

ROBERT ADAMS



# HAPPINESS

THIS MOMENT

THE SECRET TO HAPPINESS



DIALOGUES WITH ROBERT ADAMS

## INTRODUCTION

### THE RETURN TO HAPPINESS

#### A MAP HOME

“There are many writers, explorers, theorists and seekers, but only a handful of actual Master Teachers.”

When the internationally revered illumined Mystic, beloved Teacher and rare modern day Sage Robert Adams originally introduced *The Happiness of The Eternal Now* to Western audiences in remarkable depth over four decades ago, his deep warmth and ethereal radiance announced the presence of something extraordinarily different here.

Something far and beyond a mere philosophy, theology or interpretation of past spiritual offerings far removed from real life. Here, sparkled a timeless, transcendent Truth from one who knew. His own fathomless reverberating happiness shines like a beacon in the darkness of an unsteady world. Yet he is a modern American mystic who happily lived his life in the suburbs.

“Happiness is your true nature.” Is happiness actually our natural state? Amid an abundance of cynical Westerners discussing, debating, and intellectualizing the concepts of love, awakening, peace and compassion, here was one who actually exists *as* love, happiness, peace, emitting light. One who walked the walk. Great

tenderness with great power.

What flooded out of this phenomenal gentle master teacher in unabashed eloquence and fluidity transformed so many lives that increasing crowds began to gather around him, yet he sought none out. “I am not a guru. You must discover this for yourself. Try it and see if it works for you.”

Refreshingly removed from substituting mere words for action, he remained quietly engaged in practical service to humanity through groups aiding the homeless children of Third World countries, providing for the local urban homeless population, and emphasizing peace as a basic requirement of human evolvment. A powerful Ultimate Truth speaks fluidly, purely and commandingly through him in words that reverberate deep within the soul, setting a rare Sage far and apart from contemporary offerings. Here, in modern times, is the rare one who speaks from pure Illumination. Yet it is his gentle, touching transparent innocence in the frame of relaying loving Truth that is most moving. “Compassion. That is the most important thing.”

An internationally revered teacher of extraordinary humility, his consistent and often startlingly uplifting emphasis on “Bright and Shining” happiness, which is ‘The Substratum of Our Existence’, a topic few even claim to remotely imagine, resulted in a collection of his deeply moving Happiness Dialogues. These define the precise directives, experiences, and path to actually consciously return to our original nature of Unalloyed

Happiness, as shared within this book. Here, the practicalities of contemporary challenges and so called 'problems', from loss to depression, are all addressed from a powerful and freeing perspective of Ultimate Truth and a transparent, highly evolved selfless compassion.

Speaking only if requested, both traditional orthodox and modern organizations requested his presence, a rarity. Even more unusual, he refused to charge to attend his talks and events, honoring the pure Ancient Way followed by true saints, sages and mystics throughout history, often quoting Christ on giving. Eventually his talks were published in international journals and magazines throughout the world, as his own selected personal groups remained with him throughout his life.

## THE EXPERIENCE

The experience of an Original Full Format Talk of Robert Adams is a dip into the rarified waters of sheer joy. Amid his own unique original format of Dialogue, Questions and Answers and music, the very air in the room palpably transformed, sweetened and uplifted as he guides his audience beyond intellectual concepts into the ultimate crux of his Message; an all-consuming love and happiness that exists beneath all appearances to the contrary.

Indeed, there *is* a 'happy ending', and he would share his experience freely if asked, with a fathomless twinkle, "This has been my experience. Try it and see if it works

for you.” And work it does, as those unwilling to concede to life as it appears in unsteady times amid a joyless existence, are ‘trying it’ and finding that a deep, prevailing inner happiness does exist beyond external appearances, awaiting our attention.

We are invited to ponder the possibility that we emerge from “An Unimaginable Beauty” awaiting our humble daily access. This nourishing of the soul, the “Unfoldment into our True Nature of Unalloyed Happiness” is our destiny. Fresh, natural and lucid, life becomes extraordinary. Amid an unusually refined, kindly, gentlemanly humility, his Presence of Truth touches the most caustic of hearts, continuing to increasingly transform lives throughout the world. Amid hundreds of completely extemporaneous, soul-permeating weekly talks and spontaneous audience questions and answers- from celebrities to professors, monks to moms, his disarming smile of seamless, transparent wisdom reaches out to lift others up to where he resides. There, we remember a beauty forgotten.

