

Inner, Internal, Interior, Inside, Within

A harmonious inner awakening is characterized by a sense of joy and mental illumination that brings with it an insight into the meaning and purpose of life.

A revolution is currently going on in relation to sanity and madness, both inside and outside psychiatry.

A sacrament flips you out of the TV-studio game and harnesses you to the 2 billion year old flow inside.

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.

American society is an insane and destructive enterprise. You have to sanitize yourself internally. (That was Timothy Leary.)

An appearance of newness beautifies every object, clean and beautiful newness within and without.

An inner wisdom usually can be depended on to guide the psyche into the paths that it needs to follow.

Any individual can develop his potential and liberate these qualities which lie in abundance within us.

As children, many of us were exposed to all sorts of doctrines about God without anybody ever encouraging us to discover God first-hand within ourselves.

As drugs entered the scene, songwriters and musicians became interested in interior experience, outer space and the Meaning of Reality.

Cellular flow. You are swept down the tunnels and canals of your own waterworks, visions of microscopic processes, the fantastic artistry of internal factories. (eyes closed)

Dances which are spiritual, body movements can get you grooving with your internal energies.

Death is just one episode, one transitional experience within this magnificent perennial drama.

Deep personal experiences may be significant in shaping the inner landscape of the future. Today that landscape appears dimly flat, largely a featureless plain.

Deep religious experiences can be found only within ourselves. (LSD is the key that opens the door.)

Don't read a book. Tune in on your own internal vocabularies and cellular Libraries of Congress. (That was Timothy Leary.)

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

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

Each molecule is a heavenly octopus with a million floating jeweled tentacles hungry to merge. Driven by internal pressure, sexual in nature, towards union.

Every person should have the experience to see what potential lies within himself. (First, the person must be well prepared.)

Everything is brilliantly illuminated, shining from within and a riot of colors is intensified to a pitch unknown in the normal state.

Expecting the Second Coming of the Lord, obviously, the Church has been looking in the wrong direction—in the outward skies and not in the realm of heaven which is “within”.

Few people can tap universal wisdom and pass it on to others. But, deep inside, each person possesses this wisdom.

Get in touch with your cellular wisdom. Get in touch with the universe within. The only way out is in and the way to find the wisdom is to turn on.

Go beyond your secular tribal mind to contact the many levels of divine energy which lie within your consciousness.

Go inside. Go into your own brain. Start using the untapped region of your head. Here is the real frontier, the real challenge, the real opportunity.

God is “underneath” rather than “above” everything and he or it plays the world from inside.

Here we could travel into our own minds to remote and hitherto inaccessible realms within.

Hidden behind explicit differences is implicit unity, the Self, the One without a second, the what there is and all there is.

Huxley was fascinated by the potential in drugs such as mescaline, LSD and psilocybin to provide a learning experience normally denied us within our educational system.

If purified, the individual mind can identify itself with the Universal Mind, the inner consciousness.

In natural forms like seashells, there is a whole interior universe of order. (That’s true of all forms because all forms are natural forms.)

Individuals find that they can think more clearly and that they suddenly have access to untapped sources of creativity within themselves.

Internal freedom is becoming a major religious and civil rights controversy. (Timothy Leary wrote that in the 1960’s.)

It has a way of being able to turn one’s mind inside out and dissolving what seemed to be the most oppressive human problems into questions like “Why is a mouse when it spins?”

It is merely an academic prejudice that prevents one from recognizing that it is quite possible to be scientific about data of the internal world.

Just as instruments of external discovery have revolutionized society, so will the instruments of inner discovery.

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

LSD will change biochemical balances inside our nervous system and you can experience directly some of the things which we externally view through the lens of the microscope.

Many people discover a deep connection with an inner source, higher self, or God, and they might experience the world as an expression of the Divine.

Many people who embark on a journey of self-exploration develop the insight that our inner dimensions are bountiful and endless.

Modes of consciousness different from normal waking consciousness are within the reach of anyone.

Most art springs from intense inner experiences. Passionate religious feelings, for instance, has inspired artists to produce their most deeply felt and moving works.

Most of the great world religions were based on inner exploration employing brain-changing vegetables.

Never underestimate the sacred meaning of the turn-on. To turn on, you need a sacrament which turns the key to the inner doors.

On the threshold of the most profound and ultimate depths, we are faced with the revelation that our experience is contained within the depths of the Divine life itself.

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.

One's full potential could be realized not by suppressing signals from the inner core but, on the contrary, by learning to listen to them.

Our internal functions are not beyond the reach of consciousness. (They are beyond the reach of ego or "normal" waking consciousness.)

Our social policy has all but ignored the extraordinary potential of psychedelic drugs for therapeutic use and inner development.

People may see lights or visions or they may hear different kinds of inner sounds. They may experience inner fragrances or tastes.

People who go to church don't know that the power they sing to, pray to, kneel before, is asleep within them.

Place and distance cease to be of much interest. The mind does its perceiving in terms of intensity of existence, profundity of significance, relationship within a pattern.

Precious stones are precious because they bear a faint resemblance to the glowing marvels seen with the inner eye of the visionary.

Saints and other holy men are usually disturbing to any religious organization. They are inclined to follow their own "inner direction" rather than of temporal authority.

Sanity today appears to rest very largely on a capacity to adapt to the external world. This external world is almost completely and totally estranged from the inner.

Schizophrenics have more to teach psychiatrists about the inner world than psychiatrists their patients.

Sometimes they acquire new insights and intricate knowledge about the life process from sources within them that are not ordinarily available.

Spirit shines glory in what is beyond the world. Though spirit lies beyond the world, it stays ever within it.

Subjects often discovered sensitivities and capacities within themselves that they never would have suspected.

That universe within our skulls is infinitely more than the flimsy game world which our words and minds create.

The aim of all Eastern religion, like the aim of LSD, is basically to get high, that is, to expand your consciousness and find ecstasy and revelation within.

The dimension of depth is where we address ourselves to what really matters and confront the *mysterium tremendum*—the interior strangeness of Being.

The drug can be seen as a means of passage to the inmost self, the collective unconscious, or the transpersonal realm.

The ego is the cause of all the wars inside the human mind and by implication, also of all the wars in the world-at-large.

The ego senses the threat implied to its domain by the fact of an unconscious mind that can perceive an internal reality.

The full harmony of all qualities capable of teaching or delighting us may flow in at once to ravish the soul.

The God externalized in Christ exists within the center rather than beyond the outer boundary of our consciousness. (There is no outer boundary to our consciousness.)

The great religious and spiritual traditions all teach that the source of wisdom lives within us.

The importance of the inner subjective and meditative, as well as introspective capacities, has been rejected by the orthodox psychologist.

the incredible immensity of that submerged continent, the unconscious—There is a vast beyond that lies within.

The inmost Self is eternal. It's what there is and all there is. The totality of space is the field of its consciousness.

The most vital human need is to discover one's own inner reality. This makes it possible to draw on the enormous resources and wisdom of ages that lie in the collective psyche.

The mysteries of outer space were child's play compared to the complexities of inner space.

The nature of creativity does not lie within the realm of natural science because science deals only with regularities.

The power of psychedelics to evoke evolutionary archetypes awakened many women to the goddess within.

The psychedelic drugs produce insights into some of the absurdities within the individual and also within the social structure in which he is embedded.

The public at large fails to take seriously any positive feelings of inner change through drug experience. (That's because they have never experienced those positive feelings.)

The root of evil is ego, the social fiction, the "Great Lie." We are letting the "pretended soul" gyp and deceive the "real soul." Your own betrayer is inside you and sells you out.

The self realized in your inmost consciousness appears in its purity, which is not the realms of those given over to mere reasoning.

The skin is as much a joiner as a divider, the bridge whereby the inner organs have contact with air, warmth and light.

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

The state of consciousness of the Self-realized individual is characterized by joy, serenity, inner security, a sense of calm power, clear understanding and radiant love.

