

## **Appreciation, Gratitude, Satisfaction, Fulfillment, etc.**

A journey into this new mode of consciousness gives me a marvelously enhanced appreciation of patterning in nature.

A succession of object-stimuli might be used to lead the subject beyond the aesthetic appreciation of the thing to meaningful examination of his own life.

All sensory pathways seem to be wide open and the sensitivity to and appreciation of external stimuli is greatly enhanced.

Although the experiences have been fulfilling in hundreds of ways, by far the most meaningful have been the religious insights and feelings of spirituality.

He may have a deep and moving religious experience in which he understands the pattern of all life, with awe, gratitude and total understanding.

Hell consists not in being deprived of union with God, but in willful failure to appreciate it.

Members of the new breed seek a culture founded in higher consciousness, a culture whose institutions are based on love, a culture that fulfills the perennial philosophy.

Now I know that life is a constant flowing and we are part of each other. I have read it, thought it, but now I know and am overwhelmed with gratitude.

Once the God self was recognized and appreciated, all need for arrogance and egotism was gone.

People have an untapped potential of great love and wisdom which is too often neglected in trying to satisfy the imperious power demands of the ego.

Pervasive feelings of the "All rightness of the Universe" and a humble gratitude are the overwhelming emotional responses to union or communion with the divine.

Previously pragmatic and materialistic individuals can develop deep interest in and genuine appreciation of the spiritual aspect of existence.

Psychedelic drugs have allowed me to believe impossible things, and I am grateful to them for that.

The actual experience of gratitude has an uplifting and joyous quality which is beyond all words.

The emphasis shifts from pursuit of complicated external schemes to appreciation of simple aspects of existence.

The mind comes to rest and notices the rhythm, becoming aware that the timeless intent of the process is fulfilled at each instant.

The patient often states that he feels reborn, whole, clean, grateful and joyous, loving all things, animate and inanimate.

The psychedelic technique fulfills the hopes of many troubled individuals for magical intervention, a quick solution to their problems.

The trouble is that we are too proud to be children and appreciate the playing of God. For sin is precisely the adult, unplayful action of taking oneself seriously.

The transformative power of such experiences has been appreciated throughout history in the legacies of the ancient mysteries.

These sacraments are fantastic privileges. It is an undescrivable grace, an undescrivable privilege.

This spiritual craving seems to be more basic and compelling than the sexual drive, and if it is not satisfied it can result in serious psychological disturbances.

Throughout history, most cultures had a great appreciation for nonordinary states of consciousness. They highly valued the positive potential of such states.

To develop graceful, fulfilling ways of living a more serene, beautiful and creative life, psychedelics will help to point the way.

A good experience with the drugs heightens and intensifies all experience and just as one can enjoy music and art during the experience with a new and deeper appreciation, so one can do the same with sex—it can be a beautiful experience under the drug.

At present, Christianity tends to demand blind faith, rote words and mechanical behavior. This leaves people empty and unfilled. But the cosmic calling we humans have will not be denied forever, despite the ignorance of religious institutions.

Blake said that “gratitude is heaven itself”—a phrase I was unable to understand before taking LSD, but which now seems luminously comprehensible. (That was Aldous Huxley.)

Deep satisfaction can now be derived from a number of things that have been available all along but were previously ignored or barely noticed. Full participation in the process of life becomes more important than pursuit of any specific goal.

Emotional healing is combined with a movement toward a more fulfilling strategy of life and a search for answers to the fundamental ontological and cosmological questions of existence.

Encounters with the divine regions are extremely healing. Reaching them, one often feels positive emotions such as ecstasy, rapture, joy, gratitude, love, and bliss, which can quickly relieve or dissolve negative states such as depression and anger.

Every woman has built into her cells and tissues the longing for a hero, sage-mythic male, to open up and share her own divinity. But casual sexual encounters do not satisfy this deep longing.

I’m eternally grateful for this experience. LSD changed my life. I’ve lived more, felt more, enjoyed life more in the last few years than I had dreamed possible. LSD gave me that treasure. (That was actor Cary Grant.)

In the face of the unbelievable magnitude of the Whole Show, in the face of Eternity, we should all be continually, every second of the incredible day and night, humbly, reverently awed and thankful for the miracle of our impossible existence.

