

THE OBSERVER'S NOOK

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***“Do everything, but don’t insert
yourself into what you are doing.”
-- Richard Rose, Carillon***

We leave the year 2006 with a sense of gratitude for all the wonderful contacts that have been made through the teachings of Richard Rose. I like to think of it as the mustard seed phenomenon. His writings and audio lectures, because of the website and word of mouth, have inspired spiritual seekers all over the world. He would be simply amazed that people from South Korea to Ireland, New Zealand to Switzerland, Brazil to Canada are reading his books and listening to his lectures.

But the real work lies in reaching people on a personal level – through small Albigen Study Groups such as those in St. Louis, MO and Lexington, KY. Each monitor has the opportunity to rise to the challenge of teacher – as Richard Rose advised students to do. And each participant has the opportunity to progress and graduate from those groups to form study groups of their own. As Rose stated in *The Albigen Papers*, “It is true that much of our mind is filled with garbage that clings like barnacles to a stem of make-believe, vanity, or ego. But we need not subsidize a marble palace in Kashmir just to remove those barnacles. The barnacles will start to fall away with meditation, self-analysis, and the encouragement of analysis and criticism from our friends.” And he goes on to say, “The teacher must show some reason why it is advisable to lose your ego, must try to explain the process, and

somehow manifest the loyalty of a friend that would survive any test. We must reject the ‘Master’ who commands us to believe without explanation.” In *The Albigen Papers* he speaks of the “law of the ladder” which *does* explain the process of learning from a teacher as well as one’s peers. Basically, he describes this “ladder” as being shaped like a pyramid, with less people on the higher rungs than on the lower rungs. He writes, “We will be lucky if we can find one man who can help us, but we should be working with six or more on the rung below... The man above may be pulling up the man below, but they are pushing him a bit, at the same time.” In other words, each layer of capacity in the “pyramid” automatically presupposes the existence of another higher layer or level. Rose went on to say that “If there is a recognized pyramid of knowledge, and of effort, then it is possible to have a larger pyramid. If the mind of man is changing and growing in complexity to meet the complexities of its problems, it is possible that that mind might change and adjust to meet the infinite scope of spiritual problems.”

You will discover a lot of quotable quotes in this Newsletter that we hope you find useful in your daily meditations, conversations and contemplations.

Best wishes for a wonderful new year ahead from all of us at Richard Rose Teachings! And thank you for your continued support of our efforts.

*--Cecy Rose and Staff
Richard Rose Teachings*

“I THINK IT’S BAD TO BELIEVE. IF A PERSON SEARCHES, HE HAS TO DOUBT. THERE HAS TO BE AN ELEMENT OF DOUBT IN HIS SEARCHING OR HE WOULDN’T SEARCH, HE WOULD ACCEPT.”
–RICHARD ROSE, EXCERPT FROM THE ESOTERIC CD LIBRARY (TO BE RELEASED LATER THIS YEAR.)

NO ENLIGHTENMENT
COMPOSED BY ANDREW
MCMASTER IN COLLABORATION
WITH PHILIP WINESTONE

“There is no recipe for a lightning bolt.”

Richard Rose

*“If you can talk about it,
it ain't Tao.
If it has a name,
it's just another thing.”*

“Tao Te Ching”
Trans. Ron Hogan

“When you happen upon someone who has no understanding, you must claim to know nothing. He may be delighted by his discovery of some “way to Enlightenment”; yet if you allow yourselves to be persuaded by him, you will experience no delight at all, but suffer both sorrow and disappointment. What have such thoughts as his to do with the study of Zen? Even if you do obtain from him some trifling “method,” it will only be a thought-constructed dharma having nothing to do with Zen.”

Huang Po

“There is no me or you, no seeker, no enlightenment, no disciple and no guru.

There is no better or worse, no path or purpose, and nothing that has to be achieved.”

Tony Parsons

Indeed! Mister Rose was not fond of quoters, but the above quotations all illustrate the fact that Grace can't be bought or found... in fact it can't even be searched for. All our best efforts at bringing about “enlightenment” – whatever THAT is - are just ego effort. The ego knows that if we are busy with something to “strive for,” “get,” or “attain”, in other words if we're looking for RESULTS, then we will be distracted from the real task: killing the Ego. The Ego is a cunning, sly dog and will use any means to survive. Ego is so pervasive that it is able to guide our efforts away from the Truth. Yet it doesn't really exist as a tangible entity.

