



*Love,  
a Rose*

through Steve Allat

*For Mom*



# **Love, a Rose**

**Vol 1**

by

**Steve Allat**

**[www.illuminatingthedisconnect.com](http://www.illuminatingthedisconnect.com)**

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# *Introduction*

## **My First Rose**

Growing up, we lived in the corner unit of a townhouse, one of 4 townhouses that made up the linear complex, with units also being back to back with another.

On the side of our unit was a row of shrubs, thorny and brambly, that came to life every spring and grew and flowered anew each season.

We'd play road hockey in the roadway alongside the building all times of year, and often the ball would end up in the bushes, where one of us would have to retrieve the ball with either stick or hand, depending of how precariously it was ensnared. I remember scratching my hands and arms many times in those days.

But I also remember the fragrance in summertime. Heavenly, even for a young hockey-playing boy. Because I was also, from the get-go, a nature lover and was constantly seeking out being in nature, digging holes to explore the soil and find rock, take the trail through the

forest home from school.

And I lingered beside those roses when I walked past, taking in what was one of my first memories of fragrance that entranced me.

Fast forward to university, and I am studying horticulture and landscape design, and apt pursuit for one so naturally inclined. And I learn that this rose has been named, as with almost all else humans encounter. She is likely a 'Hansa' Rose, in the Rugosa rose family.

And she is still one of my favourite fragrances in the world.

When I pass by, I stop and smell. I will cross the street to smell if I see one. And I tell people around me and take photos and speak of her beauty and intoxicating qualities often.

I hope you know her or that this will be an introduction to a lifelong love affair with this rose, among others.

**Welcome** to the world of the rose, of the feminine, of love and of life.

I LOVE nature and have always found beauty everywhere. With the advent of digital photography and the internet, the world of nature has become an even more shareable experience. Which is why I take these photos at all.

I usually have a camera with me wherever I go, or at least my iPhone. Still, the quality of the photo is secondary to the value it holds in it's innate beauty and capture.

I always take the time to appreciate the beauty of the moment before photographing it, and yet after all these years of taking photos I had never imagined that I had SO many that I could now use to publish these photobooks and to also use in conjunction with my writing at [www.illuminatingthedisconnect.com](http://www.illuminatingthedisconnect.com).

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All photos taken by me. If you'd like to support my existence in sharing ever more, there are links at the end of the book. Thank you.

I invite you to take your time with each photo.

Contemplate the beauty.

Look for the detail.

Wonder at nature's innate balance of colour, texture, balance..

Contemplate the quotes, feel the depth of meaning.

Next time you are looking at a rose flower, a seed, a fruit, a plant . . . take the time to really look and breathe it in, with all of your senses.

*I have not named or labeled the photos on purpose, for knowing beauty is much more than the naming of it.*



# I

*Quotes and Photos*

Take time to smell the roses.

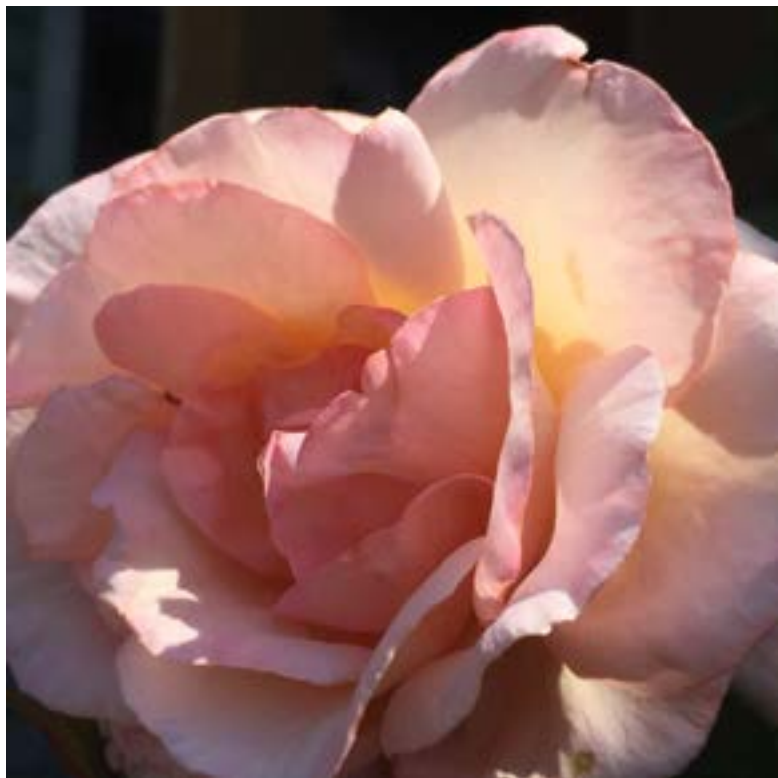
Proverb



The optimist sees the rose and not its thorns;  
the pessimist stares at the thorns, oblivious to  
the rose.

