

# THE OBSERVER'S NOOK

*Volume Three, Number Three  
July 1, 2008*

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*"Upon the dark paper, with seeming white lines, the Engineer created relationships between individual drawings, so that the mind of the robot would be entertained by illusory commensurateness, in a conceptual cosmos."*

**–"The Engineer and the Robot,"  
Carillon, by Richard Rose**

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Hello Friends, Old and New,

We dedicate this issue of the Newsletter to Richard Rose in memory of the third anniversary of his passing – July 6, 2005. It's never easy to write something that won't sound trite in regards to how a man spent his life helping others find the Truth. Perhaps it is best left to the "testimony" of others who have been inspired by his teachings. Word of mouth is a powerful medium. With this thought in mind, a new column in "The Observer's Nook" has been created especially for the purpose of printing feedback from you, the reader, and we hope to continue receiving your material for future publications. It's a testimony to a legacy of a man no longer with us, but whose teaching remains a strong influence on the survivors.

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*"Thank you very much for the reply...I have read all of Richard's books and they have definitely helped to lighten the path for me...Richard still lives through his books and teachings and for that I am grateful!" –Russ W.*

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We, too, are most grateful for your support of our efforts and we hope to continue bringing to you the legacy of a man no longer with us, but whose message remains timeless.

Warm regards,  
Cecy Rose

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*"I have been a reader of this newsletter and appreciate all articles, myself being a student of 'Non-teaching,' I see God as Non-dual teaching. I see God as Non-dual Consciousness, the Truth that 'we' all are! Thanks for keeping the work of Richard Rose going!" –Pratap B.*

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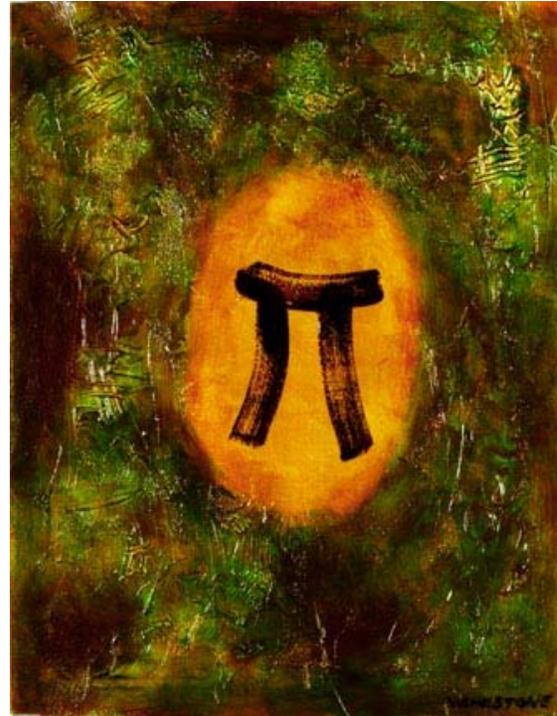
**This issue of the Richard Rose Teachings Newsletter features:**

**You are not the Robot** – Andrew McMaster brings to light the heart of the teachings of Richard Rose, along with that of other great teachers.

**New Perspectives: What Our Readers Have to Say** – As a result of our "Call to Entries," several of our readers contributed material for this edition of the newsletter. The call continues for those who may wish to contribute their work to be published in future editions. Our thanks to those who responded!

**Letters from Richard Rose** – Correspondence between a student and teacher may provide us with insights into our own paths.

**The Poetry Corner** – In honor of the poet in Richard Rose, we continue to include poetry from our readers in our newsletter. Please send us yours for future editions.



**"ZEN CHET," ACRYLIC ON PAPER BY PHILIP WINESTONE.**

# YOU ARE NOT THE ROBOT

BY ANDREW MCMASTER

The TRUE You is not the Robot. The ego that has been trained to act according to the mandates of society, law, school, and religion is the robot. The little self that lives according to dogma and rules is the body. The false you is that ego that identifies with a name and date of birth. Mister Rose wrote in *Carillon* in 1982, "...In choosing the realm of thought, and overlooking the possibility of No-thought, the robot passed by the door of the Absolute wherein thought is only a distraction."

