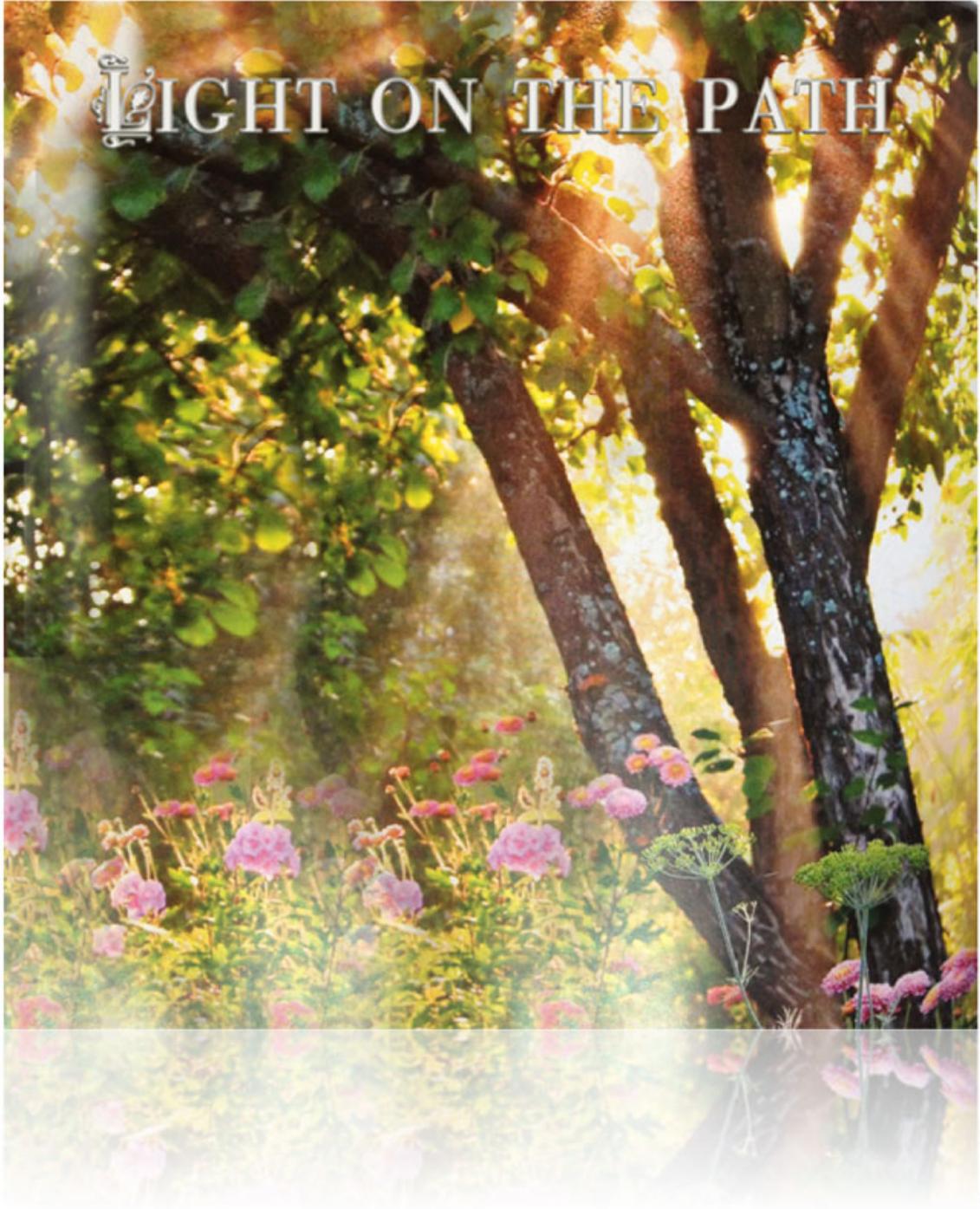


# LIGHT ON THE PATH





## The Archived Quotes and Extracts of Robert Adams On Children

The Documented Pure Form Dialogues of Robert Adams

### *Introduction*

*Beloved spiritual Master and Sage Robert Adams, was noted by those remaining with him throughout his lifetime, his Inner Circle, and guests at public Discourses for his tender protective instructives and care for children. The kindly Sage remained uninvolved with the spiritual groups, alternative lifestyles, cultural labels, including the Western "Advaita Vedanta interpretation, American communities and groups following his Introduction to the West which omitted "the heart of the Teaching, and instead increases the ego." Instead, this delightful Teacher preferred the company of the innocents of this world, residing in his large, beautiful family homes of extended family of three generations in the traditional Indian householder style, surrounded by children, several of which he adopted.*

