

Retrospects-1990s

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1991

1991 TAT SOCIETY RETROSPECT

November 13, 1991

Dear Friends and Members:

It has been a long time since we put together our annual Retrospect, and because the new year is approaching fast, we wanted to get this out in time to reach you before our last TAT Meeting of the year, which, by the way, is November 26th through December 1st. We sincerely hope that each of you can find the ways and means to visit the farm, either during the TAT Meeting or thereafter. There is a lot of news to catch up on!

The farm was beautiful this Fall, despite the dry weather. We didn't harvest a bumper crop of grapes because of the drought, although there are still a good many gallons and half gallons available for sale. We did, however, have a bumper crop of peaches, pears and apples for the first time ever. They made up for the lack of a garden this year. So if you make it to the TAT Meeting, you can order up a dish of home grown fruit salad and a slice of pie. (I hope this doesn't sound like a sales pitch!)

Our two new farm residents, Art and Bob, have been busy not only setting up housekeeping, but doing a lot of "farmkeeping" as well. Along with Dave Gold's steady assistance and vehicles, and with the help of the Fitzpatricks, several guys from Pittsburgh, like Paul Schmidt and Mike Casari, and Harrisburg member Phil Consonery, much clearing and wood chopping has gone on over the past couple of months. Many of you who have not been to the farm for awhile would be impressed with the looks of the place, though, as always, there is still much to be done.

We're also in the process of getting new electric lines put in for the Chautauqua building. Mike Fitzpatrick has taken sole responsibility for that project. He just finished tying in all the lines this past weekend. For those of you who remember our dim little lights in the building, this will be a tremendous improvement for future events held under the shelter. Mike has bigger plans yet for installing shower and toilet facilities. This all takes funding, of course, so it may be awhile before that monumental project gets off the drawing board. Chuck Conrad can also be seen at the farm just about every weekend when he is not keeping the fires going in Columbus. He has started work on the "Walter Lee Memorial and Meditation Shelter" which, when completed, will provide an attractive, brick structure for those walking along the Nature Trail near the Chautauqua Building.

Mr. Rose has been active on the lecture circuit this year due to hard work on the part of North Carolina State and Chapel Hill students as well as other residents of Raleigh, North Carolina. Augie Turak, who got the ball rolling at N.C. State, as well as Chapel Hill, has brought quite an influx of members to the farm over the past year or so. Because of Georg Buehler's connections at N.C. State, he has made it possible to get funding for the lectures. It is impossible to mention here all the names of the many dedicated members from Raleigh who have been instrumental in keeping this dynamic group going. Two of those members, Georg Buehler and Bill McKee, spent the biggest part of this past summer at the Farm and provided that ever useful muscle in mending fences, laying bricks, etc. There is a rumor that they have set a precedent and we may expect to see a few more North Carolinians in these West Virginia Hills during the summer months. Another Raleigh member, Bart Marshall (who is also a writer, by the way), has been an active lecturer in Raleigh as well as Columbus. His talks use his experience in Viet Nam as a springboard from which his interest in spiritual work began. If you have not yet heard the tape, it well worth listening to.

1992

TAT Retrospect News/Notes on Events in the TAT Society During 1992 Normally, the TAT Retrospect would be mailed out before the new year. Well, better late than never...however there is a better explanation. As you can see, we have graduated from the ho hum typewritten version (or wordprocessed version) of the Retrospect to a more so-phisticated appearance, all due to the generosity of Bob Cergol, and his donation of a new computer and desktop publishing system to the TAT Foundation. Bob has been a member of TAT for almost twenty years and has contributed much in the way of time, energy and technology to promote the publications department of the TAT Foundation. The third edition of The Albigen Papers was typeset by Bob, and since then, many other publications have been produced thanks to his help. His expertise lies in the realm of computer program design, which we won't attempt to define. It is difficult enough to define capital "R" Reality, much less the intangible world of computer programming. But with Bob's assistance, we will now be able to produce books and journals more efficiently. Man-power, and womanpower, is all that's needed to see it through! Any of you who have ideas or articles that you feel might be unique material for a new Journal, please send them in.

New Ground Broken at the Farm

As some of you who have visited the Farm during the past year already know, there has been quite a lot of digging going on under the large meeting room at the farmhouse. No great secrets of the unknown have yet to be revealed, but we do have a new set of showers and toilets to look forward to! This will be a major improvement to the Farm, thanks to Mike Fitzpatrick who is financing the project. Mike has done a lot of digging and block laying, as well. The project has been put on hold due to the freezing temperatures, but as soon as the spring thaw occurs, anyone who enjoys the exercise is welcome to join Mike at his labor of love. Ditch those Nikes, put on some work-boots and head for the hills...McCreary Ridge, that is.

Self-Knowledge Symposium Active in Pittsburgh and Raleigh

The Self-Knowledge Symposium, which has been established for student participation on three campuses now, has set up lectures for Richard Rose in February and March, as well as other guest speakers which present lectures throughout the year. Mr. Rose spoke at the Cathedral of Learning on February 18th and is scheduled to speak in Raleigh and Chapel Hill on March 16th and 18th. Michael Neely heads the group at the University of Pittsburgh, where he works with Al Fitzpatrick and Mike Fitzpatrick to maintain regularly scheduled weekly meetings for students at the University. Paul Schmidt has also devoted his time and efforts to that group, and last fall, set up a talk for Mr. Rose at Borders Book-store in Pittsburgh. The last lecture given in 1992, arranged by the Pittsburgh Symposium, saw a large turnout at the Pitt Student Union Ballroom. George Buehler and Bill McKee head the Raleigh and Chapel Hill meetings, consecutively, and have put in a tremendous effort in the way of promotional activities to keep things active in North Carolina. Augie Turak commutes regularly from Washington, D.C., where he now works, to attend the meetings. It was his efforts, originally, that put the Self-Knowledge Symposium into motion in Raleigh. Since then we have seen a sincere effort on the part of the members there toward self-development by way of the Albigen System. Many of them have spent their summers at the farm, and in the process helped to make improvements on the property. There is a spirit of cooperation and motivation that has put a fresh light on the TAT Society. Hopefully, the ladderwork will continue. We look forward to seeing all of you at the upcoming TAT Meeting on April 17th and 18th.

Keeping the Home Fires Burning

Thanks to Art's faithful assistance we have a warm place for visitors to light when visiting the farm. His goat-herding experience has also been an invaluable asset as the goats help to keep the farm from becoming a jungle. Art and his trusty companion "Joel", also known fondly as "Cappy" (a Collie dog), round up the goats each day for feedings and checking on the young. We have 11 healthy kids this year, due to Art's conscientious nurturing. Also keeping watch over the farm is Chuck Conrad. You will generally find him driving nails on his house, and quite a place it is! We will miss Chuck's presence when he moves to Pittsburgh to help take care of his father. The TAT Foundation residence in McMechen has a new occupant. Krista Willis arrived from Raleigh just after the 1st of January. And soon to arrive to the farm is Danny Sahaida, also from Raleigh. Welcome Krista and Danny!

In Other News We have new arrival to the TAT Society Baby Scene...Emmalena Khourey was born in June to proud parents Lou and Charlotte, and I do mean proud! You will understand what we mean when you meet her. We just received word that Mark Seibel and his family are moving to a farm nearby in Ohio. He'll be working across the river from Moundsville, so we hope to see a lot of Mark, Sue and the children this year.

Please note our change of address... Future book orders and correspondence should now be sent to: TAT Foundation, 44 Sixth Street, McMechen, West Virginia 26040. Or call (304) 232-2799.

Important Dates to Remember The TAT Meeting dates for 1993 are as follows: • April 17th and 18th • July 3rd and 4th • LABOR DAY, September 4, 5 & 6 • THANKSGIVING, November 26, 27 and 28.

It is not too late to send in your membership for 1993. Membership dues are still \$20.00 per year.

Please mark your calendars and plan to attend the quarterly meetings this year. We'll be looking forward to seeing you!

1993

TAT Retrospect

News/Notes on Events in the TAT Society During 1993

Looking back on this eventful year, I would have to say it will probably be one of the more memorable ones as far as changes are concerned. The place where you might say it all began, the house at 1686 Marshall Street in Benwood, has been sold. It feels odd to drive past and see inhabitants that are total strangers. I wonder if they'll have any visitations from visitors of days gone by. Some very unusual occurrences took place in that house over the past 20 years. Just ask Al Fitzpatrick, Bob Cergol, Lou Khourey, or Dave Gold, just to name a few (and that is understated) of the people who lived there. My daughter, Tatia, spent her first three years of life there, as did several generations before her. Nostalgia runs deep for those long hours spent in the kitchen preparing meals for the early Chautauquas, listening to Augie and Dave go over plans with Mr. Rose about future Chautauquas...there was an air of excitement every weekend in the early days of growth...yes, Benwood will mark a turning point, a beginning and an end of an era of philosophical work.

But now we are face to face with a new era. The surge of interest coming from the South marks the beginning of a forward swing of the pendulum. There is not only a spirit of sincerity expressed by our group members from the Raleigh/Chapel Hill area, but an unusual spirit of friendship, as well. It seems that there really is no religion greater than friendship, to quote a famous author.

Our friends to the north, Pittsburgh to be exact, may be fewer in numbers, but no less sincere. They have worked hard to establish a group at Pitt and sponsor lectures, the latest one given by Mr. Rose at the Frick Fine Arts Auditorium on October 20th. We hope to see some new faces at the farm as a result of that lecture. And Bill King continues to conduct his Hypnosis Research Group, which meets at Friends Meeting House. Pittsburgh is a busy place these days.

1993 also saw tragedy. We lost a couple of former group members in the spring. Luis Fernandez passed away in April, and Tim Calhoun died just a few weeks later. In June, Chuck Conrad stepped off of a high roof and received extensive injuries, including a head injury from which he is still recovering through the outpatient therapy program at Pittsburgh Rehab Center. We wish him a speedy recovery, and miss seeing him at the farm.

As a true gesture of friendship, Mike Fitzpatrick, Paul Schmidt, George Buehler, Art Ticknor and Shawn Nevins, finished shingling the roof on Chuck's house. We hope it is not too far in the future that Chuck can see the fine job they did.

And to all the friends and members in the TAT Society, we hope to see you in the coming year, and wish you all the best of health and success. I know there are many of you who are unable to attend meetings on a regular basis, but you are in our thoughts, and we hope that you continue your correspondence with us. If the odds have it, our paths will cross eventually.

Farm News

The sound of chain saws, hammers, and axes was ringing through the woods on the cold, damp weekend of October 16th. The weekend before was less noisy but no less strenuous as the small group from Raleigh, organized by Dave Gold, dug holes and set posts for the weekend of fence stretching to follow. Janet, Reggie, Keith (whom we now fondly refer to as Chuck Bundy, Al Bundy's younger, more successful brother), Art, Dave and Bob Ferguson worked through the soaking, cold rain that weekend, as well. Keith and Janet were unable to make it up to the farm the following weekend, but were replaced by a dozen more enthusiastic members from Raleigh/Chapel Hill.

Since I can't remember everyone's last names I can only list first names--there was Georg, Andrew Garner and Andrew Lloyd, Marcus, Rich, Walker, Sharon, Jonathan, Reggie (he must be a glutton for punishment making two trips to work!), Tom Turak and Dave Gold. The Fitzpatrick brothers kept their chain saws buzzing for eight hours while Bob Ferguson, Alex Levy, Shawn Nevins, Shawn McCleary, Jon Turak, Art and Mr. Rose provided the extra muscle from the local "contingency."

Thanks to Larry Labovitz and his "wonder truck" we were able to haul tons of firewood up to the house, and lots of junk away from the house! Paul Schmidt was also there from Pittsburgh. He helped with the most unpleasant task of cleaning out the farmhouse chimney. Phil Consonery, chief organizer of the project, was there from Harrisburg, PA.

Bob Cergol and his fiancé, Carol Blackwell, arrived from Annapolis late Friday evening to be of help over the weekend. And Ed Galanternik was there from the Cleveland area to direct koans at Bob. Debby Fitzpatrick (just six clays away from her due date) and Carol helped in the kitchen. I didn't have any leftovers that weekend. A big "thank you" to everyone who donated time and energy to this project. And a double big thanks to Phil Consonery for organizing the project!

The Rose Lecture Circuit

Mr. Rose has been busy on the lecture trail this year. He's given lectures in Pittsburgh and Raleigh. The latest two were in Raleigh and Chapel Hill on November 1st and 3rd. Al and Mike Fitzpatrick, along with Dave Weimer, a student at the University of Pittsburgh, have worked hard to keep things active up there. In Raleigh, where it all started with Augie Turak, Georg Buehler now manages the group activities, and Eric Clark and Jonathan Cook keep things going in Chapel Hill. It is no easy task to run a group and these guys need all the support they can get. After all, ladder work is one of the key elements in not only the Albigen System, but in any philosophic system. Best of luck to all of those who are putting forth this effort. Keep up the good work!

In Other News

More babies! Al and Debby Fitzpatrick brought another boy into the world--Isaac Alan was born October 22nd. And Lou and Charlotte Khourey are awaiting the birth of their second child in March. Wedding bells will be ringing as well when Bob Cergol and Carol Blackwell tie the knot in February. There are rumors circulating that Ed Galanternik will be Bob's best man.

Mark Your Calendars!

Dates for upcoming 1994 Tat Meetings are as follows:

- April 15th, 16th & 17th
- July 2nd, 3rd & 4th
- Sept. 3rd, 4th & 5th
- Nov. 25th, 26th & 27th

It is not too late to send in your 1994 membership. Membership dues are still \$20.00 a year. We'll be looking forward to seeing you!

1994

TAT Retrospect

News/Notes on Events in the TAT Society During 1994

I was just talking to Dave Gold on the phone the other day and he quickly ran by me a French phrase, which I should have easily interpreted but was in one of those "vague" thinking states. Simply stated it meant the more things change, the more they stay the same. Ironically, just a few days later I heard the same phrase somewhere else (TV or something). So I get the impression there's an esoteric mes-sage trying to get through on the big screen.

