

Body, “Physical Sensations”

A person discovers that we are spirit and exist separate from the body in another, an eternal dimension.

A subject may “feel” the interior of his body, experiencing his internal structure and processes as he understands them or as altered in some way.

All of this is felt in the deepest roots of one’s body. One descends into these roots and relives the prehistoric process. (eyes closed)

Bodily contact is probably the most effective method of softening hardened surfaces. Your blood begins to flow into the other’s body. You both drift down the capillary river.

Cells of the body come and go. A human body is like a whirlpool. There seems to be a constant form.

Clarity may suggest the sense that the world confronting us is no longer an obstacle and the body no longer a burden.

Consciousness is real and has connections to every part of the body. (That’s not a contradiction of the previous sentence.)

Drugs open awareness to messages from the autonomic nervous system, signals from the great organs and tissue centers within the body.

During any profound emotional experience, religious or otherwise, chemical or hormonal bodily changes occur.

Each level of energy which man has discovered outside exists within his body and is available to conscious discrimination.

Every cell in your body is acutely conscious and has access to wisdom which dwarfs the mental, prefrontal symbolic aspect that you consider normal waking consciousness.

Every cell of your body is an energy torch which tracks back through millions of generation transformations.

Frequently, music seems to resonate in different parts of the body and to trigger powerful emotions.

How many are open to the idea that God might be easier to find with LSD in the body than with white bread or bourbon or liverwurst in the body?

If no attempt is made to induce the orgasm by bodily motion, the interpenetration of the sexual centers becomes a channel of the most vivid psychic exchange.

In most people there is such a deplorable disparity between the intelligent and marvelous order of their bodies and the trivial preoccupations of their consciousness.

It is unfortunate that most of the scientific studies on creativity have been done by psychologists who don’t have a creative bone in their body.

It's how your soul is doing in its path to eternity, not how your body is doing in its path through this life that's important.

Like a microscope, LSD magnifies. Instead of magnifying things outside the body, it magnifies inner experience.

LSD subjects in this state experience powerful currents of energy streaming through their bodies.

Memory may exist independent of the physical body maintaining a cogent form that can be recognized by human faculties other than the five senses.

My body and all bodies come forth from this whirl of energy as leaves come from trees, fish from the ocean, stars from space.

My body is also my total environment and this must be measured by light-years in the billions.

Once the reality of the world as grounded in the Absolute is established, the body seems to be less an obstacle to freedom, for it is a form of that self-same Absolute.

One can connect with a state that feels eternal, understanding that one is at once the body and also all that exists.

One feels open to a total flow, over and around and within the body and one becomes more and more conscious of these threads of energy, of their vibrations.

People may feel keener awareness of their bodies or sense changes in the appearance and feeling of body parts.

“Self” is not only the body but the whole energy system which embodies itself in all bodies.

Sights, sounds, smells, tastes, and tactile sensations all appear to be unimaginably more intense, vivid, and pleasurable.

Some are able to project an image of their own body on a wall or into a crystal or may close their eyes and envision their own body image.

The ability to relax physically and emotionally and enjoy ordinary things in life is greatly enhanced.

The blinders are removed and the individual glimpses the nature of the process. This revelation comes through a biochemical change in the body.

The conscious ego doesn't know that it is something which that divine organ, the body, is only pretending to be.

The deep contents of the psyche that we are ordinarily unaware of erupt into consciousness in the form of images, powerful emotions, and strange physical feelings.

The earth could be viewed as part of a larger system—a cell in some larger body whose connective tissue might include radio messages crackling between the stars.

The individual discovers new ways of enjoying his or her own physiological processes and develops more respect for life in all its infinite manifestations.

The mind is a tiny fragment of the brain-body complex. It is the game-playing fragment. (The mind in this case means the ego.)

The natural universe has been considered apart from and even opposed to God because it has not been considered as one body.

The oceans, the air and even the solar system are as much our vital organs as heart and stomach. We are not in nature. We are nature.

The powerful sensations from every part of your body and the unusual connections of thoughts and feelings that are normally ignored come dramatically into consciousness.

The sense of physical separateness may be lost—moving towards a mystical-type experience.

The spirit, interiorly in a state harmonious to the celestial concourse, will be invested with a spiritual body.

The subject experiences in this state powerful currents of energy streaming through his or her entire body.

The ultimate challenge to Newtonian science has been the discovery that clinically blind people experiencing out of body experiences describe scenes that are visually accurate.

The use of LSD led to a resurrection of the body. The person discovered that his body belonged not to the state, the moralist or the doctor but to himself.

The way to turn off the emotions is to turn on the senses, to turn on to your body, turn on to the electric glow within.