### *Rare Moments*

*The collection of quotes and extracts stated in precision and direct reference by Robert Adams, consist of his characteristic tender caring, detailed responses to questions by students and guests, as well as his own surprisingly committed clarification on the treatment and priority of children. One of the most well-known example of this, is his tradition of stopping the Discourse completely if a child was disrespected or not treated gently, was the event in which The Master Sage was speaking in a guest host home upon request, and the host, approached a little boy sitting down in the front row. He gruffly demanded that he immediately leave the seat and go away, so the adults could sit in that premiere seating.*

*To the surprise of everyone present, The Master Sage suddenly stood up- unusual in that he usually sat throughout the Discourse in the later days- as his previously athletic form had been taken ill and was quite frail-left the stage podium area- which never occurred in the formal student-sage setting of the ancients, and approached the boy.*

*"You sit wherever you want. You do not have to leave this chair." He said gently amid several other words, comfortingly in a soft voice with a fatherly pat on the shoulder, of reassurance. To the further amazement of those who were latter day guests, inaccurately generalizing this Master into the California- current at the time - "nothing is real nothing matters" contrary interpretation of true 'Advaita Vedanta' ("I teach the heart of compassionate Advaita, also devotion.")- the Master Sage then approached the man who had startled the child with rebuke, and said quietly, "You sit somewhere else." He then returned to the stage, as his students observed that he had firmly, gently corrected Right Action *in protection of the innocents* in class. In the original classes, we were touched as the Sage taught with his beautiful daughter, both in while silk clothing, to primarily householders, allowing many happy children on the stage.*

## An Ancient Way for Modern Day

Below we enjoy the most requested references of this internationally revered fatherly Master in regards to the sacred role or 'dharma' of guiding and raising children, particularly in the West, our modern day culture of 'vile' environments. This Collection focuses on the child centered inquiries.

### The Teaching of Robert Adams on Children: Collected Questions and Answers

The Pure Form Dialogues of Robert Adams

**Student:** Robert, I am expecting our second child and I have great trouble in finding the time and space to continue with these practices and the teaching you advise.

**Robert:** Congratulations! You look great! (Robert is joking. Much laughter in auditorium, the inquirer is a male.)

**Student:** Thanks. I mean my wife and I. How much time should I give to them and how much time do I give to spiritual unfoldment?

**Robert:** Most of it. Your children are first. There is no difference. Your children *are* your spiritual unfoldment. There is no separation. There is only One. They are now your first priority, your dharma. Make a bright and shining life for them. Your job is to become a living embodiment of loving kindness for them. Do you see how this works? You naturally live in your true SELF by becoming a living embodiment of loving kindness to your children. This is the highest law. You become an emanation of The Supreme. Of course, this does not mean that you do not do spiritual practices outwardly.

It means, that you offer it all up to God and determine to utilize this rare opportunity to transcend all of your selfishness, your ego, become joyful. You become joyful when you stop thinking about yourself, about your unhappiness, me, me, me, stop feeling sorry for yourself. Therefore, upon awakening, perhaps earlier than usual, you may go outside with the sunrise, this is auspicious. Do your chanting. Your I AM Meditation. Then you serve your children. You teach them of these things. In a loving and gentle way. (pause) Your children are God visiting you.

**Student:** As I continue doing the practices every day, it has really changed my life, in a huge way, then I can teach them to my children even if they are five years old?

**Robert:** Yes. In a gentle, happy manner. Never force anything. Go out in nature amid the flowers and say, "Look at all the beautiful flowers God made. You are like the flower. You are here to unfold. To feel God within. His Peace. Love. That is why you are here. Remember that you are like the flower." Then be peaceful. Always be peaceful. Become a vehicle of The Supreme. Ponder the ancient scriptures. Ram, Sita, for example. The Bible. Psalms. The Golden Rule. Teach them correct living. Then they will cease to make further karma while they are here. They will not be confused. Do not force them to be quiet, to sit like you do. Allow their joy to manifest. This is their nature. Laugh with them. Make them happy. This is powerful.

**Student:** Robert my wife is of the opinion that children should only see you in a good light and never see you negative or angry. I feel this is not the way the world is. Yet I see her point.

