

THE OBSERVER'S NOOK

Volume Two, Number Four

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"My idea of wisdom is a corrosion of ignorance, and you don't see the mountain that you have to corrode or eat away. You only see it by nibbling a chunk out of it, by solving a question or a problem. Then you see there are still other things that have to be transcended."

—Richard Rose, excerpt from the Esoteric Library of taped lectures

Hello everyone and welcome to those new to our newsletter! Our features include:

"If 'There is no Recipe for a Lightning Bolt'—Why Meditate?" by Andrew McMaster

"Mac," a longtime student of esoteric studies and Zen, sheds light, if not lightning, on the value of Rose's advice on meditation.

"For Whom the Carillon Tolls"

From his book of poetry and essays, we couldn't resist including "Psychology of Miracles" in this particular newsletter.

"An In-depth View on the Psychology of Richard Rose" by Alan Fitzpatrick

With the upcoming release of his book, *The Sex Connection*, the author discusses Richard Rose's teachings on sex and the search for Truth.

"Letters from Richard Rose—The 'Post-Experience' Correspondence"

A recent discovery of letters dating from 1950 on, has been quite a revelation in regards to Rose's views on teachers and organizations as expressed to friends and contacts.

"More Poignant Poetry" by James Cornie

Jim shares his poetry, delivered in the 1980's at a Kerouac Festival in Lowell, MA, reflecting a bit of the influence and philosophy of Richard Rose on a longtime friend and student.

Yet another quarter has passed and we are still in full swing here at Richard Rose Teachings with ever increasing correspondence from new folks and the publication of a new title, *The Sex Connection*, which has gone to press and should be out by the end of October—barring "the forces of adversity," of course.

We've also been uncovering some old correspondence dating back to the 1950's between Richard Rose and fellow seekers looking for a teacher. These will be printed in this newsletter over a period of several issues, the first of which is appearing in this edition.

We continue to encourage all of our readers to contribute articles, commentaries, testimonials and poetry to the Richard Rose Teachings newsletter and to encourage lively exchanges, as well. Jim Cornie offered up such a challenge in the last newsletter, so by all means, please take him up on it!

One of our contributors to the newsletter, Lee Warfield, frequently sends me passages out of the Bible that usually pertain, uncannily, to what is going on in my life. But there was one in particular that I found could be paralleled directly with the teachings of Richard Rose as well as other great teachers on this Path. It pertains to Solomon's personal experience, "Everything is Meaningless," *Ecclesiastes 1:11*. The theme is about searching for satisfaction in life. As Solomon, Richard Rose, and other seekers like them discovered, true happiness and peace of mind are not attainable through pursuits outside of ourselves. Like the saying goes, "Too much is never enough."

I was most impressed with how the wisdom within these verses is echoed in "The Three Books of the Absolute" in *The Albigen Papers*. It's true that there really is nothing new under the sun, as Ecclesiastes states, though we keep struggling to uncover new things or more wisdom. This is especially true in regards to various spiritual teachings. However, using our abilities, such as intuition and discernment, we can "Become," as Richard Rose states it, or discover God's wisdom, as Ecclesiastes states it. Sure, it takes effort to search. But the "tools and compasses" are always there at our disposal—those being the profound writings and teachings of pathfinders before us.

Thank you, fellow pathfinders, for your continued support of Richard Rose Teachings.

--Cecy Rose
Director, Rose Publications

IF “THERE IS NO RECIPE FOR A LIGHTNING BOLT” – WHY MEDITATE?

BY ANDREW MCMASTER

Those fortunate few who HAVE been struck by that Cosmic Lightning Bolt all report that the first and most dramatic realization is that there is NO ONE home. There is NO ONE to get enlightened. There is NO ONE to do ANYTHING. There is also NOTHING to attain. There is NO enlightenment. For that reason any spiritual exercise, including meditation that is practiced with enlightenment or attainment as its goal is absurd. We are, in fact, already THAT which we seek. That being the case, why did Mister Rose suggest meditation and write a book of that title?