The traditional scientific response to inner experiences is to declare them illegitimate data.

The ultimate reality remains unshakably itself and is of the same substance as the inner light of even the most cruelly tormented mind.

The very use of the term "the unconscious" for the inmost depths reveals how little Western man knows of what is actually his central consciousness.

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 outside your skin is just as much you as the world inside. They move together inseparably.

There is a world inside a drop of water. A drop of blood is like a galaxy. A leaf is a fantastic organization, perhaps more complicated than our social structure.

These living gems, glowing with internal radiance, encrust the buildings, mountains, banks of rivers, trees. (eyes closed)

They may experience eternity and infinity within a period lasting seconds or minutes of actual clocktime.

Think of God as the one whose spontaneity is so perfect that it needs no control, whose inside is so harmonious that it requires no conscious scrutiny.

This is what Jesus taught and demonstrated—cosmic consciousness, the direct experience of divinity dwelling in us and all things.

Those “mythicizing” the wind experience feel “cleansed” and “inwardly purified” by the wind’s “clean sweeps” through them.

Throughout the ages, the church institution has been the great enemy of the interior religious spirit.

To be truly “in Christ” is to be less and less preoccupied with any external image of Jesus derived from the Gospels.

To lead us away from the shallow view of human nature that is still prevalent today, we must direct our gaze to the greatness that slumbers within.

To study drugs, one has to do it. It’s possible to be scientific about data of the internal world.

To those who have passed through the gate, there is no gate and everyone is inside the kingdom of heaven. (Yes, we are already in heaven. All one needs is to realize that.)

Turn off your mind. Step for a moment or two out of your own ego. Stop your robot activity for a while. Stop the game you are in. Look within.

Under LSD, the most devastating of buried memories have been recovered and within a single session relived and resolved.

Under LSD you come to know that God is not apart and aside from Man but that God is within Man and that Man is within God.

Visiting new realms within yourself, you are suddenly imbued with creative ideas and new insights and find that your potential seems limitless.

Wake up! You are God! You have the Divine plan engraved in cellular script within you. You’ll be reborn.

We all need to find the source of wisdom in our own inner experience and then join together to share it with each other.

We are cut off from the great sources of our inward nourishment and renewal, sources which flow eternally in the universe. We must plant ourselves again in the universe.

We are so estranged from the inner world that many are arguing that it does not exist; and that even if it does exist, it does not matter.

We have become aware of the undiscovered universe within, of the uncharted regions of consciousness.

We have lost the ability to feel nature from the inside and to feel the seamless unity of ourselves and the world.

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

Western religions call any idea about an inner level at which God and man are identical, pantheism.

When inner vision is ignored or obscured, one may be caught by illusions that constrict awareness of reality.

When one turns his attention inward, he discovers a world of 'inner space' which is as vast and as real as the external, physical world.

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

When we step into nonordinary reality even for a moment, we experience things directly, see inner contents rather than external forms.

With its internal, invisible, indescribable phenomena, the psychedelic experience is incomprehensible to a rational, achievement-oriented, conformist philosophy.

With very rare exceptions, that which is truly subjective and interior has thus far remained entirely hidden from Western man.

Within the psyche, there are no boundaries; all its contents form one continuum with many levels and many dimensions.

You become aware deep within you of ultimate communion, experiential awareness of communion.

You feel as if you are looking down at what was once your former life and you laugh inwardly at the little things that once seemed so important.

You go mad about sunsets because sunsets remind you of what's always been going on, whether you knew it or not, inside your skull and outside space and time

You must let go of the clutching personal self, in order to let this deeper self within you, which you interfere with, come through and perform its miracles.

You will discover the key to enhanced intelligence within the chemistry of the nervous system.

You've climbed inside Einstein's formula, penetrating to the ultimate nature of matter and you're pulsating in harmony with its primal cosmic beat.

A know-it-all attitude, that of a "big shot" will usually cause suffering. That's what peyote can do to a man who thinks he knows everything. Peyote will bend him down and turn him inside out.

Almost all mystics and visionaries have experienced reality in terms of light—either of light in its naked purity or of light infusing and radiating out of things and persons, seen with the inner eye or in the external world.

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.

Another kind of reality exists that we can call internal or nonordinary reality. It is precisely that aspect of reality we are unconscious of when in the ordinary waking state, and the unconscious mind is precisely that part of the mind that pays attention to it.

Awareness of all normal sense impressions and the empirical ego seems to die or fade away while pure consciousness of what is being experienced paradoxically remains and seems to expand as a vast inner world is encountered.

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.

During some spiritual states, one sees the ordinary environment as a glorious creation of divine energy, filled with mystery; everything within it appears to be part of an exquisite interconnected web.

High dosages and internalization of the process lead to greater depth, intensity and spontaneous flow of the experience; this results in a better chance for a positive breakthrough.

I have used the symbolic expression “awakening” because it clearly suggests the becoming aware of a new area of experience, the opening of hitherto closed eyes to an inner reality previously unknown.

If psychedelics offer valid ways of exploring man’s “inner world,” the hidden ways of the mind and brain, we should surely admit that new knowledge of this inmost frontier may be worth quite serious risks.

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.

If you made the mistake of rhapsodizing about the marvelous world that was somehow locked up inside their minds, they treated you with the kind of disdain people usually reserve for those who still believe in the fairytales of adolescence.

In its broadest sense, the term “archetype” can be used for all static patterns and configurations, as well as dynamic happenings within the psyche that are transindividual and have a universal quality.

In modern physics, matter becomes interchangeable with energy. Within this new worldview, consciousness is seen as an integral part of the universal fabric, certainly not limited to the activities contained inside our skulls.

In non-ordinary states, archetypes may appear in forms that we perceive through inner sight, hearing, smell, taste, touch, or the virtually palpable sense of a presence. (eyes closed)

Internal unity occurs when consciousness merges with this “ground of being,” beyond all empirical distinctions. Although awareness of one’s empirical ego has ceased, one does not become unconscious.

Jewish and Christian theologians will not accept the idea that man’s inmost self can be identical with the Godhead, even though Christians may insist that this was true in the unique instance of Jesus Christ.

Knowledge is a collection of facts and information. Knowledge is something which comes from without. Wisdom is the ability to use those facts and the information for the meaningful purposes of life. Wisdom comes from within.

Leary was advised—“Your advertising must stress the religious. Find the God within. This is all frightfully interesting. Your competitors are naturally denouncing the brain as an instrument of the devil. Priceless!”

Like sensitivity to beauty, the capacity to encounter the Holy seems to reside within every human soul. Too often, it may sleep there eternally, but it is ready to be awakened by the right combination of circumstances.

Most people who experience these inner domains recognize them as part of the boundless, expansive essence of each human being, which is usually obscured by the problems and concerns of daily life.

Need the cortex be limited to the tribal-verbal? Must we use only a fraction of our neurological heritage? Must our minds remain flimsy toys compared to the wisdom within the neural network?

No authoritarian government, whether ecclesiastical or secular, can tolerate the apprehension that each one of us is God in disguise, and that our real inmost, outmost and utmost Self cannot be killed. That’s why they had to do away with Jesus.

One of the most fascinating by-paths of the history of religion is the one that traces the use of chemicals in various religious traditions for the purpose of changing the state of mind and producing enthusiasm, the sense of God within.

One transcends the dichotomy set up in one’s mind between “inner” and “outer” worlds of experience and sees reality only from the standpoint of the mystical vision and many experience life beyond all dualities.

People who have had such experiences usually agree that deep within each of us lie goodness unimagined, wisdom, music, talents of every variety, joy, peace, humility, love and spirituality, to mention only a few.

The habitual egocentric mode in which man identifies himself with a subject facing a world of alien objects does not fit the physical situation. So long as it remains, an inward feeling is at variance with reality.

