

Realize, Realization

A man “comes to himself,” wakes up from the egocentric daydream when he realizes Who he is.

Enlightenment comes when the individual self realizes it has no separate identity beyond this Absolute.

Enlightenment is based on an ecstatic moment of realization which is supposed to imbue all life thereafter with a certain grace.

Feelings of awe, reverence or sacredness are the natural emotional response to the realization of the overwhelming power and radiance of the universal energy process.

If Jesus could realize his identity with God, you can also, but this God does not have to be idolized as an imperious monarch.

In the heart of each of us, a greater potential exists for realizing truth, for experiencing wholeness, for going beyond the shell of the ego.

It's a very salutary thing to realize that the rather dull universe in which most of us spend most of our time is not the only universe there is.

It is difficult to realize its intensity unless one has been through the experience. (It's not only difficult, but impossible.)

Jesus did not say that this higher state of consciousness realized in him was his alone for all time. Nor did he call us to worship him.

Jesus showed us the way to a higher state and called upon us to realize it, to make it real, actual—individually and as the race.

Knowing about God is not enough. Transformation of the self is only through realizing or feeling God.

Men long ago, in ages however primeval, realized Beauty, and answered back its thrill with gladness and hymns.

Mysticism in the form of realizing that one's true self is the Godhead is something that Western society would not tolerate.

Now the chemical messiah has come which has the ability to awaken this sleeping realization of mind potential in even the most skeptical.

Once one realizes that the single authorized version of reality psychiatrists promote with their talk of “reality testing” is a fiction, there is no going back.

One of the main goals of all religions is the realization of God and the transcendental experience.

One of the things that is shaking to an individual of LSD is that he has to come to a realization that he is Christ and then recognize that everybody else is.

One realizes that the form of man extends far, far beyond the limits of the skin and very much deeper than the conscious ego.

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.

Realization is bringing to consciousness what is true all the time in the "unconscious", in the Self and spirit which the ego does not know.

Realize that you are not this sad and silly abstract ego trying to run the world from the outside.

The ability to experience reality in unconventional ways may be an unrealized talent in most of us and may explain the empirical correlation between psychosis and genius.

The divine Ground of all existence is a spiritual Absolute, ineffable in terms of discursive thought, but susceptible of being directly experienced and realized by the human being.

The effect is to free the consciousness from the obstacles to true realization of universal unity.

The essence of metaphysical realization is the discovery that the conscious Self, the ultimate knower in man, is substantially identical with the infinite.

The essential effect of the psychedelic experience is the death of the time-bound ego and the consequent realization of the Supreme Identity.

The man in whom this Self is realized is the Awake, the true man of no rank. (He is above or beyond all classifications.)

The psychedelic experience has the potential of initiating the unfolding of a self-healing and self-realizing process.

The psychedelic experience is fundamentally or ideally the bursting of ego-consciousness, with the concomitant realization of cosmic-consciousness.

The realization of the Supreme Identity, of the truth that the Self is the infinite and not the ego, does not involve the obliteration of the ego or finite experience.

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

The socially conditioned role-playing ego is never a free agent. Man is free to the extent that he realizes his genuine self to be the author and origin of nature.

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 substitution of interminable chatter for mystical experience or immediate realization of our union with God is the basic reason why the Church has no spiritual power.

The "turned-on" person realizes that he is not an isolated, separate social ego, but rather one transient energy process hooked up with the energy dance around him.

The user observes what he is experiencing in the situation and realizes it is not how he usually experiences the stimuli.

The very fact that man, as an ego, can attempt to accept or know himself is the certain sign that he is more than ego and is beginning to realize it.

The West knows all about machines and fails to realize that all the wisdom has come from the East.

There is no such thing as an abiding public morality without a general realization of union with God. (You cannot shove morality down someone's throat.)

True spirituality is based on deep realization of the unity underlying all humanity and the entire phenomenal world.

Union with God does not have to be attained but realized because it is a present reality from the very beginning.

We must move toward a realization of the truth at the core of our being and toward the higher consciousness that is the birthright of all of us.

