

THE OBSERVER'S NOOK

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"Effortless Action" by Andrew McMaster – A bit of April foolery points out the pitfalls of seeking enlightenment, and the necessity of retreating from untruth.

"Who is Driving Who?" by Trevor Wall – A new contributor to the newsletter puts his "spin" on one of the aspects of Richard Rose's lecture of questions, "Are we the view or the viewer of the view?"

"A Gimbol in a Wabe #5: Biocentrism and Mad Monkeys of Mind" by James Cornie – Another adventurous trip down the rabbit hole. This time the author sorts out the details in a comprehensive and detailed comparison of Robert Lanza's book on Biocentrism to Richard Rose's *Psychology of the Observer*. No stone is left unturned by this author/seeker/poet who continues to ignite our curiosity about our origins, our aims, our finality.

Welcome to the Richard Rose Teachings Newsletter

EFFORTLESS ACTION

BY ANDREW MCMASTER

I am extremely happy to be writing this particular article. Finally, I am enlightened! All the chanting, burning incense, shaving my head, not eating meat and meditating has finally paid off. I feel so light and happy all the time. I can meditate for hours on end without thinking or moving. People come and ask me to give talks about enlightenment and I am sure a book deal with a big advance is on the way...

APRIL FOOL'S!!!!!!

How about that for so much nonsense? Still the only real problem with that use of "enlightenment" is that it is used in the *popular* sense of the term. Contemporary practices and religions tend to foster duality, the sense of a separate I that can "do" things. The big name authors and high priced gurus attract large followings about which Mister Pulyan said, "A push button system or a pill is their ideal."



We cannot conceive of a condition of absoluteness as being invalid because it is a condition of absolute validity. Absolute-ness is final validity. –Richard Rose

Seeking enlightenment, or Realization, a more accurate term, by following practices that lead to the accumulation of more knowledge and more ego is just digging the hole deeper. Furthermore,

anyone who says, "I am enlightened," is a charlatan. The realization of the Realized is that there is no ONE to be ANYTHING. This brings to mind the admonition of Lao Tzu, "He who speaks, does not know. He who knows, does not speak." Saying "I am enlightened is akin to sugar bragging about being sweet or water crowing about being wet. I am not anything. I AM THAT.

So what to not-do? Since the Truth cannot be stated in words, Mister Rose, like all truly realized individuals, pointed to de-accumulation of ego and the trappings of ego. Mister Rose termed it the "retreat from untruth," which resulted in the "return back up the vector to the Source," or Absolute. The paradox is that any attempt to become realized is doomed by the trying. The desire to become or attain anything is just more ego.

Mister Rose suggested that one refine the art of "Betweenness." Betweenness is accomplished by removing one's self from all activity. It reminds me of Wu Wei, the "effortless action" of the Taoists. Betweenness is accomplished when all concern about the outcome of action is discarded. The action must be performed with no thought of self, attainment, or success. Again, the paradox is that when trying to act within the dictates of Betweenness, one is again..."trying."

The pointers regarding de-accumulation of ego will be of help here. Mister Rose wrote that meditation should be on those times when we were most under the yoke of ego. Times when we were most angry or selfish are particularly valuable objects of contemplation. We contemplate and discard the personas that drive us through fear, desire, and learned ignorance. These aspects of ego, indeed ego itself, are all false. When all the false is removed all that is left is the Truth.

For more information on Mister Rose's pointers concerning Betweenness and Meditation, you can obtain the following books, by Mister Rose, at Richard Rose Teachings:

ENERGY TRANSMUTATION, BETWEENNESS AND TRANSMISSION
And
MEDITATION

A GIMBOL IN A WABE #5: BIOCENTRISM AND MAD MONKEYS OF MIND

BY JAMES CORNIE

I have been asking questions: How did the world come to be as it is? How come this universe seems to be fine tuned to support life (at least in this local region of the universe)? Is any of this a projection of my consciousness? If so, do I have any responsibility for the projection? That begs the question: what is consciousness? Following is a summary of my recent reading and gimbles in a philosophical wabe.

