

THE OBSERVER'S NOOK

*Volume Three, Number Four
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"If a deity created us with doubts, then doubt is as sacred as belief. Man is not going to find reality if he accepts that which the body tells him."

—"Doubt" from *Carillon*, by Richard Rose

This issue of the Richard Rose Teachings Newsletter features:

Direct Objectless-ness and Meditation by Andrew McMaster – How egos and personas are dealt with in meditation - methods whereby the false mind can be dropped.

The Man's Path: A Balanced Life, One Man's Perspective by John Rose – John presents an in-depth description of practicing an esoteric spiritual path while maintaining a family life.

The Woman's Path: Viva la Difference! – Cecy Rose tells her story from the perspective of wife and student of Richard Rose, including guidelines for the feminine side of the Albigen System.

Letters from Richard Rose – a few pointers for the family man and woman.

New Perspectives: What Our Readers Say

DIRECT OBJECTLESS-NESS AND MEDITATION

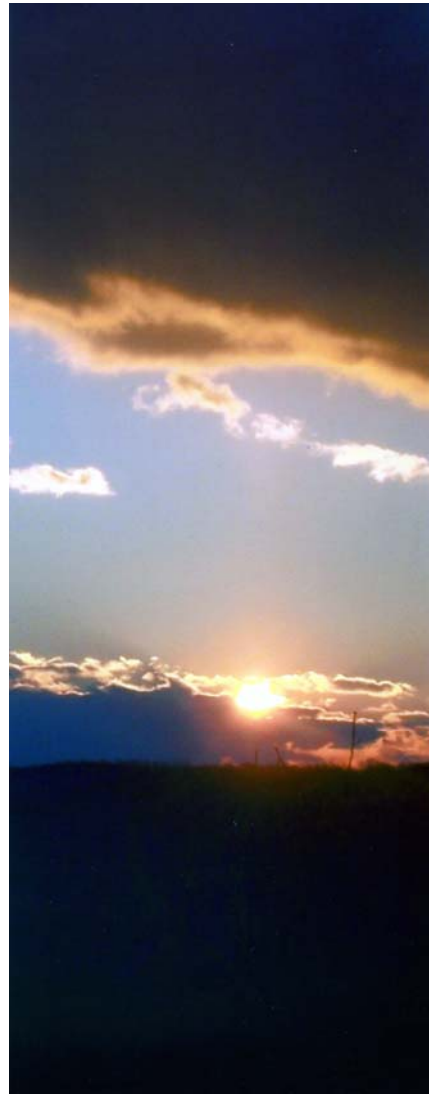
BY ANDREW MCMASTER

"The ultimate aim of meditation is to go within. Going within means to find Reality by finding the Real part of ourselves."

--Richard Rose, *Meditation*, 1981

The obstacle to Self-realization is the ego. The ego is the Unreal part of ourselves. This Unreal part of ourselves is the assumed and assigned roles, personas, and identities that make up the mind. These aspects of the ego manifest

themselves in the mind as "I am father, I am employee, I am lover or I am happy, I am sad, I am good, and I am bad." These roles and personas are assumed in an attempt to alleviate fears and desires, to sustain happiness and pleasure, and avoid sadness and pain in the relative manifestation. Some are imposed and then assumed to assure that love or approval is received.



Mister Rose deals extensively with roles and their imposition in the "Albigen Papers." He adorned the snakes on the cover with the symbols of the teacher, the judge, the priest, and the ruler (or politician). These "pillars of society" mold the individual into a creature that is suitable to inhabit society. Mister Rose took exception with modern psychology which does

nothing more than treat the client with the aim of maintaining the roles and personas in a fashion that is acceptable to society, and therefore assures that the client continues to be worthy of love and approval, a fine member of the herd.