The impression is that external time must have slowed down, while the internal experience continues at the same rate. There is not the impression of speed or rapidity, but that the time available to the user is magnified.

The individual who connects with these levels of his or her psyche automatically develops a new world view within which spirituality represents a natural, essential and absolutely vital element of existence.

The outer divorced from any illumination from the inner is in a state of darkness. We are in an age of darkness. The state of outer darkness is a state of sin—i.e., alienation or estrangement from the inner light.

The sense of the vast gulf between the ego and the world disappears and one’s subjective, inner life seems no longer to be separate from everything else, from one’s total experience of the stream of nature.

The spirituality revealed in the process of focused self-exploration sees God as the Divine Within. Here the individual uses various techniques that mediate direct experiential access to transpersonal realities and discovers his or her own divinity.

The truly inward source of one's life was never born, but has always remained inside, somewhat as the life remains in the tree, though the fruits come and go. Outwardly, I'm one apple among many. Inwardly, I am the tree.

The wonder of LSD is that it can bring within the capabilities of ordinary people the experience of universal love and the reality of our divine nature which was once possible only to the mystics.

The young men of this land, as they are often called, a "lost" race—they are a race that never yet has been discovered. And the whole secret, power and knowledge of their own discovery is locked within them.

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.

There are mental spaces inside our skulls as enormous as the spaces out there. The experience of distance, of inner distance and outer distance, of distance in time and distance in space—it's the first fundamental religious experience.

There exists inside the human nervous system, inside our cellular structures a tissue, biochemical memory-bank. The person who stumbles onto this inner room sees and knows exactly what has been seen and known by visionaries of the past.

This period of my life coincided with what seemed to be a time of new hope for humankind. The flower children in San Francisco were happily rebelling against the old order, and a better future seemed within reach. A sense of euphoria was in the air.

Those who were burned or jailed at the beginning of the 17th century (Bruno, Galileo, etc.) were forerunners of the Revolution of Outer Technology. Those who were jailed or beaten by cops in the 1960's were forerunners of the Revolution of Inner Technology.

To be shaken out of the ruts of ordinary perception, to be shown for a few timeless hours the outer and inner world as they are apprehended directly and unconditionally, by Mind at Large— this is an experience of inestimable value to everyone.

Unconsciously, if not always consciously, everyone knows that this Other World is there, inside the skull—and any news about it, any discussion of its significance, its relevance to other aspects of life, is a matter of universal concern.

We are liberated and enlightened by perceiving the hitherto unexperienced good that is already within us, by returning to our eternal Ground and remaining where, without knowing it, we have always been.

We have at our finger tips a material and method by which we can draw back the heavy curtain of our underconscious mind and release into the bright light of our conscious mind many of the dark and troubling mysteries of our inner selves.

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

When I am in my isness, thoroughly purged of all intellectual sediments, I have my freedom in its primary sense...free from intellectual complexities and moralistic attachments...

Wisdom, in contrast to knowledge gathered by empirical or rational investigation, is an attribute of one who, by virtue of inner vision, understands the nature of illusion and duality.

Wise men throughout history have told us again and again, in legends and myths, aphorisms, poems and allegories that there exists within us a source of direct information about reality that can teach us all we need to know.

With the ego and mind unplugged, what is left? It's something Western culture knows little about, the open brain, the uncensored cortex, alert and open to a broad sweep of internal and external stimuli hitherto screened out.

You cannot take LSD once a week and stay rigidly rooted in a low-level ego game. You have to grow with the flow or you will stop taking LSD. You must hook up your inner power to a life of expanding intelligence.

A trip can function as a crack of lightning, an explosion of light so brilliant that it scorches the emotional flesh and casts deep saturnine shadows in the cavern of the soul. Many trippers feel as if their psyches were opened up from above or from within as a rolling wave of stimuli floods their sensorium to the point of overflow.

An important characteristic of collective and racial memories is the fact that the subject experiences them as insights into the diversity of cultural groups within the human race, illustrations of the history of mankind or manifestations of the cosmic drama and divine play. (eyes closed)

An LSD trip will show the subject the manifold aspects of reality—a reality that does not unfold upon a single level or within a single event, but involves a great variety of events on a number of levels. As the experience becomes more profound, the spectrum of sensations and feelings becomes almost infinite.

Everything seen by those who visit the mind's antipodes is brilliantly illuminated and seems to shine from within. All colors are intensified to a pitch far beyond anything seen in the normal state and at the same time, the mind's capacity for recognizing fine distinctions of tone and color is notably heightened.

experiences of other universes—The strange and alien worlds that LSD subjects discover and explore in this type of experience seem to have a reality of their own, although not within the range of our cosmos; they appear to exist in other dimensions, in universes coexistent with ours. (eyes closed)

He takes a fantastic inner journey into the unconscious and superconscious mind. These drugs thus reveal and make available for direct observation, a wide range of otherwise hidden phenomena that represent intrinsic capacities of the human mind and play an important role in normal mental dynamics.

Here, the individual feels that he is experiencing the innermost divine core of his being. His individual self is losing its seemingly separate identity and is reuniting with what is perceived as its divine source, the Universal Self. This results in feelings of immediate contact or identity with the Beyond Within, with God.

I am not merely spinning senseless paradoxes when I say that we, the sane ones, are out of our minds. The mind is what the ego is unconscious of. The mind of which we are unaware is aware of us. It is we who are out of our minds. We need not be unaware of the inner world.

I see consciousness and the human psyche as expressions and reflections of a cosmic intelligence that permeates the entire universe and all of existence. We are not just highly evolved animals with biological computers embedded inside our skulls; we are also fields of consciousness without limits, transcending time, space, matter, and linear causality.

If left alone by society, our International Foundation for Internal Freedom (IFIF) would have succeeded in training several thousand neurologicians who, in their own communities, could have trained hundreds of thousands of Americans to use their own heads. (That was Timothy Leary.)

In this type of experience, subjects get involved in wild adventures in strange, alien worlds that have reality of their own, although not within the range of our cosmos. These universes seem to exist on other levels of reality or in other dimensions parallel with and coexistent with ours. (eyes closed)

It is man's challenge to develop new symbol systems for these new levels of internal consciousness. Just as we had to develop a new symbol system for the invisible, uncharted world which was opened up with the microscope, the task now is to develop symbol systems for the new invisible worlds which are opened up by psychedelic drugs.

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.

People came out of these sessions reeling with awe, overwhelmed by experiences of oneness with God and all other beings, shaken to the depths of their nature by the grandeur and power of the divine life-energy processes going on within their own consciousness.

Religion, I will be thinking of as the inner experience of the individual when he senses Ultimate Reality, whether as God, a Beyond, transcendent cosmic process, a wholly different and profound dimension of life, nirvana or however one chooses to name and interpret this ultimate reality.

The goal of psychoanalysis, Freud said, is to replace the extreme suffering of the neurotic patient with the normal misery of everyday life. An alienated, unhappy, and driven existence dominated by excessive power needs, competitive urges, and insatiable ambition can still fall within the broad definition of mental health.

The great religious leaders all found the same thing when they looked within. They all talked about the inner light, the soul, the divine flame, the spark or seed of life or the

white light of the void. Those are clumsy metaphors for what are actually physiological processes within the nervous system.

The inner experience of the spiritual Self and its intimate association with the personal self, gives a sense of internal expansion, of universality and the conviction of participating in some way in the divine nature. In the religious traditions and spiritual doctrines of every epoch one finds numerous attestations on this subject.

The kinesthetic sense tells us what is happening within our psycho-physical organism. The other senses—sight, hearing, touch, taste and smell—give us information about the outer world. Modern education does nothing to train the kinesthetic sense and very little in regard to the other senses.

The person feels a deep connection with the innermost spiritual core of his or her being. The illusion of the individual self fades away and the person enjoys reunion with his or her divine Self, which is also the Universal Self, the cosmic source of all existence. This is a direct and immediate contact with the Beyond Within, with God.

