

THE OBSERVER'S NOOK

*Volume Five, Number Four
October 1, 2010*

IN THIS ISSUE OF THE "NOOK"...

"Peace of Mind: Success Without Regret" by Cecy Rose – This lecture contains the formula for attaining success, whether the end result is wealth or Enlightenment. The secret is in how we direct our energy.

"A Gimble in a Wabe #6, Right Brain/Left Brain: Surfing the Now" by James Cornie – Delving into the survival of a massive stroke experienced by Jill Bolte Taylor (*My Stroke of Insight*), Jim brings to light the relationship between the function of the right brain and the subtractive method of searching as taught by Richard Rose, retreating from error. He also provides an explanation of the purpose that our right brain has served throughout history in being a conduit (through music, art and poetry) for attaining spiritual insights and experiencing the "Now" moment.

"The Reversed Vector" by Andrew McMaster – If one continues to drop all that is false, eventually all that will be left is the Truth. This is the reason we "look within." As stated by Richard Rose "Go within by any means necessary." Andrew puts together a brief summary of this path as written by Rose and others.

"A realization of thought or thought-processes objectively, or definitively, means that we automatically must conceive of a state of no-thought." –Richard Rose, Meditation Paper

Welcome to the Richard Rose Teachings Newsletter

PEACE OF MIND IN SPITE OF SUCCESS HIGHLIGHTS OF RICHARD ROSE'S LECTURES

BY CECY ROSE

Some of you may remember the first of these lectures given by Richard Rose back in the early to mid 1980's. And the timing, during the Reagan years, couldn't have been better for addressing the subject as everyone sought to rise to what they envisioned as success while the rat race was heating up. It may sound odd to some,



but Richard actually encouraged people, like myself, to pursue their career as long as they didn't become so identified with it that they turned robotic – or “a company man” as he put it. He never discouraged people from earning a good living. But he did *encourage* people keep in the forefront the priority of going within and conservation of energy. He was, after all, a young man who was seeking enlightenment in spite of the Great Depression. So out of the “prosperity” of the 80's came his series of lectures on “Peace of Mind: Success without Regret.”

Some of you may have in your collection a copy of the lecture CD. For those who don't, I've selected several of the topics on the double disc recording to “transcribe” – or at least use to offer some insight into the thinking of a very pragmatic spiritual teacher.

He begins the lecture, interestingly, stating that he is irritated with those who are seeking success, many of whom ended in failure. They failed to take into consideration *all* the factors, such as they may very well change their minds during the course of their quest for success.

His definition: Success means achievement without regret. And success with peace of mind might seem even more impossible to attain to most people, but he did not believe this had to be the case. His message was to avoid being hypnotized into believing that you are a success, first of all.

Richard studied what was wrong with human thinking. First of all, there's evidence of factors beyond the body that influence our actions and cannot be pushed aside. You must have a well-defined individual first to know that you are even experiencing success.

So he states we must go back to basics. Start with what you think you are. Work from there. You may come out with a very clear understanding of something beyond the flesh. The process begins with the transmutation of energy. Around the age of twelve, a person starts to develop an enormous generator of energy. Richard maintains that the glandular energy is transmuted into neural energy, and by glandular sublimation, this energy can then be transmuted into the mental realm. A person can actually know (through meditation) that the energy is going up into the head. Richard called this

quantum energy. Whatever one's life work, healing, for example, it can be attained through this formula of transmutation. However, the healer can also become “tapped” by those lacking in quantum. Or the healer may develop an ego which is part of the false self. Consequently, the energy descends downward.

To get beyond this level one has to operate out of “non-ego.” A mental matrix is developed in order for things to happen. The observation of this became Richard's philosophy. And so, in the business of making a success of your life, you must be able to direct as much energy as possible to your objective.

"I enjoyed The Albigen Papers very much. I can see that Richard was a genuine teacher who followed a path that very few of us are able or willing to undertake. Reading his book has been tremendously helpful."
--Felipe R.

Your attention cannot be fragmented. This is the formula for putting the very best into it. Napoleon Hill's book “Think and Grow Rich” gives this formula of conservation of energy.

By observing the trends in people's lives, and the results, you find there are such things as laws. It's a nebulous science, but it is based on duplication in proof. Too many systems predict success and wind up in regret. So there is a lack of human interpretation – of intuition. As you progress upward with the transmutation of energy, the head pops and you gain an understanding of whatever the problem is at hand. You attack the problem with your intuition and you will get results.

What we have is a paradox – there are no such things as hard facts. As you go along you'll find everything has two answers. We find first of all that we're programmed. One of our greatest adversaries is our programming. We are programmed to have desire and curiosity. We cannot help it that we have desire. Curiosity leads us to search. As a result of the complexities of these working upon us we develop a thinking pattern called States of Mind. These become great factors in deciding what we're going to do, who we'll like, etc. A state of being is another experience, and our only chance for becoming

less an actor and just *Being*. This state of *Being* allows us to be less of a robot.