Kahlil Gibran

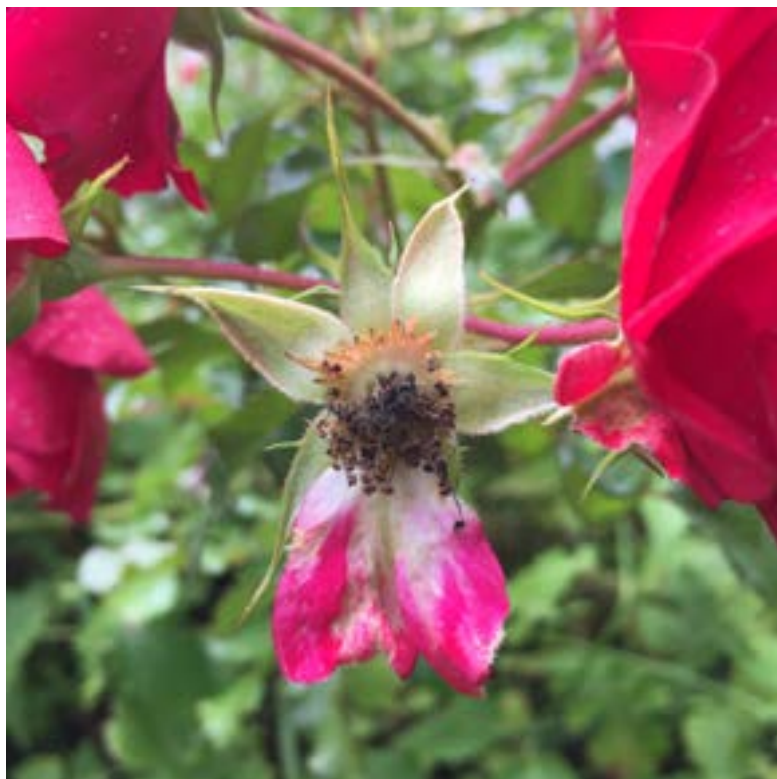
(author of 'The Prophet')



The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change: Yet at each state, at each moment, it is perfectly all right as it is.

Paulo Coelho

(Author of 'The Alchemist')



Won't you come into the garden?  
I would like my roses to see you.

Richard B Sheridan





This love is the rose that blooms forever.

Rumi



Feeling at peace, however fragilely, made it easy to slip into the visionary end of the dark-sight. The rose shadows said that they loved the sun, but that they also loved the dark, where their roots grew through the lightless mystery of the earth. The roses said: You do not have to choose.

Robin McKinley, *Sunshine*



What's in a name?

That which we call a rose by any other name  
would smell as sweet.

William Shakespeare's 'Romeo and Juliet'



A red rose is not selfish because it wants to be  
a red rose.

It would be horribly selfish if it wanted all the  
other flowers in the garden to be both red and  
roses.

Oscar Wilde





Did you hear about the rose that grew from a  
crack in the concrete?

Long live the rose that grew from concrete  
when no one else even cared.

Tupac Shakur

(from the poem 'The Rose That Grew From Concrete')



A rose to the living is more than sumptuous  
wreaths to the dead.

Nixon Waterman



The splendor of the rose and the whiteness of  
the lily do not rob the little violet of its scent  
nor the daisy of its simple charm.

If every tiny flower wanted to be a rose,  
spring would lose its loveliness.

St. Therese de Lisieux



Truths and roses have thorns about them.

Henry David Thoreau  
(author of 'Walden')





We are like roses that have never bothered to bloom when we should have bloomed and it is as if the sun has become disgusted with waiting.

Charles Bukowski



If the rose puzzled its mind over the question  
how it grew, it would not have been the  
miracle that it is.