The roles and personas (mind) must be dropped, must be seen to be false and illusive, in order for the Truth to be realized. Every time a direct object is added to the I Am, there is duality, and therefore untruth. I am “good” cannot stand alone. There must be an I am “bad.” In the Absolute, the I Am stands alone. For there to be truth, there must be Direct Objectless-ness. There must be “no-mind.” One method whereby the false mind can be dropped and the Truth realized is meditation.

In 1981, in his book, “Meditation,” Mister Rose wrote, “The world has grown suddenly meditative.” It has continued to do so. Tonight, the word “meditation” typed into my search engine returned 152,000,000 hits. There are meditations for just about every purpose and need that can be named. Using meditation, however, to make more money, do better work, save a marriage, or just relax is like sending a doctor to trim a toenail. Those goals are just more ego maintenance. Meditation has no aim and no object. Mister Rose defined the ultimate aim of meditation. Meditation is a method to facilitate the reverse trip up the vector back to the Source. This can come about by contemplating the falseness of the mind, which is nothing more than the roles and personas that make up the ego. By eliminating all the nouns and adjectives that make up the mind so as to become Direct Objectless, the obstacles to becoming the Truth are dropped.

In “Meditation,” Mister Rose wrote, “When we begin to meditate in the attempt to go within we should simply observe our self.” He suggested contemplating traumatic incidents in our past, which demonstrated the influence of the ego. Such contemplations will bring about awareness of the false nature of the roles and personas that make up the mind. As we eliminate the false we come closer to becoming the TRUTH. This contemplation should be practiced with no sense of “getting something out of it.” There is no one to get anything. We are already IT.

Sit and realize THAT. Become Direct-Objectless.

THE WOMAN’S PATH: VIVA LA DIFFERENCE!

BY CECY ROSE

Several years ago I was asked to give a talk before a pre-dominantly college-aged audience on my life with Richard Rose and the woman’s path in regards to the Albigen System. As I approached this daunting task I realized the only thing I could do was just tell my story – a testimonial, at best, I thought. So that is what I’m going to do here – tell my story (the condensed version). Now, I’m acutely aware that there is a certain conceit to be avoided so that I don’t come across as having acquired enlightenment by virtue of being the teacher’s wife. I have not made the trip that Richard Rose made, though we found rapport – Direct-Mind contact, if you will – and there were glimpses. But as the saying goes, “Close, but no cigar.” Regardless of that fact, the point of this article is to shed some light on the woman’s path and attempt to apply some yardsticks, to steal a phrase from *The Albigen Papers*, in order to define it.

The most esoteric of spiritual paths will concur that the way a woman should approach Self-definition differs both blatantly and subtly from how a man approaches Self-definition. I learned from my earliest conversations with Richard about the importance of first becoming aware of my feminine identity and working to cultivate my feminine nature – in other words, start with the basics. In contrast, he encouraged the men to cultivate a masculine nature – embracing the attitude: if you want to become a man, you have to act like a man. Easier said than done. And this message, being presented at the height of the sexual revolution, was certainly not a popular one. It reflected highly criticized traditional values. But the message was not intended to be ecumenical OR critical – in fact, Richard Rose basically rejected traditional definitions of sin (see page 80 of *The Albigen Papers*.)

His teaching rang a bell with people because its message was one of common sense and practicality – “Nature abhors a vacuum.” Now, that quote could mean several things – and it is paradoxical in regards to the spiritual path. But looking at it from a practical perspective, Nature expects us to reproduce and follow our

programming – spreading the DNA via heterosexual intercourse. The woman seeks out a man with whom she can combine her DNA and bear a healthy child. Anything else, and this he took from Biblical sources as well as esoteric writings and his own experience, is creating a vacuum. Then there is the great paradox: celibacy, a pathway to Self-realization, also creates a vacuum. So when I heard this message, I was full of questions as to how one balances a spiritual life with a Natural one. And here is probably where the greatest divergence occurs between the man's and the woman's spiritual paths. Rather than go into great detail here, I would recommend that you read Rose's *Transmission and Transmutation of Energy* as well as Fitzpatrick's *The Sex Connection* because there are obvious physiological differences to be taken into consideration.

