

THE OBSERVER'S NOOK

*Volume Four, Number Two
April 1, 2009*

"The masses vegetate in slavery, but a percentage, measured in very small fractions, studies freedom."

–Richard Rose

This issue of the Richard Rose Teachings Newsletter features:

The Obstacles to Realization by Andrew McMaster – Mac has outdone himself on this one, having carefully dissected the correspondence between Richard Rose and Alfred Pulyan to bring to the reader a series of articles reviewing the teachings of one Zen master to an already enlightened "student." We welcome your comments!

A Gimble in a Wabe #3, Epiphany Re: Cosmology by Jim Cornie – We continue to follow the thread of yet another epiphany which occurred while Jim was explaining a bit of cosmology derived from his last "Gimble in a Wabe" with his grandson, Jacob. And the children shall lead us.....

In Case of Emergency by John Patton – Richard Rose has pointed out numerous times in his writings that we live in a jungle. John, has provided the reader a version of his own "survival kit."

The Unpublished Notes of Richard Rose – More grist for the mill on the "Unmanifested Mind."

THE OBSTACLES TO REALIZATION

BY ANDREW MCMASTER

For this series on "The Obstacles to Realization," I am going to borrow some quotes from the letters of Alfred Pulyan to Mister Rose. In the early 1960s, Richard Rose learned of a self-proclaimed, awakened master living in

Connecticut who taught by mail. The price of his lessons was a 4 cent stamp and a self addressed envelope. This "guru" (he did not like the Asian terminologies) was in no recognized lineage, wore no robes, sat in no temple, and had no formal title, just like Mister Rose, but allegedly had a high rate of success in transmitting Awakening. (For our purposes in this series, Realization and Awakening are synonymous with Becoming the Truth.)

Having already realized, Mister Rose was seeking to learn just how he could transmit this experience to others. Writing to Pulyan in the guise of a seeker, Mister Rose asked many questions about matters of transmission and the Absolute. Reading Pulyan's correspondence, my intuition leads me to believe he was the genuine article. Mister Rose directed us to develop our intuition in matters pertaining to becoming the Truth.

Obstacle #1. Belief in the "Afterlife"

As a young student in the Seminary, one of Mister Rose's first questions was "What Happens after I die?" In his letters, Mister Pulyan wrote:

"The body dies and is dissipated. The mind is one with it at all times and is therefore also dissipated. Nothing of you remains. There is no survival or reincarnation or immortal soul or conscious entity."

"Nothing of your identity survives the dissipation of the body-mind."

All of the obstacles to Realization are rooted in the main obstacle, "You are not what you think you are." If you are coming to this site seeking something, this is you. 99.999999% of all people believe that they are a body with a name, parents, brothers, sisters, spouses, co-workers, and on and on. You are not that. You are that which you seek. You are the consciousness that was BEFORE you manifested and you will be that AFTER the body dissipates.

The body-mind, however, having assumed false personas and identities, and believing the false concepts, dogmas, and ideas of the culture, wants to live on forever. Religions are developed to play upon this desire. Concepts of after-life,

rebirth, and reincarnation were developed to calm and exploit this fear.

There is no birth or death. As a wave manifests and then returns to the Ocean, so do elements and consciousness manifest as a body and, upon dissipation, return to the One or Absolute. The same consciousness that keeps the heart beating and the lungs working during sleep, or that causes an acorn to become a tree, remains after the oak or the body dissipate. This is the cycling of Nature.

Nothing of that false entity known as “me” or “I” survives the dissipation. The breath returns to the atmosphere and consciousness returns to the source or pool known as the Absolute. The elements of the body return to the earth or atmosphere. They may re-manifest in another body, or not. They might recycle as a lizard, tree, or an Oldsmobile, (if you do not think there is consciousness in an Oldsmobile, look at a piece of it under an electron microscope), but no identity or self returns or “reincarnates.” Nothing remains to be “risen” in some mythical end times. Nothing goes to heaven to grow wings and play a harp.

