

2370 W. Highway 89A
Box 182
Sedona, AZ 86336
March 23, 1996

PhMr. R. Skarnitzl
Metodejova 1/1469
149 00 Praha 4
Czech Republic

Dear Rolf,

I have received your very interesting letter, and I want to thank you. I'm glad to hear that you are in touch with Alan Jacobs and Jane Adams.

Your questions are from the point of view of the individual. If the person is unreal, where are the questions? Philosophical questions are all part of the illusion -Maya- and there the debate is endless. How does a relative answer to your questions bring you any closer to Self - the Self that you already are? Such things only feed the mind. Any answer given to satisfy the mind cannot be true. The answer to any question can never be on the same level as the question. Such an answer only reinforces the false notion that you are the body, an individual that is bound, limited, and striving to be free. Since this is false from the start, any questions, any problems, coming from this first idea of individuality are also false.

There is nothing to work out. There is nothing to understand. There is nothing to attain. You must go to the root. The root is the I-thought. Question it by enquiring as to the source of this concept. "To whom do these questions appear?" "To me." "Who am I? Who is this me? Where does this me idea come from?" Do not look for an answer. Only ask the question with patience whenever thoughts arise. This serves to quiet the restless mind. As you do this in a relaxed, alert way, you will notice that the space between the thoughts gets larger. Be aware of this space between your thoughts. That is your true nature - spotless, formless, pure Awareness. It shines like the sun; only clouds of thought seem to obscure it.

The apparent mind must die. The way to do this is to enquire into its source. Where do your body and mind go in deep sleep? They disappear, but do You cease to exist? No. Therefore, you are that Consciousness that transcends waking, dreaming and deep sleep.

If you cannot enquire, give your thoughts to me. Say, "You take it, Robert!"

Surrender totally to your own Self. Trust your Self in all things. Realize that you were never born and can never die, that you are eternal Happiness, eternal Peace. Om Shanti Om.

In the Light and Love of

Oneness,

Robert Adams

Robert Adams

RA/rw

2370 W. Highway 89A
Box 182
Sedona, Arizona 86336
April 15, 1996

Rolf Skarnitzl
Metodejova 1/1469
149 00 Praha 4
Prague,
Czech Republic

Dear Rolf Skarnitzl,

I received your sincere letter and am happy to try and help you to understand what your questions are and where they are coming from.

I will first start off by saying as long as you believe in the body-mind you will continue to have questions like these.

When we are born into this world we have, so called, karma to repay. When we follow the spiritual path with complete surrender the practice will lead us eventually to our awakening, to the One Self.

You need answers that fit where you are coming from now. First find out who is asking these questions and when you do, there will be no need for questions. Questions only satisfy the mind and intellect. They do not help one to awaken. It is only when everything is dropped that you begin to awaken and see the futility of questions. Still you have asked in all sincerity and I will give you answers that may or may not satisfy you.

The thing that develops, grows, matures, and changes in man is his understanding of who he is. The sooner he can leave the belief that he is the body-mind, the sooner he will realize who he is. You've been here many life times and now it is time that you are sincere about finding out who you are. This is what you are searching for.

We are born with past tendencies that must be satisfied. In some life time these desires will not be fulfilling. They do not bring lasting happiness. This is when we begin to search for the answer. Our search to find out who we are will lead us from our tendencies which will become weaker and weaker.

Consciousness is our real nature. It does not grow or develop. It just Is. Everthing is Consciousness. When one awakens to his true nature,

which is Consciousness, there will be no one to speak of It.

So you see Rolf how meaningless all these questions are. As I said before the one most important thing to do is to find out who you are. The Guru or teacher will only point the way you must make the effort your self.

As Ramana says, " Even so it is in death, the individuality of the person with samskaras is not lost and this is how jivas are reborn," to keep growing closer to the Light in each life time.

Stop what you are doing. Don't let the mind become your Master. Trust in the Current that knows the Way.

We keep searching outside for answers that lie within. They can only be known in the Silence.

Truth is only One and you are That.

In the Love and Light of Oneness,

A handwritten signature in cursive script that reads "Robert Adams". The letters are fluid and connected, with a prominent initial 'R'.

Robert Adams

2370 W. Highway 89A
Box 182
Sedona, AZ 86336
July 11, 1996

PhMr. R. Skarnitzl
Metodejova 1/1469
149 00 Praha 4
Czech Republic

Dear Rolf,

Thank you for your beautiful, thoughtful letter.

There is nothing to figure out, and nothing to understand. You are not a person. There is no such thing as a person. The so-called person is merely a thought in the mind of God. In truth, it's not even that. There is only pure Awareness, Consciousness - formless, unborn and undying, and that is who you are. How can the apparent mind possibly comprehend this? It is not possible. The finite can never understand the infinite. The mind does not exist.

You are free now. You have always been free. You have absolutely nothing to let go of, nothing to overcome, and nothing to attain. You have no samskaras, no problems, and no karma. Whatever seems to happen to your mind and body has nothing to do with You. When you truly understand this, you are free forever.

Seek the Source of the mind, the Source of the I-thought, by constant, patient Self-enquiry. When the mind is quiet, You shine in all your Glory. Be your Self, and be happy.

In Oneness,

A handwritten signature in cursive script that reads "Robert Adams".

Robert Adams