There are energy systems, blueprinting facilities and memory systems within your cells and your nervous system which are hundreds of millions of years old, which have a language and a politics which are much more complicated than English and modern Democrat-Republican politics.

These accounts do suggest that a “new vision” takes place, colored by an inner exaltation. Their authors report perceiving a new brilliance to the world, of seeing everything as if for the first time, of noticing beauty which for the most part they may have previously passed by without seeing.

They have put the chains inside our brains. They control our imaginings, our desires. Our hearts are bound. Love does not prevail. And our dreams of the future are materialistic and, therefore, mundane. The Establishment has won. The fascists have won. The religious Fundamentalists have won. For now.

This journey is experienced as going further “in,” as going back through one’s personal life, in and back and through and beyond into the experience of all mankind, of the primal man, of Adam and perhaps even further into the beings of animals, vegetables and minerals.

We are largely cut off from this Deep. The stress on ego controls, rationality, focusing outwardly rather than inwardly, have prevented us from hearing the full range of dissonances and harmonies of human existence. Our present lives are empty, lacking in depth, substance and direction.

We must achieve “freedom from the known”—freedom from the unanalyzed postulates in terms of which we do our second-hand experiencing, freedom from our conventional thoughts and sentiments, freedom from our stereotyped notions about inner and outer reality.

Within the new world-view, the very creative principle of the universe is experientially available to the individual and, in a certain sense, is commensurate and identical with him or her. This is a drastic change of perspective and it has far-reaching consequences for every aspect of life.

Within the nucleus of every living cell lies a tiny, complex chain of protein molecules called the DNA code. DNA is the brain of the cell, the timeless blueprinting code which designs every aspect of life. DNA executes its plan by means of RNA molecules. RNA is the communication system, the language, the senses and hands of the DNA.

You have to pass beyond everything you have learned in order to become acquainted with the new areas of consciousness. Ignorance of this fact is the veil which shuts man within the narrow confines of his acquired, artificial concepts of “reality”, and prevents him from coming to know his own true nature.

You’ve never seen a cell. What do you think of that? Yet it’s the key to everything that happens to a living creature. I’m simply saying the same thing from the mental, psychological standpoint, that there are wisdoms, lawful units inside the nervous system, invisible to the symbolic mind, which determine almost everything.

A superior religion goes beyond theology. It turns toward the center; it investigates and feels out the inmost depths of man himself, since it is here that we are in most intimate contact, or rather, in identity with existence itself. Dependence on theological ideas and symbols is replaced by direct, non-conceptual touch with a level of being which is simultaneously one’s own and the being of all others.

Abraham Maslow urged that there was a need to “depathologize” the psyche, that is, to look upon the “inner core” of our being not as the source of metaphysical darkness or illness but as the source of health and as the wellspring of human creativity. It was his belief that Western civilization had obscured the importance of this inner core by approaching it more as a superstition than as a reality.

According to Laing, psychiatrists do not pay proper attention to the inner experience of psychotics, because they see them as pathological and incomprehensible. However, careful observation and study show that these experiences have profound meaning and that the psychotic process can be healing. Laing believes that psychotics have in many respects more to teach psychiatrists than psychiatrists do their patients.

Anybody who has been into the Sainte Chapelle in Paris or into Chartes Cathedral must realize the extraordinary visionary power which those windows have. It is possible by means of stained glass windows, to turn the whole of a vast building into one single jewel. One is inside a great jewel. (With LSD, wherever you are is like that and much, much more.)

Detailed study of psychedelic phenomena would require a long-term systematic team cooperation of experts from diverse disciplines, such as psychology, psychiatry, neurophysiology, neuropharmacology, ethno-botany, modern physics, zoology, ethology, genetics, internal medicine, obstetrics and gynecology, anthropology, history of art, theology, philosophy and comparative study of religion and mythology.

Everything may seem bathed in a theatrical or lunar light or illuminated from within. Objects change their shape and size; walls and floors undulate as if breathing; spatial perspective is distorted into exaggerated depth or flatness; stationary objects look as if they are in motion without seeming displaced in space; faces become younger, older or caricatured in various ways.

Harvard—Over 400 “subjects” shared high-dosage psychedelic experiences with the researchers in an atmosphere of aesthetic precision, philosophic inquiry, inner search, self-confident dignity, intellectual openness, philosophic courage and high humor. The historical impact of this “swarm” of influential scholars has not yet been recognized by the still-timid press, popular or scientific. (That was Timothy Leary.)

How many of us now realize that space is the same as mind or consciousness? That your inside goes with your entire outside as your front with your back? That this galaxy and all other galaxies are just as much you as your heart or your brain? That your coming and going, your waking and sleeping, your birth and your death are exactly the same kind of rhythmic phenomena as the stars and their surrounding darkness?

I pronounced that LSD was the greatest discovery man had ever made. It has such enormous potential because the mind is infinite. LSD opens up the resources of the mind. Since the mind is the most important aspect of the human being, what could possibly be more important than a drug that revealed the awesome, infinite potential that lies within? (That was Timothy Leary.)

In spite of our mechanical sophistication we may well be savages, simple brutes quite unaware of the potential within. It is highly likely that coming generations will look back at us and wonder: how could they so childishly play with their simple toys and primitive words and remain ignorant of the speed, power and relational potential within? How could they fail to use the equipment they possessed?

Mystical insight is no more in the chemical itself than biological knowledge is in the microscope. There is no difference in principle between sharpening perception with an external instrument, such as a microscope and sharpening it with an internal instrument, such as one of these drugs. If they are an affront to the dignity of the mind, the microscope is an affront to the dignity of the eye.

Newtonian-Cartesian science views matter as the foundation of the universe. Scientists who adhere to this system of thought portray consciousness as a product of physiological processes taking place in the brain. From such a perspective, each of our consciousnesses is confined to the inside of our skulls, absolutely separated from the consciousnesses of other people. (These scientists have it all wrong, of course.)

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.)

Our difficulty is not that we have developed conscious attention but that we have lost the wider style of feeling which should be its background, the feeling which would let us know what nature is from the inside. Perhaps some intimation of this lost feeling underlies our perennial nostalgia for the “natural life” and the myth of a golden age from which we have fallen.

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.

Psychedelic drugs released new forces into the consciousness of millions of people. These forces might be seen as good, evil, or morally ambiguous; they might be regarded as coming from within, as an upsurge from the unconscious mind, or from beyond, as a revelation from other planes of existence; or some way to reconcile these interpretations might be sought.

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 motivations to pursue them and live in accordance with them, appear on this level to be intrinsic to human nature.

The intensification and “deepening” of color, sound and texture lends them a peculiar transparency. One seems to be aware of them more than ever as vibration, electronic and luminous. As this feeling develops it appears that these vibrations are continuous with one’s own consciousness and that the external world is in some odd way inside the mind-brain.

The too-sudden opening up of the universe can induce an onslaught at what Aldous Huxley called the “horror of infinity,” a terror of the vastness of the void within or without, of the utter minuteness and aloneness of the soul in the cosmos. A clenching reflex is, after all, a natural response to the floor and ceiling flying out of your mind. (One needs to be prepared for this and understand that it’s all right.)

There are people in this society who will do everything within their considerable power to stop our research. The managers of consciousness, from the Vatican to Harvard, have been in this business for a long time and they’re not about to give up their monopoly. And after all, they’re the experts and we’re the amateurs. They’re the pros and we’re just the lovers. (That was Aldous Huxley talking to Timothy Leary while both were tripping.)

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.

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.

Western cultures have bred a type of human being who feels strongly alienated. He has lost his connection with the surrounding universe. He does not know that the “ultimate inside” of himself is the same as the “ultimate inside” of the cosmos or that, in other words, his sensation of being “I” is a glimmering intimation of what the universe itself feels like on the inside.