In a previous article, I mentioned meeting Douglas Harding at a Chautauqua in West Virginia. I immediately got messages from old friends (Augie Turak among others) to the effect that the Chautauqua was held at American University in D.C. circa 1977. After a quick self-induced dope-slap, I remembered. Some people have really accurate memories. My recollections are more of feelings and atmospherics. In short, my memory vehicle is very flawed and untrustworthy. That started me to ponder on the nature of memory as well as consciousness. I was referred by a medical research neighbor to Eric Kandel¹ who shared the 2000 Nobel Prize for Physiology or Medicine. Kandel as a child was an Austrian Jew who escaped with his family to America a few steps ahead of the Nazis. His autobiography is a good read beyond his work on the central nervous system and the roots of memory. Kandel and co-workers selected *Aplysia*, a giant marine snail which offered three major technical advantages for study of the nervous system and memory: (1) its nervous system has a small number of cells, (2) the cells are unusually large, and, as they realized with time, (3) many of the cells are invariant and identifiable as unique individuals. After years of research and torturing and tormenting snails, they determined and demonstrated the molecular basis of memory for which Kandel won his portion of the Nobel Prize.

¹ Eric R. Kandel, *In Search of Memory*, 2006, W.W. Norton & Co., New York

It is fantastic to see that our long term memory is primarily molecular (and my memory molecules are easily scrambled.) It is a long way from reacting and learning to avoid electric shocks to consciousness, the system in which we perceive and interact with the Universe. After reading Kandel's autobiography and viewing his participation in the Brain Series on Charlie Rose's PBS show, I decided that I am getting too old to re-educate myself into chemical-cyber mechanics and it probably would not lead to my ultimate questions: Who is it that is perceiving and what is Consciousness? I intuit that even if I fully understood the molecular chemistry and perhaps holographic mechanics of consciousness, it would not be sufficient to answer my more fundamental questions. I simply do not have enough time left to follow that line to the end. (*I just turned a Piscean 73 this late winter. There is hardly enough room on top of the cake for that many candles and if you managed to light them all, you would have a flaming wax inferno! I am beginning to sense my mortality.*)

I am, no doubt, avoiding the act of going within where the answers lay. So far, I mostly find sleep and mad monkeys of the mind. So I still probe outward and alternatively inward to observe the habits of mad monkeys but more importantly, I rely on some of my old poetry for hints.

I just finished reading a book by Robert Lanza entitled: "Biocentrism: How Life and Consciousness are the Keys to Understanding the True Nature of the Universe". I discussed Lanza in an earlier article based upon his article in "American Scholar". Lanza's book² is a philosophical romp/autobiography that takes him from a dysfunctional family in north central Massachusetts to Harvard University medical school where, among other things, he was a graduate assistant to B.F. Skinner and helped him pester pigeons and develop the questionable science of Behaviorism. Lanza is now Chief Scientific Officer at Advanced Cell Technology in Worcester, MA and is an adjunct professor at Wake Forest University School of Medicine. In this book, Lanza moves well beyond Behaviorism to develop a biocentric model of the

² Robert Lanza, MD with Bob Berman; Biocentrism, How Life and Consciousness are the Keys to Understanding the True Nature of the Universe, 2009, BenBella Books, Dallas, Tx.

universe. Lanza romps through the science and mechanics of perception to quantum physics and cosmology to the philosophy behind Zeno's Arrow paradox and the tree falling in a forest with no one there to hear it. (Did it make a sound?)³ He proposes seven principles of biocentrism which I quote below:

“First Principle of Biocentrism: What we perceive as reality is a process that involves our consciousness. An “external” reality, if it existed, would by definition have to exist in space. But this is meaningless, because space and time are not absolute realities but tools of the human and animal mind.

Second Principle of Biocentrism: Our external and internal perceptions are inextricably intertwined. They are different sides of the same coin and cannot be divorced from one another.