It's really impossible to appreciate what is meant by the Tao without becoming in a rather special sense stupid. This special kind of stupidity is not simply calmness of mind, but "non-graspingness of mind. (Don't interfere with your mind. Leave it alone.)

One of the most important changes most people experience through non-ordinary states of consciousness involves a new appreciation for the role of spirituality in the universal scheme of things.

Pleasure, like mystical insight itself, must always come unsought. Pleasure cannot be given unless the senses are in a state of accepting rather than taking. Pleasure as ordinarily pursued is never a true fulfillment.

Reports of successful marital adjustments with LSD increasingly give evidence of restored appreciation for the partner and the partnership. It seems not unreasonable, therefore, that one day LSD may be regarded as a strong asset to marriage counselors.

Subjects who had previously ridiculed alchemy and the ancient forms of divination suddenly discovered their deeper meaning and found genuine appreciation of their metaphysical relevance.

The experiencer and the experience become a single, ever-changing, self-forming process, complete and fulfilled at every moment of its unfolding and of infinite complexity and subtlety.

The motivations for psychedelic experimentation can be extremely serious and reflect the most fundamental needs of human beings—cravings for emotional well-being, spiritual fulfillment and a sense of meaning in life.

The part of the mind given to trivial things surely had no immortality and the ego, which continuously pushed us about trying to satisfy its selfish wants, would be dissolved and good riddance.

The purpose of the whole experience is for the person to learn to experience himself and the things about him with fulfillment and joy. Having a good time and experiencing beauty is therapeutic.

The religion of direct experience of the divine has been regarded as the privilege of a very few people. I personally don't think this is necessarily true at all. I think that practically everyone is capable of this immediate experience.

We must come to understand the value of nonordinary experience—to feel grateful for it rather than guilty about it—so that we can encourage our children to express it rather than hide it.

When I read about such visionary states later, I felt especially grateful for my experience because it seemed that much more authentic and because it gave me a window on the knowledge of the sages.

You can't fulfill the hero's journey if you insist on your comfort and safety. You may have to risk your life if you seek incomparable enlightenment. (It can be a rocky ride, but you are not really risking your life, though it can seem like that, especially for the ego.)

If certain conditions are fulfilled, human beings may cease to behave as the pathetic or deplorable creatures they mistakingly think they are and be what in fact they always have

been, if they had only given themselves a chance of knowing it—enlightened, liberated, “godded in God”.

In the psychedelic ‘60’s the flower children had been lit up like living torches and beamed out their powerful little lights across the world. For a while it looked like the light would conquer the dark, and there would at last be peace on earth. We were filled with wonderment, gratitude, awe, love. We had seen MORE than the everyday reality.

Just as photographic chemicals bring to light the picture already imprinted on the film, the psychedelic chemicals have introduced many people to an appreciation of music, a capacity for art or a sensitivity to poetry that was there but which they never dreamed they had.

Like everyone else, I am functioning at only a fraction of my potential. How grateful I should feel if someone had taught me to be, say 30 percent efficient instead of 15 or maybe 20 percent! (That was Aldous Huxley. He had the right idea, but we actually are at just a tiny fraction of one percent of our potential or efficiency.)

Many transpersonal experiences have a strong influence on the individual’s values, attitudes and interests. Thus, experiences of the collective and racial unconscious can generate a sensitivity to the needs and problems of another culture and create a deep appreciation for its religion, art and life philosophy.

Only a few rather exceptional professionals have shown genuine interest in and appreciation of transpersonal experiences as phenomena of their own right. These individuals have recognized their heuristic value and their relevance for a new understanding of the unconscious, of the human potential and of the nature of man.

Only when the ordinary perception of the material world is transcended can consciousness connect with the heavenly regions. For those who have had the privilege of such experience, the existence of Heaven, God and celestial beings ceases to be a matter of belief and becomes self-evident reality.

Personally I find it extremely comforting to think that I have somewhere at the back of my skull something which is absolutely indifferent to the human race. I think this is something quite satisfying, that there is an area of mind which doesn’t care about what I am doing, but is concerned with something quite, quite different.

The individual seems to gain access to a value system that is not understandable in terms of his or her own early history or cultural norms. It entails a sense of compassion, tolerance, basic justice and aesthetic appreciation that has a transpersonal or even cosmic quality.

