

Richard Rose Notes and Quotes
— 1986 to 1993 —
Part 2: Life and Death

From 1985 through the mid-1990's, Paul Constant¹ 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 notes² 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.



“Humanity isn't worth it—this place is a Hellhole. Forget it and struggle for the Truth.”

“Young people today [1987] don't have an interest in philosophy and mind science. If they have any higher interests at all, it usually involves psychic phenomena. They have to be led by the hand from ESP, stories about hauntings, telekinesis, and other phenomena to something more meaningful, like the study of the mind.”

“Many attractions in life are simply bait dangled before the eyes.”

“We change personalities like chameleons to fit different social situations, hoping that others will buy our goods. How much time and energy is spent thinking about projecting the right image?”

Bucke said in this book, *Cosmic Consciousness*, that mankind as a whole is slowly evolving mentally. However, mankind has also increased in complexity. He has developed the ability to outwit himself in increasingly complex ways. A creative genius is able to outwit himself in more creative ways. This is why a man leading a simple life may be able to center his attention more easily than an intellectual person.

“An individual who hates his parents is probably more likely to become like them as the years go by. This individual would be better off if he were to respect them as struggling human beings

¹ Paul Constant is a pseudonym.

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

caught in the flow of life. In this way, he can study his own inherent weaknesses and try to escape.”

“We are what we do, not what we think we do.”

“We will stay young in life as long as we work toward something that we’re supposed to do.”

“Faith in the ordinary sense will not do us an ounce of good, but we must have faith in ourselves.”

We all have common ground. No one individual is inferior to another. Why should anyone meekly accept another’s beliefs or theories or propositions out of fear?

“You can tell a lot about somebody by looking at their face. One half of a man’s face is not the same as the other half. It’s good to get a frontal view and a side profile to see the full face and head characteristics.”

“Can a man choose his future? If, instead of throwing fists in a struggle to obtain, a man just relaxes and lets things happen, he will acquire more things in life.”

“When trying to understand someone, look past his personality and try to get the whole picture.”

Someone who makes you angry may actually be consuming your released energy. It is best to ignore him, if possible, or kick the crap out of him if you cannot escape.

“You can’t have too many people hating you.”

“Don’t build your happiness on someone else’s unhappiness.”

“The fact that you don’t act means you don’t have conviction. State of mind equals conviction. Mood equals inclination.”

“Your work towards success should be joyful.”

“Get a life plan.”

“You must learn to speak another’s language. Be agreeable to other people. Ask for help.”

“Don’t linger in the shadow of the past.”

“You are dichotomizing when you criticize yourself, and then identify with the part you criticized.”

“Battles in the head between two options can sometimes cause confusion, which keeps up until you submit.”

“There is a certain amount of tremendous futility.”

“There is no growth without crisis.”

“A person doesn’t go around saying they love themselves, except perhaps for a narcissist. Why go around giving out love to a bunch of people who don’t even want it? A Pollyannic person needs to know himself before he goes around straightening up the world.”

“An experience can’t be happy, eternally. We are bipolar beings. When there’s happiness, there’s automatically sorrow. If we were purely happy all the time, it would get so damn monotonous we’d wish for some sorrow or problem to overcome, just for the sake of a challenge.”

“Go ahead—try to love others by bringing them your philosophy, and you’ll get burned. It’s like reaching too low on the [spiritual] ladder. People will start raising eyebrows and start pointing the finger at you, and possibly question your mental health.”

“The so-called golden rule of reciprocity, as taught by Christ was, ‘Do unto others as you would have others do unto you.’ I am inclined to go along with Buddhist teaching of ‘Do not do unto others what you do not want them to do unto you.’ That way, you don’t have to demand love in return because you felt the need to give it out.”

“Very few people stop to analyze love. They want to create a universal condition by preaching it. These people have an underlying motive, and they may not even know it. It’s ‘love me.’ They want others to love *them*.”

“The bums want love but have none to give.”

“The flesh does not function without some ego.”