Even though Richard maintained that one stage of a spiritual awakening for a woman, as far as losing an ego, included giving birth to a child and raising a family, he also stressed that women as well as men can gain insight from periods of celibacy. However, because a woman is, by nature, more intuitive than a man, and one of the purposes of celibacy is to develop a higher intuition, she benefits most from the aspect of celibacy that is related to the clearing away of "barnacles" as Richard used to call the debris and baggage that we acquire over a lifetime of sexual experimentation. And this approach is most effective if she has help. It is near impossible to walk this path alone. I met women who came to Richard and myself with some very serious mental troubles, totally lost as to where to begin on any path, much less a spiritual path. The first advice given to them was to be celibate long enough to starve out the influences, and find someone they trusted to whom they could be accountable. The second piece of advice was to work on their femininity if this was an issue, because, again, one must make peace with Nature (their sexual nature, in particular) before attempting to take a vacation from it (celibacy).

Now, speaking those words in front of a predominantly X-generation audience would have normally drawn fire from all those holding politically correct viewpoints or beliefs grounded in modern psychological theories. One would expect harsh criticism, such as "you are what you are, born that way, etc.," And it's a tough stance to refute because scientific evidence is presenting itself everyday in support of these

theories. But I have walked the walk with Richard Rose and if a woman (or a man) can be totally honest about their past experiences and be willing to give up their reveries and accompanying lifestyles, they can change. I should mention here that Richard found the women, in general, to be more honest than the men – or at least more willing to talk about what was troubling them.

"No one else can see your reverie or treat it. You must turn your 'head' away, and/or resort to prayer or mental fixation in other directions.

If you wish another to try to help you from your reverie, all of it should be described, to the helper, so that causes can be found and eliminated."

– from the unpublished notes of Richard Rose

To my surprise, my story of my life with Richard Rose was received with curiosity and intrigue. The young women in the audience – for the most part, ovulating females to put it in perspective – were intelligent and educated enough to know that there had to be at least a grain of truth in what was being said, beginning with the advice to maintain a calendar of one's changing moods from month to month as a way and means for observing and possibly heading off repetitive thought patterns.

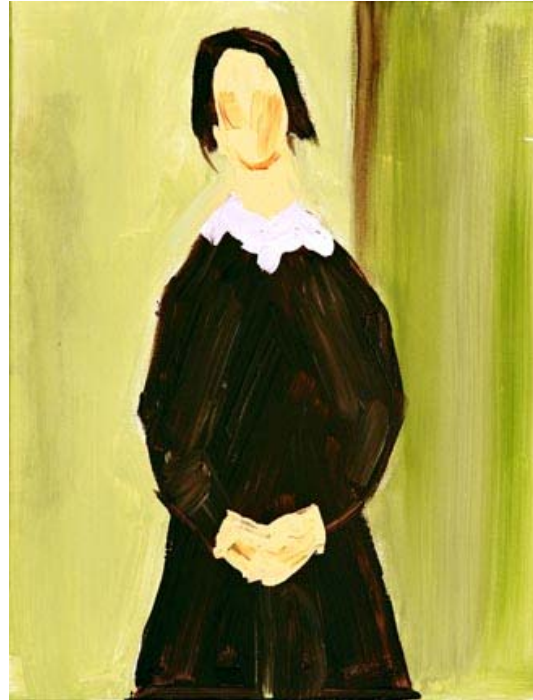
Which comes first, the chicken or the egg? Does the chicken have a thought in its head while being seduced by the rooster or is it simply enslaved by its programming. On the same hand, does a woman have to be enslaved by her programming, or is there at least a chance that she might momentarily escape it to get a glimpse of her True Self?