The most human thing about man is his eternal, childlike hope that somehow, someday, the deepest yearnings of his heart will come true. Who is so proud and unfeeling that he will not admit that he would be deliriously happy if, by some strange magic, these deep and ingrained longings could be fulfilled? If there was eternal everlasting life after all?

To men and women who have had direct experience of self-transcendence into the mind’s Other World of vision and union with the nature of things, a religion of mere symbols is not likely to be very satisfying. The perusal of a page from even the most beautifully written cookbook is no substitute for the eating of dinner.

I felt like the neurological Knute Rockne. I was a scholar from the greatest university in the greatest country, moving the adventurous search for human knowledge forward. I counted myself fortunate to be a member of that long line of visionaries who throughout history have sought peaceful nature-shrines to carry on the search for self-knowledge. (That was Timothy Leary.)

Previously almost-depressed individuals typically emerge from a successfully integrated LSD session with elevated mood, joyful appreciation of existence, enhanced self-esteem and self-acceptance and greater capacity for meaningful human relationships. Their inner life is enriched, they are more open and they show an increased appreciation of beauty in nature and art.

The effect of ecstasy is to create motivation, the longing to continue the ecstasy and fulfill it. Critics of the drug cults complain that they retreat from life's realities, become passive and inert. Actually, it is not so much this aspect of the psychedelic scene but its precise opposite to which they object. It is not the reading of Thoreau; it is the taking him seriously to which society objects.

The individual tuned into this experiential area usually discovers within himself or herself genuinely positive values, such as a sense of justice, appreciation of beauty, feelings of love and self-respect as well as respect for others. These values, as well as the motivations to pursue them and live in accordance with them, appear on this level to be intrinsic to human nature.

Traditional scientists often attribute the appreciation that non-Western societies show for shamans to the fact that these societies are unable to discriminate the abnormal from the super-normal because of their lack of education and scientific knowledge. (This is an example of how ignorant and arrogant Western societies really are. The West has advanced in technology, but where is the wisdom?)

We may feel that we are really seeing the world for the first time in our lives. Everything around us, even the most ordinary and familiar scenes, seems unusually exciting and stimulating. People report entirely new ways of appreciating and enjoying their loved ones, the sound of music, the beauties of nature, and the endless pleasures that the world provides for our senses.

If the human potential that Jesus demonstrated is understood to be within us, if the capacity to grow to Godlike stature is directly experienced by all Christendom as the key to the Kingdom, then Christianity will fulfill its purpose by encouraging people to evolve, to transform themselves, to rise to a higher state. (That means the LSD state of cosmic consciousness. Do phony idiots such as Jerry Falwell and Pat Robertson understand that?)

As a result of this spiritual fulfillment, an amazingly deep new optimism has come to me. I am grateful to have been able to learn that I am capable of such experiences.

Innocence isn't the absence of the erotic, but its fulfillment.

It is not man but his method of thought which fails to find fulfillment in experience.

It opens a religious vista or fulfills a sense of meaning in existence.

It satisfies fully.

Like the sun, he will ascend again into the heavens, fulfilling the cosmic cycle.

LSD gives people appreciation of nature.

Many of us are profoundly grateful for the vistas opened up by the drug experience.

Nobody is truly sane until he feels gratitude to the whole universe.

Our insight into the divine plan becomes more awe-fully detailed.

The experience can be intensely gratifying.

The experience has greatly improved my appreciation for art, music.

The individual's appreciation of natural beauty is greatly enhanced.

The LSD experience heightened intellectual appreciation and curiosity.

There is a new peace in my life, as well as an appreciation for the beauty of existence.

To seek enlightenment in words is like expecting the sight of a menu to satisfy hunger.

You float in a heaven of satisfaction and contentment.

You learn to appreciate the true value of things.

After so many years of wandering, I had come home. I had received the most precious gifts there are, the gifts of life and love.

I expressed gratitude that paradise had been shown me and that somewhere deep within myself, there had hidden this heaven now being revealed.

I felt so blessed to have seen what I felt was this energy of creation at its purest and highest vibration.

I realized the many wonderful emotions I had experienced were so rare in the lives of most people and gratitude that such ecstasy had been mine.