There's a way of getting above the zombie/robot and it has to do with looking inside. We don't get it from reading books on psychology. We can observe the barnyard animals then observe the people we know and they both have the trait of "cropping the grass" – the instincts and reactions are all the same. The difference is that the human being is able to write down his brief moments of sanity and stop the machinery. This is exactly what happens in all of the great mental experiences. The great breakthroughs are the result of stopping the head. The mind is "killed". Then that which we wish, rushes in. The garbage or the rat race has to be put aside before any success can be truly be attained.

Richard wrote down several laws for success, the first of which is the law of proportionate returns. If you put enough energy out, you will get results. Even if you just do things without any idea of profit, results will come. This was the crux of the book "The Magnificent Obsession." It is also part of the formula behind "Between-ness" as described in *The Direct-Mind Experience*. One need only follow the laws and apply the formula to experience results.

To hear an audio clip of "Peace of Mind: Success Without Regret" please follow the link to <http://richardroseteachings.com/audio.html>

A GIMBLE IN A WABE #6

RIGHT BRAIN/LEFT BRAIN: SURFING THE NOW

BY JAMES CORNIE

Left Brain/Right Brain

Left Brain/Right Brain-one mind
Center of somatic order

Place where I count my coins
Place where I project my span on Earth
Place where I calculate the cost of Harvard for five grandkids
Place where I plan and improve my products for the marketplace to finance it all

Place where I convince myself that the universe was formed 13.7 b years ago.

Place where the cardinal's song touches my core
Place where the sun hurls rosy fingers into the dusk and sets cloud's underbellies aflame
Place where Monet's purple haystack stirs my soul
Place where I marvel at the flow of phonons in a carbon crystal

And at the metal interface, their transmutation into electrons of conduction
Place where physics is astounding as I surf the wave of creation.

My right is willing slave to my left
My left probes my right and defines this as a balanced life
But my left projects to the end of the somatic being and asks---What then?
And as if in reply, my right simply surfs the Now.

JC- 9/10

Jill Bolte Taylor was a neuroanatomist at Harvard Medical School Department of Psychiatry and McClean Hospital in Belmont, MA who was heavily involved in postmortem investigation of human brains with histories of malfunction as well as normalcy. She was living large as the "Singin' Scientist" touring nationwide promoting post mortem donations of brains for study at her institute. Then, on December 10, 1996 at age 37, Ms. Taylor experienced a massive stroke in the left hemisphere of her brain¹ that affected speech, reading, orientation, physical movement, physical boundaries, and her sense of space and time. Intact was her right hemisphere which she calls a parallel processor. Her consciousness retreated to her right hemisphere where she gained a unique perspective on the universe.

...“Moment by moment, our right brain creates a master collage of what this moment in time looks like, sounds like, smells like, and feels like. Moments don't come and go in a rush, but rather are rich with sensations, thoughts, emotions, and often physiological responses.”... “To the right mind, no time exists other than the present

¹ Jill Bolte Taylor, PhD; "My Stroke of Insight: A Brain Scientist's Personal Journey"; ©2006; ISBN 978-1-4303-0061-8 by Jill Bolte Taylor,

moment, and the moment is vibrant with sensation.” Ms. Taylor entered a state that she defined as Nirvana as she understood it from the Buddhist tradition. She was at one and aware of the flow of energy in her body and with the universe and described it as blissful.

I am unable to do an adequate review of Ms. Taylor’s book from a neuro-anatomical point of view but her description of the affected centers of her left hemisphere is quite graphic and complete. I highly recommend neurologists as well as advanced practitioners of meditation to read it thoroughly for insight into an aspect of the somatic basis of mental processes and to amplify or correct my impressions stated here.

I am also unable to judge the spiritual degree of her realization. However, I suspect that it was somewhat short of Nirvana. She found her right brain state seductive and could easily have dissolved into the energy of the universe, of which she was aware. She was aware of the fullness of the moment and the bliss of this very instant. But something inside her decided to hang on and she struggled to get help which saved her life. Dialing a phone is a major task when the reading centers cease to operate and



numbers on the dial look like squiggles, but, as she describes in her book, she managed to call for help. Later, all left brain functions departed and she was residing completely in the “thetaville” of the right.



