

ROBERT ADAMS



HAPPINESS

THIS MOMENT

THE SECRET TO HAPPINESS



DIALOGUES WITH ROBERT ADAMS

CHAPTER ONE

HAPPINESS THIS MOMENT

THE SECRET TO HAPPINESS

The Pure Form Original Dialogues of Robert Adams

*Feel the Presence within your Self.
Feel the happiness and the joy that you really are!
Feel it! You can feel it.*

*No matter how many so - called problems you may appear to have
No matter what is going on now in your life, good or bad,
Forget about that. It does not matter.
Feel the Presence.*

WHAT IS HAPPINESS?

As the flower reaches towards the light, all of humanity strives for happiness. Why? Because this is our true State of Being. First you must realize what happiness is. The enormous, limitless, All Encompassing substance of your very own essence. The awareness of being effortlessly, purely loved. As love. Belonging entirely to Omniscient Love. You, the real 'You', is Full. Complete.

No one can possibly affect this unchanging Truth. No- thing can take it away, for it is not dependent on outer circumstances. It is the joy that creates laughter, forgiveness. Benevolence. The love emanating from children and saints, in simply Being. This is our natural state. We must simply return to our natural state. A deep and abiding happiness that exists, Unchanging within us.

This state is above and beyond self- absorption. It is as if you are suddenly stunned by a boundless, beautiful sunset, and you forget "yourself" completely. This is a minute, tiny inkling of what True Happiness feels like when you forget your human self and your self-concerns. This happiness is the Substratum of your Existence.

But you are identifying with the outer events that are superimposed as a movie upon a screen. Ever changing, incoming events. Some are happy, some are not, but none are permanent. All the while, the screen remains pure. Permanent. In this way, your True Essence of Supernal Happiness remains untouched by all temporal circumstances. By the events shown on the screen of the real 'You'.

THE DISCERNMENT

Since time immemorial, mankind has been instructed on how to remain in this Truth, in this happiness, by all traditions. Christ emphasized this. It is throughout the Bible. "Be of good cheer. I have overcome the world." "The joy of the Lord is your strength." The ancient scriptures teach the joy that lies behind the most dire of human events. Now here is the mistake that most people in the West first embracing this Truth make.

They experience a glimpse of this True Nature within, and believe that they have completed the journey. That they are 'illuminated'. And of course the ego wants acclaim. Wants to teach. But the ego can never know happiness, because the *ego is separate from the True Self*. And the True Self is pure humility.

So one must discern between their ego's perception of happiness, and True Happiness. One must distinguish transitory glimpses of what looks like happiness, from True Happiness. Those who only glimpse this have no idea that this is like the first grade. They are just beginning to remember. To glimpse the Truth of Life. And they have a journey to fulfill. The joy of the journey is that you feel impelled to bring happiness to others now. For the ego has been transcended. If only for a moment. And when this happens, only the happiness remains. This glory defines the moment.

Can one find happiness in that which does not last? In the egos desire for outer approval? A wise adage states that praise and blame are both the same. They are ever interchanging. But the Truth remains Unchanging. Therefore, a flower blooms devoid of pronouncement. Devoid of seeking acclaim, of making sure that everyone knows

that they are blooming. It is the exquisite and graceful order of the universe. The journey of all living things. This is how happiness emanates.

HOW TO RETURN TO YOUR ORIGINAL HAPPINESS IN THE MOMENT

Joy-full. Have you ever considered that word? To be full of joy. You. Right now. Right here. I wish with all of my heart for you to be full of joy. Right now. And yet, You are. In this Moment. In this second. That is where it all is. When you completely stop all motion and immerse yourself in this Stillness of this Moment, this Presence, there is none else but joy. Happiness is now. Joy is now. This is the point of the entire Teaching. This is your essence. Your nature. Yet who here today can tell me that they are full of joy? Joy-full?

Have you forgotten your joy? Many of you have been so busy, trying so hard, so much, to become something, that you have forgotten your Original Joy.

