This is very good. But pain can help you Awaken also. Once again, it is your choice. So perhaps you are struggling along, lonely and confused, and then someone good comes into your life. And everything changes. It seems like the angels of happiness has arrived. You may feel more inspired. You may decide to Awaken together. You help each other in many ways. And so it goes.

Now the only problem with all of this Is the over identification with these circumstances. You feel that unless you have 'good karma,' You will not be able to handle it. You forget that



within you is a power that is stronger than anything that ever happens to you. It does not matter where you are born, who you know, where you travel to, or what anyone thinks of you. As long as you are making an effort, as long as you are always returning to The Three Virtues: Love, Compassion and Humility, serving others, practicing Self Inquiry, then you will progress spiritually. And you will naturally observe and understand what you are to know about your karma. What is holding you back? Helping you go forward? What you need to release? And you understand that this is a gift. You honor the laws of the universe, The laws of this earth, the laws of Compassion. Everyday. And you Awaken. Peace.

There Are No Problems

Remember again, your body came to this earth because of Karma and it's going to go through whatever it has to go through but you have got absolutely nothing to do with that. Because you are not your body. What comes first in this life? Whatever comes first in your life that is what you become in the end, you are going to have to leave your body. Your thoughts, your possessions, your loved ones. Everything is going to be left in the end. So the wise person searches for Truth now, and tries to become Free now.

All Is Well.

FAQ Definitions and Clarifications

The Self: Self *"with a big S"* refers to the divine Self within, rather than the human personality.

You: You *"with a big Y"* refers to the true divine nature and Self that remains ever within as unchanging Perfection, ever present and available as that 'peace that does not change.'

"The Transcripts:" Robert Adams refers to the "Dialogues", "Lessons", "Talks", as the transcribed extemporaneous Talks of over thirty years that he offers to those present. Occasionally in his latter day smaller public talks, separate from his Inner Circle, guests would inquire if they may share it with a friend. He emphasizes that those present should study and ponder his Talks since he only gave classes once, then twice a week, in order to 'ponder the words until they become a part of you. Read one a week, or one a month. Gracious students created an offering table for all to donate for his selfless time and wisdom. Robert Adams declined offers to mass distribute to the public at large his Talks, "This is not for everyone. One must feel deeply drawn to this path, doing the precepts daily." The Laws of Right Action, Honor and Fundamental Spiritual Precepts



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"Follow the laws of the land. Follow the Golden Rule."

"The Laws of Sowing and Reaping are laws of happiness. Of compassion. For all to emanate the virtues in all events."

Robert Adams