We must wake up and realize that we know little. There is much more and the mystery is beautiful.

When there is understanding, there is an experienced fusion of the Wisdom which is the timeless realization of Suchness with the Compassion which is Wisdom in action.

It is important to realize that by banning psychedelic research we have not only given up the study of an interesting drug or group of substances, but also abandoned one of the most promising approaches to the understanding of the human mind and consciousness.

It is not easy for the pious Christian to realize that Jesus was not an expert on the history of religion and had probably never met anyone whose mystical vision was as deep as his own.

Millions already know that beyond the fears of the state-sanctioned psychiatry and governmental policy, under the right set and setting psychedelics can lead to joy, mystery, rebirth and realization beyond belief.

Realization of the fundamental identity of the individual consciousness with the creative principle of the universe is one of the most profound experiences a human being can have.

Researchers who have seriously studied and/or experienced these fascinating phenomena realize that the attempts of traditional psychiatry to dismiss them as irrelevant products of imagination in the brain are superficial and inadequate.

The greater the scientist, the more he is impressed with his ignorance of reality and the more he realizes that his laws and labels, descriptions and definitions are the products of his own thought.

The realization that nature is ordered organically rather than politically, that it is a field of relationships rather than a collection of things, requires an appropriate mode of human awareness.

The spiritual leadership of a stable and unified society must have access to metaphysical knowledge, i.e., to an effective realization and immediate experience of the ultimate reality.

Total awareness starts with the realization of my ignorance and my impotence. (It is absurd to say that I, as ego, am master of my fate or captain of my soul, because the ego doesn't know how food is digested, blood is circulated or anything else.)

We cannot just talk about spirituality; it needs to be an experiential realization. Enlightenment does not come simply from following the wisdom teachings. It comes through direct experience.

When the Self is no longer identified with the ego, when in certain spiritual practices, it penetrates and realizes its own depths, it simply KNOWS that it is eternal and all-inclusive.

Without self-knowledge, what you say is not true. Truth repeated is no longer truth; it becomes truth again only when it has been realized by the speaker as an immediate experience.

Words are not distinct packages of meaning but are tied to clouds of memories and associations. A basic Information Age realization is that these meanings are different for everyone.

Your thoughts, feelings and sensations are new and strange. All events, physical, personal or social are looked at with a new eye. You suddenly realize who you really are and what your personal reality means.

A Church, a Christianity, in which Godmanhood is fully realized will not be a preaching, finger-wagging, Bible-banging, breast-thumping Church. It will be the Church of all Fools, laughing like Dante's angels. (Is laughing foolish or is the pompous inability to laugh that's really foolish?)

A single high-dose LSD session can frequently be of extraordinary value for those persons who do not have any serious clinical problems. The quality of their lives can be considerably enhanced and the experience can move them in the direction of self-realization and self-actualization.

Enlightenment remains unrealized so long as it is considered as a specific state to be attained and for which there are tests and standards of success. It is much rather freedom to be the failure that one is. This freedom is the basis for all mental and spiritual wholeness, provided that it seeks no result.

How many of us now realize 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?

It is clear that psychedelics have the potential to cut through whatever blocks stand between us and higher experiences, magically letting us enjoy, if only temporarily, transcendent states. I hope it is not necessary to belabor the point that this potential is realized if only set and setting support it.

It is important to realize that the subjective experience of time is radically changed in nonordinary states of consciousness. Within seconds of clocktime, one can experience a rich and complex sequence of events that lasts subjectively a very long time, or even seems to involve eternity.

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.

Kent St. University was the scene of a slaughter. The National Guard fired their rifles into a group of antiwar demonstrators and killed four students and wounded thirty. It was the beginning of the end of the dream of peace and love and equality. We realized that our own fathers would kill us.

Man is going to get back in harmony with his body, with 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.

Maslow disagreed with Freud's exclusive concentration on the study of neurotic and psychotic populations. He pointed out that focusing on the worst in humanity instead of the best, results in a distorted image of human nature. This approach leaves out man's aspirations, his realizable hopes, his godlike qualities.