**Robert:** *With which world do you identify?* The vile horrors of man's inhumanity to man, or the world of God? Of omnipresent all-pervading love? *This is the world that never changes.* If 'you', your human awareness, identify with the world that changes, the anger, fear, gossip, vile activities, bothering other

people, then this is what you will become. The world will have had its way with you and this life will be over. What were you angry about? Why did you hurt anyone? What did you do with your time? How did you affect others? Your family?

Your children will become what you are, not what you say. Therefore, in this sense, your wife is correct.

Student: Robert thank you for your patience.

Robert: You are welcome.

*“They Are the Silence. Happiness and Silence. They are the same. The Silence is not an absence of noise.”*

Student: Can you elaborate on that...that we should place children first, I mean what do we do with them...? (audience laughter) In the way of putting them first I mean.

Robert: Of course, by this I refer to your true SELF. When you are coming from your true SELF you emit only love. You are guided by The Power That Knows the Way in your human actions. You will be guided to be a source of wisdom, of Truth, of Guidance for your children. You will accelerate their spiritual involvement. You have known them before and you will know them again. This is your mission. However, you have Free Will. This is how we create incoming karmas of chaotic repercussions. You are very simple, and you become pure, holy. Always be gentle with children. Give them much of your time. Read spiritual books to them every day. But let them have fun, do not make it a discipline. Meditate with them. Do not leave them alone much to go to spiritual events. You will become holy by serving them, if you do this consciously. With love and happiness. Tell them they are first.

Show them how to be a compassionate person. Feed the hungry with them. Be in nature with them. They will think of themselves as you think of them. As you treat them. This is a divine gift. As those of you who have been with me for many years know, those of you who come to our inner circle events, I will talk with children in the front with me, blowing bubbles, laughing, making noise sometimes, sometimes quiet. A lady said to me, “Robert how can you be around the student’s children making noise so much how do you get in the silence?” I explained to her, *they are the Silence*. God. What do you think the Silence is? The Presence of God.

*Robert speaks about the qualities of children. A true spiritual foundation*

Student: Last week you mentioned the samskaras of children indicate their spiritual position or stature I believe...can you speak on that?

Robert: Yes. Of course, we know that samskaras are your previously developed qualities that you brought in with you. This is putting it simply. Those of you who have been with me understand the character of samskaras. Inquire of yourself, “Why do I feel comfortable being angry while others feel disgusted with anger? Why do some people feel the quality of always being honest, or kind, or loving, while other people find this very difficult? It is not a quality of their human nature. Why is this? (silence) Because they have utilized the power of their free will to indulge in these characteristics, or to overcome them, previously. The more you indulge in something the more it becomes a habit. It becomes a part of you. It becomes very difficult, or so it seems, to transcend this. To overcome it.

Therein you are required to spend a lifetime, or more, trying to overcome the deeply ingrained anger, selfishness, jealousy, ruthlessness, resentment, and so on. And yet, you must overcome this in order to spiritually progress. You must get rid of your bad habits. Now. Other people feel naturally benevolent, altruistic, noble. Joyful. Kind at all times. They feel strange around angry, unkind people, qualities. Why is this? OF course, they have developed these spiritual virtues of rising above this previously. They have

done the work required to transcend the human predicament. They are free from the enslavements of the flesh. The lower nature so to speak. Although some may feel this, they never act on it. They rise above it. What samskaras are predominant in your nature? Ponder this. This will reveal your spiritual stature.

It is the same with children. Some children have a nature full of tendencies to go out of their way for other people. To do great things for humanity. They are tender hearted. They are not attracted to meanness. When they are alone, they always do the right thing. even if it does not benefit them. These children have previously developed these qualities. Perhaps they have an attraction for spiritual practices. Others do not. Your job is to gently guide them into the higher qualities. Do not judge them and let this get to your ego by saying, "Oh, he does not listen to me, he has bad qualities." You never know what anyone's karmas are, it is your job to offer them loving kindness. Therefore, you observe their samskaras with peace, with gentleness, with understanding. With wisdom. And *you* become a fount of goodness, of wisdom for them. You show them a better way. You surround them with loving kindness. You assist them in rising above the delusion of the rivers of rebirth. With joy.

Student: My son is eleven and since he did not grow up with this, he prefers to watch television and listen to headphones. I admit I did not give him much attention until now. But he does enjoy going to church with his mother, we are divorced. Do I encourage this? I suddenly feel responsible for his future life...

Robert: This is very good. For, it is your dharma to affect his future- with wisdom. He will make decisions based on what he learned *from you by example*. Unless there is interventions by other means, (\* "The world will teach your child if you do not. Be a bright and shining light for them. They will not forget.") the child will reflect your deepest qualities. (silence) In some cases this may appear unfortunate. (laughter)

But it is not, for when your heart changes children feel this. They follow the heart. And the heart of God sees all.