After struggling (and still struggling) through a month or so of adverse forces where health is concerned, and not just my own health, I was fortunate enough to be able to take some time to think about the cause of things and how to change them. After much reading and soul searching, I started to feel more and more like a giant spring, reaching out for the better but being pulled back to the old memories and engrams (remember that word?) that keep one from changing.

Now, if it's true that the more things change, the more they stay the same, then where do we find our sense of hope and direction that is so all important in holding our wits together long enough to focus on one thought.

My gut feeling on the matter goes back to why we joined the TAT Society in the first place. Those of us who have read the Albigen Papers and other writings by Mr. Rose, and got something out of it, share a memory of having focused on one thought, whether it be in meditation or rapport.

And we all went through changes, and whether we're completely aware of them or not, there are witnesses who can tell you that you did indeed make a change at some point in their acquaintance with you. So what is my point? Ask yourself if that change is still with you, or are things back to being the same as they were before you came in contact with Mr. Rose and the TAT group.

Most of us have so many problems to deal with on a daily basis that we don't even want to think about thinking. Getting sick is not a pleasant way to evolve out of your doldrums, but for me it was a wake up call that I don't regret. I'm sure many of you have experienced the same thing. The key is finding that part of your self that can free you from the wheel in the hamster cage, the treadmill, or whatever you want to call it.

That is what makes the difference in going nowhere fast, and landing somewhere in the permanent Higher Self where all sorts of miracles take place.

Remember the word "Becoming"? The TAT Society has survived over 20 years of change, and yet the philosophy remains the same. It has to because it is absolute truth, a simple concept but not so easily understood until you're either forced off of the hamster wheel or fall off. Every week there are new people calling on the phone, setting up visits with Mr. Rose, driving pretty fair distances to get a glimpse of what goes on here.

My deepest concern is where are the members from the past? We think about you often and wish you would drop us a line to let us know of your whereabouts. We have a meeting coming up in just a few weeks and there will be some interesting discussion going on. New members, changes, yet things remain the same...a safe haven for those who can recognize it. A place where we can be our capital "S" Selves if we allow it.

Farm News

Progress here is slow but sure. Mike Casari got the tractor in motion, but the truck to haul the hay broke down, so all that was mowed lies molding. It sounds depressing, I know, but somehow the goats will survive.

Fortunately, we were able to unload a bunch of buck goats and are down to a fairly manageable herd of 14. Many of them are pregnant, of course, so we are in dire need of a goat caretaker. Send your resumes to TAT Retrospect! No experience needed--just a heck of a lot of patience! Tatia has made pets out of most of them, so they are more people-friendly now.

For the past several weekends Mike Casari, Shawn Nevins (farm resident), Georg Buehler (a new farm resident) and on occasion, Paul Schmidt and Dave Weimer from Pittsburgh, have been helping with firewood. Alex Levy (farm resident) and Phil Consonery also have helped out on various projects. Krista Willis (farm resident) got her share of blisters raking hay, and also helped in the garden.

We also got all of the grape arbor pruned which was a major accomplishment, and my thanks go out to all who helped. The upkeep of the farm has been downsized to something manageable by a couple of people since we are short-handed most of the time. Building something new right now is out of the question, but maintaining what is already there, and in disrepair, is going to mean the difference between having a place to meet and not having one.

Hopefully, some planning at our next meeting will bring about a list of priorities and time schedule that everyone can work with to make possible another "work weekend" like we had last year. There can't be enough gratitude spoken to those who have kept the farm going through their contributions of time, money and energy. Some of us are getting older, and a bit stiffer in the joints, so it's great to have the vitality and flexibility of youth to take up the slack.

I would also like to take this opportunity to thank Lou Khourey for getting the property taxes lowered on the farm. As long as we have goats, it seems, we can be put in a farm classification, which will save all of us some money. The goats are an asset, even if they are a pain in...well, you know what I mean.

In Other News

Congratulations to Lou and Charlotte Khourey on the birth of their son, Louis, now nine months old already. And while on the subject of babies, Dave and Lori Soehnlén are expecting their third in January. Must be that country air!

Dave Gold and a few other group members have rented a house in Chapel Hill. We'll be looking forward to seeing all of you the weekend after Thanksgiving Day, as well as the folks from Raleigh.

Bob and Carol Cergol have bought a house in Raleigh and are eagerly awaiting the birth of their baby (she's due in December). Doron Fried also moved to Raleigh. Hope things are going well for all of you. Anyone else moving to Raleigh!?

We saw Frank Mascara over the summer. He looks great. He's working as a counselor in a South Florida public school district, and it's no piece of cake. Good luck to you and Jean and the kids.

Pat Sullivan also paid us a visit. It had been quite awhile, and Pat, you're looking great, too. She's been doing some interesting traveling. Hope to see you down at the farm again, soon.

Art Ticknor bought a house in Moundsville and is working hard with the assistance of Mike Casari to get things wrapped up by winter. We sure do miss having you out at the farm, Art. Mike and Art also put in some hard work repairing the entire gutter on the McMechen house roof. Art entertained some guys standing around outside the corner bar by hanging from the roof above the porch roof by his fingers. He didn't get a scratch but did get some applause from the onlookers!

Our thoughts and well wishes go out to Phil Consonery's mother who has been in the hospital last time we heard. Best wishes to Janet Sanford's (Chapel Hill Group) father, as well. Hope to see you at the farm again, soon.

I would like to recommend a great book to you both, and anyone else going through a personal health crisis or who has a family member that is seriously ill. The title is Making Miracles by Dr Paul Roud. Some other titles that --are helpful include those by Max Freedom Long on the Kahuna system of healing, mainly The Secret Science Behind Miracles and Self-Suggestion. (Thanks to Krista for suggesting the latter title to me.)

If anyone has a news item that they would like to see printed in the next TAT Retrospect, please send it c/o TAT, 44 Sixth Street, McMechen, WV 26040 or call (304) 232-2799. You may also reach the farm by calling (304) 242-0368.

Our Next TAT Meeting will be held on Friday, November 25th, Saturday, the 26th and Sunday the 27th. Saturday is the main meeting day. Mr. Rose is preparing a discussion topic and we will be showing several videos, one entitled "Healing and the Mind." Soup, sandwiches, pie, fruit salads and beverages will be available. 1995 Meeting Dates:

- April 15th and 16th
- July 1st, 2nd and 4th
- September 2nd, 3rd and 4th
- November 24th, 25th and 26th.

Hope to see you at all of the meetings or any time in between. Best of luck to all of you for the coming new year!

1995

TAT Retrospect

News/Notes on Events in the TAT Society During 1995

I would like to begin this Retrospect by thanking all the members, new and old, for showing your support and renewed interest in TAT and the life's work of Richard Rose upon which it was built. This has been a year of both inspiration and deceleration. Our last TAT meeting, held on the Labor Day weekend, was the largest we've seen in several years. There were several generations of members present, which lent a greater substance and perspective to the conversations. The doors are open to all who wish to either renew their ties to TAT, or to those who are curious and looking for a path on which to begin their search for Truth. Let the ladder work begin!

As many of you already know, Mr. Rose has been going through a good bit of medical testing and as a result is being treated for Alzheimer's Dis-ease. There is a lot to know about A.D. There is no cure, yet. People can live with it for many years. It is one of the toughest diseases to deal with, particularly when the loved one has led such a productive life as Mr. Rose, because there is no light at the end of the tunnel where this reality is concerned. But because of the improved quality of treatment and support agencies such as FamilyCare which offers 24 hour counseling, things have come along way in dispelling the myths of dementia.

I am taking this opportunity to let those of you know, who don't already know, that the situation here is quite different than it was ten years ago--even five years ago. However, Mr. Rose is still capable of communicating most of the time, with visitors. He still has that wonderful sense of humor and wit--and continues to discuss philosophy, even though some of the speech is not as eloquent as it used to be.

It is for this reason that a great effort on the part of Ed Galanter and Shawn Nevins, along with Bill Racine's professional studio experience, has made it possible for us to hear, oft tape, the lectures of Richard Rose, dating back almost 20 years. It will be awhile before all the tapes are up to near studio quality as the project has just begun. But there are a lot of tapes currently in good enough shape to purchase. They will be available at the next TAT meeting.

Some of the members in Raleigh also put together a two-volume video, very professional quality, which will also be available.

If anyone is interested in learning more about Alzheimer's Disease, I would like to recommend two excellent titles: *The 36-Hour Day* by Mace and Rabins and *Alzheimer's, A Caregiver's Guide and Sourcebook* by Howard Gruetzner. I know that some of you at some point either have dealt with or will deal with a loved one who has A.D. I must tell you that this experience will challenge your sense of "mindfulness" more than anything else in life, if you live close to it.

When something robs the mind as well as the body, you can only hope that there is an eternal Reality on the other side. It also forces you to realize the importance of finding the Inner Self and that sense of stillness and awareness that brings about discovery, while you are still able. The Meditative experience has proven itself to be indispensable in this case. I see Mr. Rose's recent experience as a kind of offering to us all to make a commitment to become seekers--to appreciate every moment that we have being alive and able to do something truly meaningful with our lives--something that is, hopefully, eternal.

Farm News

The farm is in more of a wild state than ever but nonetheless beautiful. Mowing is down to a minimum area due to lack of manpower and machinery. Consequently no hay was cut this year. We still have goats, however. They do a tremendous job on the weeds and briars. Guess that's an example of focusing the vector! Shawn Nevins and Krista Willis are the only permanent farm residents, while Mike Casari is there part-time. Dave Weimer makes is down from Pittsburgh quite often to help out on the farm. Art Ticknor is seeing to it that the goats get fed this winter by supplying their feed.

The July TAT Meeting was quite productive where farm work is concerned. Some of the North Carolina members--Bart Marshall, Eric Clark, Dave Gold, Georg Buehler, Doron Fried--along with Paul Schmidt from Pittsburgh, Shawn Nevins, Vince Lepidi from Greensburg, PA, Larry Labovitz from Bridgeville, PA and Mr. Rose (and I hope I'm not leaving anyone out) made a lot of improvements around the grounds such as repairing and pruning the grape arbor, repairing and cleaning out the gutters and mowing the grass. Mike Fitzpatrick brought out his monster weed whip and cut down a lot of growth around the house and sheds just before the last meeting.

This kind of volunteer work and dedication cannot be left unnoticed or unmentioned, as it is the glue that holds the place together. Perhaps we can spend a couple of hours at the next TAT meeting on a couple of small projects that need to get done before winter arrives--stacking or cutting wood, preparing the barn for the arrival of new goat kids, etc.

In Other News

Al Fitzpatrick along with Shawn Nevins have started a small meditation group in Pittsburgh near the Pitt campus. We will be looking forward to a progress report at the next meeting.

Bill King continues to run his Hypnosis Research Group in Pittsburgh. His group is also practicing meditation and relaxation. We hope to hear all about the latest findings in his group, as well, at our next TAT meeting.

Congratulations to Mike and Susan Fitzpatrick on the birth of their daughter Cheyanne, born in September, and congratulations also to Dave and Lori Soehnlen on the birth of their daughter, Grace, who is going on nine months now. Oh, and I can't forget the birth of little Laura Cergol. She arrived last December, and made her debut at the April TAT Meeting. Bob tells me she's walking already and has just completed her first computer pro-gram! (Just kidding, just kidding!)

And for the first time in TAT history, we have an "intergroup" marriage, so to speak. Doug and Sharon White (she didn't even have to change her last name--is that destiny?) exchanged vows in October. May they live a long and philosophic life together.

Pat Sullivan has been doing extensive research on extra-terrestrials and has written an interesting treatise on Consciousness. Her re-search has taken her on some intriguing journeys, which we hope to hear about at the next TAT Meeting.

Our condolences go out to Rosella Bahm of Pittsburgh, who has been under the weather for some time now. We send you our best wishes for a speedy recovery and hope to see you down at the farm soon.

Our Next TAT Meeting will be held on Friday, November 24th, Saturday, the 25th and Sunday the 26th. Saturday is the main meeting day. We hope to see a good turnout for the meeting to discuss the future of the TAT Society and to exchange experiences. We will play early lecture tapes again and show videos. Ed Galanternik has lined up a Krishnamurti tape for starters. Soup, sandwiches, pie, fruit salads and beverages will be available.

1996 Meeting Dates:

- April 13th and 14th.
- July 1st and 2nd.
- August 31st, September 1st and 2nd.
- November 22nd, 23rd and 24th.

Hope to see you at all of the meetings or any time in between. Best of luck to all of you for the coming new year!

Please send any news items or R.S.V.P.'s to our new mailing address:

TAT Foundation

P.O. Box 63

McMechen, WV 26040

(304) 232-2799

When calling, leave any important messages with Cecy. You may also leave a message with Krista at the farm by calling (304) 242-0368.

1996 Spring Newsletter

TAT Newsletter -- Spring 1996

Dear Friends,

It has not been too long since you received your TAT Retrospect in the mail. A surge of phone calls and correspondence prompted us to do another mailing in the form of a Newsletter. It is important that members be given a forum to voice their feelings and insights, and with the next TAT Meeting just around the corner, what better time than now to send out these heartfelt messages.

As we approach the 25th anniversary of TAT, which will be celebrated at the April 1997 meeting, there is a need to establish a priority list, or perhaps more accurately stated, a survival list, of items to be accomplished that will insure the future of the TAT Society. It will be a slow process as things have been in somewhat of a limbo state for several years now. But the spirit of hope and renewal is strong among the members, and so this April we will hold our first "comeback" meeting. A letter from Phil Consonery best portrays what we may accomplish in April:

Dear Fellow TAT Members:

As a concerned member of the TAT Foundation, I have given some thought about the future of TAT and especially the format of the upcoming April meeting.... Accordingly, I have been asked to coordinate some ideas to more formally structure the April meeting so that members can actively participate.

First, allow me to lay some groundwork. As many of you know, the original intent of TAT was to establish an atmosphere where philosophers could work together to expedite the journey of self-discovery and compare notes along the way. It seems then, that we must set about finding those who are sincere about philosophy--not just the Albigen System--but in pursuing any direction as long as sincerity and commitment are there.