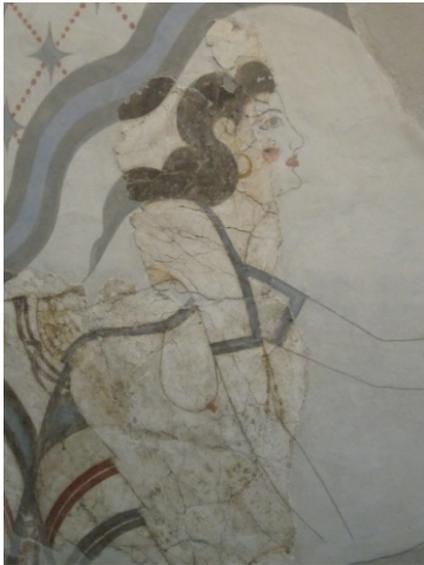
“Nacht und Tag,” acrylic on paper by Philip Winestone.

In spite of being in Nirvana, the survival mechanisms are strong. She also had world class medical care and an equally world class and devoted mother to help her heal. She spent twelve years leading to complete recovery and her book on that trip should be and indeed is a text book for the care and rehabilitation of left brain stroke victims. Ms. Taylor’s background places her at a unique vantage point to discuss the various brain functions and restoration. Of interest to me was that from her right brain, she was able to recover full function and re-establish her left brain sense of “Self” or ego. Through the marvelous plasticity of the human brain and utilizing her unique insight from the right hemisphere, she was able to pick and choose which aspect of her character that she wished to reestablish in her new “Self”. She was able to let go of many unattractive aspects of her old “self” and remove them from their source of energy.

I find that Ms. Taylor’s ego subtraction process is very much in line with Rose’s urging to retreat from untruth. There is an observer that apparently resides in or is attached to the right hemisphere that recognizes overall patterns and presents it to the left brain for articulation and somatic meaning. All of this leads me back to Rose’s *Psychology of the Observer*. However, I would not recommend induced stroke as a

spiritual path nor would I recommend hallucinogens.

I am again drawn to a book I read during the late '70s, during my years in Zen study with Richard Rose: Julian Jaynes' ² *Origin of Consciousness in the Breakdown of the Bicameral Mind* where, after in depth study of early Greek and middle East mythology and literature, he postulated a pre-introspection consciousness receiving God wisdom in the form of songs and poems from the right brain. He described this as the "bicameral" period in the evolution of modern consciousness.



As a follow-up to this hypothesis, Ruth and I recently had an opportunity to visit early Aegean Neolithic, Pre-Hellenistic, Roman and Byzantine sites in the Aegean Greek Islands and on the coast of Asia Minor, often one on top of another. From such visits, one gets a grand view of history and the development of modern mentation. Assuming Jaynes' hypothesis, I suspect that in the bicameral period the early to proto-Greek cultures projected aspects of themselves onto the Gods. These included the early Eros for desire, Pan for fornication, Aphrodite for fertility, Athena (wisdom, strategy) and Apollo and Zeus as the most noble and powerful gods of all. Worship of the Gods became habitual and seductive and a comfort to the ancient classical Greeks. When they began to be converted to the Christian faith, they had to dispose of all but the head God. The rest survive by becoming saints and angels and vestiges of

² Another Harvard Professor

right brain projection onto the left. By extension of Ms. Taylor's experience and examination of early mythology and history, I conclude that the projections of the right brain are not necessarily sacred. We cannot let the modern myth of the "God hemisphere" guide us because, left brain or right brain, we need to use discernment. Pedophiles and mass murderers also have right hemispheres that must indeed be corrupted and infected. We need to look beyond the music of the hemispheres for our ultimate Self.



"Livinia," mixed media artwork by Cecy Rose incorporating gravestone rubbings, transfer and conte crayon drawing.

But let us not diminish the power of the Right. It is the integrator of our experience, the source of our creativity, our art, our poetry. It is the source of the "gut" feelings we get about certain situations. I have written about experiences of timelessness, of the Now. In a previous article, I described my personal experience of the Now; those brief moments when I was standing on the South rim of the Grand Canyon; where there was no separation between myself and the two thirds of the history of the Earth revealed in the stratified panorama before me and of which I was a part. I have been lost into the depths of a transmission electron microscope and the structure of matter. And I experienced a moment of the Now (which I then called an epiphany) at the punch line of the joke my grandson Jacob played on his gullible grandpa. It is how I, on rare occasions, look into and lose myself in the depths of matter and it is how I translate those

visions into practical materials for enterprise. I now recognize these as unpredictable right brain interventions into the usual chatter and flow of consciousness. It, in combination with the scheming Left, transforms us into powerful creatures on this plane of existence, for good or ill. Our Right is not divine but it can be the divine conduit for the prepared soul.

I might add that I had no such moments of the Now when viewing the grand panorama of the development of western civilization—but my left brain was and is still churning, trying to assimilate the meaning of all of these recent experiences. The epiphany is yet to come.

We all owe Jill Bolte Taylor a debt of gratitude for exposing this universal aspect of ourselves. I for one have discerned a new perspective for examining consciousness.