Often, there is an actual experience of truths, they are known to be truths, which, when presented in conceptual terms to the mind in its normal state, seem incomprehensible and absurd. Such propositions as "God is love" are realized with the totality of one's being and their truth seems self-evident in spite of pain and death.

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.

Researchers who have seriously studied and/or experienced these fascinating phenomena realize that the attempts of traditional psychiatry to dismiss them as irrelevant products of imagination or as erratic fantasmagoria generated by pathological processes in the brain, are superficial and inadequate.

Spiritual awakening is the difficult process whereby the increasing realization that everything is as wrong as it can be flips suddenly into the realization that everything is as right as it can be. (Alan Watts wrote that. With LSD, it's not a difficult process at all, except for the ego.)

Anybody who has been into the Sainte Chapelle in Paris or into Chartes Cathedral must realize the extraordinary visionary power which these 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.)

In traditional psychiatry, mystical experiences of any kind are usually treated in the context of serious psychopathology; they are seen as indications of a psychotic process. In his comprehensive and careful study, Maslow was able to demonstrate that persons who had spontaneous "peak" experiences frequently benefited from them and showed a distinct trend toward "self-realization" or "self-actualization."

It can dissolve or temporarily suspend the effectiveness of those psychical mechanisms whose functions would appear to be to inhibit emergence of certain processes and contents of the mind. Once these inhibitions are dissolved, the ground has been prepared for the free psyche to function in such a way as to result in the beneficial transformation and self-realization of the individual.

Leary believed that the human race is presently evolving to a higher level of consciousness and a greater spiritual awareness. His research with LSD seemed to bear out the fact that our nervous systems are equipped to receive a vastly greater spectrum of reality than we realized; and once the veils of perception are cleansed, wars, racism, competitiveness and violence will be seen as old, outgrown, pre-human traits.

Leary had always talked a great game about the deadening effect of the “adjust or else” brand of psychology that had held sway over the 1950’s, but he hadn’t realized just how dead in the water most of his colleagues were until he offered them psilocybin and they refused to try it. My God, these were psychologists yet they lacked the slightest curiosity about their own unconscious!

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.

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.

Harvard dismissed Timothy Leary without a hearing even though his contracts had several more months to run. There had been no effective protest by the Harvard faculty against this gross abuse of the principles of academic freedom. Previously I had put professors on a kind of pedestal, but my views were now gradually changing. I realized that the average university professor, like most human beings, is both sheep-minded and chicken-hearted.

A person realizes his oneness with the Universal Consciousness.

Another state of reality is realized.

Eternal life is the realization that the present is the only reality.

In this state, realization of the “ultimate truth” is possible.

It is here that man actually realizes his ultimate meaning and destiny.

It is the Self and not the ego which realizes.

It is thought processes which prevent realization.

It's an end to the suffering. It's the end of all confusion. It's the realization of all Truth. Liberation never comes without the realization of the Oneness or Self.

Realization is simply bringing an unconscious process into consciousness.

The content of realization is eternal.

The eternity, whose realization is the ultimate good, is a kingdom of heaven within.

The fact of union with God simply is, whether realized or not.

The realization of union with God is the only source of creative virtue.

The realization process is eternal.

The similarity of all religions is realized.

We have to realize that we are as deeply afraid to live and to love as we are to die.

Without realization of God's love for the world, we can love neither the world nor God.

You realize that you have more available to you than just your five senses.

All of us look at each other knowingly, the feeling that we knew each other in that most distant past, the realization that we are and always have been one.

He comes to realization of the Self which is the enlightenment of the darkness that is ignorance and the deliverance from the mortal consequences of that ignorance.

He experiences himself as a far greater being than he had ever imagined, with his conscious self a far smaller fraction of the whole than he had realized.

He realizes Einsteinian relativity, senses that all is flow and evolutionary change.

I realize how arbitrary some of our apparently "natural" perceptions may be.

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

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.

I realized how a normally, constricted perceptual framework permits one to see only a fraction of reality.