The world is experienced as a physical extension of oneself, or one's own nervous system.

There are billions of cellular processes in your body, each with its universe of experience, an endless variety of ecstasies.

These experiences are often accompanied by intense sensations of a potent spiritual force that floods the body.

This mind-body isn't "given" a structure. It is that structure and before the structure arose, there was no mind-body.

Turning on requires a change in the physiology of the human body. You have to have something to bring about the biochemical change, a sacrament.

We become aware that consciousness is quite separate from our bodies. (That's also not a contradiction.)

We insist that inner conflict between ego and body, reason and instinct, is the essential condition of civilized life.

When the psychic energy first begins to be felt, there is a growing sensation within of thousands of delicate threads moving about the body.

You can link that cosmic brain and pleasure-seeking body with another or others similarly inclined.

Your own consciousness shining, inseparable from the great Body of Radiance, is subject neither to birth nor death.

You're suddenly flooded by lights and colors and sensations and images, and also getting simultaneous messages from different parts of your body.

All of our unconscious bodily functions, such as breathing and digestion, the beating of our hearts, the biochemistry of our metabolism, and so on, are part of a seamless web that does, indeed, include the whole universe.

An enormous amount of energy from every fiber of your body is released under LSD, most especially including sexual energy. There is no question that LSD is the most powerful aphrodisiac ever discovered by man.

An individual having a peak experience feels a sense of overcoming the usual divisions and fragmentations of the body and mind and reaching a state of complete inner unity and wholeness; this usually feels very healing and beneficial.

As the sexual activity continues and the drug takes greater hold on you, the sensations intensify. The penis feels bigger, stiffer and strangely "rubbery." Sensations of pleasure expand to more areas of the body than usual.

Consciousness changes. Your nerve endings, neural cameras, cellular memory banks, protein structures become broadcasting instruments for the timeless humming message of God located inside your body.

Dances which are spiritual, body movements can get you grooving with your internal energies. The movements can be in tune with your ancient cellular-mythic patterns and the dance itself can be a wild ecstatic turn-on spiritual event.

Every cell in your body is singing its song of freedom—the entire biological universe is in harmony, liberated from the censorship and control of you and your restricted ambitions.

Ideation, images, body sensation and emotion are fused in what is felt as an absolutely purposive process culminating in a sense of total understanding, self-transformation, religious enlightenment and possibly mystical union.

If the answer existed within the conscious ego, the quest would never have begun. The answer is found in those areas that were previously unconscious, those areas where the body links and joins other bodies and the total energy continuum of life and ecology.

In deep experiential psychotherapy, biographical material is not remembered or reconstructed; it can actually be fully relived. This involves not only emotions, but also physical sensations, visual perceptions, as well as vivid data from all the other senses.

In the spiritual and mystical literature of all ages, one can find numerous descriptions of spectacular physiological changes in the body or seemingly impossible achievements of people in various extraordinary states of mind.

Individuals can feel that prior to the experience they had never really seen colors, smelled the variety of fragrances and odors, tasted the infinite nuances of food, or experienced the sensual potential of their bodies.

It is possible to cut beyond ego-consciousness, to tune in on neurological processes which flash by at the speed of light, and to become aware of the enormous treasury of ancient racial knowledge welded into the nucleus of every cell in your body.

Lama Govinda said that the process of breathing is the connected link between conscious and subconscious and that breath is the key to the mystery of life, to that of the body as well as that of the spirit.

Liberty was at stake here, freedom of access to your own body and brain and to manage it, a right I believed was protected by the Constitution. The human mind is a frontier of freedom. (That was Timothy Leary.)

Our body contains, however small the bit, a part of that physically real primeval mud from which we grew, through orders, classes, phyla—to what we are. Thus, the physical reality of the evolutionary sequence of life may become available to our consciousness.

Paying exclusive attention to differences ignores relationships. It does not see, for example, that mind and form or shape and space are as inseparable as front and back, nor that the individual is so interwoven with the universe that he and it are one body.

Profound transpersonal experiences move the individual out of the narrow framework of identification with the body-ego and lend to feeling and thinking in terms of a cosmic identity and unity with all creation.

Tao signifies the energy of the universe as a way, current, course or flow which is at once intelligent and spontaneous. It's your own true self, the very energy and patterning of your bones, muscles and nerves.

The empathy with nature seems to be especially abetted by the warming rays of the sun, the playing of the breezes over the subject's body, his contact with the earth below him and various other types of tactile experiencing of the environment.

The human mind-body possesses other sources of information, makes use of other types of reasoning, is gifted with an intrinsic wisdom that is independent of cultural conditioning.

