



## THE PURE FORM ORIGINAL LESSONS OF ROBERT ADAMS



LIFT YOUR EYES UP TO THE MOUNTAIN TOP

"Never forget that this world may be a dream, but it can be a joyful dream." Robert Adams

Good evening.

It is good to be here with you once again.

If you can only remember, that I am with you always.

When I say I am with you always, I am not referring to 'Robert' (\* *the human personality*). I'm referring to I AM. I AM is with you always. Loving you, protecting you, taking care of you, leading you.

I AM is Consciousness. I AM is absolute reality. I AM is pure awareness. And that is always with you. How can it not be? For after all 'you; only exist because I AM (*God within you*) exists. Or you may call I AM God, if you desire. The only reason 'you' seem to appear, is because God appears, as eternity, as omnipresence, which is really your SELF. You are That. There is no God or I AM apart from You (\* *"The real You with a big Y."*).



You are a wonderful being, a pure being, a spiritual being, a God-like being. Yet, what do you think of yourself? You worry, you fear, you think you have problems. What kind of 'problems' can God (*"Consciousness. Divinity. Eternal Truth."*) ever have? The appearance may be there, but to whom does the appearance come?

### Lift Up Your Eyes To The Mountain Top

Many people do not understand this path, saying we have no compassion, no love, no understanding of what is really going on. It is just the opposite! What do you think is really going on? Would the senses tell you that there is man's inhumanity to man, an AIDS epidemic, wars, earthquakes? Is this what you identify with? The only life 'you' are ever going to have, is the life that you identify with.

So we are told, since a period of time, by great spiritual Masters, to lift up your eyes to the mountain top, to see that which is real, to behold Brahman, to behold the Reality. The Truth. That which is. Yet most people on this earth refuse to do this. They identify (\* *"They identify completely with the outer."*) with person, place and thing, and then wonder why they suffer. You have to learn to let go, to be still, to have faith, to trust.

### Trust The Power That Knows The Way

Do not be 'concerned' about this world. (\* *When I say do not be concerned, do not let your heart be troubled, I do not mean to be apathetic. Cold. I mean to trust in God and do the right thing."*)



The power that grows the oranges on the orange tree, takes care of this world. The Power That Knows the Way, knows how to maintain and sustain this world. And since you appear to be part of this world, your needs will always be met from within. This is the truth.

You will be saying to yourself, "Well, there are many times when my needs have not been met from within. I have suffered. I have gone through that experience and that experience." Yet 'who' is it that has gone through these experiences? Not You. You (\* The divine eternal unchanging You") are the One, You are the life, the love, the joy, the bliss. 'You' have never suffered.

Yet you feel something has been suffering, and you call this 'me'. Some of you may think back to the past, to times when you have suffered, you had hard times, when things appeared to be wrong. You have to separate the two. There is the one who suffers, which is an illusion, which does not 'exist' and there is Reality (*"That which is eternal"*). The question is, whom will you follow this day? With what will you identify? The choice is yours. It is up to you.

**You Have All The Power You Need. You Have Everything You Need Within You.**

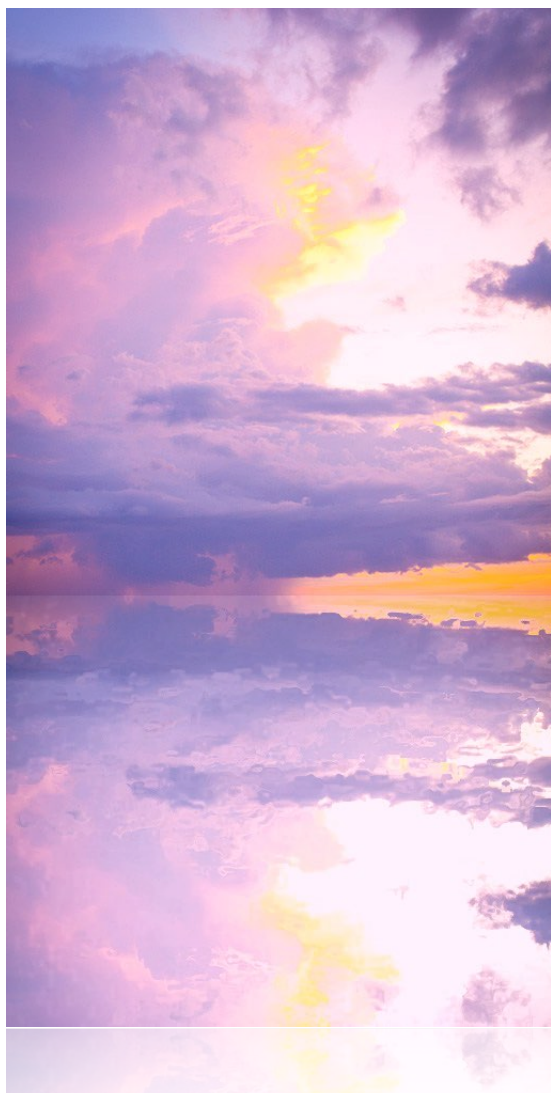
There is nothing in this outside world that can change things or help you. Never look to the external world for relief. You will find temporary relief in this world, but the problem will come back in another way.

