

Method **by Richard Rose**

The System advised is threefold, and the symbol of the pyramid is used to remind the student at all times that he cannot just work on one level at a time. The directive is threefold in that you are advised to *be* or become the Truth, the Way, and the Life, which has practically the same meaning as the Buddha, the Dharma, and the Sanghat.

The manner of following each of these three directives, in turn involves work on three levels, the Physical, the Mental, and the Essential (of Essence).

Some of the work on these levels can be done by the individual, and some of them can only be done by the individual. On the other hand, the final realization of Essence comes about by the help of another person, or by accident. To gamble upon accidental happenings is to risk the dangers involved and to run the risk that Essence realization may never come about.

I. Physical Steps

- a. Set the house in order. This means that we must find some economic security, we must keep the physical house healthy as it will either quit thinking or think unreliably, and we must adjust the domestic scene, so that the people with whom we live will be amenable to the search.
- b. Find a person or persons who have been down the road that we wish to follow. Look for books that will advise or furnish coordinative material. Travel in this regard if necessary, but never allow travel to become an escape in itself from interior work.
- c. Find your fellow-seekers.
- d. Find a place to meet, and work together with these teachers and fellow-seekers.

II. Mental Steps

- a. Implement regular, periodic, mental exercises with directed meditation.
- b. Or use Koan concentration.
- c. Use self-confrontation. That is to find for yourself ways and means of self-analysis.

III. Essential Steps

- a. Reverse the vector.
- b. Find the obstacles that you must learn in order to avoid them in the process of reversal.
- c. Allow the Ego to be eliminated as it is the main obstacle.

- d. Constantly implement the Laws that are listed in *The Albigen Papers*.
- e. Find transmission from someone who has attained.
- f. (This transmission can best be effected in Ashram life.)

Immediate Steps

- a. Thoroughly acquaint yourself with the written part of the system.
- b. Then if you feel that you are able to do heavier work, and wish to be completely involved in the Work, you can accept the invitation to visit for consultation and possibly for a stay at the Ashram.
- c. A personal teacher will be available at the Ashram for those who are serious.

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If you like the dynamism and spontaneity of Richard Rose as writer and teacher, please read his books, which are available at www.rosepublications.net or www.tatfoundation.org.