That which is, was, and shall be is that which is Real and Eternal. It is the SOURCE to which Mister Rose spent years trying to help others return. You are the SOURCE. Realization of what you truly are answers all questions and there is no more fear. A basic tenet of Mister Rose’s method was discarding the false and embracing the Truth. Identities and egos are false. They are not eternal. They do not survive. Contemplate this fact and discard another false concept.

The next article will deal with the false attachment to the body-mind in more detail.

Who was Pulyan?

Alfred R. Pulyan was a resident of South Kent, Connecticut from the late 1950’s until his death there in 1966. He was a relatively obscure “Zen Master” who worked with students by mail. This was and is an unorthodox method, but was apparently fairly successful in the case of Mister Pulyan.

A GIMBLE IN A WABE #3

EPIPHANY RE: COSMOLOGY¹

BY JIM CORNIE

Forward To Jacob:

You may not understand this message right now. However, you will remember the trip to Washington D.C., the museum and the joke you played on your old Grandpa. But you should keep this message and read it again ten years from now and then again when you have children of your own.

I am occasionally prone to secular epiphanies in my profession when, after puzzling all of the data the answer hits you on the side of the head, gives you a dope slap and becomes immediately obvious. I experienced such an epiphany by explaining a bit of cosmology derived from my last Gimble in a Wabe to Jacob. (*Jacob is a bright eleven year old chap with an active sense of curiosity and a larger sense of mischief and fun.*)

I have been searching for the first principle or God or whatever name you may choose for the essence of this universe for a good portion of my adult life. In early November right after the elections, Ruth and I and two of our grandkids, Jacob and Evan (ages 11 and 8), took the Amtrak to Washington DC to tour the museums and monuments. The Smithsonian Aeronautics and Space museum is always a favorite. I was pleased to note the NASA Cosmology section with the WMAP (microwave map of the universe about 380,000 years after the “Big Bang”) that I had discovered earlier after following a NASA reference² used in my last article in “Observer’s Nook.” I noted it to Jacob but it did not make much of an impression at the moment.

¹ 1) A Christian festival---in celebration of the manifestation of the divine nature of Christ...

2) A revelatory manifestation of a divine being

3) a. A sudden manifestation of the essence or meaning of something

b. A comprehension or perception of reality by means of sudden intuitive realization

2

http://lambda.gsfc.nasa.gov/product/map/current/m_images.cfm

Later, over lunch at the museum cafeteria, Jacob asked me what I liked best and I told him that the WMAP was my favorite. He asked me what it meant and I took out a napkin and drew the figure we had just seen in the museum (and from my last article in “Observer’s Nook”). I pointed out a few conclusions from that chart:

- In the beginning there was the “Big Bang.”
- At that point time, the seed of all the potential of our universe, was created.
- Time itself was created. There was no time before the big bang.
- The universe has been inflating and extending at the speed of light.
- I pointed out that Earth was born 4.5 billion years ago, that life started on Earth somewhat less than a billion years later and that our species essentially achieved its present form only 150,000 years ago and has been expanding its consciousness of the universe ever since.
- I told him that here at the edge of the universe, that while being able to look back to the beginning, i.e. to Genesis, we are at the leading edge of creation right **Now**.
- I also pointed out that the future, to a growing extent, is our responsibility, that we now have a hand in creating the universe based upon our actions at this “**Now**” at the edge of the universe.

Jacob got a big grin on his face and said “**Wow!**” At that moment, the meaning of what I had just said suddenly dawned on me if not on him. It was an epiphany, a mini-headless experience. At that point, I realized that we were not only observers but co-creators of this new universe, that we are responsible for its future direction. “**Wow!**” said Jacob again with his now mischievous grin.

“Wow indeed!” I retorted. *I told him that it was his responsibility to learn as much as he could about the universe, and that it is a shared responsibility to continue the creation. This is the ethic that should guide our lives.*

But Jacob’s “**Wow**”, though sensing the profound, was his way of making fun of his strange old grandpa. He was thinking of the television commercial about a family’s first view

of high definition TV where the Dad says “Wow!” in his daddy voice and the Mom says “Wow!” in her mommy voice and baby says “Wow!” in his infant-kid voice and the dog says “Wow!” in his doggy voice and the cat says “Wow!” in her feline voice and the little flea on the cat says “Wow!” in its tiny mechanical robotic voice.