We experience one time of the month as being in love with the world and our mate (projection and programming) and have a strong desire to be impregnated by him, then a couple of weeks later, we're out of the egg business and find ourselves mad at the world and everybody in it (glandular thinking) – forcing our mates to bear the harsh reality that this lovely visage of a female upon whom he projected the qualities of a

goddess is now bearing her teeth at him and anyone else that crosses paths with Ms. PMS. “Donne Mobile – Woman is Changeable. It would not be until the menopausal years and those following, according to Richard, that a woman’s real chance for complete enlightenment would come, with some exceptions, of course. But this would stand to reason considering the ongoing hormonal fluctuations during the childbearing years that a woman deals with as opposed to the lack of those changes experienced in the male.

As was mentioned earlier, it is basically programmed into the female nature, according to Richard Rose and others who have written scientific treatises on the matter (*Evolution of Desire* by David Buss), to have as a priority, the selection of a mate that will impregnate us to produce offspring with all the genetic qualities needed for a healthy child and provide us with security, both financial and physical. Therefore, the woman choosing to follow a spiritual path is challenged with a conflict of innate desires, as is the man, and will be forced, at some point, to choose the path of Nature, or not. By paying one’s debt to nature, however, not all is lost. Pregnancy and childbirth, and even raising an adopted child, provide valuable lessons in mirroring and observation. The man as well as the woman can benefit from this experience in most cases. It is definitely part of the spiritual life. One doesn’t have to join a monastery to find enlightenment. The benefits to the man will be discussed in John Rose’s article. For a woman, as was mentioned earlier, it is Nature’s way of removing an ego – the “butterfly” exists no more.

When I first came to visit Richard Rose in West Virginia there were several other young men and women seeking the same “Truth,” each struggling with their own set of personal issues as well as the programmed ones. I got my first glimpse of the true nature of women while sitting in what were called rapport sessions. These quiet sittings just among women were meant to bring us to a greater awareness – and the possibility of a breakthrough to Self-realization. At times, there were breakthroughs, but more often, the sittings brought out something else – rivalry – all too often witnessed in groups of women, whether in the workplace or living space. Perhaps had the teacher been a woman, the dynamics would have been quite different. In fact, I’m certain of that.



“SUGGESTION OF MODIGLIANI,” ACRYLIC ON PAPER BY PHILIP WINESTONE.

Little by little, the women that weren’t married, got married, and those who were married, got pregnant, and of those who were fortunate enough to get a glimpse of Truth as a result of practicing the Albigen System, only a very few would talk or write about it. I leave it to the reader to figure that one out.

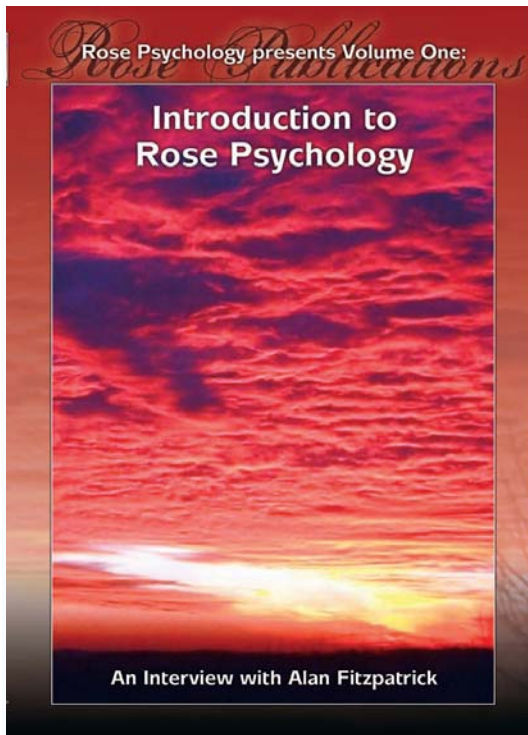
Perhaps there were some perks to being married to a man that spent almost all of his waking hours talking or writing to other people, giving lectures and writing books. All that, no doubt, had to have had some influence over my own thinking. I looked at other couples and often wondered what would it be like to be married to someone that never saw the possibilities beyond the mundane? That never talked about the possibilities of an “Observer” and understood that we are programmed by Nature, but that we can momentarily escape that programming by at least watching our thoughts? Guess I was just following my programming.