“Even the desire for peace of mind or bliss is an ego. Life is a battle, and we don’t want to face that.”

“Spiritualism provides the knowledge for a man to become less of an animal.”

“You’re all caught in a squirrel cage hell, and four times a year you go down to the [Rose] farm and let yourselves out of the cage.”

At a TAT meeting: “Some of you are sitting there thinking, ‘What’ll Rose come up with tonight to lift us out of the shithouse?’ ”

Referring to daily encounters with some people: “A smile means ‘hold still while I bite you.’ ”

“You can’t put 5 pounds of junk in a 2 pound bag. Some people aren’t ready for certain acquisitions or experiences, but they might stumble on them by accident.”

“We are fertilizer... but we have a chance to escape.”

“Everyone loves a wimp. Everyone wants a ‘yes man’ who will not stir up trouble.”

“How can science deny the existence of other dimensions when we have an imperfect view of this one?”

“How do you explain a situation where an unconscious person, by medical standards, travels out of the body and then later explains in detail all that happened in the operating room and other rooms in the hospital?”

“Where is thought located and how does it travel? Is it a mental protrusion, as demonstrated by telekinesis?”

“People define everything but themselves.”

Moods are one aspect of a state of mind. Other aspects include national, ethnic, and family contributions to the state of mind. You cannot create a state of mind, you must rise above it. You can often get a glimpse of the state of mind when you are between them, or even when you run into other people with contrasting states of mind.

Young men will not organize in a common cause because they are in competition with each other. Each wants to be the top stud horse.

Everyone is putting up with the bull\$hit from others as a means to an end (i.e., they want something).

“Most people are not malicious, but are driven by the promptings of nature. For example, a woman unconsciously degrades the male, but most of their inconsistencies are related to hormones. Fourteen days later, she thinks he’s not such a bad guy after all.”

A person will allow others to tap his energy if that person is too sympathetic.

Almost all people have two sides to their face, with each side having a different appearance. A strong contrast between the two sides might signify detrimental influences, such as sexual molestation as a child by an adult.

“We are what we do, not what we know.”

To announce your intentions invites opposition. If a person goes around telling everyone about his intentions, it’s like blowing the horns. “To keep silence” is the key.

“It is possible that we may retract into the Absolute after death, but most people will reject it because of the way they spent their life on Earth. For example, if a womanizer does not find women in the Absolute, he wants no part of it.”

The whole world is full of individuals who seek to cram their pipedreams down everyone's throats. These are the same individuals who disguise themselves as helping, who want to educate us, when in fact they are perpetuating their own personal ambitions.

“An honest man teaches only what he knows.”

“When you pray and hear your Self, then you can acquire.”

“Live daily with death.”

The death gene concept is based on the lifecycle of corn, as an example. When the silk is fertilized, the stalk begins to dry. All energy is routed to the ear.

If a man allows himself to be intimidated in any way, he opens the door for intimidation on all levels, in all circumstances.

“People's faces and physical features don't always reveal everything about the individual. For instance, some philosophical people may have angry characteristics. Don't rely too heavily on appearances. Watch the person's actions.”

Why is there a synapse? Why a gap? Psychology does not explain it. A continuous nerve fiber would more closely align with their theories.

“It is better to die than submit to intimidation.”

“The most propitious use of will is to will for the maximum good for oneself without endangering others.”

“A man should seek friends, philosophical or otherwise, with at least as much honor as himself.”

Getting crystallized in a job means getting caught in the mood of those you work with.

“Although sometimes a traumatic event will help shake up the thinking processes, not all traumas are good. Some traumas may permanently impair the mental faculties, such as memory. Yet some of the best wisdom comes as a result of surprises.”

“We are not completely helpless. An entity can plant a thought. However, we can decide to take action or not. As an example, in telekinesis, the entity may plant the idea, but we are the ones who move the salt shaker.”

“Mass murderers may be responding to hopelessness. They see all the injustices within society and know there is nothing to lose.”

“There is no love without hate. We cannot stop hate by passing laws.”