James Cornie

As usual, scathe and praise equally accepted at jcornie@mmccinc.com.

THE REVERSED VECTOR

BY ANDREW McMASTER

In the same spirit that the realized Advaitin, Nisargadatta Maharaj taught, “Follow the same path by which you came,” Mister Rose taught the Law of the Reversed Vector. He wrote, “We must back into the Truth by backing away from untruth.” In so doing we would become a Vector that could return to the Source. This is an important pointer for those who would realize That which they really are.

The truly realized all point to one basic truth as it relates to the Absolute: **All thoughts and words are false.** To realize that which we truly are cannot be accomplished with a mind full of fictions. Any effort to move toward the Truth with the finite mind will be futile. Instead, the realized teachers point to moving away from the false. Seeking through false concepts for the Truth is pointless. So, if one continues to drop all that is false, eventually all that will be left is the Truth. This is the reason we “look within.”

As has been written before, the fiction filled mind is comprised of all the identities, personas, memories, dogma, conditioning, and domestication to which we have become attached from the moment we were born. At the moment of birth we began the process of attaching to the false. As we began to add adjectives or nouns to the “I Am,” (I am boy, I am girl, I am “*your name here*,” I am good, I am bad, etc.) we began to move away from the Truth. Attachment to the body, and to the mind filled with false concepts, including those of a religious or spiritual nature, separates us from realizing our True Nature as Pure Consciousness.

Being rid of the concepts in the order in which they were acquired, one is able to return to the Source. Mister Rose writes in his book, “Meditation,” that we should meditate on those times when ego caused us the most difficulty. Ego is just another name for the false personality that arises from the fiction filled mind. Another very effective method of taking this journey is to take the pointers from a Realized teacher into silent contemplation. For example one may contemplate “I am not this body,” “I am not this mind,” “I am not ‘*your name here*,’” or “I am not a Baptist, Buddhist, or even Advaitin.” ALL adjectives or nouns after I Am are FALSE. Those who are ready may also contemplate that which they were before the body manifested. A useful way to do this is to contemplate each year from one’s current age all the way back to when the body manifested and then back nine months before that.

As I am a person who does things best in steps, I found the book, *From I to the Absolute, (A Seven-Step Journey to Reality)* by Floyd Henderson, to be extremely effective. The seven steps mentioned are steps back to the Source. In this book the stated object is to be rid of all concepts and to learn no new concepts. Dropping ALL concepts is the way we can become a reverse vector and become the Truth.

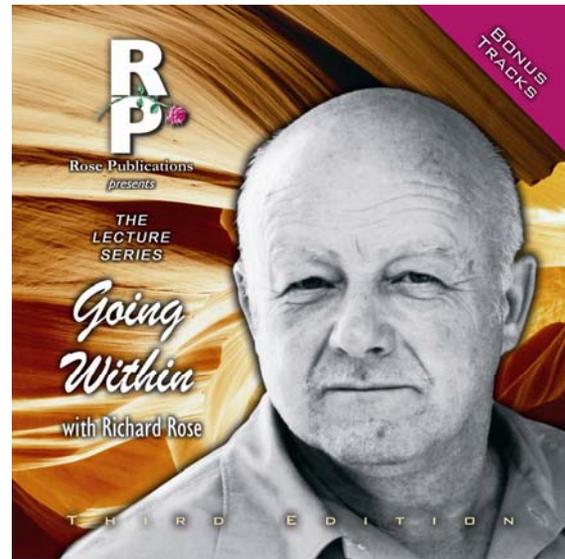
As Mister Rose said, “Go within by any means necessary.”

To learn more about Richard Rose’s book on meditation, just follow this link to the webpage at <http://richardroseteachings.com/Meditation.html>

For information on the St. Louis, MO Albigen Study Group, write to: Andrew McMaster
tsaochi333@sbcglobal.net
314 - 837- 6249

For information on the Lexington, KY Albigen Study Group write to: John Rose
albigenzen@mac.com; also, check out his postings on Twitter at
<http://twitter.com/albigenman> or go to his Facebook page at
<http://www.facebook.com/people/John-Rose/692946767>

For information on an Ontario, Canada online discussion group contact:
Philip.winestone@rogers.com or go to Richard-rose-friendship-group@googlegroups.com



To hear an audio clip of the newly edited version of “Going Within,” please follow the link to <http://richardroseteachings.com/audio.html>



We invite our readers to feel free to comment on any of the articles found in this newsletter. Your responses will be published only with your permission. Our main purpose in publishing this newsletter is to inspire and encourage feedback. Thanks to all who continue to support the efforts at Richard Rose Teachings, and a special thanks to all of our contributors. Contact us at: info@richardroseteachings.com.