And yet without this, it is impossible to progress. This is what will warm you with brotherhood when you are in the throes of the Illusion. In the Dream of Life. This is what overcomes the appearance of loneliness. This sustains you.

It has been given to you, as You, to sustain you. To warm you. To maintain your humanity. To return to. It is This that brings our hearts together. It is This that keeps wisdom from bringing just head knowledge. Dry words. Rhetoric. If you are following this precisely, then joy abounds. You should be able to pick someone who is practicing this path out of a crowd. Not because he has certain physical looks.

Not because he is teaching others. Lecturing others. But because he is shining. He is kind to those around him. He is joyful. He is of good cheer. Why? Because he is moving upwards. He is going forward. He is smiling. He is seeing who needs help. He sees with the Sight

of the Eternal. He is lifting others up by simplicity. He knows who he really is. And he makes others feel joyful. Maybe it is just for a moment. Maybe it is for an hour. Maybe for a lifetime. But this brief time of joy brought to another, manifests the All Pervading Perfection. It is what makes this all worthwhile.

THE JOY BUBBLES UP

The joy found in your Self, the joy in the eyes of a baby laughing, are all One. Why? You have found Truth. And it is good. There is nothing but joy in your future. How can this be? It is not yet polluted. The future remains in an imperishable pristine state of joy. You ask, "How can this last if I am destined to experience something painful?"

First of all, if you are imbedded in joy, returning to joy, giving to joy, focused on joy, seeking to return to joy, awakening joy, then you are creating joy in your future. *For you are creating your future anyway.*

You are transforming, *The Dream*, into more hospitable circumstances in which to Awaken. As like attracts like, you will no longer be attracting unnecessary events. Complex suffering. If this can be averted, your joy will now avert it. If it cannot, events affect you less. Eventually, the joy remains. You are not numb. You are not hardened. You are not in denial. You are not indifferent. You are so immersed in simple joy that it keeps bubbling up no matter what you do. You cannot help it. It is already there. It bubbles up Infinitely.

DO NOT FORGET. THIS IS YOUR NATURAL STATE

However, sometimes you have to loosen up the cork. You cannot sit around waiting. "I don't feel joyful yet. What is happening God? Make me feel joyful!" There are times in the journey when you must lift yourself up by the bootstraps and make yourself joy-full. And then it will come bubbling up. It is impossible for it not to do so. Do not forget. This is your natural state.

This is not some strange, unusual state of affairs. This is not something that you are seeking. This is your natural state. This is your unaffected state. This is your heritage. When you are not making

decisions contrary to the joy of the Self (*God within you*) then you are Aware of this state. When you are not looking elsewhere. Then you are conscious of it. You are experiencing it. But most of the time, you are focused on what takes you away from this. In addition to this, you are participating in actions, words, decisions, that attract the opposite of joy. It covers it up. This makes the journey more difficult. For you are always recovering from one event identification or another. You have forgotten to identify with your natural joy.

MORE BEAUTIFUL MORE GRAND

There is something more beautiful, more grand, more wonderful than you could ever imagine, that exists within you, which is the Substratum of all Existence. Yet in order to feel this joy, this bliss, in order to find total Freedom from life's so called burdens, you have to dig for yourself. You have to give up something. You cannot stay the way you are, with the same disposition, the same values, the same preconceived ideas, the same concepts, and be Free. You cannot do this. You have to do an 'about face' and totally *Surrender your ego*.

SELF- SURRENDER LEADS TO JOY

You therefore have to empty the garbage can, turn yourself upside down, and empty yourself out, and it is then that you will find that You are already 'Free'. Yet even as I talk to you about these things, some of you are so full with your-self, with the small 's', (*human self*) with your ego, that you will never, never, let go completely and give it all up.

The number one way is self- surrender; where we surrender completely to God, but that is hard to do for most people. It sounds easy but it is not. You surrender completely and totally everything to God. Totally. Every part of your life goes to God. Not my will, but Thy will. That is devotion. That sounds easy to some people, but it is not when you get into it, because it means every decision that you have to make is left up to God.