I was at the beginning of my life. I had just been born. I was alive! Thank God I was finally alive!

I was overcome with reverence. And gratitude. To be allowed this glimpse, this participation in the Holy company, in the venerable dance.

My gratitude for the moment when the veil parted and I knew that "I" am so much more than I thought was so immense that I often discovered myself sobbing with joy.

My life suddenly seemed to me infinitely precious and I cried out with joy at the thought that I was now living so much in so short a span of time.

She felt enormous gratitude for her experience and the cosmic insights; she saw them as a special grace and privilege.

The awareness that God was in every nook and cranny of the universe was now so tremendously increased and so richly fulfilling that a great reverence enfolded me.

The beauty I saw so clearly was not even noticed by anyone else, much less appreciated. I realized this beauty was God.

The unfathomable beauty and joy was right there, all around, everywhere, just waiting to be seen and appreciated.

We all felt that we have achieved the state of ultimate fulfillment; we have reached the source and the final destination, as close to Heaven as I could imagine.

By my calculation, the state lasted about 300 years, for the sensations which followed one another were so numerous and pressing that any real appreciation of time was impossible. The rapture passed...I saw that it had lasted just a quarter of an hour.

I felt I had now experienced the grace of God. Truly I had been given a gift of infinite worth. I could understand why human beings throughout history have relentlessly pursued truth and sought enlightenment.

I was convinced that if we were to know peace within ourselves, the need for spiritual development must be recognized, appreciated and stressed far more than it now is in our culture.

It seemed to me that the feelings of joy, rhythm, appreciation of music and the many other emotions I had experienced were all part of an intrinsic spiritual power which pervades the universe, each of them different aspects of God.

My soul, I learned, is most “into” joy and beauty, i.e., experiences of joy and beauty most occupied me on acid. Joy and beauty do not dominate my awareness in general—and never with a comparable intensity—so I treasure these experiences on the grounds of their rarity alone. They were also profoundly educational. I think I understand the human race a little better.

Now I could hear, as if for the first time, the depth of the wisdom in their teachings and in the mystical doctrines of all ages and all cultures. As I sought for words to express my own ineffable experience I gained a new appreciation for those individuals who had attempted to communicate their own insights in writing or art. I also became interested in understanding intuitive ways of knowing.

Suddenly I burst into a vast, indescribably wonderful universe. Although I am writing this over a year later, the thrill of the surprise and amazement, the awesomeness of the revelation, the engulfment in an overwhelming feeling-wave of gratitude and blessed wonderment, are as fresh, and the memory of the experience is as vivid, as if it had happened 5 minutes ago.

The city was bathed in the first pink rays of the morning sun and was truly breath-taking to behold. The soft greens of the trees and grass of Central Park were beyond belief. The buildings and streets had a warmth and charm hitherto reserved for memories of bygone days...That evening I was back in my old familiar world but with an awareness of and appreciation for colors, hues and textures that I never had before.

The feelings I experienced could best be described as cosmic tenderness, infinite love, penetrating peace, eternal blessing and unconditional acceptance on one hand and on the other as unspeakable awe, overflowing joy, primeval humility, inexpressible gratitude and boundless devotion. Yet all of these words are hopelessly inadequate and can do little more than meekly point toward the genuine, inexpressible feelings actually experienced.

The night was all joyous discoveries, many of which brought me almost to the point of tears, to laughter and astonished wows regularly. Whole new horizons. I felt humbled and honored to be in a room with and listening to such enlightened powers. I felt in flash after flash that I'd never been so high before, never so aware and never—at least not since a long, long half-remembered time ago—so hopeful and happy.

A deep gratitude came for the privilege of seeing this divine part of myself and others.  
An atmosphere of fathomless and soul-satisfying serenity surrounded and transfused me.  
I achieved transcendent sexual fulfillment.

I felt blessed and exalted.

I felt how lucky I was to be living surrounded by simplicity and beauty.

I found a wealth which satisfied all wishes.

I was immensely grateful that I was able to have this experience.

It was the most satisfying experience of my life.

It was truly the most beautiful and fulfilling day of my life.

My appreciation of life was profoundly enhanced.

The experience had enhanced their appreciation of life.