The answer lies in the fact that Mister Rose developed the Albigen System as a way to retreat from falsehood. Nothing was to be attained or gained. Mister Rose disparaged those systems which promised the seeker any spiritual attainment. Just like any other person who has been struck by the Lightning Bolt, he knew that any effort by the self (robot) to bring about awakening was just another exercise of the ego. In fact, it is just another way in which the ego maintains the Dream. Hui-neng and Huang-bo in Tang Dynasty China, Ramana Maharshi and Nisargadatta Maharaj in twentieth century India, and westerners Tony Parsons and Richard Rose in the twenty-first century, were all adamant in their assertions that effort by the ego or finite mind toward spiritual attainment was futile. For these reasons, Mister Rose suggests a form of meditation in which the intent is to go within and “find Reality by finding the Real part of ourselves.”

The important question the seeker must ask is, “What is my intention for doing this?” If the seeker is attempting to “become enlightened,” or be stress free, or improve his job or love life, then the practice is just another ego feeding

proposition and strengthens the Dream. The only valid intent should be a desire to realize or become the Truth at all costs. As one fellow correspondent once cautioned me “...this burning desire for Truth can’t be a reaction against a life we object to and are dissatisfied with. It must be in conjunction with an immense gratitude for what we have been given, with a ‘surrender’ that asks for no divine rescue or special mercies.” There must be no egoistic ambitions or expectations or any attempt to change anything. This is still just flailing around in the Dream.

Meditate to become aware of the falseness of the Dream. Meditate to remove those aspects of the small self that enhance the illusion of separation from the Absolute. Meditate so as to surrender to THAT which IS and cannot be separate or attained and BECOME the TRUTH.

Mac’s Albigen Study Group is located in St. Louis, MO. For more info: tsaochi333@sbcglobal.net or call 314 - 837- 6249

FOR WHOM THE *CARILLON* TOLLS EXCERPTS FROM RICHARD ROSE

This set of notes from his book is entitled “Psychology of Miracles”:

I think that the reason why psychology discounts anything but an objective world is because it can’t prove the other.

You will not know what mental troubles are until you have risen above the mind dimension. The mind cannot analyze the mind with the mind.

My ideas are to transfer those things that I have learnt in esoteric philosophy, not to go around patching up people whose tires ran over nails. They should have avoided the nails.

I have always maintained that you will never find anything by believing, but by doubting.

We are tempted, and we don’t tempt ourselves, and we are outwitted, and a man doesn’t deliberately outwit himself; he gets outwitted before he can even catch up with it.

Don't get yourself confused with too many ideas, or too many drives, you can only make one major commitment in life.

When you get into subjective matter, you get down to a point that the only thing that you have to go by is, how well your intuition is perfected, and how slowly you jump to believe something that sounds good.

You learn sooner or later that you are not running the show and that if you relax, the show runs better. Things will happen better if you just relax; many things are under control in many respects.

You quit and things happen, you let the door open, you stop the obstruction, you eliminate the ego. The ego is one of the biggest obstructions to the achievement of anything.

--Richard Rose

AN IN-DEPTH VIEW ON THE PSYCHOLOGY OF RICHARD ROSE

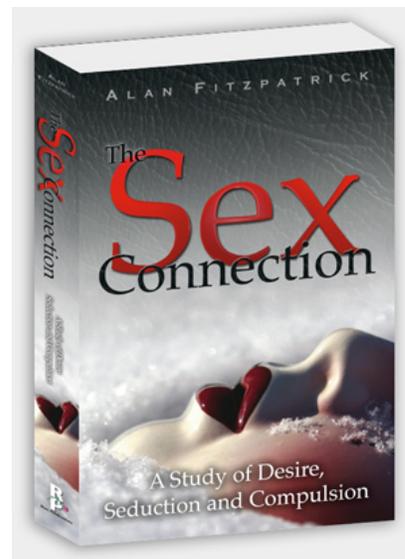
BY ALAN FITZPATRICK

I met Richard Rose in 1972 when I was studying psychology at Kent State. He came to campus to talk on "Zen and the American Mind." I'd been interested in Existential psychology that had led me to Alan Watts and R.D. Laing and so I was curious to hear what he had to say about Zen and the American mind. I didn't know what to expect when I went to see him...and I was surprised by this fellow who not only talked about Zen and the Zen experience of Enlightenment, but also talked about a practical psychology...that the two were inseparable. If you were going to have this experience, you had to know yourself, which meant really that you had to know the interior of your mind and a practical way of psychologically analyzing yourself. And so in his talks, as much as he talked about philosophy, he talked about psychology, too. I remember in those years so many people wanted to separate the two. They wanted to be a whore master and a drinker and yet they wanted to set aside time...like going to church on Sunday...to study Zen. And he said that's absurd, we're talking about an ultimate experience of the mind. So psychology was always a part of his talk.