THE WORLD

You must not let a day go by without experiencing the joy of your own Perfection. Why would you choose to do this? It is all up to you.

Do not let this world change your True Nature. Do not be transformed by this world. You have been misguided to believe happiness and joy to be a passive state. A docile state. A dormant state. A state that holds no power in your life. But joy is a power. Joy is Reality. Joy is all-consuming. All complete. All Pervading. Joy is the true manifestation of your Being. Joy is Reality. I am going to let you in on a little secret. Joy is more powerful than anything that has a so-called negative influence in your life. Than absolutely any event or circumstance. If your joy is strong enough, you can change anything. Take this and apply it. Now. In This Moment.

YOU ARE PRE-DISPOSED TO JOY

You have complete dominion over your own illusion. You have dominion over the suffering in your life. "You" as a part and parcel of the Supreme, can avert incoming repercussions. And return to your Original State. Why? You are not required to suffer to Awaken. And yet you are not to remain in a state of emptiness. Ambiguity. If your joy is strong enough, pure enough, you can change anything. Why? Because this is an untapped Source. This is the foundation of your entire Nature. This is your True Self. This is who 'you' are.

It is fine and well to feel 'peace', but when your Heart Center explodes open you will experience a joy that cannot be contained. You will not go around in a state of giddiness. Although this is fine too. You will be so deeply attuned to Truth, to the Absolute Truth of who you are, that at times you cannot stop smiling.

How will you know if this is truly joy, your True Nature? *Because you will positively affect others.* Because you cannot stop it for long. It will bubble back up again. It motivates you to reach out to give to others.

Joy is not self-contained. It is not to be hoarded. You do not 'discover' it and attempt to 'teach' it to others. The All-Pervading does not emanate Joy to hoard. To keep to oneself. This is impossible. Absolutely impossible. For Joy, like happiness, has an expansive nature. It cannot stay stagnant. Therefore, do not let anyone possessed

by arrogance, illusion, affect you adversely. *For you are predisposed to joy.* For example, I see pain in someone's eyes. Yet I know that this is not who they are. They believe that they are this person. This experience. They may even experience pain for others. Compassion for others. So I may show them who they really are. And they remember their True Identity.

I WILL NOT LET YOU REMAIN IN PAIN -
SPONTANEOUS HEALING

But first I will help them with their 'problem'. Often times you tell me after the blessing line (*each audience member may receive a traditional personal greeting after public Discourse*) that all pain has suddenly disappeared. That joy fills your hearts. And so the blessing line has grown longer. But this has nothing to do with me. This is Truth touching Truth. For a moment you are returning to your Home. Your true state of Being. You must learn to temper the human journey through this dream with wisdom. The wisdom of activating joy. Therefore, if you are here with me, I will not let you remain in pain. For this is not a normal state of affairs.

Happiness is Now. In this Moment. You must capture the Moment. It is yours. You must immerse yourself totally in this Moment. Devoid of thoughts. Devoid of movement. Devoid of pre-conceptions. Melt deep, deep, deeper into the fullness, the richness of this Moment. This Moment in time. Then you will see the timelessness of eternity. In this one Moment. Not the past, not the future. Close your eyes. Forget what has happened to you. Forget it all. Let it all go. Let us dive into this Moment. For happiness is Now.

*Disappear into the Silence. The Presence. Find your comfort here.
Now. Become this. Allow the joy to bubble up. Feel this. Now.*

The problem is that many have not ever experienced joy. Therefore you have formed incorrect concepts of this. Joy is not often found here (*in the world*). You think that joy is getting everything that you want. But that lasts for a moment. Joy is Eternal. You may think that joy is the relief of all of your problems. This is a little closer. However,

'problems' are irrelevant to true joy. Problems are transitory. They have no substance.

JOY IS ULTIMATE REALITY

It is as if you are walking down the street and see a few ants going by. This is how so called problems look in the face of pure joy. They have no power over you. And yet you are driven to permeate everything in your environment with this joy. Joy has no limits. No beginning. No end. It is all-encompassing. In true joy, you forget 'you' and you become joy.