I realized that I was dead and that I was in the place which is the aboriginal base of all existence.

I realized that the mind and the senses that provide inputs to the mind were all grossly underutilized faculties in the study of the world around us.

I realized that the seed of life is consciousness and that, as such, life essentially never ends.

I realized that under the proper circumstances, psychedelic experiences are truly, a "royal road to the unconscious."

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

In one great crystal instant, I realized that I was immortal. (That doesn't mean that the ego is immortal.)

She got in touch with what she felt was pure being and realized that it cannot be comprehended and does not need any justification.

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

This feeling made me realize as never before that the need for spirituality was a universal need of every individual who loves.

This is what I realized on LSD. This is our playground and we are here to laugh and dance and sing in the sunshine.

After they had discovered and experienced feelings of cosmic unity in their sessions, they realized that the state they had really been craving for was transcendence and not drug intoxication. (Drug intoxication means narcotics and alcohol, not psychedelics.)

I don't know if I can say anything more about this experience. I realized at the time that I had made it perfectly clear in my books and was only amazed that I didn't always understand what I was saying. (That was Alan Watts.)

I had not realized before to what extent such feelings as rapture, ecstasy and euphoria or awe, devotion, reverence and holiness or any other positive emotion could reach, its intensity.

I realized that it was not up to us to dictate what the human psyche should be like in order to fit our scientific beliefs and worldview. Rather, it is important to discover and accept the true nature of the psyche and find out how we can best cooperate with it.

The talk was of love, and it ripped my mind time and time again to realize that it had been said by so many prophets from the beginning of consciousness, and no one wanted to listen. Now someone was listening, and we swore that we'd never forget. It was all so simple. No obstacles that wouldn't crumble under the bright light of the truth of love.

We were just leafing through the Catalog, and we came across some monkeys, and we realized that we were monkeys, too. We looked at each other and had a strong realization of our common ancestry. We could see that the little bits of hair we had sticking around on us were left over from when we used to have hair all over us.

I realized, "My God, every single second is really eternity." I felt I'd dipped into eternity and was experiencing a glimpse of it along with a hint of its vastness. I was blown away by the enormity of these revelations. By now, I was flying so high, I felt I was in an exalted state, that I was having a mystical experience of the highest order, something I always dreamed of.

It was as though a veil had been stripped away and certain things had become suddenly self-evident. I realized that there was just one force in the universe. There is only one energy and that is consciousness. And there is only one consciousness, one mind, and we are, in fact, one with this, which means we are all one. I felt this was a revelation of the true nature of reality.

Those who were previously convinced that death was the ultimate defeat and meant the end of any form of existence discovered various alternatives to this materialistic and pragmatic point of view. They came to realize how little conclusive evidence there is for any authoritative opinion in this matter and often began seeing death and dying as a cosmic voyage into the unknown.

What saved me from despair of my encounter with the Nothingness that lies at the heart of All was the realization that what I had witnessed was the destruction of matter, not of spirit. Modern physics tells us that matter is composed of atoms that stick together for a time to form an object—a table, a wall, a human body. Matter is energy; I saw it re-transformed.

When I realized that I was being born again, that life goes on and on and on, the feeling was overwhelming. I was filled with confidence that it was okay to die, because the consciousness that inhabits the flesh has a higher destiny. It never began and it won't end. It just keeps going. Then I was struck with wave after wave of value wisdom, as though the forms behind human spirituality were hitting me for the first time.

During the experience, I felt I understood what mystics throughout the ages have claimed to be the universal truth of existence. I had an academic background in philosophy and comparative religion, but I realized that mystical teachings had now taken on an added dimension. My perception seemed to have shifted from a flat, two-dimensional intellectual understanding of the literature, to a three-dimensional sense of immersion in the mystical reality.

Everything in this universe appeared conscious. After having had to accept the possibility of fetal consciousness, I was now confronted with an even more startling discovery: consciousness might actually pervade all existence. My scientific mind was heavily tested by this possibility until I realized that although many of these experiences were incompatible with our common sense, they were not necessarily out of the realm of science.