J. B. Yeats



A bit of fragrance always clings to the hand  
that gives roses.

Chinese Proverb



There is simply the rose; it is perfect in every  
moment of its existence.

Ralph Waldo Emerson

(Author of 'Self Reliance' and 'Nature')





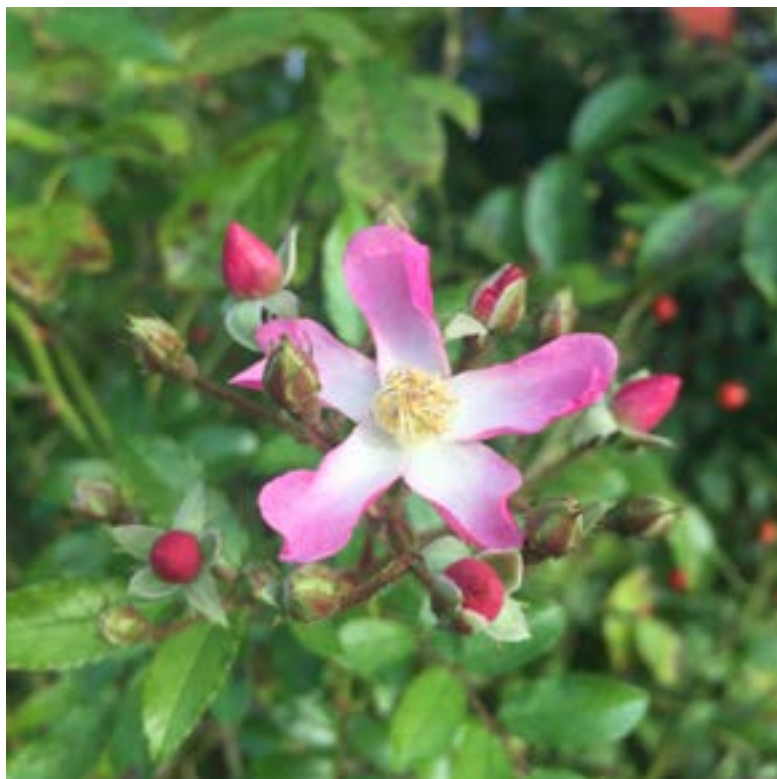
There is nothing more difficult for a truly creative painter than to paint a rose, because before he can do so he has first to forget all the roses that were ever painted.

Henri Matisse



Wild roses are fairest,  
and nature a better gardener than art.

Louisa May Alcot



It is the time you have spent on your rose that  
makes her so important.

Antoine de Saint-Exupéry

(Author of 'The Little Prince')



Every flower is a rose, at heart

Allat





# II

*Rosy Inspirations*

A lifelong rose lover, I have sought her out in many forms in nature, in art, in the heart and life.

In 2014 I experienced a deep shift in inner awareness, of becoming conscious of the connection to my self-conscious mind and ego, allowing a disconnect to happen and an ensuing inner peace to become the normal state of my being.

Right away I started posting online about my experience, began writing a few books and holding occasional gatherings to guide others to a more continued experience of inner peace.

Of the hundreds of posts I made, the following one used the rose photos I took to help convey a feeling of love, peace and authenticity. The base feeling of life and consciousness is feminine, nurturing, supporting.


The photos most often had some accompanying text to explain the way to quiet the mind and allow space to feel a deep peace, authentically.

Some of those posts still exist in a couple of the books I have to publish, of which I have e-book formats currently.



*Living from the heart*

*feels Rosy*



*"And the day came when the  
risk to remain tight in a bud  
was more painful than the risk  
it took to blossom."*

**Anaïs Nin**

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*The rose's fragrance, free,  
the same as love should feel.*


*[Illuminatingthedisconnect.com](http://Illuminatingthedisconnect.com)*



*Remember*

*Love*

illuminating the disconnect

A close-up photograph of a pink rose, with the petals in sharp focus and the background blurred. The text is overlaid on the image.

*You are never  
diminished by  
loving,*

***you are  
increased.***


**Illuminating the Disconnect**



The heart of our matter  
is in constant contact  
with you and the  
world around.