But seriously folks, we do truly live at the edge of creation. We have been granted existence at this propitious time. There is a compelling ethic to make the most of it, to achieve as much wisdom as we are able and to achieve Truth for it is within our grasp. The ability and the motivation to achieve it is a gift granted to us at this point in the Great Expansion.



Jacob.

The joy of a good epiphany is that it can be profound, ordinary, dumb as well as fun. An

epiphany will give you a lift and the feeling of joy that, though secular, it is a gift of the Creative. And to this, all I can do is to repeat Jacob's "Wow!!!"

As usual, encouragement and damnation are equally accepted at jcornie@mmccinc.com.

IN CASE OF EMERGENCY

BY JOHN J. PATTON

"To start out, the books I have read by Mr. Rose are: The Albigen Papers, Psychology Of The Observer, The Direct-Mind Experience, Meditation, and Energy Transmutation, Between-ness and Transmission. His teachings affected me profoundly. He is one of the few teachers I have found, that cared enough about his own life to get to the bottom of it, and cared enough about others to be completely honest about what he found. He didn't worry about how he would come across; he said it the way it was. And for people that have been fed b.s. their whole lives, it can be like a punch in the gut, and a cool drink of water at the same time. There's no time to candy coat things, not in the jungle. And the jungle may very well be a mirage, but we have to deal with it nonetheless."

In those times when we are overwhelmed and tend to forget, here are some reminders, in case of emergency...

1. Guide your attention to your breath, and follow it as it goes in and out. This can create space, provide some relief from the relentless thoughts and return you to the moment.
2. Try to zoom out and expand your perspective. Sometimes seeing our problems within a larger context can give us a different outlook on them .

3. Take a moment to consider how others feel as well, as we are all under stress for varying reasons. Remember that your loved ones, spouse, children, etc. are also dealing with life's difficulties. (This helps us to take the spotlight off of us and step out of the exclusive mindset we often get trapped in.)



John and Jude Patton.

4. Realize that your problems and the emotions that accompany them are temporary. They are impermanent. (We tend to view things with a high degree of severity, as if they are eternal, when in fact most of them will be soon forgotten.)
5. Make sure you are not engaging in self defeating behavior by feeding the fire with negative thoughts and energy. Become aware of your internal dialogue.
6. Remember that acceptance *is* another word for freedom. Acceptance is a choice we must first discover is available, in which the psychological pain of inner conflict may be eliminated. If something is already the case, or is inevitable, acceptance is the only intelligent response to it.
7. Is the way in which you are handling this problem conducive to the goals you have on

your spiritual path? (Can expose hypocritical behavior as well as be a good reminder.)

8. Is your resistance to what is happening more valuable to you than your inner peace?
9. Is what is occurring directly causing your emotion, or is it your position towards what is occurring? In other words, is it your expectations that are being injured, rather than you yourself? What would you lose by accepting rather than opposing? Is it even possible?
10. Become a witness to all that is occurring without identifying with it. Observe as choice-less awareness only. Drop all opinion and judgment and just watch. You are not that which passes before awareness, but awareness itself.

Lastly, a few words from Eckhart Tolle:

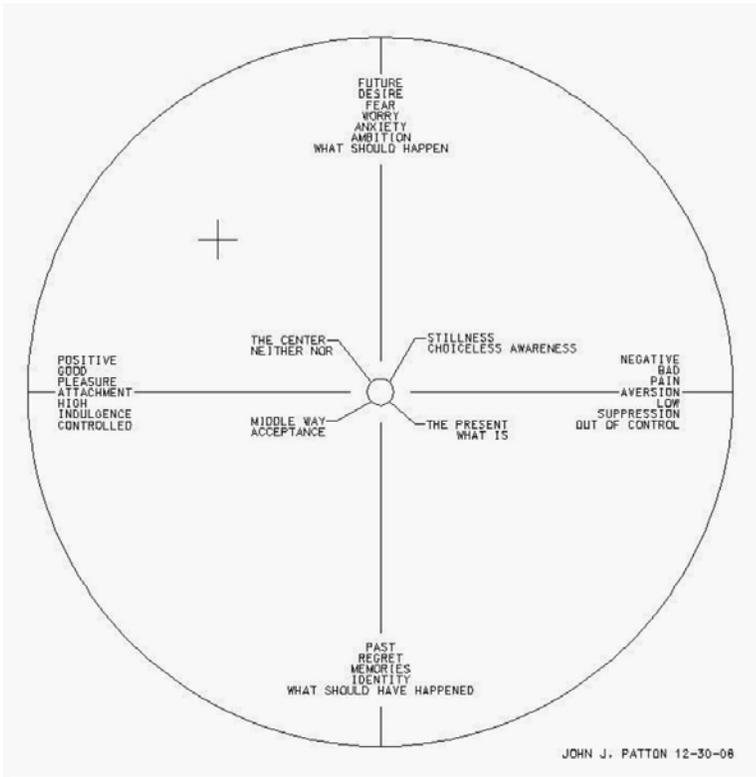
You feel yourself to be alone again, struggling against something or trying to achieve this or that.

But why did anxiety, stress, or negativity arise? Because you turned away from the present moment. And why did you do that? You thought something else was more important. You forgot your main purpose. One small error, one misperception, creates a world of suffering.

Wherever you are, be there totally. If you find your here and now is intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now. Then accept the consequences. No excuses. No negativity.

--John Patton can be contacted at jpatton@fostersupply.com

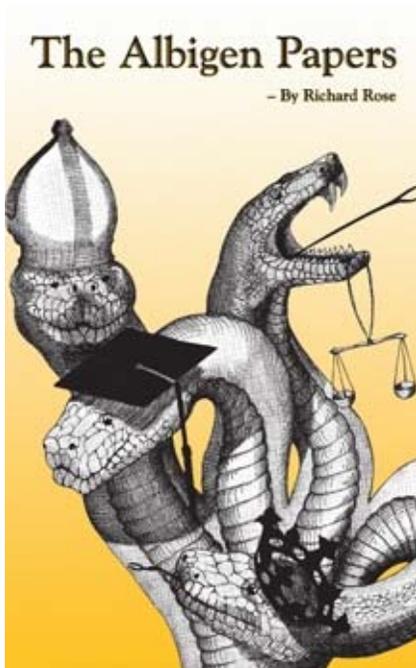
CHART LEGEND



 = BEING, THE OBSERVER:
ALWAYS IN THE CENTER.
THE ONLY TRUE SELF.
WHERE THE ENERGY RESIDES.
LOSES ENERGY WHEN AWARENESS
ROAMS.
ONLY AT FULL POWER WHEN
AWARENESS IS IN THE CENTER.
PRESENT MOMENT.
NON-DUAL.
FEELING, EXPERIENCE.

 = AWARENESS, FOCUS,
ENERGY, THOUGHT, IMAGINATION,
ATTENTION:
CONSTANTLY ROAMS.
LOOKS EVERYWHERE BUT HERE,
NOW.
STUCK IN PAST AND FUTURE.
TORN BETWEEN DUALITIES &
PREFERENCES, HIGHS & LOWS.
LOOKS OUTSIDE & TO OTHERS FOR
THE ANSWER.
CREATES STATIC, CHATTER, NOISE.
CREATES CONCEPTS & ABSTRACTIONS.
TRIES TO CONTROL, PLAN & PROTECT.
GOOD SERVANT, BAD MASTER.

NOTE: One's essence, being, energy, is only at full power when awareness aligns with being. Anytime it roams, balance is lost. If there is disturbance, energy loss, it can be traced back to awareness roaming.



The Fourth Edition is here, complete with a new cover and an Index. To order just go to www.richardroseteachings.com

"I have been on my spiritual journey for a long time now, but it took a very serious direction in 2000. Since then, I have been led from one thing to another, each helping me take the next step.