The realm of thought is the identification with this finite, temporary body. The domestication of the body/mind by parents, preachers, teachers, and lawyers that Mister Rose so accurately described in the Albigen Papers, is arguably the most difficult obstacle to overcome in the process of Realization. The process which we follow to become the Truth must, for this reason, deal with our powerful attachment to that which is false. We cannot "go within" while our attention is fixated "out there."

Thoughts are the fuel that maintain our ego. Ultimately, no "practice" is going to help a "seeker" that doesn't exist "find" something he already is. This type of "seeking" is just more ego generated delusion. Mister Rose, Maharaj, and other Self-realized beings understand this. They also understand that the odds are against most who seek to break free of the Robot's grasp. The methods they suggest, therefore, are designed to lead us away from the delusion and untruth of the manifest Body/Mind, so that we may become the Real.

Mister Rose wrote in *Meditation*:

"...It is my belief that meditation should involve the fixing of the attention upon thoughts or reactions to thoughts, or reaction to experience, which are just other forms of thought."

Nisargadatta Maharaj wrote in *The Ultimate Medicine*:

"For meditation you should sit with identification with the knowledge "I am" only

and have confirmed to yourself that you are not the body. You must dwell only in that knowledge "I am"--not merely the words "I am." The design of your body does not signify your identification. And also, the name which is given to you or to the body is not your correct identity. The name which is imposed on you, or the name which you have heard about you--you have accepted that name as yourself. Similarly, since you have seen your body, you think you are the body. So you have to give up both these identities. And the indwelling knowledge that you are, without words, that itself you are. In that identity, you must stabilize yourself. And then, whatever doubts you have, will be cleared by that very knowledge, and everything will be opened up in you."

It cannot be emphasized enough that all seeking or practice, which has the intent of attaining something will be to no avail. That is just more ego activity. We are already THAT which we seek. As Wei Wu Wei wrote, in *All Else is Bondage; Non-Volitional Living*, "THIS which is seeking is THAT which is sought, and THAT which is sought is THIS which is seeking." For this reason, the methods suggested by Mister Rose and Maharaj are not about attaining something or getting somewhere. Their methods of going within are designed to bring about awareness of the false nature of the Robot and to move away from those concepts. Mister Rose called it the Reverse Vector. Maharaj called it paying attention to the I AM. They are both about returning to that which IS before we are told that we are a body with a name and birth date. Even then, one must perform this return without any thought of attainment. In so doing, one can become free of the Robot and become the Truth.



## NEW PERSPECTIVES: WHAT OUR READERS HAVE TO SAY

### WHEN YOU HAVE ENOUGH

When you suffer enough, do this

Everyone has pushed you enough

Everything has scared you enough  
Every moment is painful enough  
Do not quit now for Freedom is just within your next step  
When you have love enough, do this  
Everyone has embraced you enough  
Everything has been provided for enough  
Every moment is content enough  
Do not indulge any longer for comfort is just another fleeting illusion  
Do this, walk the next step ALL BY YOURSELF  
When that step is planted, carry the next foot forward  
The loneliness will make you vibrantly alive  
The solidarity will bring you unseen clarity  
The isolation will permeate you with poignant Peace  
Do this, do this alone, all by yourself  
When you no longer find yourself walking  
Tears will pour down and heart burst open  
You have always been loved  
You have always been the favorite  
You have always been what you've been looking for  
Right Here Right Now

--Michael Shum

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*“The masses vegetate in slavery, but a percentage, measured in very small fractions, studies freedom.” – Richard Rose*

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## AN ANSWER ACCORDING TO GOD

Let me share with you some lessons I have learned from experiences of seemingly unpleasant or worrisome circumstances or situations in our lives or in the lives of our loved ones. Most of us with traditional and/or religious upbringing tend to believe prayers or devotion or some such means of worship to God (or some highest intelligence) will change circumstances to our liking or we will achieve a desired outcome that we think is good and will make us happy. However, my experience is different. When God is pleased with us, He/She *generally* doesn't change our circumstances or situations, but changes “us” to totally accept or surrender to whatever is taking place at the time. *Changing us means God's wisdom will change our perception of circumstances from a worrisome experience to a pleasant one. This is a true miracle in the sense that in spite of the same circumstances we feel relieved and free from problems.* It wouldn't have been as big a miracle if God had changed circumstances or people in our lives to make us happy. Of course, changes in us, down the road, may lead others to change themselves positively, which is another of his miracles.