When we experience identification with the cosmic consciousness, we have the feeling of enfolding the totality of existence within us, and of comprehending the Reality that underlies all realities. We have a profound sense that we are in connection with the supreme and ultimate principle of all Being. In this state, it is absolutely clear that this principle is the ultimate and the only mystery.

Within our own consciousness, there is a memory, waiting to be recalled, of every movement, feeling and desire in our lives. This implies that everything survives in a way more complete than just intellectually. The psychedelic experience heightens this recall, and if handled properly, could pass through beneficial channels leading to psychotherapy and rehabilitation.

Within the cosmic order, every component pattern, every object and event, is related to every other; there is a co-varying togetherness of all things. But, by creatures like ourselves, most of the interconnections within the general Gestalt are and will always be unrecognized. For us, “the world is full of a number of things”, which we tend to see as so many independent entities.

You have to go out of your mind to use your head. You have to pass beyond everything you have learned in order to become acquainted with the new areas of consciousness. Ignorance of this fact is the veil which shuts man within the narrow confines of his acquired, artificial concepts of “reality” and prevents him from coming to know his own true nature.

Young people started pouring into the Haight, propelled by a gut-level emptiness, searching for anything that might relieve the burden of nonliving that gnawed at their insides. They believed that at the other end of the rainbow was Haight-Ashbury, the Capital of Forever, where beautiful people cared for each other, where all would be provided and everyone could do their own thing without being hassled.

Adventurous and creative people have always been willing and have usually been encouraged to take the most serious risks in the exploration of the outer world and in the development of scientific and technological skill. Many young people now feel that the time has come to explore the inner world and are willing to take the unfamiliar risks which it involves. They, too, should be encouraged and assisted with all the wisdom at our disposal.

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?)

Acid taught us the universe inside our mind.

All things are within consciousness.

At Millbrook, we wanted to develop a methodology to guide us in our journey within.

Be a Columbus to whole new continents and worlds within you, opening new channels.

Because much is happening, the internal clock seems to be standing still.

Because this power is so true, within it there is confidence.

Certain states are real attainable, and worth spending time in.
Church religion almost completely ignores the interior life.
Colors are often described as jewel-like, lit up from within.
Consciousness must be studied from within.
Cosmological mysticism is an experience of reality illuminated from within.
Distance in time is as much a phenomenon within consciousness as distance in space.
Divine realms come into a person's life, the heavenly inner realms.
Divinity is a do it yourself proposition, located somewhere inside your body.
Each person has to learn to decode their own internal road map.
Every man contains the essence of all men and every woman has within her all women.
Explore an inward universe.
Explore the tremendous worlds which lie within.
Find the wisdom within.
Find the wisdom within yourself.
God dwells within all of us.
God is here with each single one of us, but wholly within.
God is the deepest inside of everything.
God is within us, within our hearts.
Godmanhood is to be discovered here and now inwardly, not in the letter of the Bible.
Great beings of every tradition had their inner energy awakened.
I can't see the back, much less the inside of my head.
If people could only see their inner beauty, they'd have no need to criticize anyone.
In order to change behavior, it is necessary to change your inner experience.
Individuals differ widely in their inner experiences and reactions.
Individuals frequently encounter ecstatic or divine domains within themselves.
Inner dynamics are best explained through metaphors and parable.
Internal biological processes may be heard.
Internal freedom people find through the drug is a personal and not a government matter.
Internal reality is of a different order of reality that is self-validating.
It dissolves internal barriers to feeling and insight.
It does change you inside yourself.
It is a journey on which one can explore the farthest inner realms of consciousness.
It is our own inmost selves which are doing the living.
Learn how to guide high-flying internal aircraft.
Light seems preternaturally intense in all that is seen with the inward eye.
LSD trips led to an astonishing intensification of her inner life.
Man is blind to the world inside himself. Acid is to help us see.
Must our minds remain flimsy toys compared to the wisdom within the neural network?
Mystical teachings all agree that the source of wisdom is within.
No camera can show this experience because it is inside the nervous system.
Non-duality is the "dimension" in which explicit differences have implicit unity.
Our ego spins around inside the mind compelling us to be tied to its field of gravity.
Precious stones resemble things which are seen with the inner eye.
Primeval Nature bears a strong resemblance to that inner world.
Prior to any metaphysical knowledge, we have no direct consciousness of interior truth.
Psychedelic art is expressive of an inner rhythm like that of music.

Psychedelic chemicals are the microscopes of internal biology.
Psychedelic experience is by nature private, sensual, spiritual, internal, introspective.
Religion grows from within.
So long as we are confined within our insulated selfhood, we remain unaware.
stained glass—Inside the church, one is inside an immense gem of jeweled vision.
The Being inside is seen.
The Buddha nature is “within” oneself and not to be sought outside (like going to India).
The Divine is not “out there”, but present within each of us.
The drug can be seen as a means of passage to the inmost self.
The enlightened ones in any religion have pointed to the God within.
The eternity, whose realization is the ultimate good, is a kingdom of heaven within.
The galaxy itself and every structure within it is an oscillating dance.
The galaxy was a seed inside a person.
The inmost Self awakens from its dream.
The inmost Self of each person is central to all persons.
The inner life of God is meaningful and playful (as opposed to purposeful).
The inner life opens up.
The inner sphere is the real self, unknown to the conscious ego.
The insight of LSD leads you to concern yourself more with internal or spiritual values.
The kingdom is no longer above but within, no longer future, but present.
The kingdom of heaven is within you.
The laboratory equipment for experimental theology, for internal science, is chemicals.
The meaning is within.
The next evolutionary step will occur within the human cortex.
The psychedelic experience is one of looking deep within yourself.
The psychedelic guide is a liberator who frees men from their life-long internal bondage.
The purpose of life is to look within and without and to decode the purpose of life.
The seed of God is in us.
The Tao which grows the world is within it.
The Ultimate Ground of Being is you, that inmost Self.
The unfamiliarities of foreign cultures are nothing to those of one’s own inner workings.
The very nature of inwardness is to be mysterious, immeasurable and unpredictable.
The visions aren’t random visions, but follow patterns that are logical internally.
The whole fantastic comedy takes place within you.
There are many levels of energy within and around us.
There is an inside to experience as well as an outside.
There is no space except space between things, inside things or outside things.
There seems to be a pulsation (vibration) within all objects.
Things which grow shape themselves from within outwards.
This inner letting go would ultimately liberate him.
This inner world is what I call the world of visions.
This is a non-game process. You are going within.
Tune in on the internal and external energy accessible to the human nervous system.
Turn on to your body, turn on to the electric glow within.
Use the senses to find inner meaning and divinity.
We can become aware of God manifest within us.

We each have an inner life of consciousness and an outer life of behavior.

We have to rediscover God from within.

We need to contact the universal Self within our hearts in order to find the wisdom.

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

What you see is how the inside of your head “looks” or “feels”.

When the ego controls dissolve, the world within is glowing, serene and meaningful.

You feel as if your insides have been completely cleaned out.

Your “I” inside your skin and my “I” inside mine are pockets of the same stream.

I feel this whole world to be moved from the inside and from a inside so deep that it is my inside as well, more truly I than my surface consciousness.

He senses the incredible emptiness that lies within the atoms, where the electron planets circle their proton suns at distances which are comparably as vast as those in the solar system itself.

I have a warm inner feeling of great creativity. I feel that I am outstripping Michelangelo and da Vinci combined. (No artist can come close to what you see with your eyes closed, during an LSD trip.)

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.

The pale bluish light from the windows becomes rich with hints of color, breaking into strips and ribbons, then brighter color within the ribbons, moving and forming glowing patterns. Complicated medieval stories forming and unforming. I sit near the window, watching entranced. The light is calling out to me, brighter and brighter. I raise my arms to it and feel myself drawn out, flowing.

I am alive within the living God.