The scientist of consciousness must have courage, take the drug himself, the courage that comes from faith in your body, cells, the life process, conscious faith in the harmony and wisdom of nature.

There are as many levels of consciousness as there are neurological, sensory, anatomical, cellular, molecular and atomic structures within the human body—a galaxy of communication systems and energy patterns, being sent and received.

Trust your sense organs and your nervous system. Your divine body has been around a long, long time, much longer than any of the social games you play. Trust the evolutionary process. It's all going to work out all right.

We can literally relive early events from our lives. We can be two months old or even younger, once again experiencing all the sensory, emotional and physical qualities as we first knew them.

What happens outside the body is one process with what happens inside it. This is that “original identity” which ordinary language and our conventional definitions of man so completely conceal.

Is the use of LSD the initial event that will guide us to a new morality and to new patterns of human life on this planet? Will we keep our heads straight and our bodies and minds clear? Or will we become anti-intellectuals devoted to the culture of “big fishes eating smaller fishes” in the holy names of religion, education, civilization, progress.

It will enable each person to realize that he is not a game-playing robot put on this planet to be given a Social Security number and to be spun on the assembly line of school, college, career, insurance, funeral, good-bye. Through LSD, each human being will be taught to understand that the entire history of evolution is recorded inside his body.

LSD subjects have, in certain special states of mind, access to information about almost any aspect of the universe. The holographical approach makes it possible to imagine how the information mediated by the brain is accessible in every cerebral cell, or how the genetic information about the entire organism is available in every single cell of the body.

Man is going to get back in harmony with his body, with his fellow man and with other forms of life on this planet. Man is going to realize that consciousness is the key to human life and instead of power struggles over territory and possession of weapons, the focus of man’s energies is going to be on consciousness.

Nature seems to the subject a whole of which he is an integral part and from this characteristic feeling of being a part of the organic “body of nature” the subject readily goes on to identify with nature in its physical particulars and processes. No drug subject similarly identifies with a room or other artificial environment.

One can experience and tune in to what appears to be the consciousness of animals, plants or even inanimate objects and processes, to experience the consciousness of the entire universe or experience the consciousness of certain parts of the body— various organs, tissues or individual cells.

Our true nature is an aspect of a universal consciousness, Self, Being, Mind, of God. The awakening to this true nature is the direct awareness that you are more than this puny body or limited mind. It is the realization that the universe is not external to you. It is experiencing the universe as yourself.

The individual identifies with only one aspect of his or her being, the physical body and the ego. This false identification leads to an inauthentic, unhealthy and unfulfilling way of life, and contributes to the development of emotional and psychosomatic disorders of psychological origin.

The modern term for the direct experience of spiritual realities is transpersonal, meaning transcending the usual way of perceiving and interpreting the world from the position of a separate individual or body-ego. There exists an entirely new discipline, transpersonal psychology, that specializes in experiences of this kind and their implications.

The new data support quite unambiguously the view that has been held by the mystical traditions of all ages: under certain circumstances, human beings can also function as vast

fields of consciousness, transcending the limitations of the physical body, of Newtonian time and space and of linear causality.

The person is at one with the universe. In his mystic selflessness he awakens with a feeling of rebirth, often physically felt and he is provided with a new beginning, a new sense of values. He becomes aware of the richness of the unconscious at his disposal; the energies bound up in and by repression become available to him.

The sensation of leaving one's body is quite common in drug-produced states and can have various forms and degrees. Some persons experience themselves as completely detached from their physical bodies, hovering above them or observing them from another part of the room.

The subject's own body and the bodies of the persons present in the session room show grotesque changes; some anatomical parts can appear miniaturized, others magnified or elongated. Similar bizarre distortions also involve the perception of inanimate objects. (The changes can also be perceived as beautiful.)

This new self has no location. It is not something like a traditional soul, using the body as a temporary house. To ask where it is, is like asking where the universe is. Things in space have a where, but the thing that space is in doesn't need to be anywhere. It is simply what there is, just plain basic isness!

What's the difference between being totally enlightened and being totally insane? The only difference is who has possession of the body you leave behind. (When tripping, you must have someone with you to make sure your body doesn't do something you'll be sorry about when you come down.)

Your body carries a protein record of everything that's happened to you since the moment you were conceived as a one-cell organism. It's a living history of every form of energy transformation on this planet back to that thunderbolt in the Precambrian mud that spawned the life process over 2 billion years ago.

As in the case of other transpersonal experiences, episodes of organ, tissue and cellular consciousness can be associated with many concrete insights; various details concerning anatomy, histology, physiology and chemistry of the body found in the accounts of such experiences often reveal a level of information that the subjects did not have before the sessions.

