

THE OBSERVER'S NOOK

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“True psychology is knowing who you are. It isn't the knowledge of what drug to take to bring you down when you're high, or to lift you up when you're low. It's basically a permanent understanding of yourself. And when you have that permanent understanding, possibly there's a little dividend—you might know what you're here for.”
—Richard Rose

This first edition of the Richard Rose Teachings site newsletter is dedicated to the memory of Richard Rose, and to all of you readers and students of his teaching that have continued to support the efforts of Rose Publications in preserving and distributing his work. It has been a labor of love for many of us who knew him well. And for those of you who are just being introduced to his philosophy and psychology, we offer our most sincere attempts to transmit that teaching to you in its purest form as Richard wrote and spoke it. As he stated in his quote above, we're all in this to find a permanent understanding of who we are and what we're here for.

Some of you have already set out on a path of seeking out others looking for a system, a teaching, which leads directly to the source of Absolute Truth. It's no small feat to set up a small study group. But as Richard used to say, you just have to start throwing a little mud at the ceiling and eventually it begins to stick.

One of our readers is already moving towards organizing an Albigen Study group in St. Louis, Missouri. If you live

in that area and would like more information write to: Andrew C. McMaster
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Another study group that has been meeting for some time now is located in Lexington, Kentucky and if you'd like more information about those meetings write to:
John Rose
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In the meantime, the blog site, located at www.pyramidzen.blogspot.com, is providing a space for those who wish to learn more about Richard Rose's Albigen System as experienced by students who worked directly with him. Hopefully, it will become the wellspring for the creation of local live study groups. Read more about the history of Pyramid Zen later on in this newsletter.

I would like to personally thank those who have been so very supportive in helping to organize and create the new site, Richard Rose Teachings, home of Rose Publications. Friends and family alike have helped us grow into something more than just a distributor and publisher of esoteric books. The true purpose has been defined and continues to grow, fed by your continued interest.

Cecy Rose,
Director, Rose Publications

A BOUNTIFUL SUPPLY OF AUDIO LECTURES

John Rose, one of our reviewers also gifted in the area of music and sound production, has taken on the monumental task of re-mastering and

preserving on compact disc the many fragile audio masters of Mr. Rose's lectures preserved and provided to us by Mike Fitzpatrick. To keep in stride with the 21st century we hope to provide downloadable formats, such as the music industry provides, of these rare pieces of audio. In the meantime, Rose Publications continues to offer a series of lectures on cd that brings the teachings alive through the inspiring exchanges between Richard Rose and his audience.

Also coming soon is the DVD version of the *Mister Rose* video. The Self-Knowledge Symposium in Raleigh, NC is working on the project.

Of course, there is no substitute for good old-fashioned books in print, and Rose Publications continues to put effort into acquiring new material to publish and distribute. This year we are planning the release of a new book based on the psychological teachings of Richard Rose called *The Sex Connection*. More details are forthcoming.

Please feel free to forward this newsletter to those that you feel might have an interest in what we are doing and offering. We do not share our mailing list with any other groups or organizations, so word of mouth is our most effective means of contacting new people. Thank you!

A SHORT STORY BY TONY KALAR

"There is no reality except the one contained within us. That is why so many people live such an unreal life. They take the images outside them for reality and never allow the world within to assert itself." - Herman Hesse, Demian

1500 years before the Renaissance, ancient Greece was destroyed by the Romans. Also destroyed was carefully collected practical knowledge, apparently lost to humanity for centuries. The light shines in the darkness; the darkness grasps it not. But eventually, like grass through a crack in the asphalt, that knowledge re-emerged.

Similarly, a thread of practical spiritual wisdom is woven through human history and in all cultures. It emerges everywhere and nowhere. Time and again it shines, time and again it is apparently extinguished. As above, so below.

Whatever brought you here, whether it was suffering, an unexplained experience, a need for adventure in a trivial-pursuit world ... you probably have some goal in mind. You are internally motivated, and perhaps looking for others who share your interests.