Third Principle of Biocentrism: The behavior of subatomic particles—indeed all particles and objects—are inextricably linked to the presence of an observer. Without the presence of a conscious observer, they at best exist in an undetermined state of probability waves.

Fourth Principle of Biocentrism: Without consciousness, “matter” dwells in an undetermined state of probability. Any universe that could have preceded consciousness only existed in a probability state.

Fifth Principle of Biocentrism: The structure of the universe is explained only through biocentrism. The universe is fine-tuned for life, which makes perfect sense as life creates the universe, not the other way around. The ‘universe is simply the complete spatio-temporal logic of the self.’

Sixth Principle of Biocentrism: Time does not have a real existence outside of animal-sense perception. It is the process by which we perceive changes in the universe.

Seventh Principle of Biocentrism: Space, like time, is not an object or a thing. Space is another form of our animal understanding and does not have an independent reality. We carry space and time around with us like turtles with shells. Thus, there is no absolute self existing matrix in which physical events occur independent of life.”

This book is worth reading but it does not explore the nature of consciousness or ask the question: Who is the Observer? But it does place some rationality to quantum physics and

³ No. It takes an observer to detect a sound. The falling tree does cause a spectrum of vibrations.

modern cosmology. It is also in line with some of my earlier poetry. I include three prescient poems that I wrote in the early '80's.

Space/Time Determination

There is an instant in projected time
When all is still.
There is nothing to stir, a void.
Time is timeless
And dimension awaits.

Mind projects.
The universe begins!
Screaming primary packets of energy issue from
nowhere.
Energy forms the proto-universe
And in quantum indecision
Is born determination.

Time grows an easy couplet with space.
The universe cools.
Awareness arrives.

An assemblage probes into its atom:
...Can this condensation
Be the final aspiration
Of space/time determination?

Time at the Hub

The mist fades and reveals a clearing
In dimension's woods.
Time --- the enemy
Time --- the friend
Time --- the figment
Stops, starts, reverses
Expands, contracts
Ceases.

Full of time and timelessness
His past, present, future fades
And reality quakes at dissolution.
Manifest and un-manifest are one.

But habit begets affinities.
Existence is contoured to a plane.
Time is in progression, linear, irreversible
And dimension is chained
To its quadrant cage.

....And following is a poem that I have inserted
into articles before:

Bell's Theorem

There is a paradox*
In the Quantum Theory of Matter—
Electrons, protons, positrons
Neutrons, muons and pi-mesons
And a herd of virtual elementals
Change states
Achronal.

Einstein, Podolsky and Rosen tell us—
...Nothing exceeds the speed of light...
Yet Bell demonstrated that a no-thing can.

Do you see yon electron dipole
Mated in spin, one thumbs up—
The other thumbs-down?

Good!
Let us play.
Let us filter the pair
Through a magnetic field:
Thumbs-up deflects upward at an incline
Thumbs-down, deflects downward at an incline

Now!
Pass thumbs-up through a second field and flip it
thumbs-down.
What happens
To the distant unmatched mate?

Bell gives experimental and mathematical proof
To what the observer perceives.
The downward deflecting thumbs-down
Remote from the field
Becomes thumbs-up
Achronal!**

Time dissolves to preserve order
But the seeker would grasp a beam
And commune through a world
Beyond the field of time.

**The paradox is only a conflict between reality
and your feeling of what reality "ought to
be" ...Richard Feynman.*

***This is called the EPR effect and was
proposed by Einstein et al to discredit some
conclusions from the quantum physics. Instead,
Bell destroyed any notion we may have had of
the fundamental nature of time. Lanza deals
extensively with the EPR/Bell controversy.*

Lanza spends some time comparing his
Biocentrism concepts to other systems which I
quote and summarize:

Classic Science's Answers to Basic Questions Regarding the Cosmos:

- *How did the Big Bang happen?* Unknown.
- *What was the Big Bang?* Unknown.
- *What, if anything, existed before the Big Bang?* Unknown.
- *What is the nature of dark energy, the dominant entity of the cosmos?* Unknown.
- *What is the nature of dark matter, the second most prevalent entity?* Unknown.
- *How did life arise?* Unknown.
- *How did consciousness arise?* Unknown.
- *What is the nature of consciousness?* Unknown.
- *What is the fate of the Universe; for example, will it keep expanding?* Seemingly yes.
- *Why are there exactly four forces?* Unknown.
- *Is life further experienced after one's body dies?* Unknown.