Emotions are caused by biochemical secretions in the body to serve during the state of acute emergency. The person in an emotional state is an inflexible robot gone berserk, a blind crazed maniac and is turned off sensually. (This really refers to negative emotions during normal waking consciousness, not the positive emotions which are part of the LSD experience.)

Individuals feel that they have left the past behind and that they are capable of starting an entirely new chapter of their lives. Exhilarating feelings of freedom from anxiety, depression and guilt are associated with deep physical relaxation and a sense of perfect functioning of all physiological processes. Life appears simple and exciting and the individual has the feeling of unusual sensory richness and intense joy.

In the transpersonal realm, we experience an extension of our consciousness far beyond the usual boundaries of both our bodies and our egos, as well as beyond the physical limits of our everyday lives. The more I have explored this realm in my own research, the more I am convinced that these experiences in transpersonal consciousness can include the entire spectrum of existence itself.

No government has the right to interfere with what happens inside someone's body or nervous system. Anything we do behaviorally in public to hurt anybody else in any way, that is a crime. What we do inside our bodies with our nervous systems or anything that we say in the way of a lecture or writing cannot be punished, as per the First Amendment to the Constitution. (Tell that to our crooked, moronic, right-wing fascist politicians.)

One of the major problems in LSD psychotherapy was the unusual nature and context of the psychedelic experience. The intensity of the emotional and physical expression characteristic of LSD sessions was in sharp contrast to the conventional image of psychotherapy, with its face-to-face discussions or disciplined free-associating on the couch.

The subject may experience slight or drastic changes in the size, configuration, substance, weight and other attributes contributing to definition of the body. He may seem to himself to assume the form of some animal or even some inanimate object and he may be reduced to a sub-atomic particle or expanded to the proportions of a galaxy. He may experience his body's dissolution and the sense of having no body at all.

There is no form of energy on this planet that isn't recorded somewhere in your body. Built within every cell are molecular strands of memory and awareness called the DNA code, the genetic blueprint that has designed and executed the construction of your body. This is an ancient strand of molecules that possesses memories of every previous organism that has contributed to your present existence.

Under conditioning, it seems impossible and even absurd to realize that myself does not reside in the ego alone, but in the whole surge of energy which ranges from the galaxies to the nuclear fields in my body. At this level of existence "I" am immeasurably old; my forms are infinite and their comings and goings are simply the pulses or vibrations of a single and eternal flow of energy.

Up this gradual stairway of Sense, Understanding, Intuition, we mount to that height from which we are able to behold, with some degree of calmness, the infinite fields of intuitive Beauty and Truth, when the screen of the bodily is removed, and the scope of vision belonging to our highest faculty is realized to be immeasurably beyond all that our most rapturous visions ever conceived it.

We're not just our bodies. That's an illusion. Our physical forms are just a temporary condensation of consciousness in material form. This one consciousness is our true identity, and we all know this deep within us. I know that you know that we all know that we are one. We're all just playing this game. In ordinary reality, we've deliberately gone to sleep on this knowledge.

When we consider the activity of a modern city, it is difficult to realize that in the cells of our bodies, infinitely more complicated processes are at work—ceaseless manufacture, acquisition of food, storage, communication and administration... All this takes place in

superb harmony, with the cooperation of all the participants of a living system, regulated down to the smallest detail.

All body contact becomes sexual.

Altered awareness of the body may involve the whole body or a part or parts of the body.

An onrush of stimuli bombard and penetrate the body.

Being high widens perspectives on the physical as well as mental well-being.

Can you float through the universe of your body and not lose your way?

Consciousness feels itself freed of the body.

Divinity is a do it yourself proposition, located somewhere inside your body.

Eternity is the mode of unrepressed bodies.

Every cell in the body is sensed as involved in orgasmic creativity.

Feel the ecstatic energy vibrations pulsing through you.

Incredible new physical sensations pulse through the body.

Just as my brain sees with my eyes, the universe feels with my body.

Only the body dies and the Self is eternal.

Our own bodies are functions or behaviors of the whole external world.

Pay attention to the body's energies and messages.

People experience a rich spectrum of emotional and bodily manifestations.

Some subjects can experience a total and complete relaxation of all muscles in the body.

The body is a whirlpool, constant only in appearance, but actually a stream of changes.

The LSD experience puts you in touch with the wisdom of your body.

The real self exists on after the death of the body.

The world beyond the skin is actually an extension of our own bodies.

The world is simply an extension of the body or the mind.

Trust the intrinsic wisdom of the body.

Turn on to your body, senses. Turn on to the electric glow within.

We ourselves are not material bodies but limitless fields of consciousness.