People basically came to hear about what he had to say about his experience, the Zen experience, an Absolute experience. But again, he said that people today want to leapfrog ahead into enlightenment and so many people who were there liked what they heard about philosophy and about Zen, this system he was talking about, but they also would ask him about personal problems...things that were psychologically bugging them. They may not have come for therapy—they came through the philosophic door. But they realized they had to deal with the psychological part.

He attracted a following of people that came to visit him, who said, "Help me with this problem," people who had been to psychiatrists

THE SEX CONNECTION, A STUDY OF DESIRE, SEDUCTION AND COMPULSION



**BY ALAN
FITZPATRICK.**
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and psychologists and gotten nowhere...they had questions about psychology. And he said that part of the problem that people have when it comes to mental troubles is connected to sex and so that is the sex connection that he was talking about to so many people.

Rose talked about a psychology that's not in the textbooks. He had an ability to read people—get inside their heads and tell them what they were thinking. Modern psychology believes that sex is disconnected from the mind...and politics are woven in...people that came to him for help

knew that drug therapy was just masking their problems.

He said, look, we're 95 percent sex...Rose said what you do sexually does affect your mind. And there are some sex acts that will trouble a person mentally. For example, in the case of homosexuality, he discriminated against the sex act, not the person. He said that you can talk about the act and separate it from the person (contrary to the politically correct view), even though that particular act he felt caused the person to become possessed. He agreed to help people change, not adjust to their sex habits.

“BEHIND EVERY BIZARRE STATE OF MIND IS A BIZARRE SEX ACT.” –RICHARD ROSE

Rose used to say that the mind is the other end of the nerve that connects to sex. He pointed out several myths about sex...for example, one myth being that all sex acts are equal. He said that's just not true. Other myths he pointed out were that we control sex – or that it is God's gift to man – or that we should not restrict sex. On the other hand, he did not believe that sex is evil, but that it is so intimate and has such a great influence on us that if you're going to try and find an Absolute experience, you had better understand the mind and the things that affect the mind – on that side of the coin. On the other side of the coin he said that at the root of peoples' troubles is sex, and that unless you come to understand that, and understand the problem and all of its ramifications, you're not going to make progress in anything. You're going to wake up, the same person with the same troubles.

Rose studied nature, he raised animals on a farm, he observed directly that behavior comes from nature's program to reproduce. He reminded us that we're in an animal body, we are a sexual being. We're programmed to reproduce.

I believe as did Rose that a great deal of us is “hard-wired.” The prevalent theory for the last thirty or forty years prior to this research in the last ten years was that nurturing is favored over nature. Part of the sexual liberation movement was to try and stop discrimination or teaching children sexual biases – and that has been stood on its head. Part of what did it was the twin studies, which found that even though they were separated at birth the twins would think the same way and make the same choices as adults having grown up in completely different environments.

Thus, hard-wiring or genetics is at work here. They're listening to the internal hard-wiring program. Rose didn't have access to most of this research but intuitively knew that this was the case.

Rose advised people to observe what was happening in nature – the predator-prey relationship. He said that when you look at nature, there's a battlefield going on. Coarser flesh is being consumed by finer flesh – finer protoplasm. It's an unbroken chain with the human apparently at the top. He called this the Law of Progression. We domesticate animals for food and so it appears that we're at the top of the food chain. But Rose said that this Law of Progression states that man is possibly not the last step on this ladder of the food chain. Not only is finer protoplasm being devoured, but finer energy is being consumed, as well. And that's what led him to the sex connection. There are two types of natural predators in this world. One type kills other life-forms to consume the flesh. The other type of predator is parasitical. It taps the energy of life-forms without immediately destroying them, like a tick tapping the blood flow. Rose looked at the whole picture and came to the conclusion that our biggest commodity is sex and that we give off a neural energy during the sex act that is consumed, like milking a cow, by an unseen life force. We're milked, like aphids are milked by the ants, by an unseen force, an entity or sex bug, which is not evil, it is just strategically superior to us.