This is God's law in my experience, and if we understand it, all our religious practices: our prayers, devotions or worship, become alive and our lives meaningful.

This point is very significant in understanding why it makes sense for God to do just that.

First of all it is relatively easier for me to change myself than to change others or my circumstances that may depend on external realities, natural laws and others who might be involved in them. It may be a result of interactions between several people based on opinions, beliefs or their perceptions of realities. That is why it is hard to change a set of circumstances immediately or in a short time.

Another thing to note is that God wants me to see clearly that my happiness doesn't depend on circumstances or people beyond my control (or even if they are in my control). The happiness is within us and can flow normally once the interruption is removed when we accept our circumstances or people in our lives as they are.

Still another point to learn is that for God, the all-knowing intelligence, changing others or circumstances just for us may not be overall good for all involved. Therefore, individual change may be best for us in those situations at that time.

We may also want to look at this as a way in which God wants to bring changes in us and in others. What we experience, pain or leisure, is our own judgment of circumstances and people. This is an opportunity to learn the *fact* directly by observing that any such adversity is our own perception. It is God's signal for us to change the way we look at problems, which may lead to peace and humility in our lives.

And finally, I understood the meaning of "time heals all the wounds." Although very practical and helpful advice, this may not be the case in the light of above understanding. Whenever we surrender and accept the circumstances we cannot change, we become free. This freedom then brings pleasant feelings and normalcy in our lives. When this happens, we generally don't know what really happened except that certain time has elapsed, so we say time did it. In my experience what really sets us free is acceptance and surrendering to God that is the most potent change we go through.

Lastly let us not misunderstand this to be a do nothing attitude. *Acceptance and surrender is a primary action and if needed, secondary action such as doing something about the circumstances or people may also take place out of this understanding.*

**–Pratap Bhatt**

## **THE MATURING OF RIGHT EFFORT**

Each time we walk into the kitchen we have a choice: do we, or do we not insert our hand into the running garbage disposal? To do so is not a choice that we would ever make with a sane mind. Truly, the idea never occurs to us.

Following a mind into action, a mind that is reacting unskillfully, is much akin to sticking our hand in that garbage disposal. We do so out of ignorance and habit. The development of awareness changes all this.

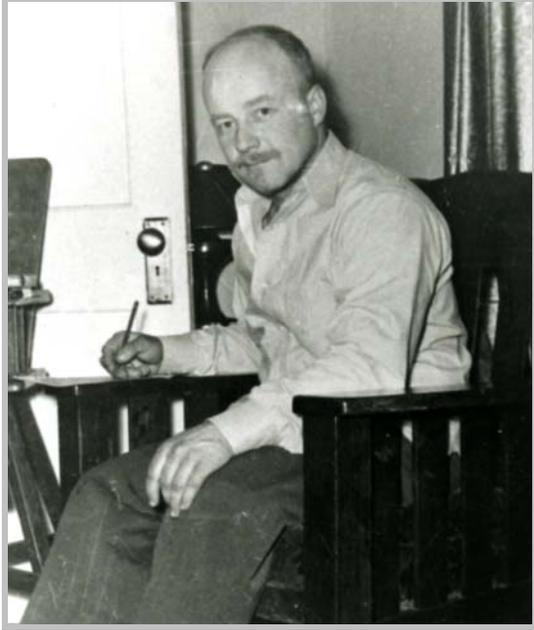
As our practice matures, our awareness begins to dawn of what is the world and how it all works. First, we see that we have come into the kitchen and directly mangled our hand in the garbage disposal. We see in retrospect that we have acted unskillfully. We practice more. Then, we walk into the kitchen and are about to place our hand in the garbage disposal, but we become aware of our intention to do so and decide not to. Our awareness deepens and the next time we walk into the kitchen, we see how we would have stuffed our hand into the garbage disposal, but we have no intention to do so and do not. Then one day we walk into the kitchen and someone dear mentions how we used to stick our hand in that garbage disposal there. Truly, the idea never occurred to us.