“Shunning dogma, ritual, concept-building, unproven belief and postulation about enlightenment, Richard Rose advised a spiritual search that attacks the mind in order to prove whether there is a soul or God within, all the while casting aside that which is found to be patently absurd, foolish and false.

By the same method, Rose advocated that a person could use ‘The Albigen System’ to search for mental clarity and peace of mind by removing that which is found to be the source of one’s mental troubles, thereby resulting in a cure that is called ‘Rose Psychology’.”

– Alan Fitzpatrick



“Introduction to Rose Psychology DVD,” now available from Rose Publications.

THE MAN’S PATH: A BALANCED LIFE, ONE MAN’S PERSPECTIVE

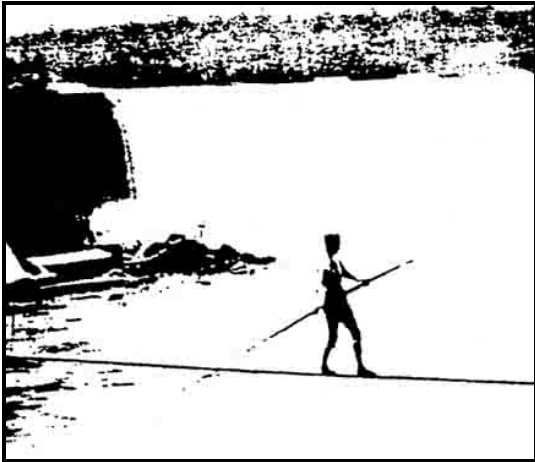
BY JOHN ROSE

When I was asked to write an article on the Spiritual Path from the male perspective, and more specifically from the perspective of a married man, I was flooded with myriad ideas ranging from being celibate while involved in an intimate relationship, to how I can gain deeper perspective on my own traits by observing inherited traits in my children. There were many other issues. Where does a family man find time for meditation? How will my experiences affect my children? So many facets to talk about, and so little time to cover them all. I decided to hit a few of the more important basic foundations of this Path. The path of a married man is a balancing act for the most part, and is not immune to occasional falls. I have found the falls to be as important as staying on the wire, since I learn as much, if not more from failure as I do from success.

Richard Rose speaks about the benefits of tension that keep one moving forward, and awake while pursuing Self Awareness. Whether in solitude, or in the midst of daily living in the world, it is easy to get stuck in ruts. I think that facing daily crises of the family often helps to keep you moving, providing it doesn't drag you down, more readily than a solitary life where there may be the tendency to contemplate your own navel until you fall asleep. Regardless of your approach, it is important to keep your eyes on the prize and press on.

The most fundamental driving force in our lives is our sex drive so I am going to go in-depth with how we as seekers can manage our sexual energy while walking the tightrope of life in the world but not of it. As I see it, the sex drive is what got us all here, and is the driving force behind most of our actions. It is second only to the survival instinct, so I am going to describe, in particular, my own experience, and some of the resulting phenomena that occurs while trying to preserve that vital energy for Spiritual awareness while still maintaining intimacy within my relationship.

Richard Rose recommends celibacy as an important element along the Path he has laid out in the "Albigen System." However, leading a celibate life while maintaining a balanced relationship, presents its challenges. Celibacy within a relationship requires strong communication, and a clear understanding by everyone involved. This is no easy task. It is easy to drift apart and lose sight of the needs of your partner not only sexually, but in other ways as well. When I first tried to be celibate in my relationship, I was made acutely aware of how intertwined sex is in our daily lives. I am fortunate that my wife is such a supportive person, and that she is also interested in Spiritual development, or it probably wouldn't work. This Path involves a genuinely unselfish commitment to one another, and a capacity to express love beyond the sexual aspects of the relationship.