Are we unwittingly living lives that are less than they could be because of our ignorance? This is a practical question. The answer has been sought for centuries. Someone needs to ask questions about quality of life. Is life really about choosing the right color of nail polish? Or are there other options?

Not everyone needs to concern themselves. iPods are very popular. Few people know about the quantum mechanics that makes them possible. What people listen to on iPods is "practical" because it seems to improve the quality of our lives.

Since you've decided to keep reading, and though I don't like the word, let's just call the goal enlightenment, whatever that is. Let's say it's like opening a combination lock with fourteen numbers. You need to get 14 wheels lined up inside the case and the lock will open.

There are a lot of possible combinations. If you don't have some experience, you might start trying it yourself. Before long you'll realize that the help of an experienced locksmith would be very useful. Like young Ben Franklin going into printing, you realize you need to apprentice yourself to a discipline.

It's wise and practical to seek help with a difficult goal. In the movie *The Matrix*, the hero is trapped inside of a dream-world and he's in trouble. There is no way he's going to escape by thrashing around in a dream-world, he needs to wake up. He is given a pill that helps him to wake up. Even then, he couldn't escape without the help of a machine to unplug him and people to rescue him.

It wasn't studying ideas that brought powerful experience to Richard Rose, it was personal tragedy. But, as they say, opportunity favors the prepared mind. Preparation is the Zen practice, getting the lock's tumblers in a favorable position so that when the bottom drops out of the bucket, and the moon's reflection falls with the water, the significance isn't lost.

So what's this enlightenment thing? Recently, only about a hundred years ago, a man named Richard Bucke wrote a book called "*Cosmic Consciousness*". In it he described the powerful experiences of a dozen or two Western

men, one of whom was Walt Whitman, another Blaise Pascal, others less well-known. Obviously Bucke didn't know all these men, but based his conclusions on their writings and changes in their behavior.

Of course this awakening or enlightenment theme has been around for a long time. (If you're interested in the history, besides Richard's works I strongly recommend Joe Campbell's "*The Power of Myth*.") The Buddhists tell us that the word Buddha means "awakened". Buddha, several thousands of years ago, was very big on us freeing ourselves from suffering, and pointed at desire as the culprit.

We've all woken up from bad dreams. Sometimes waking life is like a bad dream. And so, while the daily world is different from the dream world, waking up is probably a decent thumbnail description of what enlightenment is.

Since Buddha, the outside world has changed a lot, but inside of us things haven't changed much. We, as Ouspensky noted (in, for example, "*The Fourth Way*") don't want to lose our suffering. The more we want something, the more we might willingly suffer for the hope of getting it. From which we might conclude, among other things, that desiring enlightenment is not recommended.

Obviously we can't tell that someone is awakened just from looking at them. Even listening to them, we might not understand a thing. The tumblers of the lock have to be brought closer to the best position. Awakening happens inside. So looking inside of ourselves is essential. (Jung, "*Undiscovered Self*").

And something like a light bulb with electricity running through it, our teacher's knowledge ought to shine from the inside out.

Old and inspired scriptures and teachings were filled with light, encouraging but seldom offering a clear path to substantial knowledge. Perhaps after years of reading, meditation, experience, it becomes clear that there was some truth in the world -- some understanding that could lead us toward harmonious, compassionate life, toward 'brilliant sanity'.

And that it had sung out of the mouths and danced among the limbs of us. Motivated, inspired, daring, alive, compassionate human beings. Who look at night skies and see the stars. Who hear the trees speaking for the winds. Who feel the fire which never burns.

Rose's path is a practical one - if liberation is our goal - and never gets lost in exotic details. Simply put, it comprehends and knits together many methods of science, respected practical spirituality from around the world, and thoughts of important seekers of the 20th century.

As a writer, Richard is deeply caring but does not pretend to offer us The Truth. He firmly encourages us to see through the sham, to live our lives so as to discover for ourselves. What we cannot find directly, because of our frailties, we can find by retreating from untruth. Perhaps we can live with others we can help, and who can help us.