Over the years, the group has experienced far too many unnecessary conflicts and suspicions, thus expunging potentially novice seekers who were not quite ready for hand-lined confrontation along with long-time members who were simply fed up. It is time to let bygones be bygones, and become a little more tolerant of each other and more considerate of new-comers. This is not a plea to open the flood gates and accept anyone who is selling lascivious goods, or perhaps potentially dangerous to farm property or TAT members. Rather, we need to clear the atmosphere of petty suspicions, allow TAT to evolve into the original plan for a "big tent" approach, and preserve the esoteric core that wishes to follow the Albigen System.

In addition, the farm and its physical conditions are in serious need of maintenance. I know many of us have put numerous hours of hard labor into farm work, sometimes to Mr. Rose's chagrin. We must forget the past, however, especially in light of Mr. Rose's present condition. Unlike earlier efforts, we have the opportunity to move ahead and complete priority repairs and projects. Accordingly, these decisions must be made with good judgment and common sense.

Finally, we need to put our heads together and determine options for ladder work. The distribution of literature is a key effort in communicating with other philosophers, and the importance of this undertaking cannot be overemphasized. In the past, efforts along these lines have waxed and waned, some of which resulted in enormous success. Most importantly, we must be extremely careful that past failures do not stifle enthusiasm for new ideas.

With these basic concerns in mind, we can set about establishing a format that will allow everyone to fully participate in the April meeting and contribute to TAT's future. For example, in my current employment, we have used several techniques to get ideas on the table without any one person commanding the floor. First, in front of the group, we can put the above topics (future TAT meetings, the farm, ladder work and the TAT literature) on a flip chart and go around the room to get one idea from each person on how to improve these situations and then write it down on the flip chart.

Each person should always have the option to "pass"....no one criticizes or praises the idea--we just keep moving around the room...until all suggestions are exhausted and everyone has "passed". The advantage

of this technique allows all ideas to be placed on the table, and everyone has had their say. The full group should then categorize and prioritize the ideas in some semblance of order.

We could also try breaking up the entire group into smaller groups of four or five people so that discussions can take place more freely. This technique works best if we put three to five of the same questions on a piece of paper, hand them to each small group and turn them loose for a specified amount of time to develop ideas. Afterward, each group picks a spokesman to present their ideas before the entire group.

These approaches, while comparatively very formal in relation to previous TAT meetings, allow us to tap the capabilities and creativities of each person. But, with the participants' willingness and open minds, the techniques will work. Furthermore, if desired, these procedures can allow us to come away from the weekend with an "action plan" that lists each activity that needs to be done, the responsible person(s) in charge of that activity, and a time line for completion. This action plan will be typed and distributed to anyone who expresses an interest in these matters.

It is a critical time for TAT, and your creativities and contributions are extremely important. None of us—not even Mr. Rose—could have anticipated the recent turn of events. As a group, we must collectively decide the next step of this thousand mile journey.

Sincerely

Phil J. Consonery

Begin Making Preparations Now

The meeting is only a few weeks away. Please call or write and let us know whether or not you will be attending. The planning sessions will begin at 10A.M. Saturday, April 13th. You will be given a schedule when you arrive, but to give you a general idea of the agenda in advance, the general presentation of the "Direction of the TAT Society" will be given at 10A.M.; at 11 A.M. we will break into smaller committees, the first of which will discuss farm improvement/maintenance; at noon we'll break for lunch.

The next committee will meet at 1:30 P.M. to discuss "Distribution of the Word" (books and tapes); at 3:30 there will be a half hour break; from 3:30 to 5 P.M. the last committee will meet to discuss Ladderwork and Group Expansion." Supper will be from 5 till 7 P.M., at which time there will be Informal discussions and relaxing activities. We will meet at 9 A.M. on Sunday for philosophical discussion. Your R.S.V.P. will much appreciated so that a food menu and lodging can be planned. Members will begin arriving on Friday evening and Mr. Rose, depending on how he feels, will be there that evening and part of Sunday.

There will be used books from the TAT Book Service Catalog available for sale at discount prices so bring some extra change. Cassette tapes will also be available. An order form for the tapes is enclosed, and if you wish to order them ahead to be picked up at the meeting you may send your order to Shawn Nevins, P.O. Box 63, McMechen, WV 26040.

1996 TAT Membership Dues

A TAT account has been setup for deposit of membership fees so that a fund can be established to help pay for repairs, printing costs, etc. Please mail your \$20.00 membership fee to the P.O. Box 63. If this is not possible, you may pay Art Ticknor at the meeting. A receipt and card will be mailed back to you. For those of you who have already sent in your 1996 dues, a heartfelt and grateful thank you is extended. Your donations will serve to make some major improvements on the farm as well as provide a means to continually contact new potential members.

Those attending the meeting for the first time who plan to stay overnight must pay a utility fee of \$4.00 per night. A membership is required if you wish to attend any future meetings.

Looking Toward the Future...Through Friendship

A letter arrived here in McMechen the other day from a long time member of the TAT Society who most of you are acquainted with. His letter goes as follows:

I have puzzled for weeks over what to write for this newsletter. What could be said that had not already been said, more eloquently by others? And if I stumbled upon some worthy idea or topic, what motivation could be ascribed to a discussion of it? Finally what was most important to me became blatantly obvious. It was the presence of a common theme throughout the history of the Group over the years, and throughout the life and work of Richard Rose. This theme can best be summed up in one word: Friendship.

At this moment in the life of the Group, (and in my own life as well, perhaps), there seems to be no more important issue at stake than that of friendship: what it is, what it means, and what place it has in the indeterminable future. There are probably many who would argue, and rightfully so, that this writer is unqualified to discourse on the subject of Friendship, even briefly. Yet this may be all the more reason to attempt to breach the topic, since the gradual passing of what has been the single unparalleled example of true friendship in my life, is now upon me. It is probably a gross understatement to suggest that many others in the Group are currently having similar feelings, concerning their lifelong friendship with Richard Rose, founder of the TAT Society, Esoteric Teacher without peer, and, most certainly, a Friend among Friends to hundreds of people throughout the United States.

I had the honor and privilege (I see now) to be present, and to be the first to read aloud, the poem following this letter, which Mr. Rose wrote one evening during the Winter intensive at the Farm in 1980. There were about two dozen members in attendance at the month-long effort toward awakening. Many of those are still active in one way or another in the Group today; others have found their way into successful family and business situations, spread out across the country. Quite possibly those 30 days in the country were the finest example of friendship of the unselfish variety, ever experienced by those people. It certainly was for me...a memory never to be forgotten.

As the initial era of the Group passes slowly but surely, it seems more important now than ever to establish and stand in the type of Friendship of the most unselfish kind, as Mr. Rose lived it for so many years. It is truly time to get together in harness and pull for the sake of Truth, and for the good of one another on all levels. This may sound pollyannic or ultra romantic and idealistic. Many maybe saying, "Where has this guy been? We are all friends already". In which case it is I who have much ground to cover, with many people. There seems to be very little I understand about the grand type of friendship Mr. Rose so often referred to in his talk and writings. Yet one thing I do know for certain is that making an all out effort is most important, and that effort becomes part of eternal fact.

Whether or not the Group is to survive and prosper in the coming century may be in the hands of Destiny. Yet it is a fact that Mr. Rose often asserted that he did not work for results, but only for the sake of working. He waited for the signs before taking action. Nevertheless, his consistent mode of operation for these past twenty-five years always held one tenet sacred: that there is no religion greater than Friendship. Perhaps now is the time for those remaining, and those yet to come, to unite and seek a greater understanding of the meaning of his words. The signs surely seem to be pointing in that direction.

--Mike Casari

"Friendship"

I passed through a deep crevice at twilight,

And I saw a narrow vista of trees,

Magical in the mists-- Vocal to the hush of meaning,
Whispering to the wisdom of shades,-- of degrees,--
Before the backdrop of eternity
And I had a friend . . .
Whose dust with mine was not the bond,
Whose love with mine was not the bond,
Whose teaching with me was not the bond,
Both of us had been to this same place,
To the twilight in the narrow crevice,
And because of this place, we are eternal.

by Richard Rose from Carillon

The past couple of years have been challenging for all of us as we face the uncertainty of the effect that Alzheimer's Disease will have on our esoteric teacher/friend/advisor of so many years. Because of the bond we all share, it is important to remember that we do still have a limitless future ahead of us, as a group and as individuals.

I hope that you will make every effort possible to attend this TAT Meeting on April 13th and 14th. Please call (evenings after 9 P.M. are best) at (304) 232-2799 to let us know if you can make it. Or write to: TAT Foundation, P.O. Box 63, McMechen, WV 26040.

1996 Fall Newsletter

TAT Newsletter -- Fall 1996

Dear Friends:

As most of you know we have only two TAT Meetings left this year before planning for our 25th Anniversary in April of 1997--and there is much cause for celebration. We have been working hard over the past several months to overcome complacency and adversity. We have seen a restructuring of the meetings which has resulted in a more organized approach to planning, as well as inspiring discussions throughout the weekend. We have three committees working to keep the TAT Society alive and well--which is three more than we had a few years ago. Our strides are small, due to our membership size, but our vectors appear to be strong.

Lately, there has been some concern expressed over how to run things more effectively--groups in various cities, farm work, communication with one another, etc. Communication and understanding are primary and essential to our survival if we wish to work as a group as well as independently. It is also important that we never forget the words of our teacher concerning the first and foremost need for basic friendship and cooperation. We must also come to trust one another where, in a non-judgmental way, we can offer advice and direction where it may expedite movement in a positive direction for our fellow seekers. We should not pose as a teacher in this capacity, but as a friend with experiences that led us to an infallible conclusion within our own selves. This process requires a strong intuition and deep sense of compassion and understanding of not only the other person, but of oneself, as well.

I've been fortunate enough to witness, during my nearly twenty year involvement in 'TAT, the incredible power of friendship. I first have to thank my teacher and husband, Richard Rose, for being my best friend, as well as the magnet that attracted such a phenomenal group of individuals, for whose friendship I am eternally grateful. Each and every day I'm inspired by the friends that surround me, who came here, either directly or indirectly, because of Richard. I've been healed, confronted, supported (emotionally and financially), kept awake, mirrored, pulled up from the depths of depression and gently and good-humoredly brought down from some lofty heights. I never experienced anything like this before I came to TAT.

I hope that when you come to this next meeting it is with a sense of "coming home." The farm is a precious retreat, and never appreciated more than when you have had to endure the relentless throb of the city or other distractions that have grown tiresome. And if you are not able to make it this time, we will keep the home fires burning for you. Don't stay away so long that you forget who you are.

TAT on the Internet

I never thought I'd see the day, but TAT is about to enter cyberspace--somewhat of an irony when you think about what the letters TAT actually stand for. So we are about to embark on a new venture--reaching potential members via the world wide web.

Bob Cergol has donated a nice computer ideal for our purposes. Many thanks, Bob, for such a generous donation. I would also like to thank the following TAT members for their generous donations toward getting this computer project underway: Shawn Nevins, Doron Fried, Steve Harnish, Ed Galanternik, Bill King, Krista Willis, Janet San-ford, Reggie O'Rourke and Phil Consonery. Their contributions will be put toward the purchase of a new monitor, a new printer sometime down the road, software and the monthly fee for being on the Internet. I would also like to thank Georg Buehler and Alexander Levy for their hours of participation and advice on the project. Shawn Nevins also put in a lot of time, along with his fellow committee members, in keeping this project alive. There will be a progress report given at the next meeting.

Farm News

Our Farm committee, with Mike Casari as Maintenance Manager, has produced some noticeable results since our April TAT Meeting when it was first formed. Those of you who were at the last meeting had to be impressed with the new look of the west wing of the house--new siding, thanks to the financial assistance of Dave Gold and the expertise of Larry Labovitz, and assistant, Dave Weimer. Mike Casari, Dave Weimer and Reggie O'Rourke built our new set of steps, which even has a small deck! No more fighting to keep your balance while you try to get through the door. And Tom Marenga and Mike Casari gave the inside of the room a cleaning that would pass the white glove test. Furniture was rearranged to provide more room and "ambiance."

Al Fitzpatrick is about to begin work on relocating the wood stove in the living room to eliminate the worry over creosote build-up, leaks, chimney fires, etc. It's a big project and we at the farm are extremely grateful for your help, Al.

Mike Fitzpatrick, along with mowing the outer perimeters, has also taken on the responsibility of keeping the water pump and plumbing in order. We are trying to decide what to do, at this point, where the pump is concerned, since we are not getting really adequate water pressure, as most of you know. Mike Casari had hoped to complete the shower/toilet project under the wing this year, but it will require hours of labor and a whole new water system with a well and holding tank. We will discuss our options at the next meeting.

Vince Lepidi has done a wonderful job keeping the grounds mowed near and around the house. Reggie O'Rourke is also to be thanked for keeping the grass mowed. It does the job of maintaining a good appearance for passersby as well, who were given reason to think, several years ago that the place was abandoned most of the time. Susan Fitzpatrick even planted flowers here and there to give the place a little touch of TLC.

Our main goal where the farm is concerned should be to maintain what we have, keeping the house in repair and the grounds well kept. Any new projects will have to be put on hold until we have a larger number of people to help.

For this next meeting, however, we have a project lined up which will, hopefully, be fun as well as productive. We'll call it a "fence-raising" for lack of a better term. Mike Casari will provide project planning, technical assistance, power tools and air equipment. Reggie O. and Dave W. will be construction supervisors.

Suggestion Box

Please bring this suggestion box to the next meeting filled with some ideas you have to improve upon the agendas or the TAT Meetings, and any other projects that would benefit our group. Some ideas that have already been brought up are:

1. A lecture series given by TAT Members themselves, on subject they have found to be most inspiring to them, personally.
2. Bring back the format of the old Pyramid Zen Meetings for an hour long, or so, segment of the TAT Meeting, directed by an experienced monitor. Several of our current members served as group monitors in various cities and have a lot to offer by means of their experiences in putting the Albigen System into action for people attending those meetings from years ago.
3. Ways to increase mental clarity and intuition.