When several people are experiencing the joy within, the separation, the individuality, disappears. The alienation disappears. The suffering disappears. The ego, the arrogance, the ill will, the loneliness, it all disappears. Because that is illusion. And joy is Reality. Truth manifests as joy. It can be quiet and gentle. It can be all-embracing. But it is always of great benevolence. Great equanimity. In the face of joy 'healing' often occurs. In the face of joy, discord dissolves.

Have you ever been around someone who is very angry, and then the pet that they love comes up to them, or some other event occurs, and they have to remember to choose to be angry again? Because joy is of Truth. And Truth is the Ultimate. Therefore Joy and Truth are inseparable. One leads to the other. And you cannot have one without the other. You cannot experience Truth without experiencing joy. And you cannot experience Joy of the Self without experiencing Truth.

THE SMALL GLIMMER OF THE ETERNAL - LAYERS OF CONSCIOUSNESS

What you perceive as joy in one who is in Truth, is only the tip of the iceberg. It is only the reflection, the small Glimmer of the Eternal. The depths of joy are incomprehensible. It just Is. And it is You. Why is it incomprehensible? Because there are so many layers of Reality. Of Consciousness, that exist within you, that the joy increases with each one. The permanence of joy-filled Reality expands, as your Awakening increases. This joy allows for understanding many Truths regarding your journey that would otherwise be intolerable. For

example. Say you are meditating on the Presence within, deeper and deeper each day. You are non-compromising in your daily dedication. It is like eating. You never forget to eat. Thus you nourish your being. One day a new Clarity emerges. Because the process of Awakening is the journey of clear sight. About yourself most of all.

SEEING FROM THE EYES OF TRUTH - TRUTH NEVER CHANGES

Facts change. But Truth never changes. Truth is eternal. Perhaps you see that you are not what you thought you were. Perhaps you suddenly see that you are intolerant. That you are mean-spirited. You never saw this before. You observe your past actions. Without seeing from Deep Truth, from deep Realization, this information can be very confusing. Disheartening. Discouraging. However, from Awareness, from experiencing joy, you now see this from the eyes of Truth. From compassionate understanding. From joy. The Joy is all -Permeating. It is so fulfilling. Therefore it guides you to the most spiritually appropriate action. *Of course, this would be to correct past actions as much as possible.* To balance this with compassion, selfless service, and acts of Truth.

You realize that this illusion will never occur again. You have evolved. Some people call this repentance. Some call it offering obeisance. The point of this is that joy will eventually reveal your True essential nature.

This allows wisdom to prevail. This is the joy that emerges from Truth. This is different from temporal happiness that leads to sorrow and back to happiness like a yo-yo. Now many of you have heard of saints and sages that seem to live like this. In the heights of elation, and then experiencing the 'dark night of the soul'.

However, this occurs once or twice with them, not as a continual condition. When one has reached the supernal heights of inner joy, there is a strength that emerges. A solidity. A foundation. And everything else pales in comparison. Do you see? Let us all forget all about everything else for awhile and immerse ourselves in joy.

Sing with all the love in your heart. Forget all of your concerns and simply reside within your True Nature. Do not think about anything else. Dwell in the Truth of who you are. Sing with love. *(Robert sings inspirational songs with auditorium audience lead by performing artist.)*

EVER THE SAME -UNALLOYED HAPPINESS

There once was a little boy. He lived on a small piece of land with his parents and his animals. He loved them very much. He sat in the sunshine every day. He cared for his parents as they grew older. Soon they passed on. He went out into the world. He still retained this happiness.

Soon he began to meet people. "Why are you smiling?" They said. "What is wrong with you?" "I am happy. Why shouldn't I smile?" He went on about his way. He soon came upon some other people. He had to apply for a job. "Why are you so happy? I don't want to hire you. Something must be wrong with you. You are not like us." They did not hire him. He kept looking for a job. This is the way of the world. The happiness that others have lost sometimes makes them angry.