What is man? He is within His body. His body is the universe.

When body and mind achieve spontaneity, universal mind can be understood.

When the body is removed, the barrier to the Past goes also.

You sense a strange powerful force beginning to unloose and radiate through your body.

Your body and the world around you dissolve.

A delicious warmth suffuses my whole body. Hot and blissful, I float through the universe.

I have finally come to myself and I have another body, a body of bliss, a pure body of light and energy.

Now I step forward easily from my body's prison-cell and live in the realm of the primordial.

The feeling of self is no longer confined to the inside of the skin. Instead, my individual being seems to grow out from the rest of the universe like a hair from a head or a limb from a body, so that my center is also the center of the whole.

"I" am not my body but an evolving consciousness, clothed temporarily in a body.

I feel the music flowing uncontrollably through our bodies.

I take space ships to the different parts of my body. I visit my own body as a stranger.

My body begins to disintegrate, flow out into the river of evolution.
Oh, God, I didn't realize it would be this physical.
The physical pleasure is just immense.
When the vase changes shape, I feel this in my body.

A full realization broke upon me in a new way not just apprehended as an idea but experienced in my body.

After experiencing LSD, he went to be with his wife and found "It was like discovering her all over again. Her body suddenly became new and fresh and exciting."

Emotions came in rip tides, thoughts poured out in torrents and my entire body moved almost continuously, its actions prompted by the contents of the visions.

Everything looked so good. I could just look at the sea and feel it on my skin and in my bones. Touching it was ecstasy. Sensations were exquisite.

Everywhere there was godlike peace, the sum of all conceivable desires satisfied, physical or spiritual.

"God is Love" was no mere Biblical quotation but an overwhelmingly intense burning into every nerve of my body. The wonder of it caused me to soar with joy.

I became a great variety of winged creatures, each with feelings so intense that it seemed impossible for their small bodies to contain such emotions.

I became increasingly cognizant of the sacredness of the experience I was undergoing and felt an expansion of consciousness beyond the confines of my head and my body.

I closed my eyes and almost instantaneously, I went out of body to a place of power and shamanic possibility.

I could hear voices in the street many floors below. Perhaps in some way the sensing entity has become separated from the physical body.

I felt as though the fullest floods of the energies of the universal Mother were flowing through me.

I felt my filaments infiltrating the tangled web of Pat's and Parsons' essence bodies. I surrendered to the ancient process and felt the embracing union.

I had a strong physical sensation that I was cold, but on the other hand, I seemed to be without a body at all which suggested that the coldness had nothing to do with the body.

I had the keenest feeling of being out of my body, floating in the field of energy. It was incredibly exhilarating.

I lost the boundaries of my physical body. I felt that I was standing in the center of the cosmos. I had never known this world. I was never created. I was the cosmos.

I was wholly unconscious of what my body was resting on or what was under my feet. I didn't know whether the wind was riding on me or I on the wind.

It is as though one's body is dissolving and floating away and the "essence" of Me was being liberated to join the "essence" of everything else about me.

music—The sound flowed through every fiber of my body. The cells of their bodies are millions of gods.

music—The whole body shimmered with the chords. The chords were multi-colored, vaulting like rockets across his consciousness.

My body was both swimming and flying. I felt gay and at ease and playful. There was perfect connection between my body and everything that was happening.

My energetic field was now extended far beyond the boundaries of my physical body, drawing emotional nourishment from this energy.

My muscles, nerves and bones seemed to relax, almost relent, in a way that was infinitely right and to be desired.

My pelvis was vibrating as enormous amounts of energy were being released in ecstatic jolts.

Sound was a current that flowed through me and vibrated intensely through the bone structure.

The music seemed to lift me with infinite tenderness into the air where I floated bodiless and weightless, moving gently in rhythm (with the music).

These drugs tremendously intensified bodily sensations— taste, smell, touch, sounds, motion, breathing.

Tingling, vibrating feelings overwhelmed my nervous system and I felt myself lifted upwards.

Waves of ineffable happiness flowed through my body. I had experienced the grace of God.

A merging. I couldn't tell which of us was which. I was in her body and she in mine. It was incredible and when I finally came, it was like no orgasm I ever had before. It was my whole body.

As my body was rocked with wave after wave, I lost contact with my feet and my legs. I began to experience a total identification with nature, as though my body were merging with the earth, like a tree with roots in the ground.

Every atom of my body and soul had seen and felt God. The world was warmth and goodness. There was no time, no place, no me. There was only cosmic harmony. With every fiber of my being I knew it was so.