A farm work weekend calendar will be hanging in the wing. Please bring your appointment calendars with you if you are interested in signing up to help out with various projects scheduled over the next three months. Your contribution of labor will be most appreciated!

Our next meeting will be from Friday, August 30, through Labor Day, September 2. And for those of you planning ahead, the meeting following Labor Day will be on November 29th and 30th and December 1st.

We are in the process of paring down our mailing list. If we have not heard from you in the past three years or so, your name will be removed from the list. Please drop us a postcard letting us know if you wish to remain on the list. Thank you. Write to: TAT Foundation, P.O. Box 63, McMechen, WV 26040. Or call (304) 232-2799.

A note to TAT Members bringing down new people for the quarterly meetings: We do not require that a Full Membership fee be paid for first-time visitors. However, we do need to receive, when they arrive, a payment for lodging which is \$4.00 a night to cover utility costs. If a second meeting is attended, then a membership fee of \$20.00 is required.

Agenda for the Upcoming Meeting

Saturday

10 A.M. -11:30 A.M. Opening Remarks: "Acceptance" Meditation (presented by Bill King.) (Please prepare by reading "The Meditation Papers" by R. Rose.)

11:30-12 Noon Farm Maintenance Report

12:00- 1:30 P.M. Lunch

1:30-2:00 P.M. "The Word" Subcommittee

2:00-3:00 P.M. "Ladderwork" Subcommittee

3:00-3:30 P.M. Break

3:30 -5:00 P.M. Entertainment (????)

(Bring a musical instrument if you have one; a guitar and piano will be provided.)

5:00-6:00 P.M. Dinner

6:00 P.M. -? Pyramid Zen Meeting (Art Ticknor will be the Monitor)

Sunday

9:00- 10:00 A.M. Wrap-Up

10:00 AM. to ? “Fence-Raising” followed by a Pancake Brunch.

1996 Retrospect

TAT RETROSPECT 1996

Yet another year has passed so quickly. The farm reflects the many changes that have taken place in that short amount of time, thanks to the help of a small group of extremely devoted members. We are about to close out the year 1996, and enter a new era for TAT. Our 25th anniversary is next April--it's hard to believe we're accepting new members of a second generation.

It's an exciting time of movement and change, as 1996 has proven to us. Not only has the farm undergone some transformations, but so has the book distribution, now that we are a part of the Internet. Listed below are the names of people who have helped keep the farm and other projects going over the past year. I hope I haven't forgotten anyone:

Georg Buehler, Internet connection;

Janet Sanford Buehler, donor to computer fund;

Mike Casari, Farm Manager (whose duties are too numerous to mention), book distribution committee;

Bob Cergol, Computer donor and consultant; Phil Consonery, Coordinator of Meetings and distributor of the Minutes, donor to computer fund;

Vince and Logan Egry, fence project;

Rene Ekas, fence project;

Al Fitzpatrick, Director of Pittsburgh Meetings at Carnegie Library, and responsible for new heating arrangement in farmhouse;

Mike Fitzpatrick, farm grounds improvement and firewood cutting; Doron Fried, donor to computer fund;

Dr. Edward Galanternik, donor to computer fund;

Dave Gold, author of Rose Biography, Raleigh group coordinator, donated funds for siding on wing; Lou Khourey, fence project worker and meeting director;

Steve Harnish, donor to computer fund;

Bill King, Director of Pittsburgh Meetings on meditation and related subjects, stove project in wing, fence project, donor to computer fund;

Larry Labovitz, wing siding project;

Vince Lepidi, mowing (an expert!), fence project and other bi-monthly farm projects;

Tom Marenga, fence project and other farm work;

Bruce Marion, fence project;

Bart Marshall,, editing of web page and other writing projects;

Shawn Nevins, goat caretaker extraordinaire, coordinator of book distribution project, tape distribution, donor to computer fund, firewood cutting;

Reggie O'Rourke, book distribution committee, TAT Meeting "emcee", fence project, mowing and firewood cutting, donor to computer fund;

Art Ticknor, monitor of last Pyramid Zen Meeting during Labor Day Meeting, fence project, firewood cutting;

Lee Warfield, book distribution committee and brochure design coordinator;

Dave Weimer, Assistant Farm Manager, director of Self Knowledge Symposium in Pittsburgh, wing siding project assistant, fence and farm projects;

Krista Willis, book distribution committee, donor to computer fund, assistant caregiver, and most importantly she keeps the home fires burning!

As was mentioned in the last Newsletter, your comments and suggestions are welcomed. We hope that you will be able to attend at least one TAT meeting so that your ideas can be heard. You can also send e-mail to tatsociety@aol.com. Of course, there's no replacement for a warm friendly voice on the other end of the line. And better yet, a personal visit.

Speaking of personal visits, we've had several lately from members we've not seen in many years. John Kent and Mike Treanor were in the area recently and we had a nice reunion. Mike has been coming down on weekends since he's moved a bit closer to the farm. John is hoping that next April, the 25th anniversary of the TAT Society, old and new members will make every effort possible to attend and exchange experiences and try to figure out what's up ahead for us all.

So, while you're reading this, and you think of a group member you'd like to see again after all these years, help us make the effort to contact them. Our mailing list has shrunk considerably over the past 20 years. We need to do something about that! Maybe cyberspace will be one way to correct the problem--even if it just happens accidentally!

As usual, I can't resist closing with some personal thoughts and reflections. I've not had any shortage of material to draw on. We've all experienced some profound changes as a result of our brief contacts with Richard Rose and the members of the TAT Society; some traumatic, some joyful, but the majority of change not truly being realized until we get at a far enough distance between who we were and who we are now to honestly understand what we've learned from all this philosophic searching.

The hard part is, of course, remembering. Remembering why we came here in the first place, or more accurately speaking, why we come back, (or at least think about the place once in awhile). Friendship is a major factor, but even more than that, there is this sense of longing for what is Real. Something to remind us about our

connection to the Absolute. Prayer is one reminder for me, of my origin and destiny. But I don't think I would have been handed any of these realizations without having been guided first to Richard Rose and the TAT group.

Unfortunately, the limitations of language make it difficult to express the big picture behind all of this effort of group work and individual searching. But I know in my heart that each of you must know exactly what I'm trying to say, and you also know that there is a path to Truth. We step off of it once in awhile, but the wonderful thing about group work, and more specifically, the Albigen System, is that there can always be someone there to help you remember where the path is.

This is where friendship comes in. How we define it is where we run into some difficulty, individually. My personal feelings, after years of trying to figure out WI truly had the capacity for friendship, have evolved most rapidly over the past couple of years. I have come to the conclusion that trust, patience and respect are the main ingredients, trust being the foundation, then upon that are built the other elements.

We are in a very unique situation as seekers because a certain amount of selfishness is required to protect our need for solitude and time for thinking, reading and meditating. There is a list of Ashram rules that have been hanging in the farmhouse for many years and one of those rules makes it clear that no person should be harangued or forced into a position that threatens their ability to seek in peace.

Friendship is a delicate give and take, and the group, like any family, always has and always will have its moments of turmoil. The group, like a family, also needs leadership, and as things have changed in that regard, we find ourselves looking to one another for leadership and guidance. This is where respect comes in. No one person should have to carry the burden of another. And yet we still need to ask questions and hope for answers filled with the wisdom of those more experienced than ourselves.

When we find ourselves in the position of giving advice, we need to remember our source and also, perhaps, think back on when we were in the position of asking for advice. It is a noble position in life to be a teacher, and requires a constant watch on ego and appetite. Until we acquire that position, we need a mirror from time to time, as well as someone to keep us awake!

Ladderwork is ultimately the vehicle that allows us to help one another up to a higher level of understanding of ourselves. The Albigen System covers all bases in a remarkable way. Truly and consistently living it is the challenge. And as Nature would have it, there will always be challenges! Personally, I will be approaching this 25th anniversary of our group with thankfulness and appreciation for every member's friendship toward me, and for all the effort they've exerted to keep the farm and TAT Society alive. I'm sure that I speak for Richard, as well. He always said that the first hundred years are the hardest. So don't give up ... we're a quarter of the way there!

--Cecy Rose

AGENDA FOR THE THANKSGIVING TAT MEETING

Friday, November 28, 1996 Informal Discussion

Saturday, November 29, 1996 10 AM to 12 pm — "Opening Remarks" (Cecy Rose) and Discussion on The Direct Mind Experience led by Phil Consonery (Please read "Lecture on Between-ness" and "Notes on Between-ness.")

12PM to 1:30 PM—Lunch

1:30 PM to 1:45 PM — Farm Maintenance Report (Mike Casari)

1:45 PM to 2:15 PM — The Word (Shawn Nevins)

2:15 PM to 3:45 PM — Ladderwork (Dave Weimer)

3:45 PM to 5:30 PM — Informal Discussion & Movie (or for those who want some exercise, there are small farm projects to do, like pruning grape vines and fruit trees)

5:30 PM to 6:30 PM — Dinner 6:30 PM Until ? — Pyramid Zen Meeting Sunday, December 1, 1996 10 AM to 11AM — Recap and Planning

Hope you can make it to the meeting!

1997 March Newsletter

TAT News

Volume 2, No. 1 March 1997

“25th Anniversary Reunion”

Dear Friends and Members:

This newsletter serves a special purpose. It is your invitation to attend the 25th Anniversary Meeting on April 12 and 13. The TAT Planning Committee has worked hard to come up with an agenda that will compliment your individual interests. We have enclosed a questionnaire which we are asking you to fill out in order that we may line up future agendas that will be of interest and benefit to everyone, and that will include activities for families with children, as well. It is our goal to provide a physically, as well as philosophically, friendly environment for our members.

You will notice a spot at the bottom of the questionnaire where you can R.S.V.P. for the 25th Anniversary Meeting. This will be much appreciated so that we can prepare enough food, and make sure there are enough places to sleep. If you plan on camping or staying in a motel, please let us know. The best, and closest motel is probably the Fort Henry Motor Inn. Their number is (304) 242-3131. Reilly's Motel (connected to Young's Cafeteria) on Route 2, Glen Dale is also clean and reasonable. Their number is (304) 845-5322. If you wish to stay in Moundsville, you can call the Moundsville Plaza at (304) 845-9650. Make your reservations right away, as they all fill up fast on weekends because of the Jamboree in Wheeling on Saturday nights.

As you can see from the attached minutes of our last meeting, the TAT Society has made some measurable strides over the past year. Our biggest challenge is doing the ladderwork necessary to increase our membership. Our efforts will continue to focus on reaching students at various colleges and universities. But we also need to diligently maintain contact with our older members, including former members who may feel excluded or disinterested by the turn of events. Naturally, things changed as a result of the illness of our longtime spiritual teacher, Richard Rose. It is understandable that some people would feel less inspired to come around because of that.

The farm continues to be an invaluable retreat for those who do come around. We have four farm residents who can attest to that fact, not to mention those who come to stay in a cabin for a week at a time just to get away from the madness of everyday living. At least one cabin is open for use and another needs some repairs on the roof and it will be available. Each can be rented out at a weekly rate (7 days) of \$25.00, which is less than one night's stay in a motel. TAT Members pay \$15.00 per week. Of course, you won't have all the amenities of civilized living, but many who have made use of the cabins will say that this made little difference in comparison to what they mentally achieved as a result of their retreat.

You are also welcome to camp out at a cheaper rate of \$2.00 per night (no charge to TAT Members), unless you will be using the facilities at the house, in which case the rate for the cabins applies. The fee is a donation to help out with improvements on the farm, which we are continuously pursuing. We would like to reconnect the electrical hook-ups for RV's or other types of campers, and are currently preparing for improvements in parking to avoid getting stuck in the mud. There are several projects on the agenda to encourage members, new and former, to come back for a visit. We would appreciate your input as to what kinds of improvements you would like to see at the farm.

Getting back to the subject of ladderwork, our newest farm resident, David Weiner, former director of the Self-Knowledge Symposium at the University of Pittsburgh, has written down his feelings on ladderwork, which is printed here. It is a refreshing view spoken from a new generation of the TAT Society. We hope to include a section in each Newsletter, hereby called The Forum, in which you can express your views on spiritual/philosophical issues.

One last note about communication. Now that TAT has an e-mail address, and a site on the Web, we encourage everyone to sign on and keep in touch with us on a regular basis, if at all possible. Phil Consonery and Cecy Rose will be handling the Cyber-correspondence. Our e-mail address is: tatsociety@aol.com and our web site address is: <http://members.aol.com/tatsociety>

TAT Forum LADDER WORK by David Weimer

Everything here is what I have found by doing, by trying to live the path of a searcher.

I have found that you don't stand on a rung of the ladder and reach down or look up--what you are makes you a part of that ladder. You are it. Ladderwork happens. It is not something you do,-- it is the result of something you are.

There are two ingredients to ladderwork. The first is a pure direction. It is the source, and will be the everpresent, underlying intent which will guide all of the straining that we will do. Conditions or attachments to this intent won't work. They are the equivalent of a selfish child's armload of treasured lollipops. Of course, nothing is unconditioned or pure in the beginning of this, but the intention to be pure, simple, always willing, in the end, to sacrifice what is found to be small, or selfish; this is the pure direction.

Pureness is a way of being that is like Teflon. Otherwise, every issue, every hang-up or catch in our character would stick. And we would scrape and scratch and stir up the mess, but never leave it behind.

Pure intent becomes stronger in proportion to each choice that we make between holding onto our jealously guarded candy and letting it fall from our sticky grip in order to reach the next handhold in our climb. The pure vector is strengthened by choosing, and living, what is right. When our every action is a reflection of pure intent, in any endeavour, we are.

No one is a philosopher when the pain hits, or the going gets tough. But the opposite is true, too. It takes practice.