One day the town hall caught on fire. All of the people who he had met ran away. The fire officials could not save the people because the fire was so violent. The boy ran into the building and saved the people, risking his own life. They were amazed.

Suddenly everyone wanted to hire him. He was a hero. He was given the best job in the town. Soon he became very rich. Yet he remained ever the same. One day he smiled at some people in the street. "What are you smiling about? Oh. It must be very easy to smile when you are so rich and successful! If I were rich and successful I would smile too." They looked at him with scorn.

You see, whether he was rich or poor, employed or wandering, the world was the same. He realized that you could not win with people. They must discover happiness for themselves. He soon tired of riches and working long hours, and gave everything away to the poor. He

took his animals and moved into a little shack on top of the hill. As he grew old a great light began to emanate from his shack on top of the hill. All of the townspeople below could see it. As he grew older, he became known as "The Happy Saint". People from far and wide came to see him. And they all walked away happier for being with him.

All of his life he refused to become polluted by the world. And his happiness remained. Whether he was young or old. Rich or poor. Working or unemployed. And this was the happiness that the world now sought him out for. Soon, no one remembered that he was once rich, once poor, saved peoples lives, was ridiculed. Throughout it all, he remained ever the same. And this is what we are called to do.

CATCH THE MOMENT

Look around you. Do you know the persons name next to you? Do you know what they are going through? What they need? Do you know who lives next door to you? It does not matter what the result is. Just remain joy-full. Just find the little spark within you and expand it. Expand it unto other people. Catch the Moment.

Catch the moment that you feel this joy within. As you experience your Self in meditation. As you experience who 'You' are. The Moment that you feel that joy, the Moment that it emerges. The Moment that the Awareness that All is Well, above and beyond all passing events is experienced, stay there. Do not move. Hold on to it as long as you can. Take this Moment with you. Remind yourself of this experience. This is why I say that this must be experiential. It must be an active experience.

Now imagine that this joy that is beyond 'happiness', is who You are. You are That. Become this joy. Let all the barriers, all the hurts, all of the events that are holding you back, the resentments, let it all dissolve into The Truth of who you are. Just surrender to the Truth. Into your Original Identity. 'You' are in complete peace. This is permanent. This is your Origin. You can return to this Consciousness at any time you wish.

THE LAW OF SUPERNAL LOVE

Turn your mind from all that is not. Become all that IS. From this, the Truth of who you are, will take over your life. For it is a Higher Law. It will not allow you to engage in anything that is not of The Law of Supernal Love. Whether you are sitting and Pondering, or walking through Disneyland. Washing the dishes or dancing. You remain in accordance with this Stream of Reality.

Everything that you do now originates from this wisdom. The emptiness of the world becomes radiant with Truth. Everything that you do becomes new. You have nothing left to defend. For all of your actions are in accordance with The Power That Knows The Way. This is not to say that your human self, your mortal self, becomes perfect. You simply correct what is not of the laws of the Correct Action, and move forward into your conscious evolution.

JOY IS ROOTED IN TRUTH

For some, joy seems very far away. Yet you must be rooted in joy in order to be strong. To be strong in this world. Strength does not come from brute force, aggression. Whether verbal or otherwise. For this is an empty mirage. For a moment you may appear to win something, but the damage to yourself that you have incurred is going to put you right back at the beginning. You will have to start all over once again. Start to progress from point zero, in order to rise to the level of understanding of how humans must treat one another.

Yet joy is grace. For joy takes the grimness out of it all. Joy is rooted in Truth. Everything rooted in Truth will lift you higher than you could have gone without it. Therefore joy is imperative. If you feel that you are unable to awaken joy, simply bring joy to another. Do not 'try'. Do it. Not a half-hearted attempt. Transform another being's reality with joy, if even for a moment.