It's not easy. We need to take care of food, shelter, clothing. Then we have to prioritize. Else how shall we find time?

We must not get trapped, or lost. Many obstacles will force us astray. We must focus our energies on a path that works for us. We must have a working compass. And remember that the biology clock is always ticking.

There is a thread that never dies, that has managed to stay alive throughout recorded history, all over the world. It constantly has to be untangled from the confusion and superstition that grows up around it, like the fairy-tale briars that surround Sleeping Beauty. This thread, if you will accept it, is a great gift.

It is all about. There is nothing to transcend but blindness. Only remember how to see.

Tony is an electronic musician and composer, a former educator and a student of wisdom living in Seattle, Washington. He may be contacted at ars@blarg.net.

THE NEXT NEWSLETTER

We would like to encourage all of our readers to submit articles such as Tony's to the newsletter. Mail them to: The Editor, info@richardroseteachings.com. The newsletter is posted and distributed quarterly, so the deadline for the next issue, due to come out on June 1, 2006, would be May 15th. And if you've been so inspired as to form a study group, please send us the updates and any helpful hints to others who might wish to do the same. Thanks!



THE HISTORY OF THE PYRAMID ZEN SOCIETY

I recall my first PZS meeting being about thirty years ago. The room was electric at the time, mainly because Mr. Rose was due to arrive at any moment and everyone was anxious to get their questions answered. The monitor may as well have been conducting a classroom of unruly kindergarten children.

One person in the meeting said, “He must be getting close, the room just suddenly got brighter.” Sure enough, a few seconds later, Mr. Rose entered the room, and in his unassuming way, took off his hat and grinning ear to ear asked what we were waiting for. The uproar of laughter broke the tension and the monitor was finally able to get down to business. There was usually a topic picked by the monitor to get the confrontation session going. Sometimes we would sit quietly first then begin the meeting. But when Mr. Rose showed up, everything would become improvisational and spontaneous, allowing all sorts of phenomena to occur. At this particular meeting,

however, Mr. Rose told the monitor to get the confrontation under way – and let me explain what that means before going any further. Unlike how it sounds, confrontation is a controlled format of questioning, usually focused on one or a couple of people who volunteer to participate, and the monitor sees to it that nothing gets too personal or that no one gets obnoxious in their line of questioning. The purpose behind confrontation is to discover the real self, not to provide some sort of therapy. Although some therapy was unavoidable, it was not the prime purpose. Spiritual self-definition, as described by Mr. Rose, involves the “going within,” a process that is necessary because, as he put it, modern psychology is not adequate in defining man, nor in finding for man a method of finding his essence through mental introspection. (As a student in psychology at the time, this was the first blow I received to my ego.)

So confrontation was the first step. It was not to become a battle with the monitor, but a practice of starting to look seriously inside. And occasionally, the phenomenon of rapport would occur as a result of this confrontation, which allowed for the possibility of transmission. I witnessed a few instances of this when Mr. Rose was present in the room. There’s no way to describe it in words other than the party on the receiving end was obviously undergoing a transformation and claimed to have received some sort of direct experience of the essence from the transmitter – which in this case was Mr. Rose. Usually, the experience for the recipient was traumatic as they were witnessing something beyond the comprehension of their mundane mind.

By the end of this particular meeting, just about everyone came away stood on their heads, including me – and yes, we got most of our questions answered, and then some. Those were exciting times. It is not everyday that you run across an enlightened Zen master, much less from the hills of West Virginia. But Richard Rose was not your typical Zen master, nor did he seem to want to be. His common sense approach truly helped people, some of whom came to those PZS meetings with no clue of who they were or where they were going. Those meetings were the beginning of my long journey on a path to becoming less of a robot.

--B.C., Pittsburgh, PA (account taken from a 1976 journal)

If you have an accounting of an experience as a result of either meeting Richard Rose or coming in contact with his writings and lectures, drop us a line at info@richardroseteachings.com. We would enjoy hearing from you, and would appreciate being able to share it with our readers, with your permission. Thanks!