The determination to do, only from an honest, undeviating place, is the second ingredient to ladderwork. It is the check that keeps us on the beam. A pure vector is our underlying determination, or push, and honesty is what we use in the hand-to-hand combat in the trenches of the fight to know our source. Honesty allows us to see what really is. And there is a fine line between honesty and laziness. One is alert, always present, and tempered by an unbiased discrimination. The other is an excuse for avoiding troublesome thoughts.

It seems that once pushed, we fairly easily turn things over in our mind. But we also are quick to make conclusions that comfort, or are flattering. This is natural. The honesty I am talking about is un-natural, in that it isn't conditioned, or, alterable by any indulgences or mood. It is difficult to be actively honest, but this alone will un-stick our feet and allow us yet another forward step.

Honesty is the soldier who has ignored all fear, all anger. All. The warrior that does. It is our reference-point in each occasion of trauma; it is the right attitude at the right time in a moment of crisis. Emotional turmoil, physical pain, or extreme procrastination--it doesn't matter. Honesty is the eyes-open approach.

All of this is difficult. It can be downright impossible if impurities are clinging to us. There is one way to walk into the blaze and not be burned or chased away by the fear of burning--Purity. Operating from a place where no games remain.

Without both a pure intention, and a reference point of honesty, we are directionless wanderers, lost without a compass.

What you are feeling right now, at this moment; boredom, elation, sorrow or peace or anger--you are. To stand on one's feet, and to stare into the thing, is the way.

1997 June Newsletter

TAT News Volume 2, No. 2 June 1997

"Intensives and Fireworks"

Dear Friends and Members:

It is officially summer and the farm is in full bloom. The fields are mowed thanks to David Weimer, and a Renaissance is apparent. We're seeing activity in Raleigh, and just recently in Columbus, where Michael Casari and Todd Whittington created "Awaken '97", a seminar series that has taken to the road, it's next stop being planned for Camp Hill, PA. A video tape was made at the seminar and may be viewed at your convenience at the July meeting. Art Ticknor did a session at the seminar entitled "Zen and the Art of Capturing Answers by Surprise--Who are you and what are you to become" and Cecy Rose spoke on "How to Use Your Mind for Health, Healing and Happiness--Prayer, mindfulness and meditation as a pathway to the higher self". We hope to see some of the attendees at the farm in the near future.

Bob Ferguson has recently moved to the farm and has volunteered his time and energy to the never ending task of maintenance. David Weimer has done a tremendous job already in this area, repairing cabins and other buildings. Reggie O'Rourke has also contributed much energy and time in maintaining the road to the back of the farm where the cabins are located. The conscientiousness of the farm residents is to be commended.

Vince Lepidi of Greensburg, PA, comes to the farm on weekends to help with the mowing and various other chores. He's also been instrumental in helping to organize the TAT Meeting agendas. Phil Consonery of Harrisburg, PA, has helped with disinfecting the spring, as well as serving on the organizing committee for TAT Meetings. He's also the guy behind the keyboard who diligently types out the minutes for every meeting. Shawn Nevins, currently residing in Georgetown, PA, continues to come to McMechen periodically to help maintain the website.

Mr. Rose has been receiving a lot of visitors at the nursing home. Paul Campbell came over from Arizona for a visit in April. And during the TAT meeting, quite a few members drove in to see him. Bob Cergol was just up from Raleigh for a visit to see Mr. Rose and relax a little. He has two little girls now to keep him busy at home. And Augie Turak is due for a visit soon, along with two of his students. Raleigh is a hub of activity these days.

Farm Projects

We are currently looking for volunteers to re-shingle one side of the Chautauqua building. Anyone with roofing experience and equipment is needed, as well as those with strong bodies to carry bundles of shingles up the ladders. If you think you can work, please call Dave at the farm after 8 P.M. The number is (304) 242-0368.

Thank you to those of you who mailed in your TAT Questionnaires. They have been very helpful in shaping the future of TAT. For those of you who have not yet returned them, we would appreciate your taking time to fill them out and mail them in. Your input is very helpful to those of us trying to put together an inspiring agenda for each meeting. We hope that they reflect the attention given to your responses. TAT Forum "What Is Effective Confrontation?" by Art Ticknor

The whole core of our system revolves in confrontation. --Richard Rose, "Visitor's or Enquirer's Sheet"

We've been working to develop a local confrontation group and are having difficulties in making it an effective undertaking. (No pun intended.) The great barrier seems to be the lack of trust we have in our fellow seekers. For some reason it reminds me of when we had the goat herd on the farm and how each year some of the young goats would get their heads through the stock fencing and not be able to extricate themselves.

A plaintive bleating would summon us to their aid. The emotion in their eyes ranged from fear to terror. The common denominator of their states of mind seemed to be that they knew they were stuck and wanted to be released, but their reaction to the help varied. Some submitted rather graciously while others fought the help every step of the way—pulling their heads back against the fencing, not cooperating in twisting their heads to get the horns free from the wire and thrashing around as much as possible.

At the Labor Day TAT meeting in 1988, Mr. Rose said that the object of confrontation is to "ask questions that challenge (people's) thinking to the point that they will begin to retreat from error." (I'm quoting this from a note I had written at the time.) In the Monitor Papers, which he wrote for the people leading confrontation in the university groups, he stated that "The success or failure of the system of confrontation depends upon the willingness of the subject to 'play the game' in the hope that errors in the subject's thinking may be manifested." So where do errors come into our thinking, and how does confrontation help rout them out?

It seems to me that the errors come in with the faulty images we construct of reality, including our images of ourselves. Behind the faulty images lurk our prides and fears. So confrontation is intended to expose those prides and fears to the light of conscious awareness. For example, the subject who answers a question with a question may be unintentionally exposing an intellectual pride, or a fear of change. What I have found personally painful is not when I don't live up to an ideal but when I see that I fall short of the person I thought I was. Thus exposure of the faulty image carries the threat of emotional suffering.

A second set of threats comes in with the fact that confrontation is an interpersonal game, and many of our prides and fears are intertwined with the self-image we want other people to buy into. Thus the hang-up of the subject who answers a question with a question may also be a fear of humiliation. (I can certainly relate to that one.) Mr. Rose pointed out that such a fear "should not be encouraged by the subject, since it is hiding or pretending we are something which we are not...and it does not really matter if we do not look good to our fellow-man...only to ourself."

Another tactic for deflecting help with getting our heads out of the fence is to exhibit anger. As Mr. Rose saw it, "Anger is the result of fear. We fear that we will succumb to a person or situation unless we resist. The organism calls upon itself to manifest resistance, hoping that the manifestation alone will have some effect upon the

person or situation that is threatening. As the organism learns to 'act angry' it becomes easier, and may even convince the subject that it is not an act."

Mr. Rose went on to state that fear of confrontation is unjustified...that "the only part of the subject that could possibly be under attack in these sessions is his Pride, or his Paranoia." And that "the subject should realize that his depth of sincerity for mental freedom...may require that he purge himself of mental impediments even if the purging is painful."

So, I'm wondering if anyone has any suggestions on what makes for effective confrontation and specifically how we can overcome distrust?

Also, is there anyone who would like to join us in sticking our heads through the fence? We are currently meeting on Saturday evenings and would welcome visitors who would like to observe or participate.

Minutes from the April Meeting On Saturday, April 12, Cecy started off the meeting by showing a few slides from the past. Many of her slides consisted of faces from the 1970's —friends of days long gone, when the Zeitgeist was so different than today's. Surprisingly, many in the room were quick to recognize old friends, say a word or two about their experiences with them, and perhaps even relay information about where some of the individuals ended up today.

Dave W., who is now our farm manager, followed Cecy's presentation with an update on goings-on around the farm. He relayed news about the fresh addition of gravel in the parking areas around the garage to eliminate problems with mud. Also, he announced the completion of a new shower stall in the basement, repairs on some of the cabins on the farm, and the recent disinfection and sealing of the spring house. Dave also talked about the future installation of a fence around the farm-house yard, roofing work on the Chautauqua building and garage, and rebuilding Larry L/s cabin. If you would like to assist with any projects on the farm, please call Dave and place your name on a list of volunteers for future projects. We now have an answering machine on the farm!!!

Sean N. discussed the status of other TAT initiatives. He said the "J" cards, which are inserts designed for audio cassette cases, are nearly finished. Because Sean has been quite active with TAT's Web site, he mentioned that since February we have had 77 visitors to the site. Several visitors even placed book orders. TAT's new and attractive brochure is now available; Cecy mailed brochures to 60 bookstores and is continuing mail-outs to another 300 stores. In closing, Sean spoke about future work on establishing reciprocal links to other like-minded Web sites and a game plan to advertise in philosophical magazines.

Mike C. then moderated a session on "Mind-Bending Adventures ". In the tradition of past intensives, Mike used The Numbers to associate a list of words and phrases with specific numbers. He asked all participants in the room to write down the numbers along with the associated words/phrases so that everyone would "memorize" them. Afterwards, he quickly repeated sentences using numbers only so that participants would write down the sentences (in words) without "thinking". Ultimately, a number of individuals seized the opportunity and got good results, and everyone experienced a serious blood surge to the brain.

The following members attended the April meeting: Lee Warfield, Michael Casari, Vince Lepidi, David Weimer, Krista Willis, Dr. Edward Galanter, Doron Fired, Bob Fergeson, Michael Treanor, Cindy Mullen, Phil Consonery, Shawn Nevins, Eric Clark, David Gold, Todd Whittington, Art Ticknor, Reggie O'Rourke, Alan and Debby Fitzpatrick, Lou and Charlotte Khourey, Bill King. Hope no one has been left off of the list.

On Sunday, April 13, Jim Burns carried on a lively discussion with about a dozen of the remaining members. Everyone left inspired. Several members meet with Jim every two weeks at his residence in Pittsburgh. We look forward to seeing him again.

Please make a note on your calendar of our TAT Meeting dates for 1997: July 4, 5 and 6th; August 30, 31st and September 1st; November 28, 29 and 30th. R.S.V.P. for each meeting. Thank you.

Agenda for the July Fourth Weekend TAT Meeting

Friday Evening, July 4th -- Members from out of town who wish to secure a bed will be arriving this day. No activities are scheduled for this evening. Beverages and snacks will be available.

Reggie O'Rourke will be your greeter and host on Saturday.

Saturday, July 5th -- 10:00 AM. to 10:30 - Opening Remarks by Cecy Rose

10:30 to Noon - Malt Giovinetti presents "Guided Meditation and Hypnosis"

12:00 P.M. to 1:00 P.M. - Lunch

1:00 P.M. to 1:45 P.M. - Committee Reports ("Old Business, New Business") covering farm projects, book distribution, etc., computer/Internet activity, individual activity in various cities.

2:00 P.M. to 5:00 P.M. - "Mini-Intensive: Transmuting and Applying Quantum Energy" led by Vincent Lepidi and Krista Willis

5:00 P.M. to 6:30 P.M. - Dinner

6:30 P.M. to 8:00 P.M. - Malt Giovinetti presents "Hypnosis and Trauma Healing"

9:00 P.M. - Bonfire and Fireworks

Sunday, July 6th -- 10:00 A.M. - "TAT 101: Do We Speak the Same Language" presented by Reggie O'Rourke

11:30 A.M. - Wrap-up and brainstorming for future events

1997 August Newsletter

TAT News Volume 2, No. 3 August 1997

"Do We Ever Really Communicate?"

Dear Friends and Members:

We just finished preparing our agenda for the upcoming Labor Day Weekend TAT Meeting and hope to see you at the farm for the activities. The dates for the meeting are Friday, August 29th, Saturday, August 30th and Sunday, August 31st. Activities begin at 7 P.M. on Friday. You are welcome to stay over until Monday, September 1st, even though no activities are scheduled for that day.

We've been doing some brainstorming about the future direction of TAT. Several items (See Meeting Agenda) are on the table and we would appreciate your opinions and ideas on things. We need all the help we can get to keep the inspiration going. So drop us a line or an e-mail. We also have a fax machine now, thanks to the generosity of Ed Galanternik. Our fax number is 304-232-2799. The e-mail address is still tatsociety@aol.com.

The Pre-TAT meeting committee (which is open to anyone who wishes to participate), has come up with several ideas that are in need of your support. One of the concepts is something that has seemingly been an important missing factor, and that is a family "spiritual" support network. Many of our members have spouses and

children who need to be given the opportunity to reap the same benefits that the rest of us have gained from membership in TAT. The idea is to form a support group for the entire family, based on spiritual values unique to our direction, which is something we need to discuss as a group. This concept could grow to include smaller, satellite support groups where people live. The traditional religions have thrived on this type of structure. Youth groups, Sunday school, parents' groups, etc. should not be excluded from the TAT Society anymore than they should be in mainstream, traditional religion. It seems vital, at this point in our lives, to pursue such a direction since so many of our members are married and have families. If you are interested in joining us in preparing a proposal and putting together the basic plans for this idea, please try to come to the TAT Meeting. The attendance of members with families would be of tremendous value.

Farm Projects Chautauqua Building Roofing Project

Saturday and Sunday, September 13-14

We're amassing the materials for a weekend of fraternity and exercise -- and hoping that you'll lend us your physical, mental and/or moral support. We plan to start as early as we can stir ourselves on Saturday morning and get as much of the roof (east side) done as possible that day. Unless we get more than the 6-man turnout that has so far volunteered, however, we'll be working on Sunday, too.

We can use your help as part of the ground crew if you're not crazy about climbing on roofs, so don't be shy on that account. Most of us are inexperienced roofers, so don't let a lack of expertise stop you, either. And we've been hearing rumors that a barbeque is in the works for Saturday evening. If you can't make it on Saturday but could help on Sunday, chances are there will be plenty to do. So if you're willing to participate, please let us know.

MEDITATION RETREAT WEEKEND

Tentative dates: Saturday and Sunday, October 18-19

We're planning a weekend meditation retreat, with the idea of seeing if we can find some areas of interest to students in the Pittsburgh area. The theme of the retreat is finding guidance from within. Participants will have the opportunity to explore various non-visualization, non-relaxation meditation techniques, to analyze dreams, and to discuss personal values and ethics. (Note to Raleigh-area members: we hear that "ethics" is a hot topic with the college crowd in NC. Can anyone give us the scoop on this? Anyone willing to lead a discussion session?)