The experience seemed to satisfy every human want, physical or spiritual.

a feeling of joy, gratitude, pleasure or onrush of grace at catching a glimpse of the Ultimate

a keen appreciation of the beauty of the music, my surroundings and myself, although without egotism

a lively appreciation of the feelings and manners of all people in whatever lands and ages, a spiritual cosmopolitanism

a more joyful, interesting and satisfactory way of being in the world, with a sense of belonging, meaning, natural spirituality

a new soul-shaking appreciation of the inner beauty, either seen or potential, of all humanity

an overpowering sense of gratitude, a desire to give thanks to the Order of Things for the privilege (of the LSD experience)

brotherly feelings for all fellowmen and appreciation of warm human relationships, friendship and love

full appreciation of the therapeutic potential of the mystical and religious dimensions of the LSD experience

re-examination of values and purpose, enhanced aesthetic appreciation, gaining a new perspective

the euphoria induced by the satisfaction of the senses raised to a degree he had never before experienced

the fulfilling and lasting feelings of reverence and spirituality, the awareness of the continuous presence of God

the keenest possible awareness of beauty in everything my glance fell upon, together with the deepest imaginable appreciation

the necessity for continuous spiritual growth which alone could lead to the joy and fulfillment He had spoken of as heaven

the sense of an intense gratitude for the privilege of being alive in a universe as extraordinary as this, as altogether wonderful

the unreal ego, perpetually distracted from the only source of real satisfaction, the living moment

the value of the drug experience for the purposes of both therapy and personal growth and fulfillment

a deep unconscious association between oceanic ecstasy and the experiences of natural beauty, inspired artistic creations, spiritual feelings and highly satisfactory human relationships

an all-too-natural wild and satisfying, defiantly brave psychedelic religious pioneer existence, backed by smiling Buddhas and holy Christian martyrs all giving me the nod and the go-ahead

an experience extraordinarily satisfying in terms of emotions, sensations and fantasy, complete with technicolor and sound-track, creativity and productively loaded with valid insights

fulfillment of people as individuals, as whole strikingly beautiful beings in and of themselves instead of parts that are only validated by some sort of institutional or governmental body

greater spontaneity of emotional expression, reduction in depression and anxiety, less distance in interpersonal relations, more openness to experience, increased aesthetic appreciation, deeper sense of meaning and purpose in life, and an enhanced sense of unity with nature and humanity

a deep appreciation and personal identity with the total grandeur and beauty of nature

a higher degree of self-fulfillment in the psychedelic drug experience

a markedly noticeable increase in the appreciation of beauty

a rebirth into great understanding and a greater appreciation of God

a sense of how a more fulfilling life might be possible

a sense of inner vision and fulfillment

a sense of satisfaction and timelessness of the present moment

a state of self-confidence, satisfaction and relaxation

a whole experience, a true fulfillment

a wider scope

aesthetic appreciation

an experience that can be appreciated regardless of intellectual or intelligence level

an exquisite appreciation of food (or anything)

an increased aesthetic appreciation of color, form, texture and sound

an intense gratitude

appreciation of a simple way of life

can enhance appreciation of art and music

could lead to a fuller and more satisfying way of existing in the world

feels profoundly satisfying

grateful to be dead—grateful to have been shown the truth

gratifying emotional orgies

inner fulfillment and genuine emotional satisfaction

intense, constant flowing lust and satisfaction

music so soul satisfying  
opens up vistas of natural satisfaction and aesthetic revelation  
overwhelming feelings of love, gratitude and oneness  
peace—everywhere godlike peace, the sum of all conceivable desires satisfied  
satisfies the subject's intellectual, philosophical and spiritual craving  
self-actualization, self-fulfillment  
the appreciative state  
the feeling of ecstatic tenderness and fulfillment  
the feeling of intensified appreciation of works of art  
the most creative and the most satisfying experience possible  
the perfectly satisfying intensity and purity  
the perfectly satisfying intensity and purity of these gorgeous colors of ineffable beauty  
the secret league of dedicated travelers who shared a vision of fulfillment  
the state of total fulfillment  
this beautitude, the fulfillment of the potential of man's being  
to enhance appreciation of color and form  
to satisfy a deep longing  
transcendent sexual fulfillment  
true satisfaction, intense satisfaction  
will take LSD to satisfy a deep-rooted need for wholeness and meaning