Lanza concludes that science is “peerless at things we need to make everyday life easier” but it does not answer the fundamental and ultimate questions of existence.

Religion's Answers to the Cosmos:

Western Religions (Christianity, Judaism, Islam):

We can blame it all on God “who stands apart from it.” “God created it at a specific date and time and he also created life... The purpose of life is to have faith in God and be obedient to rules such as the 10 commandments (*or their Koran equivalents*)... This life is only a preparation and sorting process for the afterlife to determine who goes to the preferred place and who goes to the alternative because it is really the afterlife that matters to God and man. God is omniscient, omnipotent and omnipresent...” “No mention is made of other states of consciousness, nor consciousness itself, nor of direct personal experience of finding an ultimate reality, except in mystical sects, where the exalted state is generally termed ‘Union with God’.”

“Western Religion's Answers to Basic Questions:”

- *How did God arise?* Unknown.
- *Is God eternal?* Yes.
- *Basic science inquires (for example, what came before the Big Bang?)* Not spiritually relevant; God created everything.
- *What is the nature of consciousness?* Never discussed; unknown.
- *Is life experienced after one's body dies?* Yes.

Buddhism and Hinduism?

“All is fundamentally one.” “...the goal of life is to perceive cosmic truth by losing the false sense of illusion and separateness through direct ecstatic experience, variously called nirvana, enlightenment, or Realization.”

Eastern Religion's Answers to Basic Questions:

- *What was the Big Bang?* Irrelevant. Time doesn't exist; the universe is eternal.
- *What is the nature of consciousness?* Unknowable through logic.
- *Does the experience of life persist after the body dies?* Yes.

Ganisha, lord of success and luck, son of Shiva and Parvati (left) and another aspect of the “Hand of God” (right):

Our terracotta Gods waste away, decays... Images of the Gods and their Avatars (and perhaps the gods themselves) are impermanent and not always respectful



Biocentrism’s Answers to Basic Questions:

- *What created the Big Bang?* No “dead” universe ever existed outside of Mind. “Nothingness” is a meaningless concept.
- *Which came first, rocks or life?* Time is a form of animal sense perception.
- *What is this universe?* An active, life based process.

Lanza makes a statement that (in light of my last article), resonates with me: “The Grand Canyon... is only real when you go there. Further, Biocentrism is perhaps most valuable in helping us decide what not to waste time on.” He ends chapter 16 with “...Biocentrism is in no way anti-science; science dedicated to processing

or technological leaps create untold benefits within their circumscribed fields of endeavor...” Lanza poses Biocentrism as a better means for propping the ultimate questions to a population that remains hungry for them. I note from above (despite the demise of Ganisha) that his Biocentrism is more in agreement with the Eastern Approach than any other.

The Crab Nebula, the result of a supernova noted by Earth-bound chroniclers in 1054 A.D., is filled with mysterious filaments that are not only tremendously complex, but appear to have less mass than expelled in the original supernova and a higher speed than expected from a free explosion. The Crab Nebula spans about 10 light-years. In the nebula’s very center lies a pulsar: a neutron star as massive as the Sun but with only the size of a small town. The Crab Pulsar rotates about 30 times each second.
Image Credit: NASA, ESA, J. Hester, A. Loll (ASU)