**Free Yourself By Identifying with The All Pervading, Within You**

Learn to turn within always. Whenever something happens in your life, do not keep looking at this situation, and telling everybody how bad things are, so they can feel sorry for you. Rather immediately turn within, and inquire, "To whom does this come? Who is going through this experience? Who's feeling this?" It is only the I-thought. The mind is really the I-thought. That's all the mind is. It's a thought, called I, the first pro- noun. This I has to be investigated. This I has to be scrutinized.

And you will begin to understand that only the I suffers, only the I appears to have problems, only the I goes through experiences. But you must ask yourself, "Is this I me? Am I this I?" Always ask yourself. In the last analysis you cannot find the answers in books or from other people. You are the answer. You are the answer. What is the question? There is no question. Subsequently there is no answer. When you are looking for an answer to the mysteries of life, there has to be a question. If there's no question, you do not need an answer. Therefore look at yourself and ask yourself, "Who asked the question?" Say to yourself, "There is something within me that knows everything." And that is all-pervading Brahman, pure awareness. There's no question. There is no answer. There is only that, and you are that.





### It Is So Beautiful, So Joyous

It's so beautiful when you understand this. It is so grand, so peaceful, so joyous, to understand, I am God. Not the body is God. I am, is God. I am that, is God, is Brahman, is Absolute Reality. Why not just identify with this, and forget the whole thing? Why go through all of these stages. You talk about 'stages', this stage, and that stage, and every stage. Why think about stages? Why think about grades, and keep identifying with the level of understanding that you are at? Forget all these things; these are the things that keep you back. Thinking at this level or that level, comparing yourself to any other human being. so-to-speak, comparing yourself to people, talking about what stage they're at. Whether they are 'enlightened' ... What difference does this make to you? You will gravitate to where you are supposed to be.

### Everything Will Unfold At A Fast Rate of Speed

As you stop reacting to person, place or thing, as you stop judging, as you stop bothering people, as you stop asking questions, everything will unfold at a fast rate of speed. You will find that You are already

Free. So, to be 'liberated', you have to know that You (*"The Divine You"*) are already liberated. You become the epitome of compassion, of love. Everything happens by itself. This is one thing you should never forget. Everything happens by itself. You begin with the truth, that you are absolute Brahman, the only Reality, Nirvana. This is where you begin, by knowing the ultimate truth about your Self. And then everything will take care of itself.

But if you begin by trying to resolve your problems, by thinking, "If I win the lotto I will be able to sit in the silence, and nothing will bother me," - On the contrary, if you are disturbed in your mind now, if you ever won the lottery, you would not be able to sit still for a moment. The mind would be going a thousand times a second.

People always imagine that if they were somewhere else, or they had something else, things would be different. Things will never be different, because your mind is going on the same way it always is going on. Only the conditions change.





But the conditions appear to be at the level where you are in your mind. So if you feel fear, if you had ten million dollars, you would be ten times more fearful. A thousand times more fearful, because you would be feeling the fear that somebody is trying to kill you to take your money.

### The Magnification of Your Humanhood Subsides

Whatever you feel, as your humanhood increases, those feelings will be magnified a thousand degrees. So, forget about all these things, and dive within your Self, where the Reality subsides. The Reality subsides, because you keep thinking, and thinking, and thinking about your body, person, place and thing. But if you dive deep inside, the Reality will never subside. You will become That. Your Self. Stop searching. Stop looking. Try to understand, to an extent, that You are the One. There is nowhere you have to go- no-thing that you have to do. There is no-thing you have to change. (\* *"Those sincere devotees understand that one who pursues this path is already a person who does not bother, others, does not harm others. I am referring to the thinking that you have to travel somewhere, escape somewhere, to become Free. Illumined."*) There is no one who has to come into your life, and no one to go out of your life- for everything is right just the way it is.

This Life May Be A Dream, But It Can Be A Joyful One. Your Job Is To Surrender To God.

Why is everything right just the way it is? Due to the fact that You are All- Pervasive. You are Omnipresence. So how can anything be changed? Whom will change whom? What will change what? It is like trying to change a dream. You cannot change a dream. Only when you find out you are dreaming, will you awaken. It is the same thing with your life now. When you finally understand that You (*The Real You*) are not the body, or the mind, or the phenomena of the world, you are not the doer, you will awaken.

Take a look at your life. Think of the worries, and fears, and things you go on with every day. Some of you are trying to 'straighten things out'. You are trying to make 'things' right-yet there is no need for you to do this, for things are already right. Things are already straightened out. (\* *"When I say this, I speak from the highest Truth. The Ultimate Truth. The Eternal Truth. Yet in this earthly embodiment, you must make the effort to be an asset to this world. To alleviate the suffering of others. Deep in your heart, you know that ultimately, All is Well."*)

Things are just the way they are supposed to be. Your job is to completely surrender. Surrender everything. Surrendering is another way to quiet the mind. When you begin mentally to give things up, you will notice that your mind becomes quieter and quieter. The mind stops fighting, stops arguing. Stops needing and wanting.



