

# Barry Long Quotes

*Life, Mind, Love Is, Truth, Thinking, Robots, Consciousness, Energy, Lying,  
Men, Believe, Self, Facts, Time, Way, Past, Said, Existence, Helping, Levels*

When the robot mind is mastered, undisciplined thinking ceases and is replaced by awareness. Awareness can know love.

~Barry Long

Acknowledgement is the only way to keep love alive.

~Barry Long

Love is all around you like the air, and is the very breath of your being.

~Barry Long

Nothing is true in self-discovery unless it is true in your own experience. This is the only protection against the robot levels of the mind.

~Barry Long

You can experience consciousness now by experiencing the fact that you exist.

~Barry Long

Truth does not need argument, agreement, theories or beliefs. There is only one test for it and that is to ask yourself 'Is the statement true or false in my experience?'

~Barry Long

The whole purpose of existence is to bring love into existence where it is needed.

~Barry Long

No man can teach another self-knowledge. He can only lead him or her up to self-discovery - the source of truth.

~Barry Long

All love - love of children, love of parents, love of God or life - comes out of making physical love. Without the making of love there is no body to love anything.

~Barry Long

WE HAVE SEEN that hunger and breathing are desires of the body. There are other desires that are not of the body, but again man seldom pauses to observe these desires in himself.

~Barry Long

Love is the state of enlightenment and enlightenment is the state of love. You can't make any separation between them. Enlightenment is the state of no feelings and pure knowledge and so is love.

~Barry Long

You must not believe anyone in the search for truth; you have to find out for yourself. But although you are on your own, help will come when it is really needed.

~Barry Long

You think, you become that thought. And consciousness, or the state of pure awareness, is lost.

~Barry Long

To experience beauty, love, truth and peace, or God, your mind has to be stilled.

~Barry Long

Anything that is said is not the truth. It is a statement of truth, and no statement is the truth.

~Barry Long

No religion knows the truth. Only he or she who lives it knows.

~Barry Long

All is energy and there is no energy higher than right love, which has no object

~Barry Long

You can't realise love or yourself until you are still enough to drop down through the restlessness and frustrations into that deeper level of your being

~Barry Long

The only way we can ever get through to the truth is by finding out what we are not. We do that by looking, by observation.

~Barry Long

When you observe yourself you must not condemn or approve what you see. If you tell a lie there is no need to judge your-self.

~Barry Long

Any product of the mind is a reaction of the past, a synthesis of what is old.

~Barry Long

Truth cannot be taught but it is quickly recognised by the person ready to discover it.

~Barry Long

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