That is why “spiritual practices” seem so attractive and are so lucrative. As it is our nature to be gratified by our levels of attainment, we spend hours in meditation and chanting, and pass our lives in ascetic denial... all of which have nothing to do with the Absolute. Still, we constantly seek those who promise that they will show us how to find that which in actuality cannot be “found”. We must become the truth and all the robes and certificates in the world won't do that for us, in fact, they are hindrances. And the fact is that the biggest hindrances are our reasons for seeking enlightenment. We think we will find bliss, happiness, an easy life... The list goes on and on.

Mister Rose knew that anybody selling “water by the river,” promising some kind of attainment for money was a

phony, and worse, they lead us down a path upon which lies more dogmatism and wastage of time. He lays out guidelines in the “Albigen Papers,” in order to help those who want to become the Truth and avoid the kind of pitfalls of “seeking” that are prompted and fed by Ego.

The Albigen System recognizes, from the start, that we cannot “find” or “get” the Truth and makes that clear from the beginning. Mister Rose lays out a practical, step-by-step system whereby an interested, committed individual can use personal effort to recognize and retreat from untruth (or Ego) and bring about conditions more conducive to becoming the Truth. We cannot make it happen, but we can become more fertile ground for Grace.

“Enlightenment,” as promoted in popular spiritual culture, is a diversion, a Holy Grail. It is not something that can be attained or found. Spend as much time as you can, and then a little more, working by yourself and with others in efforts designed to be free of the false and illusory domination of Ego, without ANY consideration of results. The Albigen System is designed by a man who became the Truth to give us practical guidelines for such effort.

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“THERE'S ONLY ONE THING THAT HOLDS A PERSON UP, AND THAT'S HIMSELF. NOBODY CAN CHANGE YOU. THE ONLY

THING YOU CAN DO IS REMIND. IT'S LIKE ALCOHOLICS ANONYMOUS. THE ALCOHOLIC HAS TO CURE HIMSELF. THE PERSON THAT IS OBSESSED WITH LET'S SAY, SELF IMPORTANCE, HE HAS TO CURE HIMSELF. NOW YOU CAN POKE AT HIM, YOU CAN REMIND HIM, SAY 'HEY', OR 'WHAT DO YOU THINK OF YOURSELF', OR 'WHAT'S YOUR OPINION ON THIS OR THAT' AND THEN START TO ANALYZE IT. THAT HELPS, BUT BASICALLY IT'S UP TO THE DYNAMIC DRIVE OF THE INDIVIDUAL TO COME UP WITH AN ANSWER. RESULTS ARE PROPORTIONAL TO ENERGY APPLIED.”

—RICHARD ROSE, “GOING WITHIN CD”



RICHARD ROSE TALKING TO LECTURE ATTENDEES AT SOLDIERS AND SAILORS HALL IN PITTSBURGH

THOUGHTS ON ACTION

BY JOHN ROSE

Back to the drawing board again. Another day much the same as yesterday. Same questions, same patterns, seems like a rut sometimes. Trying to dig a little deeper every day. I am thinking of the subject of keeping active, and of just day to day living. When I have a day off from work, or I

can't find some project or activity to be involved with, I begin to feel restless like I should be doing something. Why is it that there is this impulse to fill waking time with some sort of activity, even if it is something as passive or meaningless as watching TV, or shuffling something from one place to another. There is such a resistance to just sitting, or breathing. Just being in a moment for what it is. I spend so much time sifting through paperwork, always clearing out things. It is an obsession. I whittle away at what is useless or meaningless. I go through my clothes, I dig through papers and books, go through files in the computer, music cd's, anything to occupy the time. Sometimes I find myself starting some useless project, or hobby. Then when I see how useless it all is, I feel a restless depression setting in. While it is necessary to take care of a lot of business and mundane chores, there is such a thing as going too far with it. We can waste a lot of time recounting a day at work for example, or gossiping about a co-worker or neighbor. We take on political or social causes, join clubs, raise pets, collect stamps, or any number of other time fillers. The issue at hand here addresses why we do these things, and why we feel so restless when we just live, with no set game to fill our time.

What about using this time for meditation or introspective work, or to just sit and see what comes about? Is it our Nature, or our upbringing that impels us to always be filling our time with busy work, no matter how useless it may be? I think of how many hours people spend in front of their TV sets, or in front of their computer playing games or aimlessly surfing the web, or even more wasteful, indulging in some

compulsive behavior pouring their energy out the door.

What is a truly useful way to invest our time and energy?

I have a definite issue with constantly organizing things. I am always clearing out. I find new books to read, and more often than not, they are just different versions of the same thing. I think of just clearing them all out, and only keeping those I find useful without repeats, but I am unable to do so. I have a strong attachment to my esoteric library, just as I do my recordings, my old clothes and so many other things. I am attached to my tidy little world and get quite disturbed when it is upset in any way. I know it may sound silly to ask why I would get upset at that. Sort of like asking someone why they are mad at you after punching them in the nose for no apparent reason. The truth however, is that I would be better off if I were able to let go of some of the attachment I have to at least some of these things. The fact is that I will have to relinquish attachment and control of all of it at some point. At the point of death, if not before.