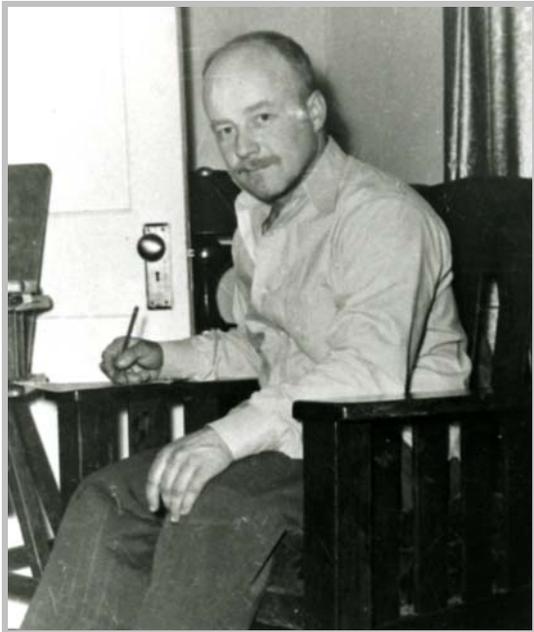
“CERTAIN SEX ACTS PRODUCE DEFINITE PSYCHIC REACTIONS.” –RICHARD ROSE

However, he believed that more extreme sex acts attract more extreme entities – homosexual sex, oral sex and masturbation to be specific. To quote Rose, “Behind every bizarre state of mind is a bizarre sex act.” He believed that certain sex acts marked a person. It marked their mind. And that mental (sexual) reverie connected to the sex act of masturbation, for example, puts a person out of touch with other people. The type of sex bug that inspires masturbation, for example, is different from those of other forms of sex, he stated. He believed that a person's mind becomes dichotomized by that sex act, and if they are pursuing a philosophic path, their philosophical thoughts will be troubled by the other dichotomy which is stronger. And he knew this because so many people came to him that admitted they had an entity – could actually point it out to him.

Rose would say to them, “You can’t think when you have something barking in your ear.” He would tell people that they must become as a little child in order to regain mental clarity and remove the imprint of the entity. A person can’t think about philosophic things and generate quantum energy to “make the leap” when you’re feeding an entity.

To pre-order a copy of the complete interview on DVD of Alan Fitzpatrick on the Psychology of Richard Rose contact: info@richardroseteachings.com

LETTERS FROM RICHARD ROSE— THE “POST EXPERIENCE” CORRESPONDENCE



These letters will be published over a span of several issues of the The Observer’s Nook. Both the inquirer’s letter and Rose’s response are included. Mr. Rose spent hours visiting with and corresponding with people on a personal level for more than thirty years after his “Death Experience.” He often ran ads in newspapers and magazines across the country to make these contacts. The letters provide a rare glimpse into how he truly felt about spiritual groups and teachers.

The following letter is from a 21-year-old fellow from Chicago named Douglas dated circa April of 1956:

Dear Sir,

I am an artist 21 year’s of age. I have completed my time in the service (U.S.N.) I have studied the Occult for the past two and a half years. I am willing to devote myself to and for psychical research. However who to see and where to go has not come to my attention yet. I’d deeply appreciate your help on the matter. Thank you. D.G., Chicago, IL (I’d also like the name’s of some teacher’s and schools.)

May 3, 1956,

Friend G.,

I am glad to hear from you. I am one of a group of men who have been studying higher philosophy for the past twenty years,—and more. We met several months ago and decided to place the ad which you answered. The responsibility for placing the ad, and answering the mail fell to my lot.

You mentioned that you would like to contact some teachers and schools. I can supply you with the former, but hardly the latter. In fact, one of the reasons for placing the ad was a decided dissatisfaction with the schools and cults extant today that seem to do little but milk the public of money...and give in return unintelligible mumbo-jumbo.

There is no price on Truth. There should be no charge. In fact there should be no organization.