However, if the universe only exists as a probability when I am asleep or not observing, then I need a lot of help keeping it in existence. The Crab nebula was first observed by chroniclers 956 years ago as something new that they had not observed before. However, it was only during the last century when modern telescopes became available that we could observe the marvelous explosive and continuously evolving structures. From such observations at various frequencies, explanations of a supernova are proposed. Does it now exist because now I can observe it or does it only exist as a probability until I look into the proper telescope? A telescope is a time machine for observing events long before life existed in the Universe. I can look back through our telescopes and publications of cosmological and physics researchers and discern that the universe was born in time (*that by agreement we all experience*) some 13.7 billion years ago. Radioactive dating indicates that our own earth and solar system was formed from second or third generation starburst and supernovas some 4.5 billion years ago and “primitive” life emerged some 0.8 billion years later. We know this because of radioactive dating and assumptions that we make on the rates of decay of certain trace elements that formed via nuclear fusion processes during the last starburst and the stardust from which we are composed.

We know that life started and that the essential DNA and improbable proteins somehow (perhaps accidently) formed a template for reproduction. I recently read from a popular book by Bill Bryson⁴ an analogy of the odds for formation of those first proteins to the random pulling of a slot machine with some 200 wheels with 20 symbols per wheel; the odds were one chance in 10^{260} pulls even for the simplest of proteins. Success in randomly creating a replicating system is not very probable... However, somehow a strand of proto-DNA did actually form or was formed by some agency. Simple life, let alone complex man is exceedingly unlikely, yet we are here at the center of a biocentric universe. At this point, the followers of Creationism would pass the buck to God and I cannot argue for a better explanation, especially if I am allowed to reference Darwin’s evolutionary mechanisms to develop complexity

⁴ *A Short History of Nearly Everything, 2003, Broadway Books.

and variety. I suppose I could accept a “God” principle as long as I do not have to accept the mindless and offensive baggage of Judaism, Christianity or Islam.

Biocentrism, however, does not tell me what consciousness is and who is the asker of these questions. I am once again drawn to my old friend Richard Rose and to the *Psychology of the Observer*⁵. Rose lists six forms of perceiving:

1. **Normal Sensory Perception:** e.g. normal ordinary seeing or perceiving. This is the path from sight, taste, sound, touch, odor to the somatic brain processor that then projects images.
2. **Abnormal Sensory Perception:** Rose calls this “illusory or non validated phenomena” such as hallucinations, holograms, mirages and “hypnotic phenomena that ...impose illusions on the mind or subject”.
3. **Mental Visions:** “...the mind watches synthetic projections from memory.” Rose calls this “imagination”. It is extremely relative to the perceiver.

The above can be considered normal somatic perception. I suspect that much of what we “see” is heavily filtered and edited by our past percepts and opinions. It is no more real than the rants of a Rush Limbaugh or counter rants of a Keith Obermann which constitute just another form of societal hypnosis.

Rose goes on to list other modes of non-somatic seeing (though they still have to be filtered through the somatic mechanisms). They include:

4. **Visions without Projection by the Perceiver:** Rose includes here non-physical visions, ghosts, dreams, articulate voices from non-visible sources and instances of *déjà-vu*. Rose suggests that some of these visions are contacts with the Manifested Mind. This is the sense of “knowing” that presents itself to the artist, poet or one immersed in deep introspection from time to time.
5. **Visions of Mental Processes without Sensory Percepts:** Rose says that “this is a genuine mental awareness by the Real Self or Ultimate Self.” “This is the mind that is anterior to the umpire”.

⁵ Richard Rose, *Psychology of the Observer*, 1979, TAT Foundation, McMechen, WV.

6. Deliberate Mental Projections: “Visions ...caused by someone’s mind...which has an impact on other minds, to a point where the recipient may have the conviction that he physically sees the projection”. “These are visions projected upon the world screen or upon our consciousness by another”. “There is a dynamism here...which makes man into a momentary creator...” It may be that this latter category is closely related to the primary projection enabling Lanza’s Biocentrism.