## THE SILENT SAGE

As tour buses stopped to point out the suburban hilltop scenic home of the resident saint, fondly called *The Silent Sage*, audiences gathered to hear this teacher, devoted husband and father, who rejected the purity and nobility of both a child and a prince, whispering of ancient, highly evolved wisdoms lived out as Reality, rather than spoken of in ‘alternative’ concepts. Both simple and

layered, his message resonates with all. A true modern mystic, practicality melds with gentle beauty, his own radiance a reminder. “This is not dry head knowledge. You must experience this yourself.”

Something within responds. Many describe a new awareness of love that fills the air with a deeply healing balm at his words. No questions go unanswered. This beloved teacher takes personal time and care to go out of his way for anyone who approaches him, doing so through personal questions answered in this book. We enjoy a distinctive quality separating his transmissions from mass generalizations of ‘peace’ and ‘awakening’ given within today’s maze of modern offerings: the solid specifics of how and why in a fresh purity of intent, a shining disarming Truth through kindness.

This care appears consistently in his personal commitment to bring happiness to each individual rather than simply announce a teaching and leave one to their own devices. To the intellectually jaded, this rare combination of powerful mystical illumination accompanied by tender kindness, traditional values, and a self-effacing benevolence confounds all traditional assumptions of power- of ‘getting’ happiness.

From personally consoling a distressed student to actually removing his new white Nikes on the street to hand them out to the homeless man approaching him, he lives that of which he speaks. The words of one going far beyond the concept of love to exemplifying the reality of it strikes deeply indeed. In these Happiness

Dialogues, we are treated to a solid feel for the origin of his entire Message to humanity: Awaken to the amazing possibility that happiness is our True Nature.

## THE TIMELESS QUESTION OF HAPPINESS

Our assumption that happiness is something to be *found*, is challenged here by the discovery that happiness is something already gloriously present, simply be uncovered.

The personal emancipation from the dilemma of human suffering is as simple as returning to the Kingdom from which we originated, that of Illumined love, yet requiring something practical of us- Living in this New Reality.

A dedication to the actions that practically awaken our dormant happiness and all of its fruits; sustenance, comfort, compassion, love, the very definition our true nature. The result is a sustaining, real non- debatable original happiness which the outside world cannot affect. “The happiness that we experience on earth is barely a glimmer of Unalloyed Happiness that is the Origin of your Existence.”

Practical in an immaculate perception, he reminds students that seek ‘instant illumination’ from simply ‘being’ in the present moment, that this is only a beginning step rather than a tool in and of itself. Going beyond this initial step, we ‘dive in’ deeper, dramatically lifted into ‘A Higher Vision’ of our life, of who we are and can be. Of utter and complete transformation through immersion in The Ultimate Reality. A love that

results in the happiness that we all deeply crave, against which all else is merely a backdrop of waiting.

The human precursors to happiness are more than a nicety. “Without the love, the compassion, humility, one cannot find happiness. One cannot return to their True Nature. For what do you think your True Nature is? This abiding omniscient happiness is the substance of your being, and of everyone else’s too. Therefore, you share this happiness with all. This has been my experience.”

## THE HISTORICAL HAPPY ENDING

Is happiness our true heritage? Joy our destiny? The theme of true happiness, of joy, remains the origin and promise for humanity throughout historical reference, from the Bible to the Bhagavad Gita. From time immemorial, traditional cultures, wisdoms unite in emphasizing happiness, joy, as being the foundation of creation; the true destiny for man.

Here, in his uniquely personal experience and Teaching, Robert Adams, emanating sublime happiness through both health and illness, shows us how to experience that Reality. Today. How to actually have that happiness that defines our True Self. It has never gone anywhere. It only awaits our return. For as he states, “You are Pre-Disposed to Joy.”

Is this happiness the same one that causes our eyes to light up with joy and our hearts to fill with completion? Vibrant, loving and dynamic rather than an abstract, detached version of ‘feigned happiness’ far removed



from warm involvement with others, our heritage of 'Unalloyed Happiness' constitutes a rich fullness of the soul in which, "Everything you could ever want is fulfilled beyond human imagining. There is no loneliness. No need. A magnificent Remembrance occurs. You feel an indescribable love with all of life, including the sudden realization that everyone is truly your brother and sister. This Omniscient Happiness permeates everything."

**"HAPPINESS IS THE SUBSTRATUM OF OUR LIVES"**

In this book we enjoy the jewels of Robert Adams own unique cadence, the crystalline clarity of his own words. Saturated with his emphasis on happiness introduced as 'the substratum of our lives', we are shown how to hold this Truth up to every common day to day concern in the brilliance of a light to which all else that seemed so powerful fades. It is in that Moment that we choose our destiny.

If we mistake this radiant brilliance of happiness as the mere removal from a normal, responsible active life, common in our cultures tendency to encapsulate centuries of hard won ancient wisdoms into an often unrecognizable convenient interpretation, we are quickly humbled into awe by the touchingly practical 'overcoming' of the teacher himself, the ultimate example of being real. In this we find sustenance.