The weekend will include sitting meditations and walking meditations; discussions of meditation techniques, ethics, and spiritual paths; presentations of meditation vs. visualization, energy transmutation, and dream analysis; a dream analysis workshop; and a session of tarrying for inspiration. Cost will be \$15, and will include three meals. Snacks will be available for sale during breaks (or BYOS).

- Interested in attending? Please let us know, so we can plan for food and accommodation.
- Feedback? We'd appreciate your comments and suggestions.
- Interested in participating as a discussion leader or a presenter?

Please contact Art Ticknor, who's coordinating this event, through TAT mail (P0 Box 63, McMechen, WV 26040), E-Mail (tatsociety@aol.com), or phone (304/845-8244).

Notes from the last TAT Meeting

Opening Remarks

Cecy opened the meeting with a few remarks on vectors. She reviewed Mr. Rose's concepts of the reverse vector — backing away from untruth as a means of “discovering” the Truth. She said that Mr. Rose used extraordinary discernment to point out faulty behavior in others so they could develop their own awareness and prevent being dragged along with the current. She referred to the Sixth Paper in The Albigen Papers and its wisdom for all seekers. She finished by encouraging every member to take a few moments of their spare time to read the Sixth Paper, not only for personal insight, but also its relation to the functioning of TAT.

Guided Meditation and Hypnosis

Matt Giovinetti provided an excellent presentation on Guided Meditation and Hypnosis. He started out with a discussion on the basics of hypnosis, saying that almost anyone can be hypnotized. The key is to remove the fear of the hypnotic state. He used a guided meditation (progressive relaxation through the body) to relax everyone attending the session. Matt then used “key-word hypnosis,” which is a method of choosing a special word or phrase and associating a desired mental state or result with the word or words.

For example, he said anyone could — during a hypnotic state — associate the words “sleep now” with relaxation. Afterwards, they could enter a more relaxed mental attitude at any time by repeating these same words. He even encouraged the use of reinforcements, like writing down your key-word suggestion and using techniques such as touching an index finger and thumb together while thinking about the key word(s).

Committee Reports

Cecy updated everyone on the latest “goings on” around the farm. She said that assistance is always welcome regarding general maintenance items and grounds care. Cecy also said that brochures and accompanying letters were sent to 300 bookstores. However, response was minimal and she thought it would be more effective if TAT members arranged local book sales in order to develop a rapport with the stores.

Shawn Nevins said he is working on search engines to help individuals easily find TAT's World Wide Web page. Shawn has registered the site with all of the search engines, but he thought more work would be needed in this area to effectively obtain “hits” at the site. He is also working on placement of ads in esoteric magazines but thought a book review would be more effective in magazines. Several individuals volunteered to write a book review on one of the TAT books and get it published in the magazines. Finally, he announced the completion of the “J” cards for the audio cassette cases.

Art Ticknor said that the east side of the Chautauqua building needs a roof. A work group will be established sometime in September, and any help would be greatly appreciated. Mike Casari and Todd Whittington announced the completion of their successful June seminar called “Awake '97” in Columbus. Several TAT members and others gave presentations on various topics at the all-day seminar. Already, plans for “Awake '98” are underway for Camp Hill, Pennsylvania (near Harrisburg). More details later!

Georg Buehler updated everyone on North Carolina activities. The Self Knowledge Symposium at Duke University has been very active. Many of those involved there had some very intense personal experiences, including the principle organizer, August Turak. Most activities are now centered around SKS accredited classes, short courses and workshops (as opposed to routine regular meetings). Next year's semesters promise to be an even bigger success. Georg and Bart Marshall are planning to hold more “writing workshops”, which focus on writing as a spiritual discipline.

Transmuting and Applying Quantum Energy

Krista Willis and Vince Lepidi led a marvelous session on quantum energy in the community building. They asked participants to choose partners, and then gave one partner a series of numbers to read aloud so that the other partner could perform the math calculations. This was accompanied by tape recordings in the background so that participants would have to focus intensely on the math. The goal of the session was to enable everyone to build a substantial amount of quantum energy and then respond to a series of philosophically oriented questions afterwards. The build-up of energy allowed individuals to more thoroughly contemplate their answers and gain better insight into their self.

Hypnosis and Trauma Healing

Matt Giovinetti picked up from his morning session by leading a hypnosis healing session. He said the mind, under hypnosis, is very focused and can use the hypnotic state to cure ailments such as allergies, headaches, stuttering, etc. As a demonstration, he showed techniques such as “treasured memories” hypnosis and the “two-handed stress disintegrator”. Matt then guided everyone through a group relaxation exercise as a means of reinforcing the day’s earlier session. Hats off to Matt for two fine presentations!

TAT 101

This Sunday morning session was led by Reggie O’Rourke. Each participant was asked to pick what they considered to be an aspect of the Albigen System or philosophy most valuable to them, and describe it in terms other than the “language of TAT”, so that when we speak to new members, or people not acquainted with this philosophy, we may not only find that we come to understand ourselves better, but that they may come to understand us as well. About 15 people participated and the outcome was invaluable to all.

An idea that came out of the TAT 101 session was to publish a book or booklet of responses by a panel of TAT members to common questions of purpose, direction and ethics -- based on their personal experience and conclusions. More on this in the next newsletter.

Please make a note: the final meeting for 1997 is Nov. 28, 29 & 30th.

Agenda for the Labor Day Weekend TAT Meeting

Friday Evening, August 29th -- 7 to 9 P.M. - TAT TOP TEN, hosted by Lee Warfield. An open forum of 15 minute presentations by individual members on the hottest books, videos, websites, personal discoveries, systems, techniques, etc. Please share your findings!

Saturday, August 30th --

10 A.M. - Opening Remarks by Cecy Rose

10:30 to Noon - “I BELIEVE...”, A group discussion to examine our individual convictions and beliefs, led by Bob Ferguson.

Noon to 1 P.M. - Lunch

1 P.M. to 1:45 P.M. - TAT FUTURE DIRECTIONS. A group brainstorming of ideas for expanded activities, including discussion of family spiritual support groups and a proposed Meditation Retreat.

2 P.M. to 4 P.M. - “I BELIEVE...”, A discussion based on the morning exercises.

4 P.M. to 5 P.M. - Free time followed by dinner

6:30 P.M. to 7:15 P.M. - SUB-COMMITTEE MEETINGS

7:30 to ? - Free time

Sunday, August 31st -- 9:30 A.M. to 11 A.M.

“WHAT PROBLEMS DO WE HAVE IN COMMUNICATING WITH EACH OTHER IN TAT?”, a discussion led by Bart Marshall.

11:30 A.M. - WRAP-UP

RSVP to e-mail: tatsociety@aol.com; phone or fax 304-232-2799; or write to: P.O. Box 63, McMechen, WV 26040.

If you have not paid your \$20 Membership Fee for 1997, it is still not too late! Your support is greatly appreciated! Opening Remarks

I would like to open our meeting with a single question: How strong is your vector? I'm not asking for an answer, but I hope to inspire you to answer yourselves. I'm referring, of course, to the vector of self enquiry. In the chapter on “Discernment” in The Albigen Papers, Richard Rose speaks of “The Law of the Reversed Vector, (which) states that you cannot approach the Truth. You must become (a vector), but you cannot learn the absolute Truth. Not knowing the Truth in the beginning, nor even the true path, we still wish to move toward the Truth.

We find that there is only one way, and that is to first build of ourselves a very determined person,--a vector. We cut off tangential dissipaters of energy and ball up this energy for the work ahead. And then like most of the clergy, we make the mistake of putting years of this precious energy into first one blind direction and then another... until we learn that we must reverse the vector.

“We must back into the Truth by backing away from untruth. We still may gamble a bit, because we will not know those things which are untrue in every case. We must develop a faculty, consequently, for being more aware of the difference between things true and things untrue. And it will not come suddenly. But we must begin with a simple start, and with faith in Progression.” He continues on throughout the chapter to discuss the process of launching the reverse-vector, but I would like to pause here to ask another question, and that is how do you see the TAT group functioning to expedite this process in your personal life as a seeker. I believe that the future of this group rests on your answers.

Richard has received several visits, since he entered the nursing home, from TAT members that we don't see too much of these days. Some of them have expressed a disappointment in the current direction of TAT. Although they did not return the questionnaire I sent out last March, they felt that something of the original atmosphere is missing. Obviously, we can never duplicate the atmosphere that Richard created in his presence. But I think that we can commit ourselves to uncovering the obstacles that are creating this feeling amongst some of the members.

One thing that occurred to me is that many of us had vectors that were directly tied to Richard and guided by him. Other members, who came to TAT more recently, had to develop determination and commitment without the extra auxiliary boosters that the rest of us had to propel our vectors. There is some advantage in being swept along with the current. There is also disadvantage, because if we haven't developed the strength to move when the current stops flowing, we have nothing to carry us along.

Richard never intended for us to get a free ride. That's why his confrontation was so disarming at times. He committed his life to helping others develop a strong vector. He wanted us to learn how to reverse the vector, with full awareness, as opposed to being dragged along with the current.

At what point then, do we commit ourselves to not only fueling our own vector, but helping others develop theirs. How do we, as a group, go about promoting this dynamic process within ourselves? What is our objective? I refer back to The Albigen Papers, the Sixth Paper on "The First Step": "The time is not for resting or gloating at any stage of the game. The history of the most eminent sages is one of men who never stopped working, if for no other reason than to amplify their Vector by helping others... .We must, if we are not inspired to a singular method, look to our fellowman for his record of experience on this path... .

Next, we go to the teachings of Gurdjieff, and we find that he recommended the Way of self-observation, and the School, and the latter may be synonymous with Sangha (or brotherhood)... .It is not hard for us to understand the advantages of a brotherhood. sangha, or school (or the Contractor's Law which will be explained in another section), because man has come to realize that nothing much is accomplished by a solitary individual... .

We need a spot on earth upon which to meet. A homing ground, but not an intellectual prison. A library and a clubhouse of philosophers. A place with quiet rooms where a person can be alone if he desires. A clearinghouse of contacts, or a place where a card-file might be kept with names of those who wish to be contacted. In philosophical research, access to personal contacts is more valuable than any card-index of an esoteric library... .

Many people of philosophic drive feel no compulsion to mingle with anyone except their colleagues. But these people must be unaware of future growth possibilities for themselves, and they must be unaware that they must help others in order to grow themselves. This is the Law of the Ladder, which will be discussed later. The Ashram brings the different levels together that are needed for the growth of each member... .

It is understandable that if an Ashram were formed by people without teachers or leadership, if that Ashram were managed in a spirit of tolerance and brotherhood, it would either form the matrix that would attract worthwhile teachers, or it would generate and develop such from the membership."

I would encourage every member to read this chapter of the book, reflect upon its author's meaning, and make a commitment to put at least one of the Laws into action. I believe this is the key to maintaining the vector of the TAT Foundation as a whole. Thank you.

--Cecy Rose

July 4th Meeting, 1997

1997 October Newsletter

TAT News

Volume 2, No. 4 October 1997

"Inner Guidance"

Dear Friends and Members:

Our last TAT Meeting of the year is less than a month away. The TAT meeting planning committee (open to anyone who wishes to participate) met on the weekend of the 11th. We not only accomplished the task of putting together an agenda, but got firewood in for the winter and prepared for the Fall Weekend Retreat which took place the following weekend. It was a rewarding weekend with friends: Dave Weimer (who just moved to

Tennessee), Krista Willis (who just moved to PA), Reggie O'Rourke (who, thank God, still remains at the farm!), Vince Lepidi, Phil Consonery, Cindy Mullen, Michael Casari, Cathy Murphy, Bill Krivonak and wife Pat, Art Ticknor and Cecy Rose. The agenda we have put together for the Thanksgiving TAT Weekend focuses on "Inner Guidance" and is an appropriate subject considering the peaked interest in Raleigh/Durham, as well as Pittsburgh.

Fall Weekend Retreat, October 18-19

"Our typical pattern for responding to pressure is created early in our lives "The way we hide our fear.. .our coping strategy--is our chief feature." "When the pressure's on, one person tends to withdraw, another struggles harder to be perfect, or to be even more of a star. Some respond to pressure by working harder, others by working less. Some evade, others try to dominate. Some get busy and talk a lot; others become quieter than usual.

"We discover our chief feature by watching ourselves under pressure."

--From "Nothing Special: Living Zen," by Charlotte Joko Beck

The weekend retreat was a time of high tension for the eleven participants and thus produced many opportunities for observing chief features. Of course it's always easier to see these patterns in others than in ourselves. Nevertheless, it's hard not to get glimpses of how they operate in ourselves, especially when we review our reactions after the pressure is off.

The following comments provide an overall summary of the weekend: "It was an excellent, thought-provoking endeavor that should become a regular part of the TAT program. Each program, both the presentations and exercises provided opportunities for all participants to gain new insights essential to their spiritual growth..."--Vince Lepidi; "This entire program was a microcosm of a larger esoteric approach to true discovery of Self or Essence...each segment could be the theme for an entire day's discussion and introspective work."--Michael Casari; "Each session was creative and called the retreatants to look within from a different perspective."--Reggie O'Rourke; "I liked hearing what everyone was thinking and doing--the presentations were helpful"--Krista Willis.

Many thanks to Art Ticknor who coordinated the retreat program, advertising and postering. He says he is highly inspired. Let's hope that it's contagious!" We're also especially grateful to Damon Clark, a student at the University of Pittsburgh, who jumped into unknown waters and led a discussion on Ethics. The other newcomer, Lucas Mazur, also at Pitt, said it was a comfortable group to participate in, which we were happy to hear.

One of the sessions during the retreat was a discussion of life-questions submitted anonymously by the participants then discussed by the group. We plan to use notes from this session as raw material for beginning the proposed "TAT Responds" publication. Talk is in the wind, also, of having another retreat in the spring. We hope you'll let us know your interests and suggestions.