***LISTEN***

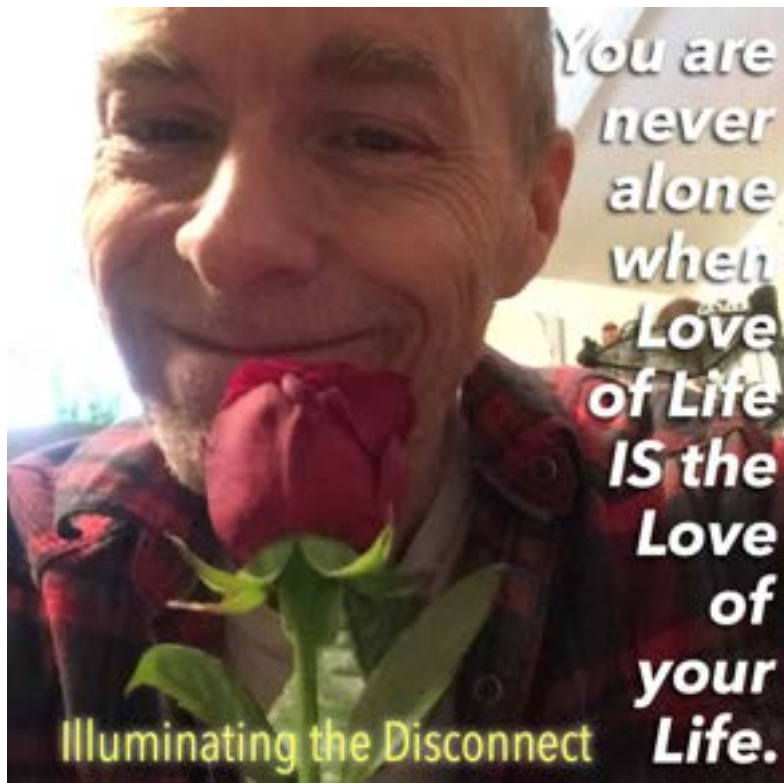
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Life manifests into  
form through  
the feminine.


Respect.

#internationalwomensday  
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You are  
never  
alone  
when  
**Love**  
of Life  
**IS** the  
Love  
of  
your  
**Life.**

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*no ONE has my heart,  
for you ALL do!  
We share the heart  
of Life, on Earth.*

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*Love is the beautiful  
you can feel without needing  
to see, hear, smell, taste, touch  
or think about  
to verify it.*



*Nature is beauty*

*Your nature is love*

*As within . . . So without.*

*First with the heart,  
then with the head.  
Love is the way.*






*Peace is . . .  
living aligned  
with your  
spirit's  
design.*

**#peacebalm**



*A rose a day  
Keeps the mind at bay.*






*There is no way to love,  
when love IS the way . . .  
to Love.*

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A photograph of a residential street at sunrise. The sun is low in the sky, creating a bright glow and long shadows. A paved road leads into the distance, flanked by green trees and bushes. In the foreground, a large, vibrant pink rose is in focus, partially obscuring the bottom right corner of the image. The overall mood is peaceful and hopeful.

*The morning,  
A rose,  
yet again.  
No mourning  
arose, ever.*



*Roses are read*

*by the heart,  
before the mind  
can corrupt  
her beauty.*

# III

*Rosy Facts*

## 1. Roses Are One of the Oldest Flowers

It's no wonder that roses have been referenced in literature and music for centuries. Archaeologists have discovered rose fossils that date back 35 million years. Even more shocking, the oldest living rose is 1,000 years old. This impressively enduring rose grows on a wall on the Hildesheim Cathedral in Germany.

## 2. You Can Eat Roses

Who knew looking pretty in a vase wasn't the only way to use roses in the kitchen? Their petals are edible and rose water (made from soaking the petals in water) is often added to jellies or jams, or is used as flavoring in East Indian, Middle Eastern and Chinese. Roses also grow a berry-shaped fruit called rose hips. The fruit can be orange, red, dark purple, or even black. Rose hips are packed with vitamin C and can be used in cocktails or dried to create a refreshing tea.

## 3. Their Fragrance is Used in Perfumes

You know the saying: Stop and smell the roses. Well, roses weren't chosen for this phrase by chance; their lovely aroma is a popular floral scent, and is even used in many women's perfumes. Specifically, rose oil has been an important ingredient in the perfume industry for centuries. The process of extracting rose oil from flowers requires a huge amount of roses;

just one gram of oil is produced from two thousand roses.

