

**Richard Rose Notes and Quotes**  
— 1986 to 1993 —  
**Part 4: Between-ness**

*From 1985 through the mid-1990's, Paul Constant<sup>1</sup> visited Richard Rose at his West Virginia home and farm. Many visits occurred during TAT Foundation events, or while attending invitation-only "Chautauquas." These events were largely attended by men with ages primarily in their early twenties to late thirties. Other visits occurred while assisting TAT members in maintaining the farm, or when obtaining personal advice. Over an eight-year period, Paul recorded nearly 350 pages of personal notes<sup>2</sup> in four notebook binders and subsequently extracted Rose's most remarkable wisdom from the notebooks.*

*These quotes are intended to guide and inspire the spiritual seeker. The material is best absorbed by reading the quotes and dwelling on Rose's wisdom. Text in quotes is direct verbiage—word for word in most instances—that Rose conveyed in a one-on-one setting or group environment. Unquoted text is paraphrased, usually because Rose's conversations struck Paul as profound but weren't recorded until hours or days later.*

*Read these notes and quotes with great care, and allow yourself to become inspired with the meaning and significance contained therein.*



You might liken between-ness to a neutral state of mind, but neutral implies no effort, which isn't necessarily so because you must *will* it to happen.

"Some things react or result from the contemplation of two things at one time. Not just examining them for qualities, but holding them in your head, both variables at once."

"You don't want it, so you don't know if it's going to happen. So when it happens, you haven't done it, it has simply happened. And if it doesn't happen, so what? It was one of those things you cannot change and, according to the A.A. poem, you accept it with serenity."

"Yes, I believe this—I would like for it to happen. But I'm not going to try to make it happen, unless it's supposed to happen. Then I *will* it to happen. Otherwise, I'll forget about it."

"Thought, no-thought, results in Absolute realization. What it is must be found by trying it. You do it, you live it. You reach an Absolute realization by looking between thoughts."

"To keep silence" (Elivas Levi)—to *talk* about accomplishments will minimize the results. First, success may become an ego trip that will mitigate further success or reduce the possibility of future opportunities. Second, the negative faith from so many nonbelievers will negate the Law of Faith (faith that is needed to perform miracles).

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<sup>1</sup> Paul Constant is a pseudonym.

<sup>2</sup> With permission, Paul obtained some quotes from a TAT member who recorded Rose's material before 1985.

Those who are successful at direct-mind healing are in a high state of dalliance. When Ambrose Worrall (a direct-mind healer) was successful, he said he was in a high state of dalliance.

In Genesis: “Let there be light.” In other words, let it happen, don’t force it.

The Creator may have placed the thought of positioning the planets in this solar system, with man on the planet called Earth, and then “dropped” the idea [i.e., stopped thinking about it] so that creation would *happen*.

You can even verbalize between-ness, such as in a card game. You can shout out to the dealer, “Give me an ace!”

Any thought connected with the event that you are trying to accomplish with between-ness will negate the success of the event.

Between-ness often only works on events of the moment. In other words, you cannot *will* something to happen a week or month from now. You *will* the right event of the moment. This is why it is possible to keep the thought of success or failure from entering the mind at the moment. If you had to do this for too long, you wouldn’t be able to stop the thought—you cannot choose thoughts, only whether or not to dwell on them.

There is nothing that one can do. [A person on the spiritual search] can only watch and let things happen. “Put a thought in your head, hold it there, then forget it.” You reach a point where you don’t know what else to do, but you have to keep on looking. *Excerpt from Shawn Nevin’s personal journal, June 24, 1991.*

The key to magic is to remove the ego from what you do. Take the attitude of “let’s see what might happen” rather than “let’s make this happen.” Mr. Rose says don’t brag about what you do. Be grateful that it happened. He implied that you bump into things; you don’t make things happen. Mr. Rose said that in the old days, a master would send the pupil to the mountaintop and tell him to stay until he found the answer. *Excerpt from Shawn Nevin’s personal journal after he attended a profound evening lecture by Mr. Rose at Chapel Hill, April 1, 1993.*



For more information on between-ness:

- Read *The Direct-Mind Experience* by Richard Rose, available at [www.tatfoundation.org/books.htm](http://www.tatfoundation.org/books.htm).
- Read *Ultimate Between-ness*, an expanded version of Bart Marshall’s notes used for a workshop delivered at the September 2007 TAT Conference, *What are You Becoming?* The workshop, entitled “Aligning Will and Destiny: The Effect of Intent and Between-ness on the Manifesting Mind,” was presented to small groups in separate sessions. Visit [www.selfinquiry.org](http://www.selfinquiry.org).