I wish now to examine the realm and limits of science. From human beings to a mule deer or field mouse, we perceive the universe in our own way. As animals, we perceive a reality of three dimensions and time. Physics, chemistry, mathematics, cosmology, geology, biology and paleontology paint a picture, a narrative which we all (with the exception of the Creationist and certain religious fundamentalists who are blinded by their beliefs and opinions) eventually buy into. We buy into it because, unlike the doctrinaire religious approach, the science based narrative has the capacity for self correction. This ability to posit a theory and let the colleagues in the field test and correct it is the genius of science. This self correcting capacity is what places science above religion as a philosophical tool.

However, science is amoral. Discernment is required. Science dances to the tune of the sponsor or funding agency. For all of my glorification of the cosmos and the history of Earth, my early studies in geology were funded by the state of Idaho which was allied to mining and resource extraction interests. Inquiries into the origin of Earth and life on Earth came with the territory; such inquiries were not the initial impulse for our studies. We did not then get morally outraged at the devastation of mountain top removal to mine coal or the devastation of placer mining on a pristine Idaho valley floor⁶. Likewise, my metallurgy and materials science was supported by mineral extraction and aerospace, industrial, and military complex corporations. Chemistry and biology have

largely been usurped as the realm of Big Pharma searching for drugs or treatments that will relieve pain, chemically alter your moods, mask schizophrenia, help with sleep, keep arteries from clogging and fulfill and lubricate your sexual fantasies into a ripe old age. Any fundamental advance we make in the understanding of Consciousness and its role in the creation of reality will not come from corporate military/industrial/extraction/pharmaceutical science. There is an absolute necessity for the pure scientist, artist, poet and philosopher animated from the Un-manifest Mind to move society forward and to provide direction and a higher purpose of the true scientist. I might add a quote from Deepak Chopra⁷:

“A theology that contradicts the known facts of science including the laws of physics, chemistry, biology, cosmo-genesis and evolution is obsolete and rightfully so. A science that reduces the rich inner life of consciousness to raw data is absurd and also obsolete.”

My recent epiphany⁸ is still playing itself out. We are here at this unique instant between past and future. I like to use the image: “surfing the wave of creation”. We stand at this leading edge of the evolving and expanding universe (and perhaps this wave is an emanation from the Absolute). We are participants in that creation as is evident in Biocentrism as well as in cosmology. With this awareness comes an ethic, a somatic as well as spiritual responsibility to shepherd and husband our local region of the universe. Again quoting Chopra who came to nearly identical conclusions to myself and Lanza:

*“...Each moment of time a new universe is created. Fundamentally the universe is a discontinuity. In each moment of time the universe is not only recreated but also evolves. This recreation happens in the Gap where consciousness resides. The Gap is:
(a) a super position of possibilities
(b) a field of infinite non local correlation, dynamic and kinematic*

⁶ A mining professor once opined to my class that stripping that Idaho valley of vegetation, shoving the boulders aside, running all of the soil and subsoil right down to bedrock through a slues-line to extract the gold and leaving behind lumpy hillocks gives that area “character”.

⁷ deepokchopra.com, March 14, 2010.

⁸ ...born out of a humorous interaction with my grandson, Jacob after viewing the WMAP (microwave map of the early universe) at the Smithsonian Aerospace museum in Washington, D.C. as reported in an earlier “Nook”

*(c) a field of quantum creativity
(d) an intention field, (the observer effect) --
where consciousness collapses its possibility
waves into space-time events, which are
measured out as motion, energy, information and
matter. All this happens in the unified field -- the
mind of God.” (...and here, he has independently
restated Biocentrism).*

We probe into our own atom, into our Earth and take inventory. For better or worse, Homo Sapiens is the dominant species in our local region of the universe and it has developed these levels of consciousness and a technology for good or for ill. We look back and see numerous mass extinctions during the history of Earth. Currently, we see that we are the cause of a present mass extinction, greater in scope and more profound than the giant meteor impact some 60 to 70 million years ago near Yucatan that precipitated the Permian/Cretaceous extinction that wiped out the dinosaurs. Numerous species have disappeared during the recent history of humanity, especially since the industrial revolution. **This extinction may eventually include ourselves if we proceed on our present path of selfish arrogant ignorance.**

However, we also possess the ability to self correct. Even as we continually correct our science and edit the corporate bias, we must correct our way of living on this fecund blue-green ball of wonder that we call Earth. We must apply our science of discernment to developing a philosophic/economics approach to the use of the available material and energy resources that are now so horribly and unsustainably out of balance. I suspect that we also need a new way of thinking, a new consciousness that transcends our corporate dominated democracy and Darwin inspired economic system that lives by the mantra: “Greed is Good”.