We begin the search for meaning, Self-definition, Enlightenment, call it what you will, so we begin to do our homework. We find books and read. We build a library and become "experts" on the subjects we study. We converse with one another. We often end up insulated contemplating our new found wisdom, and yet are we living it? It is usually not so comfortable when we begin to apply the things we encounter in our vast library. I find when pouring over the many books I have, that I am reading endless varieties of the same thing. The same advice. The same

anecdotal evidence, and yet it is only with great effort that I am able to venture into the practice of so many of these things. The genuine wisdom that is out there is usually very simple in nature, but not so easy in practice. Sitting in meditation sounds easy until in practice, the mind begins to run its patterns, boredom sets in, restlessness, and then all too often we give up before we can do ourselves any good. It is like a habit we are trying to break. Take smoking for example. We make a commitment to quit as we are lighting up what we say is our last one. It feels good, we are on top of the world. We feel all the strength and courage in that moment to see it through. We toss the rest of our cigarettes in the trash and proudly walk away. Three hours later we may find ourselves digging through the trash frantically searching for just one last one. Such is the pattern of so many habits and patterns. How do we genuinely free ourselves? We may have to change all our patterns in the most extreme cases, or maybe only a few. Dwelling on the issue at hand seems to only make things worse, and we often end up in a reverie that leads us right back into the trap. As Rose said, you have to turn your mental head. Turning away from the habit or whatever it may be that you are trying to get away from. It is no easy task, and may require numerous attempts and often in varying degrees. But do something. Don't just read about it, or get caught up in endless discussion. One step at a time. It helps as they say in Alcoholics Anonymous to take things one day at a time, or even one second at a time if you must. Be honest, brutally so if need be. There is no time for procrastination as none are promised tomorrow. I've seen too many people cut down in the prime of life.

Death can be an all too sudden thing, and is not reserved for the old or infirm. By all means read, and discuss, but put those things into action.

At the same time, don't try to be over zealous trying to do too much at a time. The key is to keep moving in the direction of your commitment. Fight for it. If you fall, get right back up, but keep going.

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**POETRY FOR CONTEMPLATION
(AS WELL AS ENJOYMENT)
BY JAMES CORNIE**

I was a midshipman serving my watch as Officer of the Deck on DD-729, the "Lyman K. Swensen" one evening during the summer of 1958. The next day, the Executive Officer called me to his quarters and asked me why I did not place Sanchez on report. I answered: "How could I presume to discipline Jesus Christ?" I was given a smile and a mild reprimand and mutual acknowledgement that I was not career Naval Officer material (though I never lost my love of sailing and of the sea). After all of these years, I still wonder if Jesus Christ ever made anything of himself. Other than saving the life of Jesus Christ, I should ask that same question of the Officer of the Deck.

JESUS CHRIST SANCHEZ

Jesus Christ Sanchez
Bos'n mate third class
Career swabby
Deck ape
Brown

Oily
 Skinny
 Jesus Christ Sanchez
 Pleasant
 Laughing
 Rowdy
 Generous with drink
 Careless with cards
 Sought by his mates
 for a good time on leave
 Busted three times to seaman
 Jesus Christ Sanchez
 Drunk on leave
 Thrown into the liberty boat
 by two burley SPs
 Fell off the rope ladder
 into Yokosuka Harbor
 Saved from turbid oblivion
 by my boat hook
 Jesus Christ!! Sanchez

I cry for the beauty of illusion
 For when I blink, it will disappear.



DETAIL OF A GICLEE PRINT BY CECY ROSE ENTITLED
 "LIVINIA" (WATERCOLOR, GRAVESTONE RUBBING AND
 GRAPHITE.)

THE EVENT HORIZON

Black holes patrol the void
 And time and radiation are still.
 An instant away lies oblivion
 And compression into a singularity.
 How far is a mile
 But two-thousand king's paces?
 How long is an hour
 But a meal taken?
 What is thought
 But the universe without bounds?
 And what is life
 But the movement of soul?
 Here, at the event horizon
 I breath eternity.
 Galaxies course through my veins
 And a universe fills my view.
 A star tills the fertile nebulae
 And unaware of the stealth
 Plants precious seeds of planetary
 potential.
 A rose unfurls its petals
 And its sweetness brings a cherished
 tear.

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 pieces of poetry that you would like to submit to
 the newsletter, please send it ATTN: Editor,
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