**Children and the World: "Protect Children from the Vile Things of this World." Robert Adams**

Student: If I may sort of review last weeks talk, you mentioned the 'vile things of the world'. At the same time, you told John you do not discuss a topic he brought up. You said "That is of the flesh, I speak of the spirit." I suppose you know there is a whole school of thought that says there is no separation, all is the same, and I wondered how you see that and how much I should keep my children out of the world at large. Thank you. (student pronams-presses his hands together prayerfully in respect)

Robert: Yes. First of all, we are not interested in schools of thought. We are interested in Truth. Truth is unchanging. It does not vary. Truth is eternal. Every true religion agrees upon the same things. We are bright and shining beings of The Supreme. When we choose to go upon our own way into all sorts of things that are not of Truth, then we must suffer the consequences. The Truth is loving kindness. Acting from the SELF rather than your human hood. The world tells you what is wrong is right and what is right is wrong. The flesh will never tell you the Truth. It is an unending cycle. It never ends. Why not start with Truth?

You keep the form healthy, natural foods, etc., exercise, moderation. You respect your bodily temple with dignity. And that of others. The more you seek the former things, the deeper you become enmeshed in confusion. Wrong identification. If you continue along this path, (\* Student had been discussing myriad of relationships in confidential personal question) you lower you consciousness. You completely forget where you began. (silence)

Follow the Yamas and Niyamas of correct living. This is the universal law. Follow the Golden Rule. These things are of the SELF. Of Truth. You will be safe.

(note: Robert is smiling. He leans forward. A garland of little roses is around his neck over his white Indian kurta. He inhales the roses.)

As for children, deep within yourself you know the answer. (Suddenly the sound of children playing outside becomes prominent, to the laughter of audience. "I think they agree with you Robert." Robert smiles.) That which is not bright and shining, that which is not of loving kindness, that which is not of the virtues. Rise above this. These are the things I speak of. Gentle loving kindness. This is predominant with children. Always return to this.

Consequently, your job is to become a living embodiment of these things. This does not mean you only attend spiritual activities with your children. As you are aware, some of the most so-called spiritual people, people who teach Advaita Vedanta and other groups, are some of the meanest people you will ever meet. They are not having a personal experience of God. It is mind games, saying nothing is real, all is illusion. Yet, where is the joy? Where is the manifestation of The Supreme? God is real. Know this Now.

#### Robert speaks about the scriptures

Indeed, attending true spiritual activities lifts you up. This is true. However, if you are not becoming a better person, a good person, a person of peace, gentleness, happiness, then you are not progressing. You are simply wasting your time. (Student continues questions on spiritual groups) I do not discuss other teachers or groups. I am simply saying this. Expose children only to that which is of Good. For Good is Truth. Of light. For Light is Truth. Of compassion. For compassion is Truth. This alone remains unchanging.

As they grow older, explain this to them in great detail. Read the scriptures to them. Then explain how the world is confused. In comparison. People say to me, "But Robert, how do we know the scriptures are true?" As I have said; the true scriptures that are from the Illumined spiritual giants are protected. They do not change. Even if someone attempts this, their Truth cannot be diminished. If you are sincere and pure in heart, if you really want to change, you will benefit from their emanation of Truth.

#### Robert speaks about children and modern media

Student: I am the only parent who does not allow my children to see most movies because the message in them so aggressive and morally confusing. It teaches everything that is opposite of being a humble, compassionate, kind person. It is really difficult. They resent this and I am at a loss as to how to handle this because I have centered our home around your teaching. It has really otherwise completely eradicated a great deal of our suffering.

Robert: That is very good. I am very happy for you. I see that you have progressed very much in the past five years. When you came here you had no children. (pause) What happened? (uproarious laughter) Of course this is beautiful. What has happened is that you have become a more selfless person. A more giving person. It is very easy to say "I am spiritual. I am Consciousness. I am Free." when you have no one to take care of. When you are only thinking about yourself all the time. You must be very honest about this. Many seekers center the world around themselves. They become very selfish. Everything they do is about themselves. It is much better to care for others. And yet, I understand the world does not seem to make this easy. However, this world is not your home. It has no power over Truth.