Experimentation and a lot of self observation are essential to make celibacy work within the relationship. The first thing we might consider even before embarking on a celibate path, providing we are not already on one, is to observe our current sex life. How much of our sexual focus is actually on our spouse, and how much is consumed by the constant bombardment from the media, or stray thoughts, and fantasy? I found that by cultivating the practice of turning my head, or my thought patterns toward something else works quite well, providing it is something that can really divert my attention away from the compelling force of sexual thinking. (Richard Rose's paper on temptation describes this thought process and can be viewed at www.pyramidzen.blogspot.com) Even when we are sexually active, if we can keep our focus only on our mate in a reasonable way, we are able to conserve far more energy, and we

keep it in the family so to speak. The next step may be to observe how we feel before, during, and after each sexual encounter.

This may not sound very romantic, but our aim is really on Self Definition, so we balance our romance with a little pragmatic analysis. In my current situation, I find that this approach works well for me combined with periods of complete celibacy ranging from a month to four months at a time. Even though I am not celibate for years at a time, I find that these periods allow me great clarity and insight. During these times, it is important to find intimacy beyond sexual expression in order to keep our relationship alive. Even when I am not celibate, I lead a rather conservative sex life so as to maintain a healthy focus on my path. I want to say that celibacy means a complete abstaining from any sexual activity be it reverie or any sex act at all.

There are other methods of conserving and transmuting sexual energy that I have tried with a high degree of success, but this must be carefully pursued, and then only with instruction from a highly qualified teacher and not from a book. I studied Shao-Lin martial arts for many years and one of the fundamentals of my studies was meditation, and conservation and transmutation of sexual energy. The techniques used were from sources dating directly to the teachings of Bodhidharma. These techniques work for me when I am engaged in a normal sex life, but still want to conserve my energy. They are not to be taken lightly, and they are very specific and require great control, as well as an ability to understand and feel just what is going on in your body. I cannot recommend this approach to anyone who does not have the aid of a qualified traditional teacher. The techniques involve normal sexual activity, the exception being that you retain the sexual fluids. In other words you don't have orgasm, but rather withdraw from further activity until you have re-circulated your energy. This process is recommended only if you have been taught exactly how to do it, and it may take years of practice and cultivation before it can be done properly. There are a lot of techniques under the guise of Taoism that are available to westerners, but most of them miss the point and focus mainly on having a better sex life, than conserving and transmuting your sexual energy. Through the techniques I learned, I have experienced and witnessed some very unusual phenomena. This approach combines breathing

techniques, meditation and concentration to refocus your energy. I have had real success, but it is often like riding a wild bull on a tightrope. Make no mistake about it, it is dangerous both physically and spiritually if not approached properly.

Occasionally I will fall off the wagon, but I have to get right back on. We must not be defeated on this path. A failure does not necessarily mean the end of the road for us. This does not mean we can rely on it. It is important to take this path seriously, and we may only be allowed so many falls before we find ourselves unable to continue. But I believe we must continue an honest, committed endeavor if we are to succeed.

Experiences I have had with celibacy and the transmutation of sexual energy have ranged from the very subtle strengthening of my intuition, to more dramatic physical phenomena. I was always taught not to get caught up in the phenomenal aspects of this practice because it can inhibit growth in the spiritual direction. The energy cultivated from regular practice can be used in a multitude of ways, and it is up to you how wisely you want to use it. From a daily life perspective, I find that when I am not squandering my energy I get a lot more work done, whether it be work around the house, or more creative work. I also notice that this energy affects the whole family - there is less illness, for example, in the family when I am celibate than when I am not, and our home seems to function more smoothly and orderly. I am also able to have a greater presence allowing me to be a more effective head of the household, and a better father, and husband.