I blow my nose and the whole insides rushes out of me.

I voyage through the inner space between my atoms.

I'm warm inside a glow produced by good thoughts and love.

Experiencing these emotions in all their intensity was both a way for me to discover that I was capable of God feelings and for me to realize that they lay deep within me.

eyes closed—The colors seemed to glow with an inner light. It seemed a glimpse of something timeless and primordial, a sort of breakthrough into the realm of the absolute.

I belonged within peace and unity and wild joy, within something greater than my own life or the Life of Man, to Life itself! To God, if you want to put it that way.

I closed my eyes and experienced a vision that unfolded in vivid colors and accompanied by voices that were audible only inside my head.

I existed “in” these dimensions of being, as I had transcended not only my ego, but also the dichotomy between subject and object.

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 that I was going down, down, down, down and down to the infinite point of depth within me.

I looked at the faces of those around me and they seemed to be suffused with an inner radiance.

I never felt so clean inside in all my life. All the trash seemed to be washed out of my mind. It seemed as if I were born all over again.

I suddenly understood the message of so many spiritual teachers that the only revolution that can work is the inner transformation of every human being.

I was aware of a gentle, deep connection with a new spirituality, an unfamiliar source inside one that was expansive, joyful and peaceful.

I wept without restraint, knowing that within my heart, love and beauty and God had become one.

It was like being at the very center of the energy source. It was like being in God—not just in God's presence, but IN God and participating in God.

LSD provided me with a map of the territory, a deeper self-understanding within, a wider context than my own personal history.

My sensations began to be terrific from the tremendous mystery of all around me and within me.

Peace and joy engulfed me and I knew that the kingdom of heaven was truly within and that LSD had made this day the most important one in my life.

The drug seemed to induce an effortless, absorbed and timeless power of inward-turned consciousness.

The usual distinction between the inner world of one's own mind and external reality became much more arbitrary.

The whole field of vision of the entire inside of the room would just jolt a little bit and vibrate a little bit and settle back into still again.

The world and its occupants seemed enormously beautiful and harmonious and I was included within that general harmony.

There was a beatific smile on the faces. You knew that they were transported into some inner heaven.

This was a vision of the hidden life forces, a manifestation of the life within that was commonly only talked or read about.

When I closed my eyes, I was stunned to find that there was a movie going on on the inside of my eyelids.

With the aid of LSD, I had recognized that God was the whole of this paradise which lay deep within every person.

Within the domains of visionary travel, I'd now gone all the way toward the beginning, to my conception, and all the way toward the end, to my death.

As I wept with joy, feelings of love became so intense that I knew they could only be of divine origin and that this feeling was actually God residing within myself and in all other persons.

At last, it came to me that one could never find God by intellectual probing and that spiritual wealth could be gained only by allowing rich emotions to live within one's heart.

Having experienced the great power within me, having gone back over my life, and having recognized the oneness of all things, I was ready for the greatest of all experiences, the oneness with God.

He fell into an inward ecstasy and it seemed to him as if he could now look into the principles and deepest foundation of things. He gazed in the very heart of things and nature harmonized with what he had inwardly seen.

I believed the time would come when each person would be in continuous contact with the beauty, the great capacity for love, the musical and artistic talents, the spiritual richness and all the other wealth which now lay untapped deep within himself.

I felt within me the same glorious rhythm I had experienced all day. Now I knew this joyous rhythm to be no less than the rhythm of the universe itself. I knew that at last I was beginning to find God.

I looked into her mind and I had my eyes closed. Margaret came inside my mind and we were together there, inside my mind. Suddenly, she manifested herself inside my mind with a cat face and smiled at me with a cat mouth. I knew I'd always be with her.

Suddenly, without warning, I felt that I was in heaven—an inward state of peace and joy and assurance indescribably intense, accompanied with a sense of being bathed in a warm glow of light.

The trees, the shrubs and flowers seemed to be living jewelry, inwardly luminous like intricate structures of jade, alabaster or coriel and yet breathing and flowing with the same life that was in me.

There was more than music: the entire room was saturated with sounds that were also feelings—sweet, delicious, sensual—that seemed to be coming from somewhere deep down inside me. I became mingled with the music, gliding along with the chords.

They discovered within themselves that universal river of ecstasy from which flowed the energy, power and refreshment to revive religious bodies tired out by too much intellectualism, moralism and institutionalism.

To travel further into the interior would have required a heroism of the martyr or the suicide. (That was written in 1857 by Fitz Hugh Ludlow. He didn't have a guide to help him.)

Acid taught me a different mode of experience. I learned how to see: how to give something my attention, to be drawn into it, to concentrate, to see worlds within worlds. Through psychedelic drugs, then, a few extra layers of perspective were added to my view of things.

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 looked down below as if from a very high place and saw a rough square of pavement which had laid out all of Manhattan in miniature, including people. The proportions, the infinite detail were perfect. The city within the city. We could have swooped down like gods and lifted up the Empire State Building.

It seemed that my senses had been given a kaleidoscopic character which made the whole world entrancingly complicated, as if I were involved in a multidimensional arabesque. Colors became so vivid that flowers, leaves and fabrics seemed to be illuminated from inside.

Suddenly, my consciousness was lighted up from within and I saw in a vivid way how the whole universe was made up of particles of material which, no matter how dull and lifeless they might seem, were nevertheless filled with this intense and vital beauty. For a second or two the whole world appeared as a blaze of glory.

Feeling not that I was drugged but that I was in an unusual degree open to reality, I tried to discern the meaning, the inner character of the dancing patterns which constituted myself and the gardens and the whole dome of the night with its colored stars. All at once, it became obvious that the whole thing was love-play. This single source was not just love as we ordinarily understand it. It was also intelligence.

I felt that somehow every person must be made to recognize the divine within himself and that such a recognition would influence his every action throughout life. It seemed to me that our lives were hopelessly confused and cluttered with mundane things of no real importance; and that the matter of greatest importance, the presence of a God part in each of us, lay within our reach at all times.

I had the feeling of going deep within myself to the self stripped bare of all pretense and falseness. It was the point where a man could stand firm with absolute integrity—something more important than mere physical life. The white light experience was of supreme importance—absolutely self-validating and something worth staking your life on and putting your trust in.

I was looking at my furniture as the pure aesthetic whose concern is only with forms and their relationships with the field of vision or the picture space. But, as I looked, this purely aesthetic, Cubist's-eye view gave place to what I can only describe as the sacramental vision of reality. I was in a world where everything shone with the Inner Light and was infinite in its significance.

The psychedelic experience seemed to have opened new realms of mystical and cosmic feelings within her. The religious elements that she experienced in her session transcended the narrow boundaries of the traditional Catholic religion she had been brought up with. She was now precipitating toward the more universal approach found within Hinduism and Buddhism.

For the first time, I understood the meaning of "ineffable." There seemed to be no possibility of conveying in words the subjective truth of my experience. A veil had been

lifted from my inner vision, and I felt able to see, not just images or forms, but the nature of truth itself. The doors of perception were so cleansed, they seemed to vanish altogether, and there was only infinite being. Krishnamurti's characterization of truth as a pathless land seemed an appropriate description of this domain.

That first experience with psilocybin had an immeasurable effect on my life. It was radically and totally different, yet during the course of the experience I felt closer to my true self than I had ever been and more aware of my innermost feelings and thoughts. I had also been fully and intensely aware of people and things around me and did not lose the reality perceptions that govern our ordinary world. Rather, ordinary perception was enriched and enlivened beyond comparison.

The perennial philosophy and the esoteric teachings of all time suddenly made sense. I understood why spiritual seekers were instructed to look within, and the unconscious was revealed to be not just a useful concept, but an infinite reservoir of creative potential. I felt I had been afforded a glimpse into the nature of reality and the human potential within that reality, together with a direct experience of being myself, free of illusory identifications and constrictions of consciousness.

