



A SPRINKLING OF  
**JEWELS**

*Insights into Non-Duality*  
FROM SAILOR BOB ADAMSON

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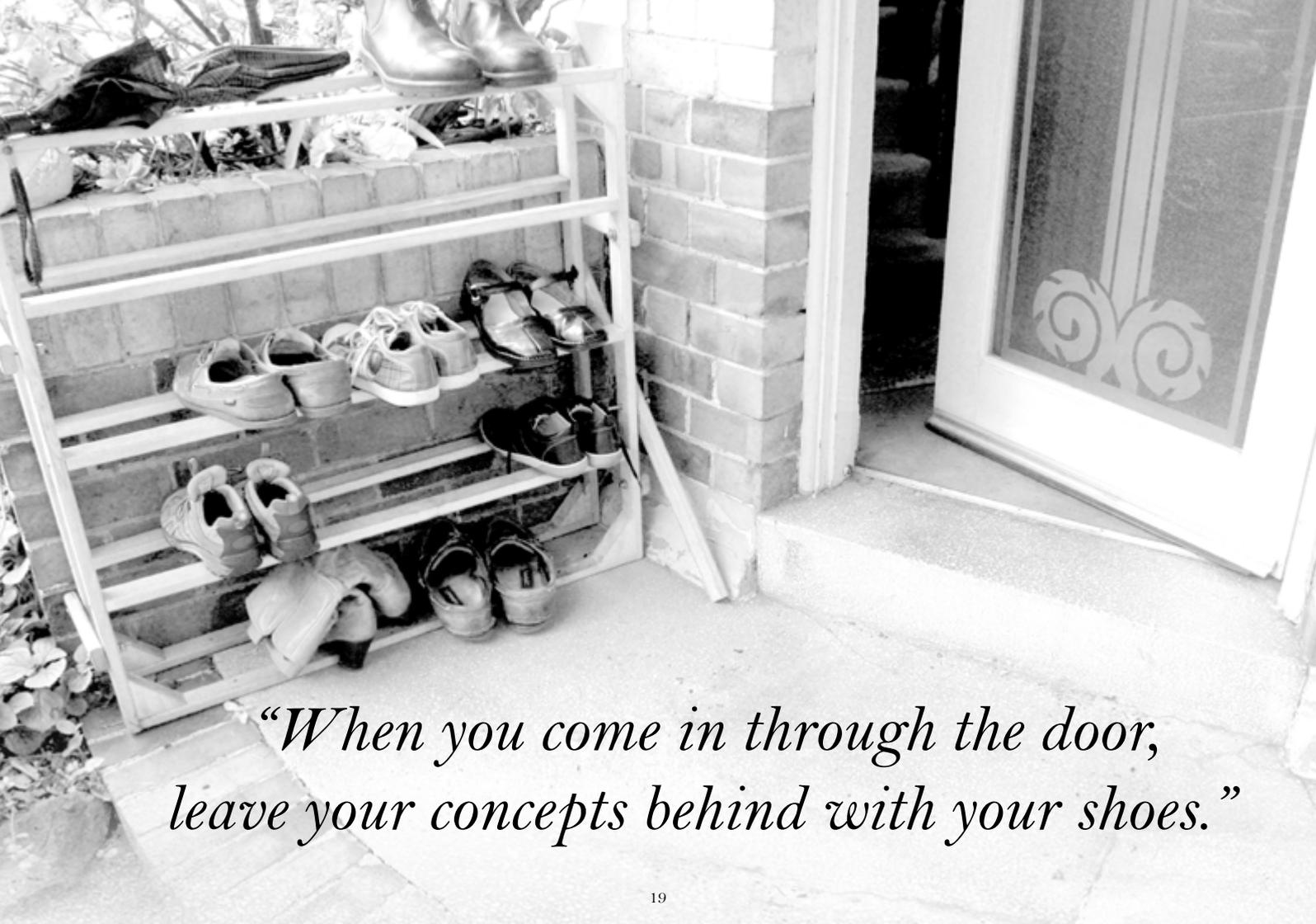