Everyone has their own unique path, but for me, maintaining my quest for Self Realization while living the life of a family man is the most complete life I can imagine. Periods of celibacy, and a conservative sex life allows me to be a better father, husband, and well rounded man in general.

This article has been focused mostly on celibacy and the conservation of sexual energy because I believe that to be the very foundation of the human experience. I do want to include other aspects of living a life balanced between a Spiritual quest, and a worldly life. The entire family benefits from any genuine effort in the direction of becoming more awake. As a family, we are intertwined energetically. What one

family member does affects the whole family as a unit. This being said, it is wise to choose a mate with strong character, and to take care to guide your children in the best direction possible. This is no easy task. We home school our daughter which helps keep her from some of the more adverse influences she may encounter, but we cannot shelter her forever. I have noticed a vast difference in her and in my step-son who not only has attended public school since the beginning, but has different genetics, and must deal with living in a divided family.

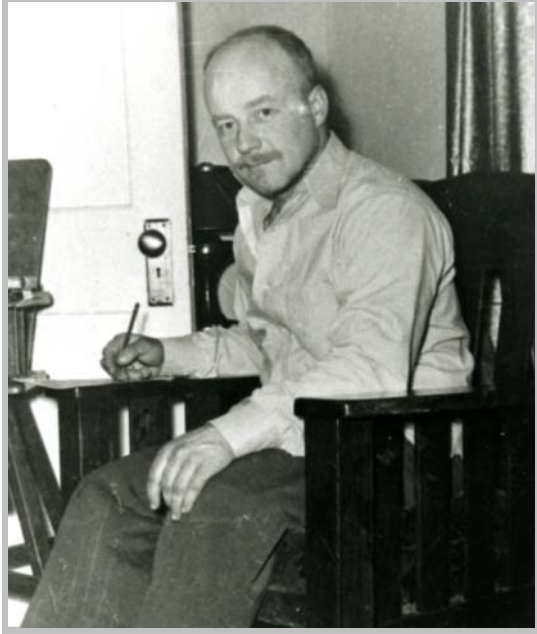
I do find that I have to set certain boundaries for myself at least some of the time on a regular basis. This is time I use for meditation, and self observation. I keep a detailed journal which is priceless to me, and gives me great insight. It allows me to look back on my life from a more objective perspective.

Standing up and being a man in our current society is no easy task either, and is often met with a great deal of criticism. But in the long run, a man who is honest, strong, and unafraid to take charge is really living up to his role in life. I have observed that I naturally take certain roles, and my wife takes others. Together we make one complete unit. I see masculine and feminine traits develop in my children in a natural course of events. It is nature's programming that things move in this way. These observations and countless others would not have been possible were I not in a family situation. Sure, there are compromises to be made, and there are benefits to having periods of solitude, but I wouldn't trade my situation.

Pyramid Zen Society

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



LETTERS FROM RICHARD ROSE— THE “POST EXPERIENCE” CORRESPONDENCE

The following advice is quoted from 1978-79 correspondence with former students of Rose who posed questions regarding celibacy and family life:

1. No one is too old.
2. Either partner should be free spiritually so that sex does not take priority. Friendship need never be broken – and should not.
3. If man makes a commitment toward celibacy much will take care of itself – but you cannot put a time limit on it or guess what’s in your future destiny.
4. The Inner Man expects only honest effort, not miracles contrary to nature.
5. Get your ways and means committee working.

“Insanity can save you from a lot of sane traps.”