### Let Us Meditate. The I AM Assertion Meditation

Feel the presence. Feel the presence. Feel the presence.

Feel the bliss. Feel the bliss. Feel the bliss.

Feel the peace. Feel the peace. Feel the peace.

Feel the happiness. Feel the happiness. Feel the happiness.

With your respiration, inhale, slowly, say to yourself, "Who am I?" Before you exhale, say to yourself, "I AM Consciousness." Exhale with the feeling, "I AM not the body." "Who am I?"

Inhale. "I AM consciousness." Exhale. "I am not the body." Begin to do this.

### Questions

#### God is All Love

Question: Robert, how can I become more loving?

Robert: By understanding who You are. By realizing You are not the person who is not loving. That person does not exist. By realizing You are God. (\* *"Be very careful. I am not saying the your human personality, your human self is God. I am referring to divine Consciousness. Perfection."*) Your real nature is God, and God is all love. The one you are referring to who is not loving does not exist. Do not feed that person energy. You are feeding a non-entity energy. Do not do this.



Love is your real nature. Love is what You really are. Get rid of the other by not giving it power by thinking about it, by not responding to it, by not looking at it as a real person.

Lift up your eyes. Stand up tall. Know who you really are,  
and you will see that You are already love.

Identify Only With The Higher Things

**Question:** How do we know if we are doing spiritual progress?

Robert: You will know. You will find yourself becoming more peaceful. You will find yourself not reacting to things any longer. The things which used to disturb you, make you angry, upset you, will not be any longer. It will not matter where you are, or what you are doing. You will be peaceful. You will be happy. It will all happen by itself. You will see it.





Do not try to remove anything from you- simply change your mind. Change your mind from a thinking mind to a non-thinking mind, i.e. try to be still, quiet. When your mind gives you thoughts, inquire, "To whom do they come?" and realize You are thought free. You are no-mind. You are nirvana, the ultimate reality.

*Identify only with the higher things.*

The Karmas Come Up. Remain Still and Quiet; You Will Experience A Profound Joy.

Question: How do we know if we are doing spiritual progress? You mentioned something about only 80% of the people leave the spiritual path, and only about 20% continue. And there are very few out of that, that go on with it. And I wanted you to maybe elaborate a little bit on that.

Robert: Well, on this particular plane of existence, approximately 80% of the people who pursue spiritual life, drop out. Why? Because they want something to happen today. This week, right now. They have no understanding that while they are on the spiritual path, the real spiritual path, things may appear to become progressively 'worse', at first- for all the karmas are coming up and being destroyed.

So 'you' feel this, you experience this. But all the great spiritual books tell us not to pay attention to this. Not to respond to this. Just let go, and let whatever happens, happen. And the example I give, is when you're building a new building, the old has to be destroyed. So there comes this big iron ball, breaking down all the old structures, destroying everything it sees. And if you look, you will say, "Why is this destruction going on?" If they didn't want to build anything new, they would have left it alone. So the destruction is there in the beginning. Then it's all cleared away, it's swept away, and a beautiful new edifice is built. And so it is in your life.

**You Are Accelerating Your Karma, And A Beautiful New Edifice Is Built**

When you get on a real spiritual path, everything comes up. At a fast rate of speed. Things may seem very bad to some people. It does not happen to everybody. It is because you are accelerating your karma. It is all coming out of you. It's all being totally dissolved. And then if you hold on, become still and quiet and do not react to these things, all of a sudden you will start feeling a profound peace, a profound happiness, a profound joy. You will finally feel freedom. But this is not explained in most teachings. This is the reason why 80% of the people usually drop away.



## Singing Holy Songs Is Good

Robert, what is the purpose of Bhajans? (\*Robert Adams includes singing of holy songs to God in the majority of his Talks. Some are spiritual ballads, gospel, Christian chants and 'Bhajans' or East Indian ancient holy chants.)

Robert: Bhajans, Kirtans, singing, it makes the mind one-pointed. It causes the mind to become still. You know yourself that when you chant a lot, you become peaceful, you become still, you become quiet. So this is the purpose. To make you one-pointed. To prepare you for what's going on. Bhajans are good. Kirtan is good.

Question: So when we have an opportunity to do it, we should do it?

Robert: Of course, yes. This is what we do Saturdays, about two hours of it. Everybody feels so happy, so blissful. These things have been known for thousands of years, chanting, singing. Takes you away from everyday experiences. Lifts you up. It's good for you. Good for the soul.

Robert: It is time for prasad! (Blessed refreshments in the temple tradition. One prays or chants over the food to purify it. This usually consists of colorful Indian sweets.)



Peace. Peace. Peace.

The Original Pure Form Teaching of Robert Adams