*“You have not understood until you have solved the riddle of  
the one who thinks he has understood.”*

NISARGADATTA

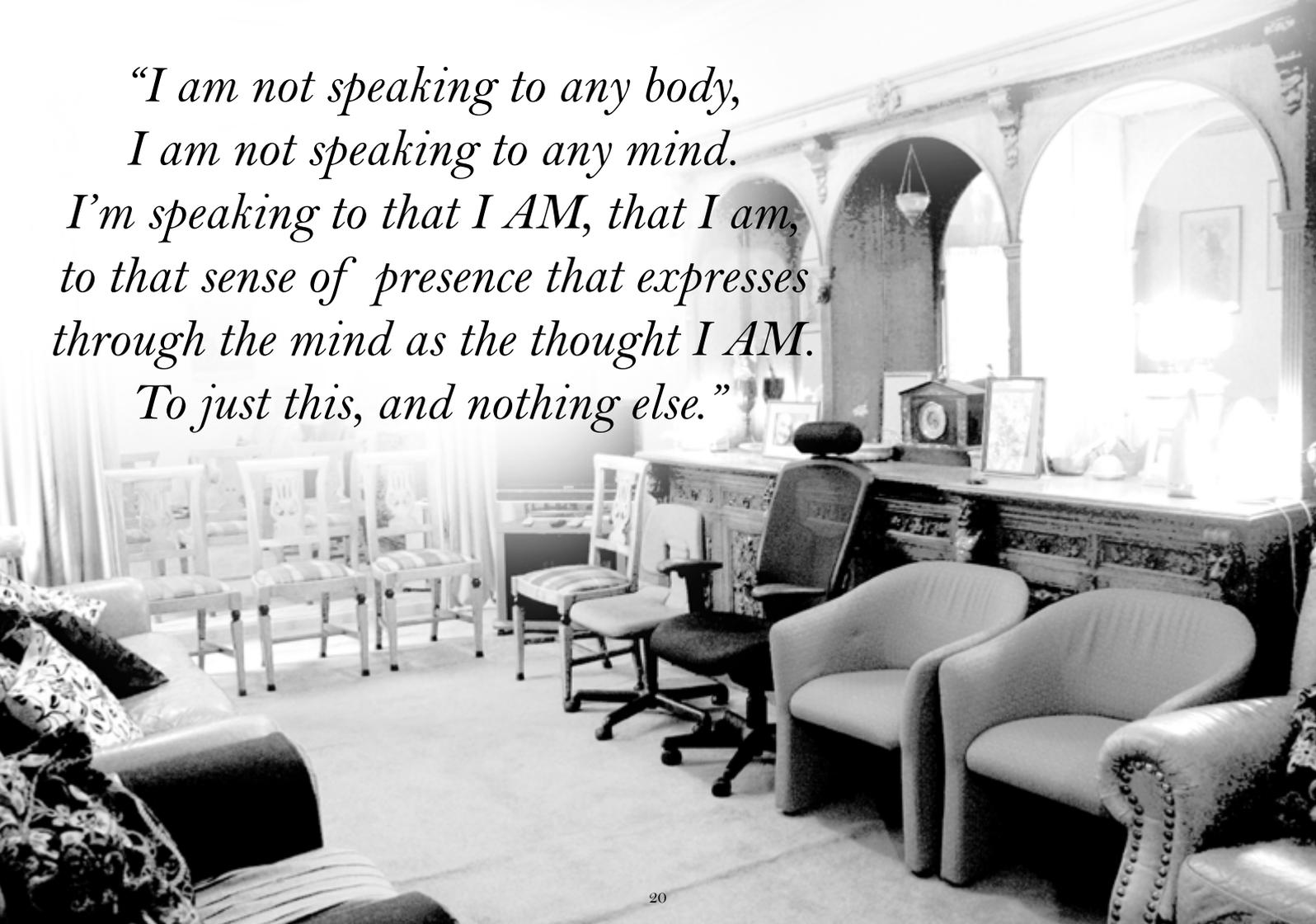


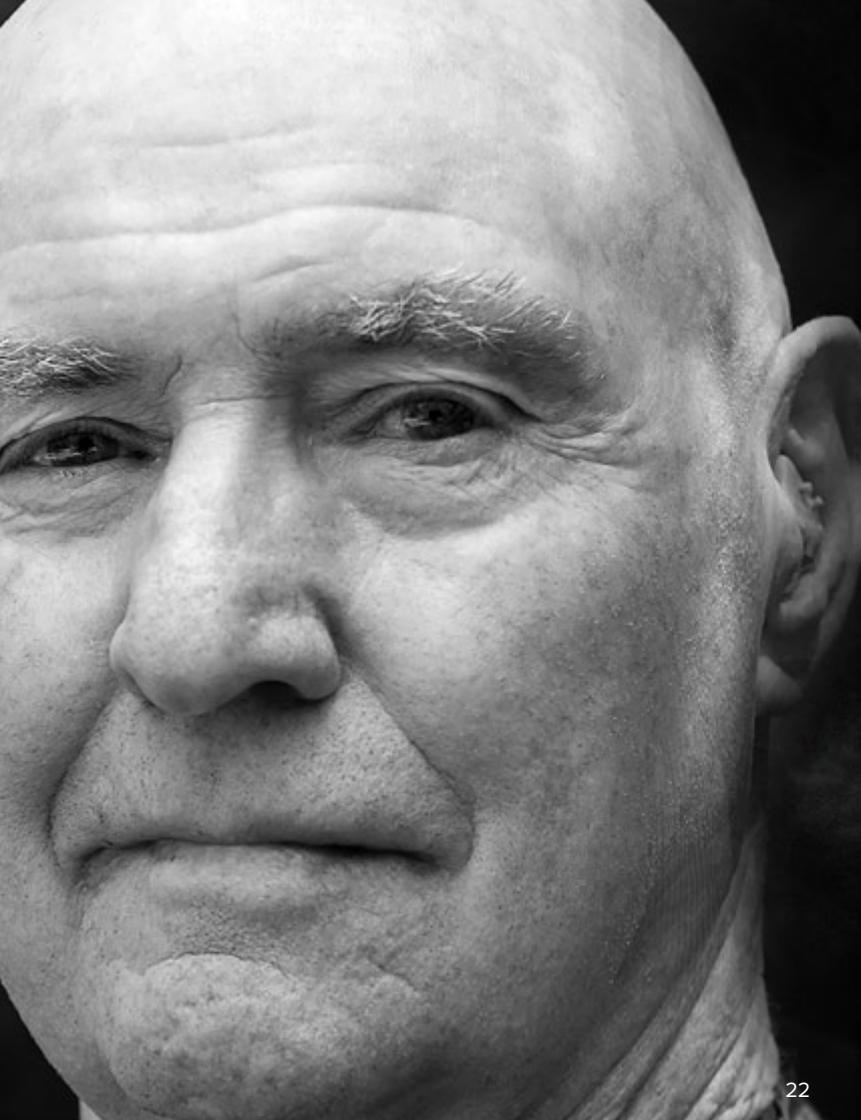
*“You’ll find nothing new here – these pointers are still the same old pointers. Yet if you actually take them on board, they’ll certainly do the job.”*



*“When you come in through the door,  
leave your concepts behind with your shoes.”*

*“I am not speaking to any body,  
I am not speaking to any mind.  
I’m speaking to that I AM, that I am,  
to that sense of presence that expresses  
through the mind as the thought I AM.  
To just this, and nothing else.”*