May all beings be free from suffering and the root of suffering.

**–Randy Shaffer**



**"ZEN SHIN," ACRYLIC ON PAPER BY PHILIP WINESTONE.**



## LETTERS FROM RICHARD ROSE— THE “POST EXPERIENCE” CORRESPONDENCE

This is the last of the correspondence between Douglas G. and Richard Rose dating from May 19, 1956 until one more exchange several years later, in June of 1961, which will be printed in the next edition of the Newsletter.

**From Chicago, May 17, 1956:**

Friend Rose,

I received your very welcome letter. It was good to hear from you.

One of the reasons I did not write a longer letter and answer all your questions was because of the statement you made in your last letter. (Plod eastward). I took it for granted you meant as soon as possible. So I was savoring the answers to your questions until we met. However, I did not realize the situation you are in.

I am in a position to leave my home. I have no dependents. I have no physical disabilities.

You ask me for a report on Rudolph Steiner. When I purchased Rudolph Steiner's books, metaphysics was still very new to me and I could not understand his work. It was too deep for me

at the time. However, I plan on reading his books over. Then I can give you an honest report.

My parents are a long story. I'll tell you about them when I see you.

I possess all the books on the list I sent you. And more.

I took a check at some of the best bookstores in Chicago. But none of them had “Cosmology” or “Secret Symbols of the Rosicrucians,” but I'll keep on looking. If I find them I'll get them for you.

Your handwriting analysis was good. My big difficulty is finding a job in the thing I like (Metaphysics). I want to make it my job every hour, every minute, every second of the day and every day of my life. Can you help me in that respect?

I agree never to conceal misunderstanding. If I do not agree, I'll let you know about it, and why. I'd like to have a photo of you also.

I will inform you when, and how I am coming to see you. I look forward to seeing you.

Fraternally,  
Douglas G.

**From 1674 High Street, Benwood, WV, May 19, 1956:**

Friend G.,

I received your letter of 5/17 today. Write to the above address...it will arrive sooner. I do not always check the P.O. in Wheeling regularly. The P.O. box was only to keep the correspondence impersonal until the true aims of those answering was determined.

You need not send me a report on Steiner. I was only curious to see if you understood him.

You will *never* find a job in Metaphysics. The scourge of the metaphysician is the fact that he is torn between economy and philosophy. This is the first thing I will try to help you iron out. Your mind must be at peace from the worries of livelihood if you are to project yourself into a period of time for meditation. Then the second thing will be the art of maintaining and retaining Oneness of thought.

There is one thing about your photograph that speaks well...your face seems to portray stubborn determination. You will need that. There were several reasons for asking for your photo. For one thing, I wanted to be able to recognize you when I met you, and vice versa. Also, to avoid shocks upon meeting. This in the event you had four noses or six eyes. I do not believe in mystery about the pursuit of Truth. As I told you – a man who stands to me in the relationship of Guru, has refused to let me know anything at all about him. Why? Because I presume that he thinks if I see him, I will find him human, or may not approve of the way he makes his money, or may find that his wife is his Guru. Many of us thrive on mystery. And I say, we have not the time for such nonsense. We are but grub worms in the garden of the All. Though one has climbed higher in the topsoil does not detract from the fact that he is still a grub worm.

It has occurred to me that I am not fair to you in expecting you to wait until next month. I presume you to be unemployed, and there is no point in your getting a job for a month - in fact it is often very difficult to get employment at all if the employer knows that you are not going to stay. It is very true that I am in the turmoil of organizing my new crew (as I do each Spring) but I feel that we can work things out regardless. I am a painting contractor and the late rains have delayed things for me. The business, however, has its rewards. I do not work in the winter, and I have time to travel around in search of wisdom. So that I am in the chrysalis of economic exigency, and it shall be about four months of such incarceration before I shall possess the wings of the higher ambition.