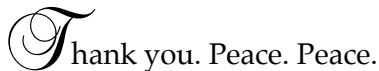
This will bring you so much Grace that you will not be able to contain it with your human-hood. Yet this is not why you do it. You

do it because it is the highest action a human being in a physical embodiment can do for another. Joy multiplies. As I say, it expands. It is like a balloon that takes you higher and higher into awareness of the Supreme. For joy is its very Nature.

As you are Unfolding, be thankful for the opportunity to give joy to others. It does not have to be a big ordeal. The simplicity of joy can transform everything. *(Pause-Silence)*

I wish joy for all of you. If you are in pain, walk away from it internally. Walk away from the pain and bring joy to another. It can be small. For example, each year we go to places of suffering, places where children have been picked up off of the street, abandoned. They have no one. When we give them beautiful books, toys that they never dreamed of, for a moment they feel joy. When we talk with them, tell them spiritual stories, play with them, they feel that joy is real. It exists. Their spiritual awareness has been ignited. They have felt the touch of The Supreme.

If this experience did not happen, they would feel that life is dark. They would become dark. This is the way of worldly illusion (*'Maya'*). But for this Moment of joy, they may become an asset to humanity. Their suffering has been lightened. And your time here has been well spent. Therefore, take the opportunity this week to find sustenance in the joy within. Make this a part of your life from now on. This will assist you greatly. *(Someone in the audience rises to hand Robert a flower.)*

Thank you. Peace. Peace.

CHAPTER FOUR

HAPPINESS SUPREME

*H*appiness is complete, total fulfillment within. How is this possible? You must cling to the realization that you have been created with everything that you could ever desire within you. Within your Self. Now of course here is the secret. I am not speaking of your human self, the fluctuating mind. The tempers, the desires. The thoughts that tell you that you must have this or that, to have others think of you a certain way. Gain adulation. Be popular. Have name and fame. Step on others.

Even the ego's more subtle arenas tell you that you cannot be happy. Unrequited love. The change that was unexpected. The job that passes you by. The disappointments. Of course you must regard these things with compassion. But they have nothing to do with 'you'.

Many who are seeking the Truth of Happiness in the Moment feel that they must push these things away. Harden themselves. Withdraw and become cold. There is no compassion. Then they believe that they are 'happy' within. That these things can no longer hurt them.

They tell themselves that this is inward progression. They do not need anyone. They do not desire anyone. They do not need anything. They do not desire anything. Yet there is something missing. Something very important.

They are not coming any closer to the happiness within. To real happiness. *They are simply becoming apathetic.* This distinction must be discerned. This is imperative. Many come to me that are stuck in this situation. They are unable to perceive it. Therefore they remain in a state of non-progression. They are secretly frustrated. For this is not how we were created to live. We must be very real about this.

UNALLOYED HAPPINESS

We are a part and parcel of distinct universal laws that have been recognized since the beginning of time. We are part and parcel of an expansive, indescribable, all encompassing beauty that has no end.

Wisdom has no denomination. Truth has no (*'superior'*) religion. This is not to say that devoting yourself to a powerful faith, a religion, will not enable you to overcome the vicissitudes of life. To know Truth.

This simply means that the Truth is that our True Nature is Unalloyed Happiness. When we are not worrying about the future or the past. When we are not resenting or angry, fearful, thinking thoughts that come and go, unrelated to who we really are.

We arrive with an inclination to happiness. To light heartedness. To benevolence. The problem is that the world's definition of happiness has nothing to do with true happiness. The happiness that adults have invented. It has nothing to do with momentary, fleeting desires. With the convolutions of the ego. With pride. With satiation within the human experience. Satiation of the senses does not bring happiness. Happiness is the deep, complete fullness of being that is experienced as belonging to a greater Boundless Love. An indescribable compassion. Absolute Love. Bliss Awareness. This is a factual, palpable Reality. It is awaiting you. The more you progress, the more this will cease to become words and become your personal experience.

