

**Richard Rose Notes and Quotes**  
— 1986 to 1993 —  
**Part 3: Sexual Lifestyle**

*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.*



Celibacy

"Celibacy develops creative genius and intuition—items needed to carry a man where there are no railroad tracks."

"I have taught a moral system of philosophy that helps a person survive life by maintaining the highest physical and mental strength."

"Some people are immediately offended with the idea of celibacy, because they cannot achieve it."

"Fulfilling nature's plans [i.e., sex] is not a sin, but I say resist the plans."

Thoughts incite the glands, and the glands incite the thoughts.

"We are not capable of discriminating between our own thoughts and interjected thoughts, such as those from entities, Nature, or programmed thoughts. At times, however, we may feel very compelled to seize upon an opportunity, and as long as we strongly feel or believe it is right, then perhaps we must use the opportunity. We may be wrong, but trial and error is often our only hope. A lifestyle that develops intuition will guide us at these rare or critical crossroads."

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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.

“Negative suggestions to the mind are not very effective. For example, [for someone practicing celibacy] ‘I will not have sex’ is not as workable as ‘I wish to be free of sex.’ ”

“To the celibate or virgin man, the most energy-consuming woman will look the most beautiful.”

If a person lives a clean or celibate life in his earlier years (before 35 years of age), then in his older years, when celibacy is a less effective lever, he will still be able to maintain a high energy level.

Prostatitis is not caused by celibacy itself, but by indulging in sexual reverie while abstaining at the same time. Prostatitis and cancer of the prostate are more likely to be the result of diet, sexual habits, hereditary, etc. than celibacy.

“Everybody has governing agents which build forces around them and lead them around. Celibacy is the only way to escape this. If you are not celibate, you get bounced back and forth until you get bounced down a narrow channel that has been picked for you.”

“Celibacy can have different results for different people. But any kind of sex, even if controlled, shouldn’t disrupt. If it does, it will destroy direction.”

“A man is not an individual until he gets control of his body.”

“Know that sex is important, don’t just say it.”

“To prevent reverie, you have to visualize or repeat something, such as ‘I am, I wish to be.’ ”

“When you think about it, life comes down to the hairy end of a gut.”

Try reading *The Albigen Papers* and writing down what you think about the book. Then try 30 days of physical and mental celibacy and read it again. Compare what you think about the book now and what you originally wrote down.

“A true virgin is not someone who has never indulged in sex, but rather someone who chooses prolonged abstinence over indulgence. This decision gives *real* power.”

“The next step after celibacy is possibly to become more psychic. Down the road, these abilities can be used to help teach others about philosophy. In other words, Christ healed people to attract students to his teachings.”

“Once a person learns to heal, the conservation of energy is not a strict requirement.”

## Relationships

A person must find a mate with a spiritual equivalent with regard to sex. In other words, a person with a sexually conservative life, who has had few sexual partners, should not marry or even have intercourse with a person who has slept with many partners.

“In marriage, one individual spiritually elevates the other, but the second contaminates the first.”

“Just because you’re caught in a bear trap [i.e., a bad marriage], doesn’t mean you have to carry it around the rest of your life.”

In response to a question about whether his remarkable intuitive ability resulted from his Enlightenment experience or preceded it, Rose said that he always had intuition about everything except sex, and that he had a tendency to project angelic qualities onto women.

Entities initiate the sex drive in all living things. A rabbit has six babies, five of which end in death (blood entities). The remaining rabbit is the strongest and most sexually potent. Why do we have a world where five die? Why not just have one strong one?

“A person might have latent tendencies that manifest later in life. For example, a married man could turn to homosexuality when he is older.”

“Someone who is married may take on the degenerate lifestyle of their husband or wife. One person will be pulled up, and the other will be dragged down.”

Entities may set up the entire game over a lifetime to create the downfall of an individual. Some men who steal or commit other crimes are seemingly charmed. They get away with everything until committing a big crime. Then he is put into the penitentiary, where homosexual activities feed energy to the entity that created the charmed life. Another method of creating someone’s downfall: an entity may attack a spiritual individual, or a spouse, and inflict a physical ailment or pain.

Men have higher sexual frequencies than women because they must try several times before impregnating the female.

Women need prostaglandins and quantum energy to keep them young. If a man declines to give prostaglandins to his wife, he risks the danger of the woman finding another man.

“A woman has 28 minds, one for every day of the month.”

A man will often stand up for women (in their presence) because he will use it later to improve the chances of gratifying his sexual desires.

Women dislike men during menstruation because the man did not get her pregnant. This is especially true in close relationships.

A marriage partner should never be allowed to interfere with a spouse’s priority.