I could feel each muscle in my shoulders and legs swelling, pulsing with power, feel the hair growing on my limbs, the unspeakable delight of movement, fiber excitement, fierce ecstatic mammalian memories, delightful tissue recollections.

I was no longer as I knew myself to be, a small point of awareness confined in a body, but instead was a vast circle of consciousness in which the body was but a point, bathed in light and in a state of exaltation and happiness impossible to describe.

In several staggered flashes of insight, like flashbulbs popping around a celebrity, I understood the Cartesian mind/body split. I also understood Beauty and Truth and Ultimate Reality. Unfortunately, I lacked the words to explain it.

It seems as if the “new” information.” the bombardment of the senses by unfamiliar signals, had really taught the body something, on a preverbal level; something which persuaded it that old fears and tensions were no longer necessary.

The body sensations were distinctly oceanic. The rushes were like waves and it seemed to make self-evident the principle that everything in the universe was comprised of waves of energy at varying frequencies.

The flower’s incredibly exquisite petals opened on the room, spraying indescribable colors in every direction. I felt the colors and heard them as they played across my body, cool and warm, reedlike and tinkling.

A feeling of great peace and contentment seemed to flow through my entire body. All sound ceased and I seemed to be floating in a great, very very still void or hemisphere. It is impossible to describe the overpowering feeling of peace, contentment and being a part of goodness itself that I felt.

He started experiencing dramatic scenes that seemed to be happening in another century and in a foreign country. They involved powerful emotions and physical feelings and seemed to have some deep and intimate connection to his life; yet none of them made any sense in terms of his personal biography. (eyes closed)

I experienced a thunderbolt of ecstasy and my body dissolved into the flow of matter or energy of which the universe is made. I was swept into the core of existence from which all things arise and into which all things converge. Here there is no distinction between subject and object, space and time, or anything else....

I learned that I am more—so much more than this body that walks the earth. I learned that I’m still me, even without a name, a family, an identity, or a body. I almost think that the body is a prison that holds my consciousness inside narrow limits, to make it possible to function on earth. Once I was out of it, the limitless was my home.

I took my wife’s hand and it seemed to me a great force of love flowed through my hand into hers and also from her hand into mine and that then this love was diffused throughout our bodies. Her smile, her whole face was beautiful beyond description and I wondered if I would be able to see her like this when the drug experience had ended.

In sheer delight, I began to dance on this enchanted carpet (really a lawn) and through the thin soles of my moccasins I could feel the ground becoming alive under my feet, connecting me with the earth and the trees and the sky in such a way that I seemed to become one body with my whole surroundings.

It was a beautiful feeling, a verification of what I hoped would be the ultimate truth and a hopeful view of creation: Don’t worry about your body or about dying. That’s an illusion. Consciousness cannot die. To me, this was mind-shattering, the ultimate revelation in my life.

One could “feel” his “parental heritage” and their contributions to his “cellular structure.” I knew what in my body came from my mother and what came from my father. I could feel my mother and father in my body. I felt I knew how my mother’s body feels like to her and what my father’s body feels like to my father.

She saw the session as a very important event in her life. She felt as if she had begun a completely new chapter: “I have been EXISTING all these years; I started to LIVE this past Friday. I honestly feel that I am a new person, with a completely new mind. Even my body feels different; I am pain free.”

Slowly, I felt the physical and energetic resistance between us give way. There was still a solid form, but it was now somewhat fluid, like mercury. Then I felt the boundary between what was me and what was him dissipate, and I merged totally into him. I felt a complete oneness with him and his spirit, as though I’d gone right into his body.

This clear-light experience, as Leary termed it, was a true communion of the soul. I felt as if my consciousness and entire being had broken up with the brittleness of linear ego thought, while the person that filled the vacuum bore the same body of experience with a totally new vitality and an understanding of life’s true value.

A curtain was lifted and I saw the magnitude of life and was totally absorbed by it. The moment lasted just a minute or two, but it embraced a lifetime. I suddenly understood the cliché of oneness, that everything in the world is connected and part of a Whole, and that that interlinkage is a truer characterization of the relationship of things than that of me and my body being separate from all other mes and their bodies.

I experienced a wave of extraordinary bliss, like a full-body orgasm, and the sense I was in the presence of something absolutely awesome. Sex is nothing compared to the ecstasy I felt at that moment. I had no awareness of my body or ego or time, only a profound sensation of illumination and the feeling I was in the presence of ALL That Is, eternity, God, whatever you might call something all-encompassing.

It hit, the waves of sensation rippling down the body. The walls and ceilings glowed phosphorescent yellow, electric vibrating color. The floor was shimmering like lemon jell-o. Some torn fragments of party decoration were scattered on the floor and they sparkled, dazzling, black ebony jewels. Orange gems. Walking around the kitchen joking about the fortune in jewels on the floor.