#### 4. Each Rose Color Has a Different Meaning

If you aren't keen on the classic red rose that appears in movies and Valentine's Day cards, you're in luck; there are over 10 beautiful colors of roses, all with specific meanings. Besides red roses symbolizing love and romance, pink roses exude grace and elegance. The vibrant color of the yellow rose represents friendship and cheer. On a more somber note, white roses signify sympathy, which is why you might often see them at funerals. However, white roses can also represent purity, spirituality, and innocence. For your next congratulatory bouquet (maybe for a graduate or new hire) offer orange roses. They represent enthusiasm.

5. The Bible acknowledges the existence of 3 flowers, one of them is Rose, others being Lilies and Camphire.

6. Throughout the world, there are approximately about 150 species of roses and thousands of hybrids.

7. The Rose Valley in Bulgaria produces 85% of the world's rose oil. The roses here have been cultivated from centuries.

8. Most species of roses produce 5 petals (except 'Rosa Sericea, which has only 4).  
The mutation causes roses to produce a large number of petals.
9. Cherries, apricots, apples, peaches, plums, pears and almonds are relatives of rose.
10. Napoleon used to gift his officers bags rose petals, so they could boil them with white wine and cure themselves of lead poisoning of the bullet or shot wounds.  
Nostradamus, a natural healer first and foremost, used rose petals in a tincture to heal people during the plague. Though working in close proximity to scores of the sick, he maintained his health using the oil and maintaining impeccable hygiene.
11. 54% of the land in Ecuador is filled with roses.
12. Roses are the favourite of lyricists coz there are over 4,000 songs about them.
13. Rose is England's national flower. During the 'Wars of the Roses' between 1455 to 1485, red rose represented the house of Lancaster against the house of York, which was represented by the white rose.



# IV

*About Steve*

After a consciousness integrating experience involving contemplating being at one with nature, with the help of nature herself in the spirit of a bear, Steve has been living presently in a beautiful state of aware bliss, all-at-once in love with life and as a practical human. Doing being. Being done. All the same.

Writings have ensued, as Steve is being written (*we all are, constantly*) in tangible form as the love of words comes out in a variety of forms, but all in a severely heightened state of no-mind.

My only desire with these works is to have no desire with these works save the underlying desire of life itself to know itself in all it's shades of beauty.

My only goal is to be goal-less in living this supreme perpetual moment, alive and tangible, in deep honour and trust.

Here, now, in love.

Together.

Thank you to my, indeed our, universal collaborator.

These works do not work themselves, nor do I alone work them.

I feel blessed to be just enough out of the way to allow what is, while also keeping a feel on the pulse of that which is mine own perspective.

# *Future Titles*

## **Shakespeare's Garden of Illumination**

A journey into the words of Shakespeare as it relates to a brilliant exposition of the human condition, often to it's depths in a way I have only found comparable in other revered works such as the Tao Te Ching by Lao Tzu, the Dhammapadda (words of the Buddha), The Prophet by Khalil Gibran, The Power of Now by Eckhart Tolle and a few others.

## **The Adventures of a Natural Born Plant Eater**

My journey to date, including following a vegan lifestyle since 1997 with much success and learning, always starting with compassion as the underlying reason to do or not consume or engage in certain ways of living this life.

## **Overcoming Shyness, Naturally**

Yes, this very gregarious and often seemingly outgoing person was once debilitatingly shy. As a youth, into my teen years and early 20's, I truly did not know how I was going to navigate this life and get done the things needed and expected in today's

society. This is my story of transcending it, consciously, and being able to explain what we are and how that impacted my growth, putting shyness behind me for good.

### **The Eternal Prince**

A deeper existential continuance of *The Little Prince*, one of the classics of modern literature for both children and adults alike. With insight into St. Exupery's existential journey and ultimate demise, the Eternal Prince knows what the Little Prince did not quite get to.

### **The Now Te Ching**

A modern day accompaniment to the Tao Te Ching, making ever more universal the concepts of living as an integrated being in any time.

*and MANY more, enough to keep me busy for the rest of this lifetime. Happily.*

# The illuminating journey continues . . .

[www.illuminatingthedisconnect.com/books.htm](http://www.illuminatingthedisconnect.com/books.htm).