THE FIRST SIGN OF PROGRESS

It is important not to confuse the personal self, "I", with the I AM, or the True Self. The personal self can never become Pure Awareness. The personal self can never know Consciousness. When you come here with an empty mind, you gave up the personal self, and therefore you experienced Pure Awareness, and that results in Bliss. Bliss that you can feel. The Self cannot be explained by words. It can only be experienced as Pure Being. And that Being is Pure Consciousness. Blissful Awareness of our True Nature. This is why you hear me say so many times, that the first sign of your progress is *when you being to feel a profound peace within yourself*. You realize that in one sense,

everything is supposed to be the way it is. Just to understand this is an advanced state. For you realize that you are not saying that you are not going to help others. It is paradoxical. Let's say you give a homeless person a good meal. You put him or her up for a couple of days. You give them fifty dollars in their pocket, and they go their way. A few days later, the person is right back where they were before. Yet, you have done what you were supposed to do!

THE ORDER AND HARMONY OF HAPPINESS

This is why when you help someone, you should not think about it. You should not ask what is going on. You should not even wonder if you did the right thing. You are doing what you are supposed to do, and then you drop it and forget it. You do not become a part of the game. And as you become peaceful, anger slowly drops from your consciousness, as all anxiety and bitterness and hate are transcended.

THE TRUTH IS GRACIOUS

You begin to feel a wonderful peace. You begin to notice that those people who come into your aura also feel peaceful, feel harmonious. You are not doing anything voluntarily. You have just risen. You have risen to a higher state of consciousness.

A rose need not declare: I am fragrant. By its very nature, it is fragrant. By your very nature you cannot help helping. If you cannot say a good word, or help in any way, you say nothing. And by your Silence, you have blessed someone else.

It is like a burned rope. A Sage realizes that the rope is burned and it is of no true use to anyone. Whereas the average person looks at a burned rope and believes the rope is real and can be used. So it is when the average person looks at the world, everything that the senses tell them, appears to be real. They identify with all of these things. They identify with situations, with persons, with places with things. Whereas the Sage sees the same thing, but is only conscious of the Self as the Universe. In the meantime, as you are Unfolding, in the midst of daily life, do not forget that happiness is your True Nature. Not a few words that sound good, but a true, abiding, wonderful

happiness that only wants the good of others. And this is the paradox. You see the illusion, and instead of ruining other people's fun, their happiness, you bring them more. For the Truth is gracious.

TRANSCENDENT CREATIVITY

Some of the most famous sculptors, artists, did their best work when they did not 'think'. As an example, Thomas Edison. He used to sit in his rocking chair every day and 'lose his mind' completely. Not think at all. And all of the ideas came to him. Because it comes out of the Self. The Self of Consciousness is always prevalent.

But you give it back, because you are thinking too much. Once the mind stops thinking, Consciousness, the Self, appears by itself as your creativity. And you become Creative. When you have risen above the pettiness of your personal habits, thoughts, and defenses, you make room for Reality to emerge. You are not alone and you have never been alone. All of Perfection rushes in to assist you in your accelerated evolvment. Your return to your original state of being. This is the area where so called miracles occur. 'Healings' occur. Depression is alleviated. The feeling of separation from others is dissolved. This is where anger has completely disappeared from your life. Judging others, attacking people, all of this nonsense is transcended. It no longer has any pull on you. This is not to say that you do not discern the difference in actions, words and decisions of Truth. It simply means that *within* you a great Shift has occurred.

Student: Would this be the tradition of passive resistance or complete non -reaction?

Robert: You do what is the righteous, honorable, required action to protect yourself, with love. You do not culture hate. And meanwhile the happiness is bubbling up so fast that you cannot control it. There is a great lightness of understanding. Yet you look no different than anyone else. The only difference is that you are always a vehicle of kindness. Integrity. Selflessness. These are not unusual qualities. This is your true state. Anything else is unusual. It is really a matter of becoming a better person. Therefore creativity floods out of you if you are creative. Healing floods out of you if you are a healer. Compassion

floods out of you even more if you are a humanitarian. Skill floods out of you if you are a dentist, a doctor, a lawyer. You just fulfill your human obligations more beautifully. Yet the ups and downs of such things affect you less.