Beginning with the inmost central part in my organism, the whole universe fell into place. Deep within was the thirst for a greater knowing of the ancient wisdom.

Differentiation between interior and exterior experience seemed to cease.

Eons had gone by and worlds within had been explored.

From within emerged an archetypal nobility.

He began to stomp the floor as if obeying some strange internal rhythm.

He felt "terrific sensations of the tremendous mystery of all around me and within me."

He gave the impression of speaking from within some deep recess of himself.

He seemed to be speaking from far away, or from deep inside of himself.

Her inner conflicts were resolved and "the whole universe fell into place".

Her inner world was very rich and dramatic.

I began to discover new possibilities within myself.

I bit into a pear and it felt like a storm inside my mouth.

I dwelt in an inner communion with heaven.

I fell headlong through my own inner space.

I felt in touch with a sense of divinity within.

I had a sudden awakening to the innermost divinity of all things.

I laughed internally.

I saw temples in all the colors of precious stones illuminated from within. (eyes closed)

I was experiencing a state of inner peace and serenity.

I was relaxed within, my senses unguardedly open to their surroundings.

I'd step inside her aura and feel myself slow down, grow calm.

Now I saw with an inside view.

Suddenly, I felt my entire spirit come up out of the inside of me.

The essence of the experience was the encounter with the divinity within.

There was revelry within.

They experienced a deep inward change in their spiritual awareness.

Viewing the herbs and grass of the field in his inward light, he saw into their essences.

Your childhood began to unreel before your inner eye. (eyes closed)

a magic key to paradise, a paradise of beauty and depth of knowing and understanding which had been dormant within me

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

a peculiarly immediate conscious access to the inner workings of the central nervous system (eyes closed)

a psychedelic experience a drug-induced loss of self, a journey to the inner world, the endless possibilities of the experience

a sense of unity or oneness with internal and external processes which can be ecstatic and exalting

a substance with such fantastic effects on mental perception and on the experience of the outer and inner world

a transcendental state of consciousness whose impact is to trigger a release of a universal "inner programming" of higher human potentials

an atmosphere of psychological freedom; of permissiveness to think, to feel, to be whatever is discovered within oneself

an inspiration to people who still believe in the intrinsic spiritual power within the universe

become more perceptive, more intensely aware of inward and outward reality, more open to the spirit

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

can relive a forgotten or repressed experience with all its original emotional intensity, emotion which has remained bottled up inside him without his knowledge

contacted the molecular energies within the cellular structure, experiencing the "inner light"

"cosmic consciousness" in which the individual feels that his own inmost Self behind the superficial ego, is God

creative insights expressing themselves within and beyond some given technical convention

dedicated to the process of consciousness expansion, to the ideal of maximum wakefulness and internal freedom

deeply and uniquely within themselves at a depth to illuminate them with a cosmic wisdom

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

discovery of the world within, a world infinitely more complex and rich than the artificial structures of the outer world

dramatic changes in human consciousness and our experience of the inner and outer world

exotic history, images of Nile palaces and Hindu temples flashing up on some inner screen (eyes closed)

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

flowers shining with their own inner light and all but quivering under the pressure of the significance with which they were charged

freedom to find your own inner potentiality and to develop it without coercion from an external, centralized, authoritarian political entity

gave him certain inner enduring feelings that seemed to play some significant part in his pattern of living

has an extraordinary potential for opening the way for exploring the entire spectrum of the inner world

his eternal inner spiritual core, something like the “inner Christ” in the writings of the mystics

hypnotized into experiencing himself as an ego—as an isolated center of consciousness and will inside a bag of skin, confronting an external and alien world

internal freedom, the politics of the nervous system, the right to change your consciousness

introduced to unfathomable realms within, new awarenesses and undiscovered possibilities

light which doesn't seem to fall upon surfaces from above but to be right inside the structure and color

like internal cosmographers charting new internal seas of experience and perhaps pointing out sensory landmarks

limits of mechanical emotions and robot mentation that are inescapable as long as one remains within one dogmatic model or one imprinted reality-tunnel

LSD, its eerie power to release ancient, wise, at times even holy sources of energy, inside the human brain

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

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

revealing the brightness and true beauty of God which would shine if we allowed the love within us to glow to full capacity at all times

should be trained to recognize landmarks, use internal compasses, arrange setting, to have a voyage plan

stretch his imagination to the furthest limits of time and space and to explore the inward mystery of his own consciousness

telescope, microscope—aids to perception of external states, LSD—aid to perception of an internal state of the nervous system

that the Beyond is within, that God is to be found in the deepest and innermost reaches of consciousness

the absurd or dangerous nonsense that within every culture, passes for philosophy, practical wisdom and political argument

the archetypes, those primordial images that we all carry around inside us (seen with eyes closed)

the center of centers, as remotely distant on the inside as the nebulae beyond our galaxy on the outside

the cultivation of the inner life in response to the hunger for expression of the nonrational aspects of the psyche, new forms of music, art, poetry, dance, mysticism

the direct total awareness, from the inside, so to say, of Love as the primary and fundamental cosmic fact

the discovery of the existence of shades of inner meaning one would not normally credit with the capacity for signifying so much

the drug, its revelation of interior mysteries, its glimpses of supernatural beauty and sublimity

the hitherto unconscious unity of life—a unity grounded in the fact that God is man's interior and not exterior center

the increased significance and meaning attributed both to internal and external stimuli during alterations in consciousness

the knowledge—and not just the belief—that there was a connection between me and the rest of the universe, that I was more than what's within the envelope of my skin

the rediscovery within ourselves of a virgin not-mind capable of non-verbally, not-thinking in response to immediate experience

the traditional scientific framework which holds that consciousness resides solely in the organ within our skulls (They are wrong because it doesn't)

this experience of encounter with what is felt to be a divine dimension deep within a person

those twilight realms of consciousness where the poet explored the modes of inmost Being

to dedicate oneself wholly to the true inner universe, the study of one's own nervous system, after one has turned on with LSD

to explore the infinity of inner space, to discover the terror and adventure and ecstasy that lie within us all (The ego is what has terror.)

visions of the inner reality, looked into the deepest foundation of things, gazed into the very heart of things

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

an inward liberation from the bounds of conventional patterns of thought and conduct, understanding life directly, instead of in the abstract, linear terms of representational thinking

participation in cellular flow, visions of microscopic processes, strange undulating multi-colored tissue patterns, being a one-celled organism floating down arterial waterways, being part of the fantastic artistry of internal factories (eyes closed)

that the truly inward source of my life was never born, that it has always remained inside somewhat the same way as the life remains in the tree, though its fruits may come and go—outwardly, I am one apple among many, inwardly, I am the tree

the goal of internal freedom, the ability to move voluntarily from one level of consciousness to another, just as the scientist focuses his vision from the microscopic to the telescopic

unveiled mysteries in which the drama of the self is played out within a lucid series of sequential stages bearing the subject along to a moment of powerful resolution (eyes closed)

the Primordial Tradition: an age-old wisdom of humanity, neglected only where modern science and secularism rule, its truths revealed to the interior eye in altered states of consciousness and now, finally, in natural science itself as it reaches its limits and begins to glimpse something beyond

a “beyond” which is “within”

a concentrated and intensive inner journey

a fantastic journey into his or her own mind

a feeling of extreme well-being, exaltation, excitement and inner joyousness

a journey to the inner world

a majestic, sunlit, heavenly inner quietude

a new inner dimension

a process of deep self-exploration and inner transformation

a profound and liberating alteration

a rich inner world of colored images (eyes closed)

a sense of inner vision and fulfillment

a trip through the cosmos inside my head

a way of knowing your inner self

a whole universe inside the atom in which activities move with the speed of light