Unperceived amid his good cheer and genteel demeanor,

for a good portion of his own renown teaching ‘career’, Robert Adams own physical body underwent the pain of sudden illness after a strident active life of vibrant health in a robust physique in which he climbed mountains daily before sunrise, walking and swimming for miles for the joy of it.

## TO OPT FOR HAPPINESS

Amazingly, his prominence grew as an ethereal peace emanating from him became world renown. Living in this realm of supreme equanimity, daily he rose before the sun to continue to hike for miles carrying his beloved little dog with him, accompanied by children and loved ones holding his hand, as he transcended all assumed limitations.

Radiance is a rare commodity. Happiness even more so. Both pour out in boundless open floodgates to all who approach this “St. Francis of the West.” Many described instantaneous shifts in perceptions and newly awakened happiness in his presence for the first time in their lives. Amid the ultimate truths of the universe, his pulse remains on the simple power of our own personal innate joy, as he simply states, “Ask everyone what you can do to make their lives easier, happier. This is the best use you can make of your time here on earth while you are Unfolding. Spread sunshine to all you meet. For in this way, you are manifesting your True Nature.”

Within this profound wisdom of a genuine illumined Sage, the simplicity of wonderful humor is celebrated.

Dressed in his signature white, wearing a Disney Mickey Mouse shirt with modern athletic gear, he ends his Discourses on the most intricate of topics with a request for all to join him in stretching ones mouth from side to side in ‘the smile meditation’, in order to remove oneself from common self- absorption in ones own life journey.

Blowing bubbles with children, wearing a Santa hat for holiday Discourses, his warm humor compliments an unusual self- effacing style of guiding one in the ultimate journey, the journey home to joy, toppling our egos investment in substituting ‘dry head knowledge’ for the actual experience. Throughout this book, his warmth emanates in his own personal style of guidance, as a father welcoming one home.

## THE LIGHT OF A THOUSAND SUNS

As these words that ring from a higher evolvment take our hand to lead us out of the clouds of everyday vacuous confusion into ‘that which is eternal, that love which does not change’, a hard shell begins to dissolve.

Practical, contemporary, yet uncompromising in transmitting an Ultimate Truth, he guides us in allowing layer after layer of all that has been mistaken for ‘real life’ to reveal an eternal substance, one that we can always depend upon. His words soften the heart and awaken selflessness, the true nature of the soul. His detailed instructions take our hand as we walk with him in a remarkable journey through the forest of apparent pain and suffering that we have identified as ‘us’, into “The

light of a thousand suns”.

The trademark radiance that melted a room, that brought hundreds to tears in the face of his compassion, continues to remind us of this possibility. The possibility of the true nature of the human soul to emanate the same radiance, stating that this life may be a dream, but it can be a joyful one.

“We are such stuff that dreams are made of and our little life is rounded with a sleep.” Shakespeare

 . Devi

# The Teaching of an American Illumined Master Robert Adams

*"Joy is your Source. No matter what your background or religion, Happiness is the Unchanging Reality behind the changing images of your life. You simply have to awaken to this Reality. Won't you begin to experience this Reality now? It's worth it!"*

**"Within you is Unimaginable Beauty. Your True Self is Bright and Shining, this Moment. Through the clear Realization of the Truth, your Real Self will come shining through. Everyone is looking for happiness. Happiness is the Unchanging Truth of your Real Self. You are not the outer images that keep changing. It does not matter what is happening in your life, nothing is more powerful than the Absolute Truth of who You are, an embodiment of Happiness.**

**Beyond our myriad thoughts, desires and fears, is *Unalloyed Happiness - Unimaginable Beauty* that transforms us in a moment. It waits for you. The moment behind the Realization of Unchanging permanent happiness is peace. Because your Real Self is an embodiment of love, peace and harmony. Once this simple secret is realized, all you can see is love, joy and the Truth behind temporal events. You are Free. It all begins with you."**

**Robert Adams World Renowned Teacher  
and Mystic, Author of: *Silence of the Heart***

**Happiness is the Substratum of Your Existence**

**The beloved renowned and internationally revered teacher of four decades, captivating and humorous, Robert Adams conveys non denominational Truth with a rare, stunning clarity that resounds in the soul and reveals the Truth of *your* life.**

*"Robert Adams is a rare jewel, a profound Consciousness whose compassionate living words activate an instant shift not found in many teachers, uncovering the 'Bubbling Happiness' that awaits us in a simple step by step guide."*

**Jenifer West NY  
The Inner Life**

ISBN 978-0-578-02486-8



9 780578 024868