Come prepared to stay for a while, unless you have a duty that requires you back in Chicago, before too long. I have an unoccupied farm that you can use for as long as you care to, so if the idea of such a retreat appeals to you, arrange to have some of your books with you. You can ship them, or any of your impedimenta ahead of you to this address. It would be very good if you could spend the summer.

I am enclosing a photo of myself, to show that I also do not have four eyes. I may not look exactly like it, as I now have a ragged goatee. Nor am I left-handed as the picture designates. The people who developed it used the wrong side of the negative I guess. The pencil is really in my right hand.

The photo represents that which the Fates have allowed to remain. When you arrive I will show you some photographs of myself when I was your age\*. It is my sincere desire to save you many of the years of frustration and blind wandering that were my lot from about twenty-five to thirty.

Do not bother about Hartmann's books. If they are not handy, I can order them from a mail-order bookshop. Likewise with the others mentioned.

It would be best if you could arrange to arrive here on a Saturday in that I can spend the next two days with you, and get you established before the following week's work assails me.

Come as soon as you can. If necessary, wire me as to the means of travel and the expected time of arrival in Wheeling, so that I can meet you. If you are driving, then you can come to Wheeling and phone me...Benwood 625-J. Wheeling and Benwood are towns along the Ohio River, and Benwood is four miles south of Wheeling, and is just a village.

May this truly be the beginning of your ultimate journey, and may every step be guarded by the Good, and guided to the True.

Sincerely,  
Richard S. Rose

\*To view photos and a history of Richard Rose's life go to the timeline at Richard Rose teachings: [http://www.richardroseteachings.com/about\\_rr\\_timeline.html](http://www.richardroseteachings.com/about_rr_timeline.html)

*Richard Rose was a master of practical psychology. For the first time ever, a book has been written on Rose's psychological system as it relates to his spiritual teachings. If you have not yet read this book, we encourage you to add it to your library of esoteric titles.*

**The Sex Connection, A study of desire, seduction and compulsion by Alan Fitzpatrick. Paper. \$19.95**  
[www.richardroseteachings.com](http://www.richardroseteachings.com)

## THE POETRY CORNER

### THE HEART

The heart aches.  
The heart breaks.

The heart negates.  
The heart creates.

The heart forsakes.  
The heart consecrates.

The heart captivates.  
The heart liberates.

--Lee O. Warfield, III

### BLOW DOWN O NORTHER

Wind in my face  
Salt crusted to my brow.  
A shifting hull beneath my feet  
Is all the footing I need now.

Blow down O Norther.  
Reef the main and hoist the mule.  
Stow the stays'ls  
And hold the helm Nor' east.

The world fades over the horizon.  
The rest is a shifting shoal.  
All life struggles to be real.  
All is unsure – save the soul.

Wind in my face  
Stinging with salt spray.  
All value is in this tack.  
All eternity is in this way.

--James Cornie

Comments are invited  
To: [jcornie@mmccinc.com](mailto:jcornie@mmccinc.com).

*Pyramid Zen Society*  
[www.pyramidzen.blogspot.com](http://www.pyramidzen.blogspot.com)

**Law of the Pyramid: "The only hope of man lies in the existence of a source of knowledge or direction that is human. And while some may say that all lies within ourselves, we find that even the cloistered monks find a need for cooperation with other humans to secure their meditation. There are, besides teachers of relative wisdom, teachers of direction which are most rare." - Richard Rose**

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[Philip.winestone@rogers.com](mailto:Philip.winestone@rogers.com) or go to [Richard-rose-friendship-group@googlegroups.com](http://Richard-rose-friendship-group@googlegroups.com)

If you have comments, testimonials, articles or pieces of poetry that you would like to submit to the newsletter, please send it ATTN: Editor,  
[info@richardroseteachings.com](mailto:info@richardroseteachings.com)

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