–**“Marriage” from *Carillon*, by Richard Rose**

NEW PERSPECTIVES: WHAT OUR READERS HAVE TO SAY

I sense the universe as nested energy systems in the same way as our body has cells that have limited intelligence (i.e. they can work autonomously from ourselves but serve the higher system) but are not aware of the bigger picture or higher system, the cells form a defense system at a coordinated higher level - which is still not aware of the higher system but is still in service to the higher position - then there is us as a whole - who are we serving? At each level we appear to have more autonomy - greater free will more "intelligence." I wonder sometimes if the rocks and stones aren't freer than us. It's not so strange to see us rather as a group entity - a type of fungus or virus and Richard said a good deal of our freedom is an illusion. We can be victims of nature's demands - the higher system whatever it is?

Don Juan felt that the universe is predatory and antagonistic and that it's predominantly male energy it's after... we have this illusion that the universe is a warm fluffy god that looks after us. Well, farmers take care of their herds like parents do, we feed our fish in the fishbowl, we "love" our dogs. Ants and termites farm a fungus that they feedHa, we are going have to review this concept. I feel the universe is only friendly because it suits its purpose to be so. I often intuitively felt that the universe needs a lot of souls at certain growth times, thus the wars we have - big time harvesting of the ripe crops.

If you sit for long enough in one place as I have, quiet and slow your mind down, you will soon notice that there is something that peers through your eyes. Some experience this as being in their heads, others slightly behind them looking through. I feel that we are at both ends of the plasma loop - we are the universe but it is pinched or knotted off before it arrives at us. Those that have experienced satori or enlightenment have a glitch that opens up this pinch - I don't feel we could survive or live in a permanent state of satori, or blissed out. There are some in history who have had the ability to open or shut this pinch at will. They have experienced this as being in a vortex...have been able to sense or even see the umbilicus – it's been noted and described in religious artifacts

and drawing and carvings throughout recorded history.

--Michael H., Capetown, South Africa

We invite our readers to participate in this newsletter, so please send any commentaries or articles, including poetry, that you find relative to Richard Rose Teachings to: info@richardroseteachings.com. Thank you!

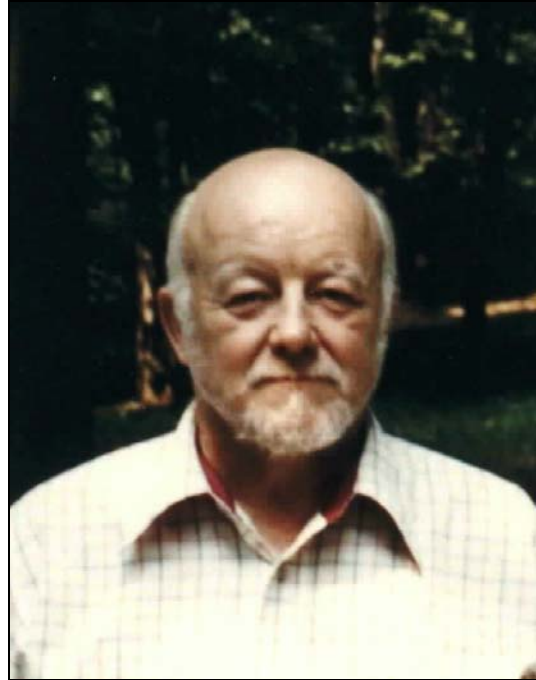
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Truth

Ah, Truth is a hideous thing,
Its metronomic ring
Is steady and sad as the toll
That calls us to our ghostly goal.
It gives us death,
It counts our breath,
It meets us in the glass,
It counts while seconds pass,
It meets us on the stairs
When we arrive with morn,
It counts the wrinkles, layers
Of fat, and puts them up to scorn.
It tears the corset from the gut
Of each pretentious, piquing slut,
It tears the sheets from off the bed,
And wakes smug corpses from the dead
To point the finger. Why then can't
They sleep in peace, since life is scant?
Be gone thou robot serf, thou slave
To fickle past. Thy master gave
To time, he could not stay. He leaves...
But leaves a steward who will thrive
Us of imagination's wanton guile,
Of happiness' asynchronous style.

--Richard Rose, *Carillon*