## *Stay in touch with the author via:*

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Goodreads (author): [https://www.goodreads.com/author/show/14224168.Steven\\_Allat](https://www.goodreads.com/author/show/14224168.Steven_Allat)

If you would like to purchase a digital or printed copy of any of the photos, please inquire:  
[steve@illuminatingthedisconnect.com](mailto:steve@illuminatingthedisconnect.com) *Thank YOU!*

*If you would like to donate to the cause of illumination, via Steve for future publications, here are a couple of options . . .*

Via LibrePay: <https://liberapay.com/SteveAllat/>

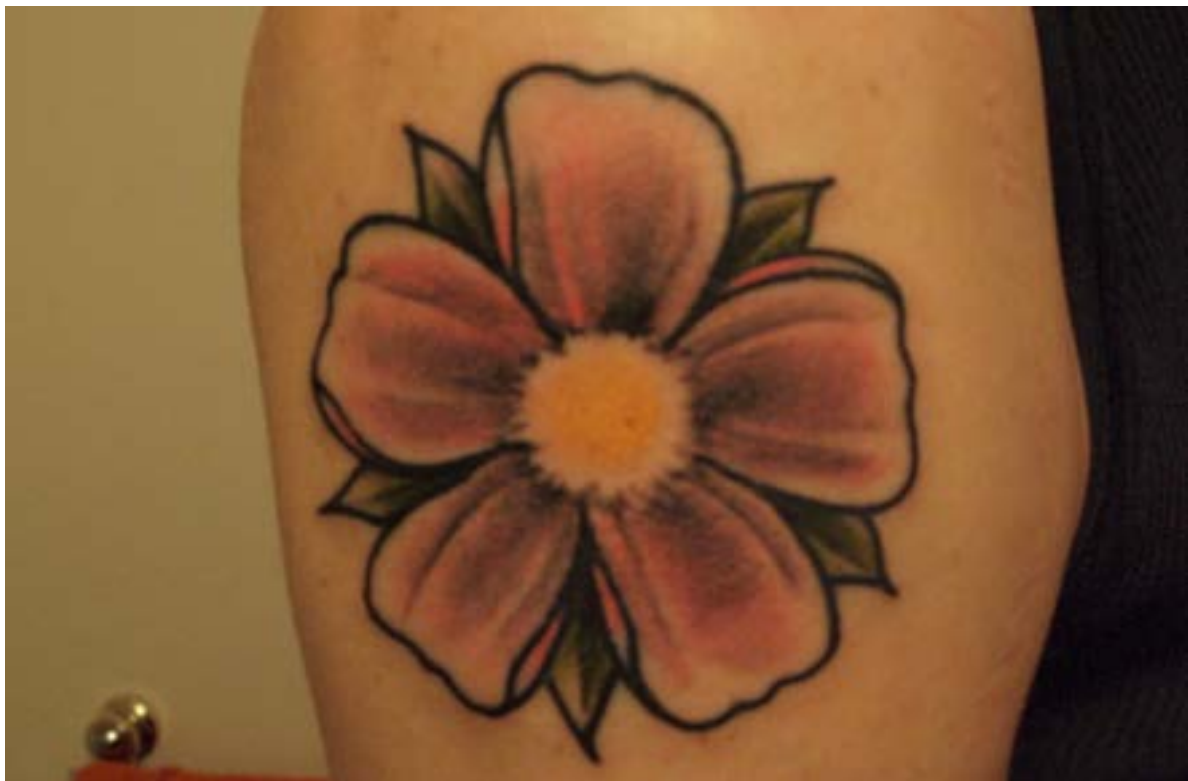
Via PayPal to: [steve@steveallat.com](mailto:steve@steveallat.com)

Via my podcasts on RedCircle: <https://app.redcircle.com/shows/51e2c2dc-27f9-4850-83ac-ea38eb390afd/donations>

*Thank You!*







# *Afterward*

My grandmother had a rose garden, beside the family home where my father was born and which we visited most summers during my childhood.

I remember driving up to the house, usually in August in summer and wanting to go see and smell the roses immediately. As well as enjoying the large Oak tree, the vegetable gardens and the acres of corn fields around. I can see why my father appreciated a simple, hard-working farm life which we connected about, albeit not as deeply as we could have.

This is for you, too, Dad.

*Have a rosy day*