a world within

a world within the brain

amazing new dimensions of galaxies within

an awakening from within

an awakening of the God within

an egoless involvement with the abyss inside the self
an expansion of consciousness from within
an extraordinary inner journey into the domains of the psyche
an immense inner domain waiting to be explored
an inner change which in turn “makes all things new”
an inner experience of the beauty and the joy of God
an inner mountaineering expedition, a mystical journey
an inner radiance of intensely bright light, pure light (eyes closed)
an inner sense of emotional liberation and spiritual rebirth
an inner transformation of the individual and a social revolution
an instantaneous “turning about” within the depths of consciousness
an intense, dramatic inner process, this dynamic inner awakening
an “interior” of the universe
an inward and spiritual grace
an inward journey to explore celestial, paradisaal and infernal realms
astronauts of the interior
awareness of energy transactions within the cell
awareness of internal organs and processes of the body
become aware of the undeveloped potentials within themselves
beyond and yet within
communion with the Christ within
complex inner experience
creates a situation of profound congruence and coherence within the individual
deep inner exploration
depth within depth
direct awareness of the inner world
direct perception of inside the skin events
discovered infinite realities within the brain
discovering new dimensions and possibilities within themselves
discovers an inner world “infinite and holy”
discovery of our secret life within, explore spiritual individuality
ecstatic communication with your inner navigational computer
experience some of the wealth and reservoirs which lie within him
experience the “inner identity” between ourselves and the world
exploring and mapping new realities of internal experience
faithfully following our internal blueprints and disregarding the parochial social insanities
fascinating inner experiences
feeling the complete harmony of everything, both inside and outside
“feeling” the interior landscape
finding the basic rhythm inside
firsthand confrontation with the Mystery in one’s own inner being
found one’s true identity in the inmost Self
from the eternal and interior standpoint, that is, in heaven
God living within each of us
had dived inward and was reliving phases of childhood
have been awakened to new dimensions and potentialities within

highly charged rooms in the brain
how to expand consciousness, how to get into your own brain
in ecstasy as he whirled through the cosmos of his inner space
“inmost certainty”
inner balance
inner explorer
inner fulfillment and genuine emotional satisfaction
inner journeys and discoveries in the unknown territories of the human psyche
inner liberation
inner mystic qualities
inner, mystical dimensions
inner navigation
inner peace
inner richness
inner spiritual dimensions of the human being
inner spiritual meaning
inner spontaneity
inner state of going nowhere in a timeless world
inner tranquility and bliss
inner transcendental experiences
inner vision
insight through the game facade to the inner essence
intense, clear awareness of shifting realities, all within
intense inner activity
interior richness
internal exploration, ecstatic discovery
internal life processes
internal travel to new experiences
internal unity
internal visions
into the depths of the self
inward, intimate and mysterious
journey into inner space
journey into the inner world
journeys into their inner worlds
layers upon layers, worlds within worlds
like a flower, containing infinite worlds within worlds
LSD which can activate the awareness of the divinity within
mosaics lighted from within glowing, moving, changing
must look within to find access to that universal source of wisdom
my true inner self
neurologic or neurophysics, the “scientizing” of internal experiences
new internal territories
nonrational stirrings of the inner life the root of religion
on the psychic plane, in the energy
one’s inner environment

opens the mysteries of that great soul within him
our consciousness, the innermost essence of our being
our deepest and true nature, the divine within
our unconscious mind and the inner teachings that come through it
patterns within patterns, merging, pulsating
perceive an inner reality, tremendous, beautiful and significant
perception of the self within the self
plays within plays within plays
possibilities within your mind that have gone unrecognized or were denied, by your ego
profound inner radiance
radical internal transformation
religion in a new, interior and spiritually creative sense
renewing themselves mysteriously, finding within themselves a new source
reveals the inner secrets of the universe and lifts man to the realization of his divinity
see visions within and a transformed world without
spun out into the richness of inner space
supreme identity, inmost light, ultimate center, self more me than myself
that great insight intelligence realm within you
that inner essence
that inner world which reaches so much deeper
that spiritual and interior realm
that they may release the life of God which is in them
the arousal of the inner cosmic energy
the beauty of the inner soul
the clarity of this inner vision
the concept of religion as mysticism or vivid inner experience of Ultimate Reality
the core of Self inside
the deep wisdom within you
the deepest explorations of the internal world
the direct experience of their own inner life (or your inner life)
the discovery of energies within which men call "divine"
the "divine eye", the gift of inner vision
the divine reality within and beyond us
the divine spark or spirit within every man
the drug's mind-changing powers
the ego, the purely abstract and conceptual man who is locked up inside his skin
the electric, interior luminosity
the enhancement of inner experience
the eternal reality within which and by which all the rest has its being
the extensive new spiritual impulses within themselves
the flood of inner experience
the glowing marvels seen with the inner eye of the visionary
the God self within every human being
the holy-orgiastic-ecstasy-revelation-thread inside
the ideal of maximum wakefulness and internal freedom
the indestructible essence of Buddhahood within everyone

the infinite complexities of inner space
the inheritance of the kingdom of heaven within ourselves while we are still on this earth
the inmost and ultimate self
the inner essence of religion
the inner journey, inner adventures
the inner light of universal benevolence
the inner meaning, the spiritual and universal reality
the inner spiritual world
the inner vision
the inner graciousness of consciousness
the intensity of the inward emotion
the interior journey
the interior realms of consciousness
the internal biological flow
the “internal logic” of the LSD situation
the internal mystery of man’s own identity
the internal voyage
the inward consciousness of the ecstatic
the key to the inner chambers of the mind
the latent potentialities which lie within us
the levels of energy and wisdom inside
the love-joy within
the mind’s internal architecture
the more intense reality of the inner life
the mysterious inner world
the mythology encountered during the inner journey (eyes closed)
the necessity of going out of your mind, going within
the new dimension of self, the inner dimension
the nuclear dance, celestial radiance from the light center, internal radiance
the power of inner religious experience to mediate wholesome personality change
the principle of polarity, of the inner unity of opposites
the projection of the interior emotional tone onto the perceived object
the purity and exquisite life and light within death
the realization of man’s inner identity
the realization of one’s own inmost nature
the realm of the soul itself wherein the self may find its deepest meaning
the rediscovery of the “inner” world
the remarkable range and richness of the inner life of normal individuals
the rich inner life
the search within one’s consciousness for the Self, which is Life
the trip to your inner galaxies
the true mystic pilgrimage inward
the understanding of the inner working
the union within ourselves and union of ourselves with the rest of the universe
the unique experience of “looking inside” himself
the unity of inner experience

the universe seen as the outflow of my own inmost nature
the vast expanses of the inner world
the voyage inward
the wisdom and superior reality of internal perceptions
these archetypal inner visions (eyes closed)
these internal microscopes
this amazing inner adventure
this divine spirit within himself (It's within you, too.)
this inmost dimension of ourselves
this inmost frontier
this inner realm
this inner revolution of the mind
this inner world
this internal potential
this luminous other world, this luminous world within the mind
this rich interior world
this truth within your consciousness
this wonderful gift residing potentially within all of us
those intensely significant, inwardly glowing objects
to awaken to your own divinity within
to break down barriers within the self
to discover and cultivate the divinity within each person
to discover the inner potential
to expand their consciousness, to find deeper meaning inside themselves
to explore the message that's coded within the nervous system
to explore their internal geography
"to flow back into God"
to follow his own inner truth
to get into the invisible forces within his own deepest self in order to see more "seeingly"
to go within—to explore the landscape the psychedelics had opened up
to open a window inside his head
to penetrate the inner significance
to refocus on the natural energies within the body
to turn on the senses, turn on to your body, turn on to the electric glow within
travels internal "otherworldly" realms
true experience of the infinite within us
truths revealed to the interior eye in altered states of consciousness
turning our attention away from external conformity to inner potential and self-discovery
undreamed of structural and phenomenological galaxies within
voyage into inner space and time
who live at a different level as the result of extraordinary internal experiences
within the cell, incredible beauty and order