SKS In North Carolina

Things are cooking south of the farm. The Duke University Self Knowledge Symposium, coordinated by Augie Turak and Meredith Parker, had an attendance of one hundred at their first meeting of the school year. And the North Carolina State group, officiated by Dave Gold, saw an attendance of sixty. The activities are no less impressive. Meredith Parker sent an e-mail describing the three big events for the semester: an organ recital by Father Francis Kline, abbot of Mepkin Monastery, Huston Smith (whose words can be read in "The Three Pillars of Zen") lecture, and a retreat at Avila retreat center. Dave will be doing a session at our TAT Meeting in November on Inner Guidance, and we hope to hear from Doug White, as well. Doug has made a great stride in his work with the group, well worth sharing with the rest of us.

Farm News

Chautauqua Building Roofing Project

Saturday and Sunday, September 13-14

Special thanks go out to Michael Casari, whose contracting expertise kept everyone on the chalk line, Bob Fergeson, Reggie O'Rourke, Vince Lepidi, Art Ticknor and Tom Marenn. Cathy Murphy and Cecy kept the barbeque grill going to feed the hungry crew. Mr. Rose came out on Sunday to check it all out. Since we had such a small crew, the work had to be continued the following week by Michael and Tom, then the next weekend Art and Reggie put on the finishing touches.

We had a disappointing turnout for the roofing project, but those who did come put out a 200% effort to restore the east side roof boards and shingles on our beloved Chautauqua building. Let us take a moment to remember the tremendous effort that went into that building 20 years ago--all materials hand cut from farm timber and constructed by a group of young men, some of which had never used a chain saw before, and who knew little or nothing about construction. Some phenomenal events occurred under that roof. It is a beautiful structure nestled in a magical spot on the farm and will hopefully be put to use for future retreats.

A Departure of Friends

Like Santanelli, who wrote that his life was like an elevator operator's, with the exception that he had more downs than ups, we've seen three of our farm residents leave since the last newsletter and no new souls coming to replace them.

Bob Fergeson returned to Granby, CO in time for the winter season, after a stay of about four months on the farm. This was his second tour of duty, and we hope not the last. Bob has promised to be here for the April TAT meeting, and we intend to hold him to his promise. There's a rumor floating around that Bob loves to mow grass...well, April 15th is about the time the grass will start growing again, Bob! Thanks for the great job you did keeping up the grounds. The place has looked wonderful all summer.

David Weimer topped off his stay of ten months on the farm with nine weeks in isolation. We look forward to hearing about that experience at the next TAT meeting. His tractor expertise will be missed, but he passed that on to Reggie O'Rourke (who, in his bibs, is the coolest farmer in Marshall County!) Dave left for Gainesboro, TN the day after the Fall Weekend Retreat, his station wagon loaded with roller blades and Richard Rose books. Knowing Dave, he'll make a lot of contacts in Tennessee and spread the word of Mr. Rose. He's planning to make the drive up to the farm for every TAT meeting, so we hope he'll have companions to help with the driving.

Krista Willis, the longest surviving female resident of the farm (we need to get a TAT butterfly plaque made for this occasion!), will be residing in Sewickly, PA by the end of October. Krista has been a special friend to the Rose family in that she dedicated many months toward the caregiving of Mr. Rose through some of the most trying periods of the Alzheimer's disease process. She has been a dedicated seeker as well. We hope to see her often, and wish her the best in her new adventures.

Last, but not least, Mr. Rose has also been moved from the area. On Monday, October 20th he was transferred to the Alzheimer Unit at Weirton Geriatric Center in Weirton, WV. It is about an hour long drive from McMechen. He's adjusted quite well. They've taken him off of all his medications and he'll get a lot of personal attention and interaction with the other 29 residents on the unit. The staff is well-trained in dealing with the many facets and stages of Alzheimer's. The down side is the drive and distance between us, but he is seemingly in good hands now and that is comforting. If you wish to visit him, call McMechen at (304) 232-2799 to get directions or to plan a carpool. He's always quite happy to get visitors.

Notes from the last TAT Meeting

TAT Top Ten

This was a new session on the agenda, led and inspired by Lee Warfield. Everyone gave a 15 minute review of something recently significant to their spiritual work, whether it be a video tape, a book, contact with a teacher or group, etc. It was a rewarding experience to share in what TAT members are pursuing these days. We had more people than usual show up on Friday evening, so we hope to continue offering Friday sessions.

Opening Remarks

Cecy opened the meeting by discussing Mr. Rose's original vision of the TAT community. She said that Mr. Rose considered TAT and its basic tenants – Truth and Transmission – as a means of establishing a self-sufficient cooperative. This community, comprised of members with specialized skills and diverse livelihoods, would act as a support structure for those interested in philosophical pursuits. The key, however, was to be self-sufficient on an individual level as well as on a group level. Mr. Rose thought that TAT should be family oriented and serve as the gathering grounds for the formation of a smaller, esoteric group. The success of TAT would always depend on communication—meaning, communication among members in addition to carrying TAT's message to others on the Path.

I Believe (Part I)

Bob Ferguson led a discussion on beliefs. He started by gathering everyone's perspective on belief and faith. Both of these words play a large part in everyone's life, seekers and non-seekers alike. Belief seems to be based on our past experiences in life, whereas faith could be planted in us as a survival mechanism, or perhaps attachment to a deeper part of our Being. As always, words and definitions can lead to an entanglement of trying to present, through communication, what we know by experience and intuition.

Bob then asked everyone to pair off, with one person reading a series of statements titled "I Believe You" and the other reading "You are Lying". Mr. Rose wrote these assertions years ago to challenge the reader's set of beliefs. Even though all beliefs are relative, we have to operate with a collection of beliefs. With time, we usually discard them, or keep them until we discover more truthful beliefs.

TAT Future Directions

Cecy talked about local church activities such as youth groups, Sunday school, and retreats. Can TAT have similar functions? How can TAT start a support and information network? For example, perhaps TAT can help members' children develop a sense of spirituality and morality, and focus on the pertinent issues for today's youth who are at various age groups. Other activities (under the auspices of TAT) could include home study groups, children's social activities, curriculums on self-esteem and self-confidence, or a telephone support network to help confused or distraught members or their children. If you are interested in helping to prepare a proposal and putting together basic plans for this idea -- whether locally or in other cities -- please call Cecy or send her an e-mail message.

I Believe (Part II)

Bob continued with his morning theme, moving from a general discussion on beliefs to a more individualistic one. He asked everyone to write down a few of their own beliefs or set of beliefs. Afterward, each person picked one or two and read them aloud. Everyone else was then given the opportunity to ask questions, in a non-confrontational manner, to gain further understanding of the others' beliefs. There were some surprising common denominators among the group about individual adversity and how things will ultimately work out.

Subcommittee Meetings

Most of the discussion centered around the October 18-19 Meditation Retreat Weekend. The theme of the retreat was to be finding guidance from within. During the TAT meeting, plans were already underway to give participants in the Meditation Retreat the opportunity to explore various non-visualization, non-relaxation meditation techniques, to analyze dreams, and discuss how personal values and ethics affect our decision-making. The schedule included times for group or solitary meditative walks. Look for an update on Retreat happenings during the next TAT meeting!

Communicate Within TAT

Bart Marshall did an excellent job leading this discussion. He opened up a conversation about how we communicate as individuals and as a group, what is going on within the individual groups, improving on communication between TAT members, improving on communication between North Carolina, the farm and Pittsburgh. Facing and removing obstacles to communication is no easy task, but this session revealed possibilities for TAT, SKS and individual TAT members that have not been discussed so openly before. Bart has also been instrumental in providing information about the happenings on in the North Carolina groups.

People stayed late Sunday to participate in a discussion with Jim Burns . Jim is currently in Mercy Hospital in Pittsburgh, recovering from a quintuple bypass. You can send a card to Room 9023, 1400 Locust St., Pgh., PA 15219 or call (412) 485-4678. Best wishes for a speedy recovery, Jim!

A CHANGE IN THE MENU

After 20 years in the TAT kitchen, Cecy is asking permission to hang up her apron, and move to a part-time position. Art can also retire as counter manager, if he wishes. So, we're going to try the potluck approach for providing food and beverages for the weekend. Each person should bring something of approximately the same value of what they would normally buy for the weekend. For example, if each person planning to stay for the entire weekend brings a minimum of \$10.00 worth of food and/or non-food items for the entire weekend, there won't have to be any charge made for any food or beverages. If you're only coming for the afternoon, eating only a couple of meals, figure on bringing items equivalent to approx. \$2.00 per meal.

If you live a great distance from the farm (four hours or more), you could bring non perishable items (unless you have a good cooler) such as desserts, beverages (juice, pop, coffee and tea), fruit, chips and dip and other snacks, paper plates, soup bowls, cups, napkins, etc. If you live closer you could bring lunchmeats and bread for sandwiches, casseroles (meat or meatless), vegetable or fruit salads--anything that is easy to serve and won't spoil too easily. So far for this TAT meeting Cecy is providing the vegetarian vegetable soup and coffee, Art is bringing turkey, cheese, bread & lettuce, and Cindy Mullen is preparing a beef and noodle dish (I hope I got that right).

Be prepared to take any unused items back home with you since we have limited storage space at the farm. When preparing or buying a food dish, have enough to feed at least 8 people, which is a typical standard recipe amount. Deli items are a suggestion for any of you bachelors who don't like to cook. If we run out of food we can always pitch in a couple of bucks and order pizza.

Please drop a post card to Cecy Rose, P.O. Box 63, McMechen, WV 26040, send an e-mail to tatsociety@aol.com, or call (304) 232-2799 and let us know what you can bring so that if there are too many duplications, you will receive a reply letting you know what other items are needed. MANY THANKS!!!! And yes, Vince, someday I'll make more pies!

Please make a note: the final meeting for 1997 is Nov. 28, 29 & 30th.

1998 TAT Membership dues can be paid at the meeting.

Agenda for the Thanksgiving TAT Weekend

Friday, Evening, Nov. 28

7 to 9 P.M. - "Can the Albigen System Help You Find Inner Guidance?" Ed Galanternik, moderator.

Saturday, Nov. 29 –

10 A.M. - Opening Remarks by Cecy Rose

10:30 to Noon - "Preparation for Inner Guidance", a discussion led by David Gold.

Noon to 1 P.M. - Lunch Break

1 P.M. to 2:30 P.M. - TAT HAPPENINGS & FUTURE DIRECTIONS. A group discussion of the website calendar, retreats, and most importantly, the philosophical direction of TAT.

2:30 to 3 P.M. - Break

3:00 to 4:30 P.M. - "Raja Yoga". Richard Hood will get our blood flowing to the brains.

4:30 to 6:30 P.M. – Free time. Optional Rapport sitting at 5 P.M.

6:30 to 8 P.M. - David Weimer on "Inner Guidance"

Sunday, Nov. 30 –

9 A.M. to 10 A.M. - Farm Walk

10:30 to Noon - "Philosophic Directions" with Reggie O'Rourke and Doug White.

Noon to 1:30 P.M. - Lunch and Wrap-Up.

RSVP to e-mail: tatsociety@aol.com; phone or fax 304-232-2799; or write to: P.O. Box 63, McMechen, WV 26040.

Albigen Study Group at the Farm

We will be holding informal retreats each weekend throughout the winter, excluding the Thanksgiving TAT Meeting, to encourage TAT members and new people to come to the farm for group meditation, work projects, and introspective discussion--or to spend time on their own. (See green flier.)

For those wanting to participate in some or all of the activities, the schedule is as follows:

Friday Evening 7:30 Reflection

8:00 Discussion

10:00 End of Friday Program

Saturday Morning 8:00 Reflection

8:30 Breakfast

9:30 Work

Saturday Afternoon 12:30 Lunch

1:30 Work

4:30 Clean-up

5:00 Reflection Saturday Evening 5:30 Dinner

6:30 Free Time

8:00 Discussion

10:00 End of Saturday Program

Sunday Morning 8:00 Reflection

8:30 Breakfast

9:30 Free Time

Sunday Afternoon 12:30 Lunch

1:30 End of Sunday Program

Participants can bring their own food or share common meals at a cost of \$2 to \$3 per meal. Lodging fees of \$4 per night will go toward TAT operating costs.

Please write, phone or e-mail for more information and to make reservations.

Invitation to the New Year's Eve Party at the Farm

Enjoy an evening of friendship in the warmth of wood fires at the farm house

Reflect on your current state of being, where your life-experience has taken you over the past year, and where you'd like to go over the coming years.

Share your reflections with friends and find stimulation from open discussion of these topics.

Cost of \$10 per person includes dinner at 7 P.M. and champagne at midnight.

Coffee and tea will be provided. BYOB and snacks for sharing.

Dormitory style lodging will be available. Bring sleeping bag, pillow, flashlight, towel, etc.

1998 March Newsletter

TAT News

Volume 3, No. 1 March 1998

Success Realized--One Rung at a Time

Dear Friends and Members:

Looking back on the past year of incredible change, it appears that slowly but surely, the ladderwork is bringing renewed interest in philosophical matters on the part of TAT members as well as students on various college campuses. What seems even more evident is that no effort has been lost, no matter how small the results appeared to be. A good example of this is earlier efforts in Pittsburgh, which inspired participation by Damon Clark who, in turn is now helping to inspire interest on the part of students at Pitt and Carnegie Mellon. This is true ladderwork--a continuum of efforts from the hearts and souls of people that were in some profound way touched by the teachings of Richard Rose. This is success, measured by the yardstick we are all familiar with in this group.

This April TAT meeting we look forward to welcoming new members as well as those we haven't seen in awhile. The agenda is filled with thought-provoking activities related to the topic of success--both in the mundane and philosophic realm. Come and get inspired!