She lay down on the grass in a field beneath a bright sun and soon was living out an epic of creation in which she identified with “the Great Goddess-Mother Earth”. Her experience of this identification began when she first became aware that “for some time” her body had “no longer existed in its usual limited form” and that now she was “one with the earth.”

We were dealing with a powerful aphrodisiac, probably the most powerful sexual releaser known to man. The effect was sensory—contact was intensified thousand-fold but also deeper. The union was not just your body and her body but all of your racial and evolutionary entities with all of hers. It was mythic mating. Neurological union. Cellular sex. Archetypes merging. It was the direct reliving of thousands of matings.

Delightful electrical forces surged through his body, the ecstatic flow.

Ecstatic energies pulsed up my arms and rocketed into my brain.

He felt the evolutionary process in his body.

He mentioned a slight tremor experienced as running through his whole body.

Her face was transfigured by a kind of supernatural beauty, her body glowed with life.

Holding a stone, I had the sensation that the stone and I were being breathed through.

I bit into a pear and it felt like a storm inside my mouth.
I could no longer feel my body.
I “felt my body” in a completely new way.
I felt the blood moving through my veins.
I felt the tingling in my fingertips (often the first sign of getting off).
I kept getting these wonderful feelings, all through my body.
I seemed to take off my body and sit in my soul.
I was beyond the hold and protection of a body.
I was conscious of my brain as alive, cells incredibly active.
Incredible amounts of energy seemed to be flowing through his entire body.
Joy overflowed the mind and invaded the body until it bubbled.
My body felt elastic and full of energy.
My essence transcended my physical being.
My fingertips discharged a pringling, vibrating current.
My whole body was pulsing with new energy. I relaxed into this orgasmic vitality.
One felt one’s body to be super charged with energy.
The experience seemed to satisfy every human want, physical or spiritual.
The music pulsed through me, striking my very organs at their core.
The music vibrated through my body as if I were one of the instruments.
The whole world was my body.
There was the sense of the body’s biochemical processes rhythmically throbbing.
There were fantastic energy flows and information flows going through me.
Throbbing currents moved through my body.

a euphoric state with its feeling of well-being, contentment, sociability, mental and physical relaxation

a sense of personal revelation that might be expressed as physical sensation, as personal insight, or as philosophic or spiritual understanding of self and universe

awareness that our bodies are momentary clusters of energy and that we are capable of tuning in on patterns

became a giant and was afraid the room wouldn’t be able to contain him, afraid his expanding body might crush the guide’s body

becomes aware of physiological and biochemical processes, rhythmic pulsating activity within the body

becomes open to the possibility that consciousness might be independent of the physical body and continue beyond the moment of clinical death

becoming oceanic—may find himself uncertain as to where his body leaves off and its surroundings begin

can lead to a coming to terms with the body and a strengthening new feeling of at-homeness in the body

consciousness of certain parts of the body such as various, organs, tissues or individual cells

cut off from his own mind, cut off equally from his own body—a half-crazed creature in a mad world. (That is the so-called mature, sane, civilized, well-adjusted adult.)

discover that the entire string of evolution on this planet is written in protein molecules inside the nucleus of every cell in your body

experience himself as made of wood, metal, glass or whatever, but doesn't interfere with the flexibility of his body

experiencing emotions and physical sensations of great intensity, often surpassing anything we might consider humanly possible

feeling the inner body as consisting of trees and vines, streams and waterfalls, hills and valleys

feels his body is heavier or lighter, has greater or less density, one subject reported himself unable to get out of his chair, felt like ton

feels that his substance now is the same as that of some part of the environment, reports that his body or some part of it has become the stone or clay upon which he stands

inalienable rights, the freedom of the body, the pursuit of joy and the expansion of consciousness

maximum awareness of the inner process and its full emotional, perceptual and physical expression

music which provided intense pleasure sensations, as if each nerve ending were being simultaneously stimulated

observes the altered image in a mirror, has an altered feeling of his body's contours, feels his body is heavier or lighter, has greater or less density

realizes that the whole universe is his body, a marvelous interrelated harmony organized from within itself rather than by interference from outside

realizing through an out-of-body experience that you are not this physical body (You are the entire universe.)

