

# Jean Houston Quotes

*People, Thinking, Stories, Mind, Humanity, World, Teacher, Years, Reality,  
Spiritual, Men, Believe, Issues, Soul, Persons, Teaching, Life, Laughter,  
Happiness, Ideas*

At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.

~Jean Houston

We all have the extraordinary coded within us, waiting to be released.

~Jean Houston

Education and the process of educating is a total integral, contextual situation which includes students, teachers, parents, administration and environment.

~Jean Houston

Change the story and you change perception; change perception and you change the world.

~Jean Houston

If you keep telling the same sad small story. You will keep living the same sad small life.

~Jean Houston

You are not a passive observer in the cosmos. The entire universe is expressing itself through you at this very moment.

~Jean Houston

No matter the situation, never let your emotions overpower your intelligence.

~Jean Houston

Just as you would not neglect seeds that you planted with hope that they will bear vegetables and fruits and flowers, so must you attend to nourish the garden of your becoming.

~Jean Houston

The world needs the sense that we are all in it together.

~Jean Houston

Laughter is the loaded latency given us by nature as part of our native equipment to break up the stalemates of our lives and urge us on to deeper and more complex forms of knowing.

~Jean Houston

Engaging it produces an intense force, which in turn produces a mutation in consciousness. You become who you really are.

~Jean Houston

We are the love, the lover, the loving, and the love. It is the Supreme. It is the deepest force in our lives.

~Jean Houston

The soul is the lure of our becoming.

~Jean Houston

As you allow the beloved to grow within you, you will discover a steadfastness to the spiritual journey.

~Jean Houston

The ecological crisis is doing what no other crisis in history has ever done - challenging us to a realization of a new humanity.

~Jean Houston

Stories are living and dynamic. Stories exist to be exchanged. They are the currency of Human Growth.

~Jean Houston

Development involves giving up a smaller story in order to wake up to a larger story.

~Jean Houston

With subtly developed body awareness, it is possible for the individual to become the conscious orchestrator of health.

~Jean Houston

Now is the time when we must renew ourselves and live as if we and all of life is sacred, and as if everything we do makes a difference.

~Jean Houston

Try to spend a few moments each day holding a picture of your body and your mind in a state of splendid health.

~Jean Houston

The tendrils of a new, deeper form of spirituality are growing. It's the greening under the surface crust of consciousness and social paradigm.

~Jean Houston

The ideas are secondary to the primary premise of people's potential. I'm always in wonder and astonishment.

~Jean Houston

Our senses are indeed our doors and windows on this world, in a very real sense the key to the unlocking of meaning and the wellspring of creativity.

~Jean Houston

Ironically, we are all too often educated out of rather than in to an awareness of the body.

~Jean Houston

My prayer is, let me be a blessing to someone or something today.

~Jean Houston

It would be wonderful if people could grow together in groups, teaching

and learning communities where they empower, evoke, explore the enormous capacities of the human condition.

~Jean Houston

The more you love, the more loving you become. That's just the way it works. It is a generosity of spirit.

~Jean Houston

We cannot embrace the New Mind by just sitting around and talking about it. It demands that we alter not just our thinking, but our way of living down to the smallest details.

~Jean Houston

Occasionally we will be overwhelmed, but mostly we will be enchanted.

~Jean Houston

We tend to think of the Faustian man, the one who fabricates, manipulates, seduces and ends up destroying. But the new image will be man the creator, the artist, the player.

~Jean Houston

Pathos activates the eyes and ears to see and hear. At times of pathos, illness opens doors to a reality which is closed to a healthy point of view.

~Jean Houston

We live in a description of reality.

~Jean Houston

When we are calling forth the depth and genius of the other, then we grow.

~Jean Houston

Your brain has one function-to do exactly what you tell it to do.

~Jean Houston

Each person is a really a great treasure house of capacities, possibilities, energies.

~Jean Houston

I am ready for the rest of my life to rise.

~Jean Houston

A myth is something that never was but that is always happening.

~Jean Houston

We have barely begun to tap into the genius of our humanity.

~Jean Houston

A normal person is someone that you don't know very well.

~Jean Houston

I believe that we are stewards of a time that is upon us - but often we need the encouragement of each other to be able to wake up to this extraordinary time and possibility.

~Jean Houston

We compensate for what we don't do internally by projecting and allowing our minds to be marinated in chronic fantasy.

~Jean Houston

I don't think that any great issue ever gets resolved. I think we outgrow them.

~Jean Houston

We are sitting on a cornucopia of knowing that we had no way to access as a democracy. We couldn't get the democratization of the human capacity before our time.

~Jean Houston

I'm a computer freak. I'm on the Internet every night. Sometimes I play dungeons and dragons with 15-year-old boys who think I'm a 15-year-old boy with a weird vocabulary.

~Jean Houston

We're in a decaying culture now. Naturally, the young people in the culture are going to feel themselves to be products of the decay.

~Jean Houston

I'm very much an animal and nature person.

~Jean Houston

Vulnerable is a catch-all word like "love" and "schizophrenia."

~Jean Houston

Because of the nature of my life, because I train a great many people, I come upon such a huge variety of human species, as well as the earth species for that matter.

~Jean Houston

I find you have to come as litmus paper and be available to whatever way you can be.

~Jean Houston

I've been around for a very long time, I've been around since God had baby cheeks.

~Jean Houston

Critical to any practice of sacred psychology is training in multiple imageries to facilitate the inner realism of journeys of the soul.

~Jean Houston

Paul Brunton was a great original and got to a place of personal evolution that illumines the pathways of a future humanity.

~Jean Houston

Time has driven out sex and money as the central issues. Now if it could only drive out the issue of power we would be somewhere!

~Jean Houston

I think of spirit as that which evokes us - the lure of becoming that keeps calling. And I think of soul as that which gets us through the cartography of everyday life.

~Jean Houston

Human connections are deeply nurtured in the field of shared story.

~Jean Houston



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