New Year's Eve Party

The annual gala was attended by (in order of increasing alphabetical weight): Michael & Cathy Casari, Bob Cergol, Al & Debby Fitzpatrick and family, Mike & Susan Fitzpatrick and family, Reggie O'Rourke, Shawn Nevins, Cecy Rose, Art Ticknor, Lee Warfield, and Krista Willis. The festivities began at 6 pm with the simultaneous arrival at the farmhouse of Bob Cergol, who was relieved to be at the end of a grueling trip from Raleigh (due to snowy road conditions), and Art Ticknor, who was relieved to be at the end of a grueling trip from Moundsville (fraught with worry that the Champagne bottles would become explosive from jolting over the Palace Road humps and holes.) Next to arrive were Cecy Rose and escort Lee Warfield--our winner of the marathon prize, for driving all the way from Boca Raton to join in the festivities--trailing clouds of steamy sauerkraut and mashed potatoes that announced their presence.

A program of games alternating with periods for reflection and discussion was scheduled to begin at 8:00, but everyone was having such a good time that, lo and behold, it was 9 o'clock before we launched the reluctant rocket. Half of the attendees participated in the program, in the wing, while the other half relaxed in the living room. Around 10:30, as the wing crew was recalling highlights of the past year, some surprise guests arrived: Jim Burns, Keith McWilliams and Dan Mottsmann. Our program emcee valiantly ramrodded the past-year round robin to completion, and then the program whirled into the cosmic chaos. It was great to see Jim looking so good after his quintuple bypass surgery in October: There was magic in the air, and Jim stayed until nearly 5 am.

We hope to hear comments and suggestions from the people who attended on what they'd like to see planned for the next party, and look forward to seeing some new faces, too.

Inspiration Quest held on February 14th and 15th was the scene of a friendly and focused retreat attended by six returning TAT members as well as two newcomers who weren't at the October retreat. We would have liked to share the experience with more TAT members and with some of the new friends we're making at the Pittsburgh meetings, several of whom have indicated an interest in retreat participation, but the small turnout encouraged a remarkable level of trust and openness that may not have happened with a larger group.

The tone of the retreat was set by a commentary that Richard Rose had written circa 1958 about inspiration:

"I have always estimated play as a happy ingredient of efficiency. It is a known fact that the subconscious mind gives forth its inspirations under a lassitude of the conscious. By this I seem to discredit concentration.

"Concentration is not a strained method of forcing the mind upon a certain train of thought. We can best study a proposition when we are interested in it. And interest means ease. It is a harmonious corresponding of the mind--either by memory or reason with environment. This reacting with environment is accomplished by reading,

holding conversation, or by any other method which arouses the memory. The result of interest is frequently inspiration, which is often a sudden illumination of the memory, or the arriving congruency of two past memories hitherto unrelated....

“To revert, the best work is that which is done with pleasure. Efficient work can be accomplished by practice; the act can be repeated until it is finally done with ease.”

Favorite sessions included group discussion of anonymously-submitted questions and the viewing of a 1987 video tape of Mr. Rose talking in the farmhouse wing. The consensus of opinion was that this retreat was even more effective than the previous one. We plan to keep the ball rolling by having a third retreat on the weekend of May 30th and 31st, which puts it about midway between the April 18th and 4th of July TAT Meetings. The theme will be “Pursuing the Observer.”

Here’s what some of the participants had to say about their experiences: “An atmosphere of warmth and intimacy, yet thought-provoking. “--Vince Lepidi; “...Inspiring--of definite value for any seeker.”--Krista Willis; “...Proof that perhaps the greatest and/or only religion is friendship.... “--Lee Warfield; “...An atmosphere conducive to self-honesty. “--Shawn Nevins.

“(The Becomers) go in for ways to find the Truth by processes which usually involve a change of state of mind, and this in turn leads to a change of being.”

Richard Rose, “The Grand Work of the TAT Society”

SKS in North Carolina (submitted by Dave Go1d)

We once again have a full compliment of college SKS groups. As a result of herculean efforts on the part of the Buehlers (Georg and Janet) and Bart Marshall, what started as a “Zen of Writing Workshop” has blossomed into a vital Self-Knowledge Symposium group at the University of North Carolina.

The Duke and NC State Groups have continued their phenomenal growth, each averaging about 40 students per meeting. A number of members have changed their after-graduation plans to remain in the area and work with the groups. Even long time pessimist Augie Turak was forced to acknowledge that “The SKS is in the best shape ever.” Along with the Friday night “old-timers” group, all of the groups have molded into a single tight community, brought together in part by the Avilla retreat (complete with “The Numbers,” rapport sittings, a viewing of the Mister Rose video, and a special visit by Joseph Chilton Pearce), a week-end intensive at the Monroe Institute (out-of-body experience guaranteed!) and regular trips to Mepkin Abbey.

Philosophical Self-Inquiry Discussion Group & SKS in Pittsburgh (submitted by Art Ticknor)

The Philosophical Self-Inquiry Discussion Group started up (with a push by Reggie, Damon and Art) during the fall semester with meetings at the Kiva Han Cafe on November 17th and December 1st, resuming with spring semester meetings on January 12th and 26th. The meetings moved to the Carnegie Library on February 9th, with attendance continuing to build gradually; a dozen people participated in the Rumi meeting on February 23rd.

Upcoming discussions are scheduled for Mondays March 16th (Convictions: What is your personal ethic?), March 30th (Prayer--Contemplation--Meditation) and April 13th. Meetings are held in the first floor conference room; they begin at 7 pm and end at 8:30. The Carnegie Library and Museum are on Forbes Avenue, with the Library entrance on Schenley Drive.

Another newsworthy notice is that Damon Clark launched the revival of the Self-Knowledge Symposium at the University of Pittsburgh with a lecture at Lawrence Hall on February 17th. The lecture, entitled Eliminating Existential Distress: Real Zen, started off with a game of Zen tennis then became an informal talk and discussion, with the attendees forming their chairs into a circle and exchanging information for two hours.

Farm News

We've had a new resident at the farm for the past couple of months. Lee Warfield has been staying in Bob Cergol's cabin, and after a brief return to Florida to take care of some domestic duties, he plans to return to the farm and spend the spring and summer here, working on his book. Great to have you at the farm, Lee!

Reggie is still residing at the farm as well, holding down the fort. And come fall, Cecy plans to move into the farmhouse to keep the home fires burning (that job will be a little less difficult now that we have insulation and a propane furnace.) It's going to be quite a challenge to move the contents of McMechen into the farmhouse, but the process is already in motion and the new TAT Headquarters will be on McCreary Ridge by October 1, 1998.

Announcements

Michael and Susan Fitzpatrick welcomed their son Nicholas into the world in December... Michael Casari and Cathy Murphy tied the knot in Washington, PA at the beginning of the new year and are now residing in Plumsteadville, PA... Krista Willis is working as a nanny in Sewickley, PA... David Weimer is working in Tennessee, preparing to go back to school at Memphis... John Kent is moving from California to Atlanta--we hope to see him at the TAT meetings this year. And we're still awaiting word from Dave Gold to see if a band of gold will appear on his left finger. If you have any juicy bits of gossip, oh, I mean, announcements, please send them in so they can make it into the next newsletter. Good luck to all!

Minutes from the last TAT Meeting will be provided at the April Meeting.

Note: Don't forget to check our website Current Events page for the latest on retreats, Pittsburgh meetings and other happenings. If you have something to contribute to the Newsletter, please send us an e-mail to tatsociety@aol.com. Or write us a good old-fashioned letter to P.O. Box 63, McMechen, WV 26040.

Thanksgiving Meeting Highlights

The meeting was filled with variety--everything from Raja Yoga exercises led by Richard Hood, to intense and inspiring discussions on the Albigen System led by Edward Galanternik. Dave Gold opened up the Saturday morning session, giving a summation of inspirational events and transformations that have taken place in the North Carolina group. Then Dave Weimer talked on "Inner Guidance," the theme of the meeting, and had quite a captivated audience as he described his experiences during a three-month isolation in a cabin at the farm.

We also discussed the future direction of the TAT Foundation--in particular philosophical and spiritual definition and direction, now that our teacher, Richard Rose, is no longer available to us for guidance. Shawn Nevins and Phil Consonery took notes. Thanks to all who were there for creating yet another successful and inspiring weekend. Keep coming back!

POT LUCK APPROACH A SUCCESS!!!

The food was fantastic! And so much of it! This was the overall assessment of the culinary part of our last TAT meeting. People already have been signing up for menu items for April: plates, plastic ware--David Weimer; cups, coffee, juice--Art Ticknor; cheese--Dave Soehnen; vegetarian soup--Cecy Rose; vegetarian chili--Phil Consonery & Cindy Mullen; DeLallo's bread--Vince Lepidi; lasagna--Cathy & Michael Casari; pine nut rice--Reggie O'Rourke; cake--Krista Willis.

There are plenty of other items you can bring, like vegetable or fruit salads, fresh fruit, chips and dip or salsa, cold cuts, dessert breads, pizza, napkins and paper towels, etc. Bring what is equivalent to around \$1.75 per meal, or a minimum of \$10 worth of food and/or non-food items for the entire weekend. Take any leftovers home with you (which is highly doubtful!)

If you haven't yet paid your 1998 TAT fee, you can pay at the TAT meeting or send it to: TAT Foundation, P.O. Box 63, McMechen, WV 26040. TAT fees are still \$20 per year. Associate Membership is \$10, for those who cannot join us but wish to make a donation.

Please make a note on your 1998 calendars for these upcoming events:

April 17, 18 & 19 – TAT Meeting June 13th – Sat. TAT planning

May 30th & 31st – Farm Retreat "Pursuing the Observer" mtg., 2 pm

July 3, 4 & 5 – TAT Meeting August 8th – Sat. TAT planning

September 4, 5 & 6 – Labor Day Meeting mtg., 2 pm

November 27, 28 & 29 – Thanksgiving TAT Meeting October 31st – Sat. TAT planning mtg., 2 pm Agenda for the April TAT Weekend

Friday Evening, April 17th –

7 to 9 pm - TAT TOP TEN, hosted by Shawn Nevins. An open forum of 15 minute presentations by individual members on personal discoveries, the hottest books, videos, websites, systems and. techniques, etc. Share your findings!

Saturday, April 18th –

10 am - Opening Remarks by Cecy Rose

10:30 to Noon - "THE SPIRITUAL AND THE MUNDANE--MUTUALLY EXCLUSIVE OR ONE PATH?" A group discussion led by husband and wife team from Raleigh, Georg and Janet Buehler.

Noon to 1 pm - Lunch Break

1 pm to 2:00 pm - TAT HAPPENINGS. A group discussion of the website calendar, retreats, and SKS meetings.

2 pm to 3 pm - "OPEN FLOOR." Volunteer(s) needed to lead us in an hour of meditation, yoga, T'ai Chi, walking, etc.--a break from talking.

3:00 to 3:30 pm - Break

3:30 to 5 pm - "WHEN IS IT TIME TO QUIT?" A provocative discussion led by Bob Cergol, on balancing career with spiritual/philosophical endeavors.

5 to 6:30 pm - Dinner, followed by Poetry Reading. Bring your favorite poem.

6:30 to 8 pm - "CULTURAL HYPNOSIS." A discussion led by Shawn Nevins on fighting the forces of conformity.

8 to 8:30 pm - TAT Conscience Meeting--open discussion.

Sunday, April 19th

9 am - Breakfast

10:30 to Noon - "Anonymous Questions"...individual's questions are pulled from a hat and answered as a group.

Noon to 1:30 pm - Lunch and Wrap-Up

Opening Remarks

November TAT Meeting 1997

Dear Friends:

My topic is thankfulness--not just because it is the Thanksgiving holiday, but because I have come to finally accept myself and my life as God's gift to me, and for that I am grateful. It may sound odd, coining from someone who spent over 20 years in TAT denying that my life could be anything until I became enlightened, and 20 years before and after TAT beating myself up over my drives and habits, feeling guilty over illusions and angry and deeply afraid because I couldn't control my world.

I've recently been led to a twelve-step program for adult children of alcoholics, who also have children who may be addicted. One of the attendees at the Friday night meeting said that she was most grateful for having a place to come where she could totally be herself where we could each just be who we are. It stirred an immensely deep feeling in me of the importance of that statement in regards to my involvement in the TAT group. It's been a long time coming, but I think I can finally say to all of you that I love being HERE because I can be exactly who I am at this moment and not worry about whether or not I'm meeting everyone's approval. We are, of course, a very different group from Al-Anon--but then not so different. Both groups confront the same issues--finding the Truth within oneself and asking for courage and wisdom to do so. Anonymity may be the only missing factor. But we are not called seekers anonymous, so what would be the purpose? That is not to say that I do not believe that what a person says within this group or within smaller groups should be held sacred. In fact, I will state that we should honor and respect a person's honesty and try not to diminish it in the glare of our huge spiritual egos. But I think we should also not lose sight of the fact that much of life is damned absurd and that we should keep a sense of humor about ourselves. Without this, we're doomed. This is one of the things that made Richard's teachings so successful.

Like Al-Anon, we are now functioning without specific leadership, and it can work very successfully if friendship is always present in the room. I believe that we should learn to check our personal gripes and agendas at the door to be solved at a later time in private. We all have irritations with each other at some time or another, or perhaps all the time. But we must keep in mind our basic purpose in being at these meetings, and that is to foster an atmosphere of the Sangha and a spirit of friendship above petty and coercive behaviors, and above all, to find the Truth within ourselves. Humiliation is a powerful catalyst for changing weaknesses in our character, and will always present itself to us whether we want it or not. But it is not the tool of choice, in my opinion. I say let life take care of that task.

Since our theme today is inner guidance, I guess I would have to say, in closing, that one of my deepest feelings of gratitude is for the discovery of the possibility of inner guidance through Richard Rose and friends like Paul Cramer who led me to him, who I've come to the conclusion was a messenger, like so many of us are when we help a friend to move off of dead center. Life is paradoxical, to say the least, but answers always lie between

oppositions--something I don't need to be telling this group. And as I move along the path, picking up new angles on Becoming, sometimes faster than I can process them, I give thanks at each resting point that I am not alone, and that we have this wonderful farm at which our resting points converge and merge into a realm of knowing that is eternal.

--Cecy Rose

1999 - missing

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