

# Ken Keyes Jr.

## Quotes

*Addiction, People, Consciousness, Spiritual, Love, Emotional, Mean, Happiness, Thinking, Order, World, Heart, Upset, Responsibility, Needs, Beautiful, Giving, Mind, Trying, Feelings*

A loving person lives in a loving world. A hostile person lives in a hostile world.

~Ken Keyes Jr.

You are not responsible for the programming you picked up in childhood. However, as an adult, you are one hundred percent responsible for fixing it.

~Ken Keyes Jr.

Love is just a feeling of togetherness and openness in your heart.

~Ken Keyes Jr.

I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright to the higher consciousness planes of unconditional love and oneness.

~Ken Keyes Jr.

Life is warning you to get rid of an addiction every time you are emotionally uncomfortable in any way.

~Ken Keyes Jr.

All there is in your life is the eternal now moment - and your experience of this moment is created by the programming in your head.

~Ken Keyes Jr.

Upgrade your addictions to the status of preferences. Here's the distinction between an addiction and a preference.

~Ken Keyes Jr.

You add to the suffering in the world when you take offense, just as much as you do when you give offense.

~Ken Keyes Jr.

Everything is a gift of the universe -even joy, anger, jealousy,

frustration, or separateness. Everything is perfect either for our growth or our enjoyment.

~Ken Keyes Jr.

Everyone and everything around you is your teacher.

~Ken Keyes Jr.

Love is not a matter of what happens in life. It's a matter of what's happening in your heart.

~Ken Keyes Jr.

As we grow in higher consciousness, we discover that it is more important to be the right person than to find the right person.

~Ken Keyes Jr.

The only real problem in your life is how you're using your mind.

~Ken Keyes Jr.

Conscious people always have a choice of whether to try to modify the actions of people around them or to change their response to the incoming stimuli.

~Ken Keyes Jr.

If you want those around you to act in a more loving and conscious manner, act in a way that helps them to do so.

~Ken Keyes Jr.

To be upset over what you don't have is to waste what you do have.

~Ken Keyes Jr.

I am freeing myself from security, sensation and power addictions that make me try to forcefully control situations in my life and thus destroy my serenity and keeps me from loving myself and others.

~Ken Keyes Jr.

Giving up an addiction means re-programming that part of your brain that makes you restless and unhappy if a desire is not realized.

~Ken Keyes Jr.

Happiness happens when your consciousness is not dominated by addictions and demands - and you experience life as a parade of preferences.

~Ken Keyes Jr.

Once again, when you upgrade sensations from an addiction to a preference, you can enjoy things such as gourmet food and music, without having your happiness depend on them.

~Ken Keyes Jr.

When you accept yourself completely you do not have to maintain a phony front, drive yourself to "achieve" or feel insecure if people tune-in to you and what you are doing.

~Ken Keyes Jr.

I have everything I need to enjoy my here and now - unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.

~Ken Keyes Jr.

As the watcher of the screen, you are perfect. The movie that is playing on the screen might be horrendous, but you are not the movie. You are what is watching the movie.

~Ken Keyes Jr.

To see your drama clearly is to be liberated from it.

~Ken Keyes Jr.

Think of the world as a loving place that is designed to give you everything that you need.

~Ken Keyes Jr.

Happiness is experienced when your life gives you what you are willing to accept.

~Ken Keyes Jr.

Whenever you're unhappy, your emotions are telling you that the people or things around you are not conforming to your vision of the world, or the way you think things should be.

~Ken Keyes Jr.

People who postpone happiness are like children who try chasing rainbows in an effort to find the pot of gold at the rainbows end...Your life will never be fulfilled until you are happy here and now.

~Ken Keyes Jr.

You should always be aware that your head creates your world.

~Ken Keyes Jr.

I am discovering how my consciousness dominating addictions create my illusory version of the changing world of people and situations around me.

~Ken Keyes Jr.

How soon will you realize that the only thing you don't have is the direct experience that there's nothing you need that you don't have?

~Ken Keyes Jr.

I welcome the opportunity (even if painful) that my minute to minute experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns.

~Ken Keyes Jr.

We always have enough to be happy if we are enjoying what we do

have.

~Ken Keyes Jr.

We've got to convince our egos and our minds that if we want to live happy lives, love is more important than anything else!

~Ken Keyes Jr.

We see things not as they are, but as we are. Your addictions distort how you process the enormous flow of information that is constantly flooding in through all of your sensory inputs.

~Ken Keyes Jr.

Be aware that the difference between heaven and earth is not so much altitude but attitude.

~Ken Keyes Jr.

All the study and effort toward higher consciousness can be eliminated if we do but one thing; Love it All.

~Ken Keyes Jr.

Allow yourself emotion-backed demands only for physical necessities such as air to breathe, food if starving, and shelter if freezing.

~Ken Keyes Jr.

You always have enough to be happy. It's the patterns in your head that make you unhappy.

~Ken Keyes Jr.

You can always create your own experience of life in a beautiful and enjoyable way if you keep your love turned on within you- regardless of what other people say or do.

~Ken Keyes Jr.

Love means tearing down the separateness and the boundaries

between your heart feelings and another person.

~Ken Keyes Jr.

It is only your mental habits and your selected memories of how you think things are that keep you from moulding things in your life in a more harmonious way.

~Ken Keyes Jr.

I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keep me stuck in my illusion of separateness from other people.

~Ken Keyes Jr.

Love everyone unconditionally, including yourself.

~Ken Keyes Jr.

I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.

~Ken Keyes Jr.

No one that ever lived has ever had enough power, prestige, or knowledge to overcome the basic condition of all life - you win some and you lose some.

~Ken Keyes Jr.

Life goes by rapidly. Don't delay. Don't put it off. Don't wait until you have some spare time. Don't wait until the time's 'right'.

~Ken Keyes Jr.

I take full responsibility here and now for everything I experience, for it is my own programming that creates my actions and also influences the reactions of people around me.

~Ken Keyes Jr.

Even when we get what we addictively want, our wanting to keep things that way automatically creates a new addiction.

~Ken Keyes Jr.

We are not the personalities that our egos are so valiantly defending. Our personalities are simply the result of our current programming.

~Ken Keyes Jr.

I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unitively merge with everything around me.

~Ken Keyes Jr.

Serenity is the end - and serenity is also the means - by which you live effectively.

~Ken Keyes Jr.

View others as unfolding beings in their journey toward higher consciousness.

~Ken Keyes Jr.

Expand your love, your consciousness, and your loving compassion by experiencing everything that everyone does or says as though you had done or said it.

~Ken Keyes Jr.

You can make really effective changes when your consciousness is free of emotional turmoil.

~Ken Keyes Jr.

I am constantly aware of which of the Seven Centres of Consciousness I am using and I feel my energy, perceptiveness, love and inner peace growing as I open all of the centres of consciousness.

~Ken Keyes Jr.



Happiness does not lie in getting people and things outside of you lined up exactly to suit your desires.

~Ken Keyes Jr.

To be right, be willing to admit you are wrong.

~Ken Keyes Jr.

The past is dead; The future is imaginary; Happiness can only be in the Eternal Now Moment.

~Ken Keyes Jr.

It is beautiful to acquire knowledge, but it is misleading to expect it to bring us peace, love and happiness.

~Ken Keyes Jr.

I act freely when I am tuned in, centred and loving, but if possible, I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.

~Ken Keyes Jr.

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