



The Archived Quotes and Extracts of Robert Adams On Children

An 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 which omitted 'the Heart of the Teaching, and instead increase the ego.' Instead, the 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 due to being abandoned and abused.

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 tradition of stopping the Discourse completely if a child was disrespected or not treated gently, was the event in which a host approached a little boy sitting down in the front row and demanded that he immediately leave the seat, so adults could sit in that premiere seating. To the surprise of everyone present, The Master suddenly stood up- unusual in that he usually sat throughout the Discourse in the last 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 and 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, often inaccurately generalizing this Master into the California vein of "nothing matters, nothing is real" contrary mis-interpretation of true Advaita Vedanta-approached the one who had startled the child with soft rebuke, and said "You sit somewhere else." He then returned to the stage podium, as his students observed the one and only time he had publicly firmly corrected Right Action in protection of the innocents. In later days, he softly and respectfully evicted two students for 'bad behavior' of unethical, rude abrasive manner.

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.

The Pure Form Dialogues of Robert Adams on Children

Students Questions and Answers

S: 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.

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

S: 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?

R: 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'. 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, and become joyful. You become joyful when you stop thinking about yourself, about your unhappiness, stop feeling sorry for yourself. Therefore, upon awakening, perhaps earlier than usual, you may go outside with the sunrise, do your chanting, your I AM Meditation. Then, you serve your children. You teach them of these things. In a loving and gentle way. Your children are God visiting you.

S: If I have to continue doing the practices every day, it has really changed my life, then I can teach them to my children even if they are five years old?

R: 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. The Golden Rule. Teach them correct living. Then they will cease to make further painful 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 Truth.

S: 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.

R: 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? 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.

S: Robert thank you for your patience.

R: You are welcome.

S: 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.

R: 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 evolvement. You have known them before and you will know them again. This is your sacred 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. 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 sacred 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 often 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 student's children making noise so much how do you get in the silence?" I explained to her, they are the Silence. God.

The Qualities of Children

S: Last week you mentioned the 'samskaras' (innate qualities) of children indicate their spiritual position or stature I believe...can you speak on that?

R: 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 foreign 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 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, 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, they feel foreign around angry, unkind people, qualities. Why is this? OF course, they have developed these qualities, these spiritual virtues previously, and have come in with them. 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. What samskaras are predominant in your nature? Your human nature. Ponder this.

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. When they are alone, they always do the right thing, even if it does not benefit them. These children have previously developed these qualities. 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. And you become a fount of goodness, of wisdom for them. You show them a better way. You surround them with loving kindness.

S: 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...

R: This is very good. For, in the way of your dharma, you are. He will make decisions based on what he learned from you by example. Unless there are interventions by other means, 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

S: If I may sort of review last week's 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 in respect)

R: Yes. First of all, we are not interested in schools of thought. We are interested in (divine) 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. You keep the form healthy, natural foods, etc., exercise, and moderation. You respect your bodily temple and that of others. The more you seek enjoyment from the flesh, the deeper you become enmeshed in confusion. Wrong

identification. If you continue along this path, you lower your 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.

(Robert is smiling.)

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. These are the things I speak of. Consequently, your job is to become a living embodiment of these things. This does not mean you only attend so called 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. Yet, where is the joy? Where is the manifestation of The Supreme?

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.

As they grow older, explain this to them in great detail. Read the scriptures to them. People say to me, "But Robert, how do we know the scriptures are true?" 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.

S: 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. 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.

R: 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 better to care for others.

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. Parks. Laugh and have fun. Spend much time with them. Do not force them to be quiet. Preserve their happiness. Surround them in love.

S: 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.

R: 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 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 discernment in this world. 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 progress.

S: Is it necessary to have a vegetarian diet?

R: This is the best way. Because of the compassion. Our human bodies do not require flesh at all. Why are we doing this? This causes unbearable suffering to the animals. Therefore, teaching children compassion for animals is the best way.

Additional Quotes on a Non Harm Diet:

“When you eat meat, you absorb the pain, the terror, the suffering of the animal.”

“What right do you have to hurt an animal?”

“Your job is to protect the animal kingdom.”

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