the body which always retains the potentiality of a fully erotic relationship with the world—not just through the genital system but through the whole sensory capacity

the dramatic alleviation or complete clearing of a broad spectrum of emotional as well as physical problems

the fine sensations which spread throughout the whole tissue of my nerve fiber, each thrill helping to divest my frame of its earthly and material nature

the mysterious process which enables us to regulate the incredible complexity of our bodies without thinking at all

the possibility of the average person's using the mind to intentionally influence or direct "involuntary" processes of the body

the strong feelings and bodily sensations which are aroused, often for the first time in many years or since the individual was very young

to consider the universe as a self-organizing body which moves and regulates itself spontaneously like the circulation of the blood

to feel that he is participating with his body as well as his mind in the events he is imaging (eyes closed)

to float through the universe of your body and not lose your way, to let your heart pump you down long red tunnels, to float through each tissue corridor (eyes closed)

transformation into animal forms, becoming inanimate objects or pure energy and dissolution into the no-body state

a body so keenly aware that its whole surface and every sense is an erogenous zone, restoring, too, the sensation of oneness with the external world which we have forgotten in learning to adopt to our social roles

an internal awareness of the bodily functions, like the flow of blood through the veins, or the receiving and transmitting operations of the nervous system and the activities of the brain

direct spiritual experiences, such as feelings of cosmic unity, a sense of divine energy streaming through the body, death-rebirth sequences, visions of light of supernatural beauty

seems to project his consciousness away from his body and can see his body as if he were standing off to one side of it or looking down at it from above or observing it from a distance

sensory and emotional changes referred to as “distortions,” “regressions,” “loss of ego structure,” “abnormal perception of body image”. This is the language of pathology. (It is absurd to refer only negatively to such sensory and emotional changes.)

the “projection” of consciousness to a point some distance from the body with visual perception appearing to be from that point and not from the actual physical location of the organ of sight

the scope of the sacred realms, the profound insight of the sensory and physical manifestations of mystical experiences, this enormous physical, mental, emotional and spiritual input

a feeling and knowledge of being physically boundless—an oceanic quality

a feeling of great looseness, unknotting and relaxation

a self far beyond the image of the ego or of the human body as limited by the skin

a spiritual rather than material body

a state of physical comfort in a contented passive manner

a wide range of emotions and physical sensations

After-Death, where there is a survival of consciousness, but not of the body as we know it altered body image

an interconnectedness of the bodies of two persons

awareness of internal organs and processes of the body

awareness which is beyond body, mind and ego

being one with the body and with the whole realm of natural experience

dancing out of body, free of gravity

direct body awareness of their own tissues and cellular processes
distortions of the body image
ecstatic energy movement felt in the spine will be sensed as flowing upwards
emotional and physical sensations of extraordinary intensity
experience of having no body
experiences so rich and complex in physical sensations and emotions
exquisite, intense, pulsating sensations of love and unity
extraordinary physical sensations
extraordinary physiological and psychological effects
feelings of lightness, weightlessness, can feel that the body has levitated
feeling the wind blowing through them
felt she became electric with fantastic energy going through her
her knee hits mine, they merge, no difference between skins
increases awareness of surroundings and bodily processes
intense body sensations
learning how to use your head and body
liberated while still in his individual form, before the death of the body
men knowing themselves only as bodies inhabited by an "I" and not as spiritual beings
our bodies at ease and our minds mixing together
our one locked body moving in its perfect dance
our thoughtlessly organized bodies
our true self inhabiting all bodies and not our body only
physical, emotional and spiritual energies
physically felt rhythms of the other person
psychedelic participatory visions of embryos, body organs, cells and atoms (eyes closed)
releasing blocked emotional and physical energies
sensation that the whole universe is actually your own body
shifting body sensations
standing in the wind, the body weightless or "dancing" in the atmosphere
strange physical energies
the cellular electricity flowing through your body
the dance of the body, humming with energy
the divinity of your body
the experience of consciousness localized in some part of the body, like in a fingertip
the "full body orgasm"
the great body of radiance
the incredible unknotting of my whole body
the intensity of the emotional and physiological manifestations of these states
the mutuality and bodily unity of man and the world
the "organic intelligence" which regulates the body without thought
three people, a trinity of awareness, one mind in 3 bodies, 3 minds in one body
the physical feeling of expansion
the physiological intelligence controlling the body on its own
the sensation of floating in the air, of being weightless
the sensation that the external world is continuous with and one with our own bodies
the sense of tuning in to the consciousness of various organs or tissues of the body

the universe of the human body
the wide range of emotions and physical sensations
this state of great physical ease
thousands of pinpoints of sensitivity throughout my body
to experience his body in a delightful way
to experience intense touch-pleasure
to heighten physical sensations
to refocus on the natural energies within the body
to turn on the senses, to turn on the body, turn on to the electric glow within
unusual kinds of body feeling
waves of sensation rippling down my body
woman with swinging hair and a dancing body that seems to be naked even when clothed