I am aware that I am addressing an audience that generally believes that politics and societal studies are a diversion to the basic search for Self. Yet I am inclined to stand on a soap box, unleash the mad monkeys of mind and scream at my fellow man. I am inclined, while searching for Self, to also search for salvation (or at least continuity) of our species and fellow species on Earth. I seem to be preparing myself for either a fool’s errand or a new rant. I also sense that I am at the cusp of a new beginning in this last phase

of my life. I suspect that it will be an interesting trip. If you too are interested, I invite you to keep in touch and indulge me as I clarify and perhaps define the inner workings of my Soul. I can only hope that others find some resonance with my ramblings and aid with their own insights.

I finish with a poem that I wrote, misplaced years ago, rediscovered and resurrected below.

The Aim

Sometimes we feel a hand
On our shoulders
Aiming us in a new direction.

We should withhold reverence
Or grant it personality
Until we have discerned its purity.

But ---
If you see this hand
As a true branch of the Absolute's Urge
Then ---
Let it aim you into the stars.

--James Cornie
As usual, scathe, praise and intelligent feedback
are equally accepted at jcornie@mmccinc.com

WHO IS DRIVING WHO?

BY TREVOR WALL

I have spent time in the yoga community and I have found, like many others, I was searching for teachers that agreed with my concepts and made me feel great. My erroneous concept of enlightening was that one day I would meet a miraculous teacher who would show me a sacred practice and “I” would awaken. I believed “I” would see heaven on earth through the eyes of Trevor and everything would be rainbows and roses. Unfortunately, this clever story was cracked and wouldn’t carry a drop of water. I see now that that which is called Trevor can never awaken.

Now I would like to postulate an analogy to express my observation:

Imagine a scene of a motorcycle with a side car. Driving the motorcycle is Awareness (“I”) and in the side car is a little man (“i”). Awareness has the blessing of perfect attention and is focused intently on the little man. Awareness’s focus is so pure it becomes one with what it observes, and sees this little man as itself. The little man is oblivious to Awareness and believes he is the man controlling the motorcycle, even though Awareness is driving in perfect harmony without any thought. Down the road goes the motorcycle with the little man, honking, swerving, waving to others believing he is the actor in this beautiful play.

Then during a typical day of cruising down the road, the motorcycle hits a pothole and jars Awareness’s attention from the little man. In that moment Awareness realizes “IT IS” driving and has always been driving, without thought or the concept of steering. Awareness glances back toward the sidecar and sees the little man for what he is: “The illusion of control.” Awareness observes the little man frantically driving, avoiding traffic, honking and reacting as if his life depended on it. Awareness realizes the little man is completely unaware of what is and that all his effort and actions are in vain.

Awareness bursts into laughter because that which IS has always been. All that was ever needed was to turn one’s attention inward and off the little man. Even though the little man does not disappear, Awareness knows the little man has nothing to give or nothing to take from Itself. So Awareness continues down the road and the little man carries on in the sidecar oblivious to all that is.

--A Friend on the Path

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For information on an Ontario, Canada online discussion group contact Philip.winestone@rogers.com or go to [Richard-rose-friendship-group@googlegroups.com](http://richard-rose-friendship-group@googlegroups.com)

“I just wanted to let you know that I just recently discovered Richard’s teachings. His work is so insightful, so full of truth. I only wish that I had known about him sooner.”

--T.G., New Jersey

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