Do not make a grim household. You want to have a bright and shining home. Filled with love. It is very good that you are protecting them from such things. For children absorb everything they see and hear. *Simply replace these things with beautiful things.* Always be gentle. Go out into nature with them. You can see other children's films. Children's television. Books. Rides. Laugh, have fun. Spend much time with them. Do not force them to be quiet. Preserve their happiness. Surround them in love. Show them another way than the world of man's inhumanity to man. I took my children to many different temples

when they were little. This was a joyful family activity, feasts and celebrations. Let them relate to the joy of The Supreme. Let them meet other children in these activities. (pause) Take them to Disneyland. (laughter) Do not become strange, drop out. Be of great heart. Happiness.

Student: Would you say we are responsible for their karma? I always thought that they are just spirits traveling through who are with us for a while to then go their own way.

Robert: Then God would not have required parents. If you put a small, frail tree out in a freezing storm, it will die. You must place plastic over it, put protective boundaries around it. Fertilize it. Give it the proper nutrients. If you say, "Oh, you are a tree God will take care of you, I will just send you love." and neglect your correct dharmic role, what will happen?

The tree will not make it. Or perhaps it will be damaged or small. Do you see what I am saying? So in that sense, you are responsible for their karma to the extent that you have provided everything spiritually possible for them. Protected them. Given them what is required to be happy. To have wise discernment in this world. Anything they do to others will return to them. They can be the president or a housekeeper. Live in a castle or a cabin. Yet, if they have experienced their true SELF, Omnipresent All- Pervading Sat Chit Ananda, the bliss of God within themselves, they will be safe. They will always be safe in this world. For they will not be attracted to creating more karma. They will Unfold.

S: My toddler says he sees his deceased grandma every night. What should I say to him? R: Tell him to tell her hello. (laughter) Be very peaceful. There is no death. No one dies. S: Is it necessary to have a vegetarian diet?

Robert: This is the best way. Because of the compassion. Our human bodies do not require flesh at all. We are not required to eat animals. Why are we doing this? This causes unbearable suffering to the animals. Suffering beyond comprehension. Therefore, teaching children compassion for animals is the best way. The highest way. Teach them that their body absorbs the animal's terror. Show them how to be peaceful, to not harm animals. Or people. If you have a hard heart, if you do not care about such things, you become selfish. The more aware you become of who you really are, the less you are attracted to such things. Teach them The Virtues. Compassion. Humility. Loyalty. Love. Ahimsa. Many people forget loyalty. They go from group to group, person to person, and end up nowhere. Be loyal to one path, one teacher- give of yourself to That which emanates compassion to all life.

Student: Robert, is it my child's karma to go through what they have to go through? Should I just be at peace with that?

Robert: Be very careful with this. Never tell a child anything is their karma. Tell them God will help them. Do the practices, the meditations, pray with them. Make things easier for them whenever you can. They will understand karma when they are older.

No one knows what anyone's karma is. The ego wishes to believe this. To judge another's karma. Therefore, your job is to simply alleviate their karmas, their suffering. Love is stronger than suffering. In this way, yours will be alleviated. Many so-called spiritual seekers wish to believe that they can simply leave their children to their lives and it is their karma. That they are not a mother or a father or any 'role'. This is selfishness. Delusion. Instead, you perfect your role. You must rise above your human habits to lift up your children. This is why you are here. This is why they have been placed in your care. To fulfill your divine role. Yet you remain in the SELF.

Therefore, I inquire of you, would you wish God to say this to you when you ask for help? "That is your karma?"

Student: But, is it not their role to find their way?

Robert: Do not leave a child to go through anything alone. Do not withdraw. Do not leave them alone to the worlds devices. Acquire a quiescent mind within. Anchor yourself in the peace that passeth understanding. This will make things easier for you. You will feel Truth.

With children, you do not tell them to be quiet, be still. You convey unconditional love to them in actions. In their earthly embodiment. Comfort them. If you can do nothing else, sit with them day and night and hold their hand. Chant, pray. Tell them you will help them. The All Pervading Supreme, the Heart of God intervenes from compassion. You are to be the heart of God. Each action and word produces fruit that will return.

Student: If I may ask, I notice that you placed all of your children in private religious schooling. Is there a reason for this that you can share with us today?

Robert: Yes. It is better to be around others that follow some sort of religious faith than to be with all sorts of people, violence, ill will, confusion, spiritual emptiness. It is good for children to grow up seeing people following a spiritual path. This is a good example.

Student: Can I teach my children the songs we sing here, *Let There Be Peace on Earth*, and allow them to come here and sing with us during the bandhara celebrations?

Robert: Yes. I welcome them with all my heart.

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