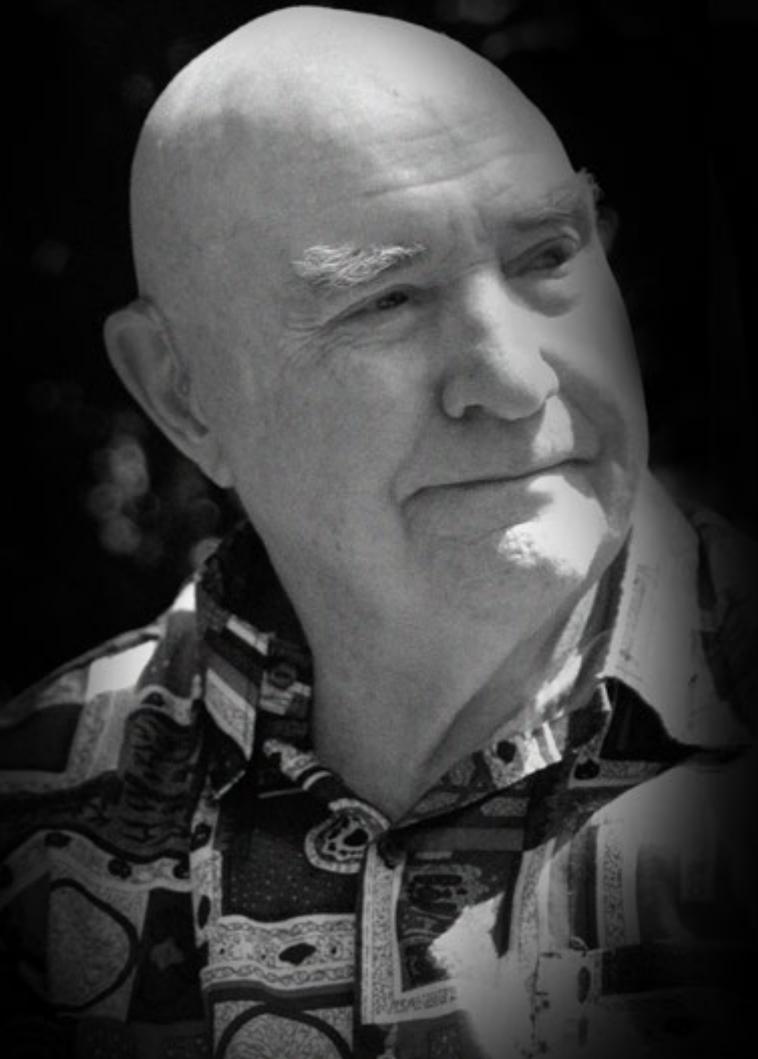


*“All our problems arise  
from the belief  
that I am.*

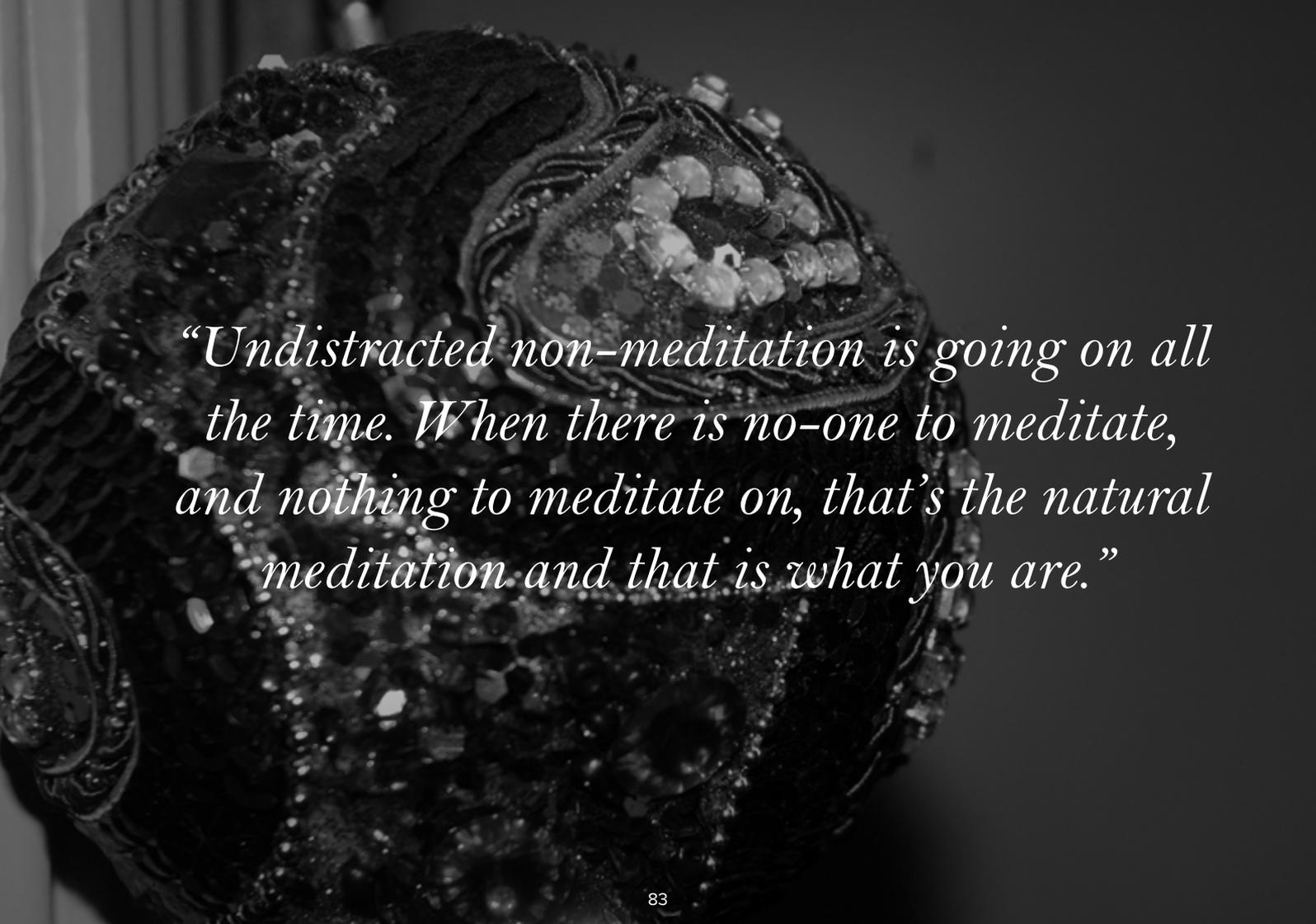
*So what is I am?  
Aren't they acquired  
words that we've learnt?  
When that sense of  
presence is not being  
translated by the mind  
into the thought I am,  
what are you without  
words?”*



*“Pure intelligence is registering everything  
just as it is.”*



*“In Hinduism they call it  
Advaita – meaning  
non-duality – and they try  
and describe it by saying  
it’s one without a second.  
Even the idea of one  
implies that there could be  
other than one – so in  
bringing it down to its bare  
essence, there is only that.”*



*“Undistracted non-meditation is going on all the time. When there is no-one to meditate, and nothing to meditate on, that’s the natural meditation and that is what you are.”*

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*Sailor Bob Adamson is a highly respected figure in contemporary non-dual teaching and his contribution to current western Non-Duality expression is widely recognised. With his characteristic warmth and directness, Bob's words shimmer with clarity and come straight from the heart. Just as a crystal reflects light, the luminosity of these words point directly to that pure essence.*

*This book is a distillation of his teachings – a collection of sparkling jewels. Continuing in the lineage of his beloved Nisargadatta Maharaj (I Am That), Bob says that the understanding is not just for the few – it is available for all who truly care to look.*

*Read this book sequentially, or simply open any page. Each pointer reflects the light of understanding and has the capacity to take you home.*