LIGHT IN LOSS AND BEREAVEMENT

Student: I feel as if I can never be happy again now that my wife has passed. I attended a group for five years, but when my father passed away, no one was interested in my pain, it made them uncomfortable. I was raised in a church where everyone came over and took care of household duties and comforted you when such suffering occurred. Is the lack of compassion in my new group a fear of grief? I have sensed that life continues, but also the suffering of loss continues.

Robert: Yes. I understand. Take heart. So many people who attempt to follow various teachings feel that they 'should' not feel what appears as sadness. That they should be able to experience the so called loss of loved ones without having their happiness altered. They are above grief. It becomes a game of the egos. This has nothing to do with True Happiness. Happiness is unrelated to the ego. To what other people think of you. To what stature others attribute to you. Whether they hold you in esteem or do not is irrelevant.

Truth is Truth. And you are That. In that Awareness, no one is ever separated. On one level, eventually a deep and abiding happiness arrives that does not leave. You discover that this is who 'you' have been all along. And yet you honor the human predicament immeasurably. With graciousness and great heart.

THERE IS ONLY INFINITY

The Truth offers understanding that there is no death. Yet the human predicament is understandable. Love, both personal and impersonal, is eternal. It is a beautiful journey. As you are Unfolding, the veils disappear. Therefore you may begin to see through the illusion of separation from loved ones. The regaining of all of your natural senses perceiving the continuation of life. Seeing through appearances, to Truth. This is one stage of Unfoldment. This may help you. Simply

observe it (*new abilities to perceive no-death*) and proceed on. For what is to come is beyond all dimensions of time and space. The Love Immeasurable has no beginning and no end.

This will arrive naturally according to your daily effort. Therefore if you are trying to never be unhappy for the sake of portraying spiritual stature, then you are fooling yourself. In this way many people become self obsessed. They may feel a touch of the bliss awaiting within, and they misunderstand this. The ego pops up and confuses them.

They think that they are somehow failing if they experience the appearance of sadness when someone sheds their body. So perhaps they close themselves off from others. They have forgotten that however it may appear at times in this world, this is a gracious universe. The journey of Unfoldment is a gentle one. There is no need to pretend. You are already That which you seek. Yet your must make the firm decision to do whatever is necessary to return Home.

If you continue to catch yourself when the sadness becomes 'you' and gently pull back, observe it, remind yourself, "I am not this. I am not that. I am Omniscient Imperishable Love. Compassion." Something will happen. The pain will begin to subside. Some people have a sudden clarity, an immense Shift in consciousness, experiencing Truth. The Eternal behind the event. A Shift that does not go away. Immense compassion floods their being. But this is very rare.


It is better to acquire a Pure Heart than an imagined sense of spiritual advancement. Why? Because the Pure Heart is the highest spiritual advancement. Without this, true happiness cannot be maintained.

THE DIVINE SELF'S SUPER-IMPOSITION OVER THE MORTAL EXPERIENCE

Do not forget the heart of the matter. What is the heart of the matter? To be completely truthful with yourself. Nothing less will do. God sees the heart. Anything else will separate you from the true happiness that is your nature. That is the foundation of the universe. That is the origin

of life. Always return to compassion. This will protect you from chaos. Therefore, be gracious with yourself and others. Graciousness is more than a mere outer portrayal. Graciousness is the outer manifestation of the Self's superimposition over this mortal experience. Graciousness is the flooding over of the wisdom of the spiritual heart, regardless of what events are occurring in your life. This is great power. It is rooted in our Origin. It puts the journey of this earthly life into perspective. Graciousness is God. Are you a gracious human being? It is very simple. Therefore when your human embodiment is experiencing such a seeming shock as you describe, be gracious with yourself. Be gentle and kind.

As you enter into the Truth of who you are, be gracious with your mortal self. And the Truth of who you are, is the complete realization that there is no death. Love is the strongest power in the universe because it is the only Eternal Power.

here is no death. There is only Infinity.
This is your Self.

Robert Adams