In these things you will pull yourself up mainly by your own bootstraps. Your body and mind will be your laboratory. Your will shall be the fuel. You will need help from time to time, and it is well to know someone to stand by. It will be necessary to study much, to travel if necessary, in short,—to bend every effort in any direction if it leads us one inch closer to Attainment.

You should possess an indomitable determination. Such is the secret of any endeavor’s success. As you probably know, any one can become wealthy if he sets his determination high enough and hangs on like a bulldog. To me, the Truth is more valuable than any wealth. It should be for any man. A person should define himself before wasting action,—especially on material things.

I will help you all I can. It will be necessary for me to know some of the things that interest you in the occult field. There are many different kinds of occult research and development. There are different reasons for entering the study. I would like to know these. I would also be glad to hear about what work you have engaged in specifically in the last two years. It is possible that if I have not studied the things that you wish to know, that I can refer you to one who has.

It is strange in a way to see the coincidence in your letter. I was about twenty-one when I first became interested in yoga. I struggled along without any advice, without even knowing anyone of like interests. I resented the fact that a celestial portal did not open and produce a Guru. Now my life is dedicated to filling the vacuum that gave birth to my resentment. I feel that there are hundreds of eager souls looking about in despair almost for something that is not fraudulent or wrapped in secrecy.

Your success will be proportional to your hunger, to your determination, to your decision to place it first among your desires.

I request that you write me at length, (preferably in your own handwriting) telling me what you have found out to date, what you believe to date, what you hope to attain, and exactly how hard you are willing to work at it.

I do not send lessons through the mail. In fact, all things in written form may be attained right in your library there in Chicago. I can give you references to read, and I can answer your questions through the mail, and perhaps give you a few hints concerning progress, but it is not my belief that too much can be gained very quickly by that manner.

As I mentioned before...it is the doing that counts.

I trust that this will give you some idea about my work. I will be pleased to know a little also about your occupation,--are you in school? Also, give me a sort of outline as to how you became interested in higher learning, and what drew you to the present state of determination. Do not feel discouraged by these questions, or think that the answers will minimize you in my estimation. I have one value...Truth. I shall know you chiefly by your sincerity.

It has been a pleasure to hear from you.

*Fraternally,
Richard Rose*

(TO BE CONTINUED)

Letters from Richard Rose—The “Post Experience”
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POIGNANT POETRY BY JAMES CORNIE

O MAN! O WOMAN!

I am man.

And I am woman.

I am active,
The controlling force.
Nations crumble beneath

my feet

And form themselves

anew.

And I am the passive force.
I am controlled
And thereby exert far greater control.
Nations align with my will.

But I am the force of

heaven.

The great Creative courses

through my veins

As I am as one with God's

great will.

I am Earth,
The great receptive,
The nurturer of seed,
The womb of all your creation.

I am hard and straight,
Dry and cool.

I am a clear day,

A tall lone pine on the

sunny slope.

And I am soft and sinuous.
I am moist and warm.
I am the manifest,
The cave in the shadow
Where the wild dam suckles her cub.

But why, O woman
Do I see so much
Of thee in me
And me in thee?

O man, thou art unmanifest only in thy extremes.
We are but the stage on which the absolute plays.
Without me there is no thee.
Without thee, I too am unmanifest.

(as usual, she gets the final word!)

RAGE-STAR

I rage at the wrongness of the stars
That we should be granted wit
And tantalizing glimpses of a realm
beyond our ken
Only to be snatched into the herd
To die a broken beast of burden.

It is said...We have a soul
That can lead us to truth...
But Damned!
We screw like male monkeys
And our squaws are always in heat.

And yet, these hands might sculpt
Write a book, a poem, a play.
We must demand their destiny
Beyond dust, pigment, and clay.

We fondly refer to Jim Cornie, or Dr. James A. Cornie, Chief Technology Officer of Metal Matrix Cast Composites in Waltham, MA, as our Zen Scientist in residence.

POST YOUR COMMENTS:

The Staff at Richard Rose Teachings invites you to send us your comments regarding our newsletter articles and we will post them by order in which they are received. We also encourage people to post comments on the blogger site at www.pyramidzen.blogspot.com

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If you have comments, testimonials, articles or pieces of poetry that you would like to submit to the newsletter, please send it ATTN: Editor,
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