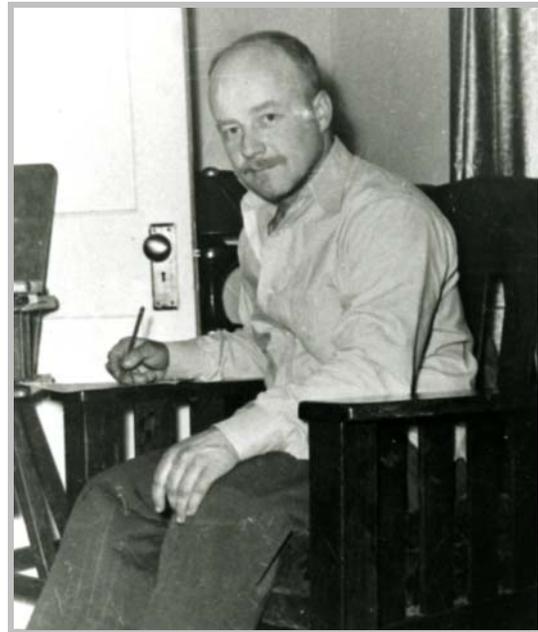
Arrogant as it may seem, though I say it with all humbleness and gratitude, I think Mr. Rose has been placed in my life to help me take my final steps.

There is such a vibration that comes from reading his words, I feel an actual transmission, even if he is no longer in the body."

-Pelkyong, Dallas, TX

"I find The Albigen Papers and The Direct-Mind Experience very powerful. Something tells me that I finally have found someone talking from his own experience about that which I've been searching for."

-Inge Jacobsen, Norway



THE UNPUBLISHED NOTES OF RICHARD ROSE

In the last issue of "The Observer's Nook", we printed excerpts from Rose's paper titled, "The Mind." We pick up where we left off regarding the Unmanifested Mind.

"...Let us try to get behind the false face. We can observe, by introspection, that much of what we would like to think of as thinking, is nothing more than reaction, - and mostly automatic reaction without any volition on our part. Of course, we can get into some very complicated reaction patterns, and this complexity (as is noted in the law of complexity) is visible life.

"The instinctive level is basically just what the word implies, - that there is a certain segment of people who move from the cradle to the grave in reaction only. They just react, - their DNA molecule or genetic plan, their inherited characteristics, plus their environment, cause them to function in what is a maze or a grooveWhich they think that they are functioning in very deliberately, that they are doing it themselves."

- Richard Rose

Desire is not a reaction....we may have quite varied reactions to it. Curiosity is not a reaction, but an external force. We are not that which was here before we learned it. Curiosity exists for the amoeba, and thus for every white corpuscle. And possibly for every cell in our bodies. It is planted in the unborn beings, and for want of a better word we call it instinct. It propels the new-born to look for food, and propels him so relentlessly that there is no chance for the food-seeking to have any origins in deliberate action. Desire is likewise implanted in the being before it is born, and it continues to propel us until the day of our death. It too, is nothing learned, or reasoned out.

“The mechanism of living seems to be based on the notion that what sentient beings do is due to an act of volition on the part of each such phenomenal object. It is obvious , however, that they react rather than act, and that their living is conditioned by instinct, habit, fashion, and propaganda. Their way of life is primarily a series of reflexes, which leaves a limited scope for deliberate and considered action; that is, purposeful action which, superficially considered, might appear to be the result of volition, or what is called an act of will.

– Wei Wu Wei

Some of us may be generals, priests, or Indian Chiefs, but we are still basically robots, hiding beneath elaborate robes the gears that are the signs of our slavery... while we pose as movers of planets.

....Of course, the answer is that, as regards the self, our only true essence must be Real instead of illusory. This true self is not the individual dream character that flits across the stage. It can find its real life only in the light that is its source, absolutely.

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“I am the course director of a 4 year Psychotherapy course. I have to put it into a Master's Degree for a University in order to meet governmental requirements here in the UK.

I have been searching to find a set of teachings that recognizes the paradox of the human predicament and would support the approach of 'in-betweeness' for facing internal and external dilemmas, not to mention the bigger issue of facing the dilemma of our own existence and who we are.

The books have touched me deeply and I am sad that I will never have the chance to meet him (Richard Rose.) I'm glad there are people who are making his work available.”

– Ron Rieck, Glasgow College of Holistic Medicine

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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

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Also, we welcome your submissions to the Newsletter.