He realized that he wasn't the writer so much as the messenger.

I got deeper and deeper into this state of realization.

I had experienced enough to realize there was much remaining to be explored.

I realized that the old occult traditions really must have a basis in reality after all.

Realization liberated them.

The nature of the infinite was realized by the mind.

The nature of the infinitude was realized by the mind.

There was a heavier dimension to all this than I had realized before.

a special kind of feeling or intuition or realization—a sense of the oneness of all things in their divine principle

an intense experience of cosmic consciousness, of the vivid realization that oneself is a manifestation of the eternal energy of the universe

higher levels and states of mind that lead to the realization of one's divine nature and God consciousness

moments of vivid awareness, of intense realization of and absorption in the immediacy of life

pushing human consciousness beyond the present limitations and on towards capacities not yet realized and perhaps undreamed of

realization of the higher intelligence, the divinity, the Ground of Being, the ground which is the source of all Becoming

realized for the first time that during all the years of his life he had been behaving “like a person who had no mind”

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.)

self-realization, freedom from inhibition, communal ecstasy, expanded awareness, cleansed perception

the awakening of the senses, the open eye, the naked touch, the real-eye-zation that this is it! I am eye! I am hear! I know! I am in contact!

the depth of realization that became available when I let go of my preconceptions about the nature of the universe

the metaphysical realization that man’s consciousness is a particular mode of the ultimate reality and is, in essence, identical with the ground of the whole universe

the realization of essential Being, of consciousness and identification with the Universal Life

the realization of that ultimate standpoint from which “anything goes” and which “all things are of one suchness”

the realization that nature is ordered organically rather than politically, that it is a field of relationships rather than a collection of things

the realization that one’s true state is “unclassified,” that one’s role is simply conventional

the realization that what he thought was his identity was in fact only a tiny fragment of the Real Self—and this is liberation

the truth that the creative and meaningful life is impossible without some realization of union with God

to be delivered out of separate selfhood in time and into eternity as realized in the unitive knowledge of the Ground

to go beyond into regions where the terrain is unfamiliar, but where a much more profound transformation and self-realization is possible

to realize that the universe is profoundly different from what, on their ordinary, conditioned level of experience it had seemed to be

assertions of having known the origin and goal of history, of having found the answer to the ancient query, “What am I?”, of having intuited the harmonious structure of the universe, of having experienced the primacy of love and the brotherhood of man, or of having realized the reality of life that transcends temporal death

a fuller realization of potentials intrinsic to the human condition

a great realization

a healing journey aimed at the realization of true sanity

a realization of identity with the infinite
a realization of one's original identity with God
attaining tranquility of mind, realization, insight and Wisdom
awed by the realization
beauty and truth being the wholeness, the Suchness of all deeply realized experience
great flash, instant realization
human beings and their so largely unrealized potentialities
intensely realized experience
mysticism the realization of one's union with God
realization of the all-pervading, unitive energy process of which he is a part
realization of the self the realization of an eternal and inescapable Presence
realization so clear that any symbolic elaboration wraps it in a veil
realized the Buddha nature of all creatures
realized the possibilities of his true self
realizing his or her hidden potential
realizing immediately things we otherwise know only abstractly
realizing one's identity
sudden realization
the awareness of the Self, Self-realization
the great liberating path, the great liberating realization
the great taboo, the realization of the divinity of the individual
the immediate realization of all that is good and beautiful
the length of time it took me to realize that now I was back in the real world
the liberating realization
the overwhelming realization that all around were other worlds, other beings, other kinds
the realization of man's inner identity
the realization of mind itself, of its pure, undifferentiated Essence
the realization of one's own inmost nature
the realization of the unity of the world
the realization of truth
the realization that ultimately, it really doesn't matter
the state of Self-realization or God-realization
the sudden realization of the truth
the worlds of still unrealized potentialities
to awaken to the realization
to be free, to be a truly realized person
to realize the higher potentialities of our being
to realize the supernatural freshness
reveals the inner secrets of the universe and lifts man to the realization of his divinity

