

Ken Wilber

Quotes

Self, Spiritual, Mean, Real, Reality, World, Soul, Eye, Spirit, Thinking, Two, Consciousness, Simple, Believe, Philosophy, Mind, Past, Love, Opposites, Writing

Unhappiness and dissatisfaction with life are not signs of mental illness, but of growing intelligence.

~Ken Wilber

You cannot have exterior development without interior development to hold it in place.

~Ken Wilber

Real love will take you far beyond yourself; and therefore real love will devastate you.

~Ken Wilber

Be the most ethical, the most responsible, the most authentic you can be with every breath you take, because you are cutting a path into tomorrow that others will follow.

~Ken Wilber

As Aurobindo and Teilhard de Chardin knew, the future of humankind is God-consciousness.

~Ken Wilber

The truth will not necessarily set you free, but truthfulness will.

~Ken Wilber

I rise to taste the dawn, and find that love alone will shine today.

~Ken Wilber

Boundary lines, of any type, are never found in the real world itself, but only in the imagination of the mapmakers.

~Ken Wilber

The point is to unify the opposites, both positive and negative, by discovering a ground which transcends and encompasses both.

~Ken Wilber

I don't believe that any human mind is capable of 100 percent error... Nobody is smart enough to be wrong all the time.

~Ken Wilber

And through the opening or clearing in your own awareness may come flashing higher truths, subtler revelations, profound connections. For a moment you might even touch eternity.

~Ken Wilber

...we cannot simply recommend love and compassion per se, for those unfold from egocentric to ethnocentric to worldcentric, and do we really want an increase in ethnocentric love?

~Ken Wilber

The truth is an arbitrary, shifting, culturally relative, and historically molded phenomenon.

~Ken Wilber

In a special sense... the three great natural states of waking, dreaming, and deep sleep contain an entire spectrum of spiritual enlightenment.

~Ken Wilber

I don't have to agree with everything you say, but I should attempt at least to understand it, for the opposite of mutual understanding is, quite simply, war.

~Ken Wilber

Science is clearly one of the most profound methods that humans have yet devised for discovering truth, while religion remains the single greatest force for generating meaning.

~Ken Wilber

The basic idea of integral transformative practice (ITP) is simple: the more aspects of our being that we simultaneously exercise, the more

likely that transformation will occur.

~Ken Wilber

In Democracy, man exploits man; in Communism, it's the other way round.

~Ken Wilber

Increasing consciousness = increasing complexity.

~Ken Wilber

Let's not forget that what is looking out of your eyes and hearing with your ears right now is already Spirit. And that Spirit, that I AMness, is always present in all sentient beings.

~Ken Wilber

Spirit slumbers in nature, awakens in mind, and finally recognizes itself as Spirit in the transpersonal domains.

~Ken Wilber

Eternity is not ever-lasting time but the real, unfading, indestructible, and timeless Present, for, as Schroedinger said, the present is the only thing that has no end.

~Ken Wilber

Bad Gardens copy, good gardens create, great gardens transcend.

~Ken Wilber

Physics is the most fundamental, and least significant, of the sciences.

~Ken Wilber

Each stage of development, remember, has a dialectic of progress--in plain language, every new development is good news, bad news.

~Ken Wilber

Few of us have lost our minds, but most of us have long ago lost our bodies.

~Ken Wilber

Matter begins evolving back to Spirit and, when it's reached, the whole process begins over again for the billionth time.

~Ken Wilber

You can't have good without evil, pleasure without pain, and so on.

~Ken Wilber

To understand the whole it is necessary to understand the parts. To understand the parts, it is necessary to understand the whole. Such is the circle of understanding.

~Ken Wilber

I don't talk about consciousness. I talk about interiority.

~Ken Wilber

AQAL is a map of samsara, a map of the prison, but if you gonna make a prison brake, you need a good map. (laughter)

~Ken Wilber

There is a way out, but the way out is really a way within.

~Ken Wilber

There is nothing but God, nothing but the Goddess, nothing but Spirit in all directions, and not a grain of sand, not a speck of dust, is more or less Spirit than any other.

~Ken Wilber

Freedom is an endless meeting.

~Ken Wilber

I'm not nearly the saint some of my fans imagine and I'm nowhere near the devil my detractors wish, so you simply take both of those with a grain of salt.

~Ken Wilber

The Big Bang has made Idealists out of almost anybody who thinks. First there was absolutely nothing, then Bang! Something. This is beyond weird. Out of sheerest Emptiness, manifestation arises.

~Ken Wilber

The single greatest world transformation would simply be the embrace of global reasonableness and pluralistic tolerance the global embrace of egoic-rationality (on the way to centauric vision-logic).

~Ken Wilber

If you really want to change the world, you must first understand it adequately, or all you will do is reproduce in larger numbers your own ignorance.

~Ken Wilber

God does not lie in our collective past, God lies in our collective future; the Garden of Eden is tomorrow, not yesterday; the Golden Age lies down the road, not up it.

~Ken Wilber

Most of us, I suspect, prefer our teachers to be of the Nice Guy variety.

~Ken Wilber

Society forces you to conform.

~Ken Wilber

Most of us are only willing to call 5% of our present information into question any one point.

~Ken Wilber

The more I go into I, the more I fall out of I.

~Ken Wilber

The nondual universe of One Taste arises as a spontaneous gesture of your own true nature.

~Ken Wilber

On my tombstone, I really hope that someday they will write: He was true but partial.

~Ken Wilber

Religion is just coded spirituality.

~Ken Wilber

Nobody is smart enough to be wrong all the time.

~Ken Wilber

I can focus on writing, or I can get lost in wonderfully fun but endless conversations and produce nothing new at all. I count on those people who enjoy my work to understand this.

~Ken Wilber

And resting in the ocean, dipped into the sea, I find glimmers of One Taste everywhere.

~Ken Wilber

I went to Duke University in the medical track. And then I decided I wanted to do something more creative, so I switched to biochemistry at Nebraska.

~Ken Wilber

There is nothing in the universe but matter.

~Ken Wilber

And as for baby-boomer parents cluck-clucking about illegal substances, ah, gimme a break. Still, I think I'll pass on the rave. But more power to 'em, I say.

~Ken Wilber

It is flat-out strange that something-that anything-is happening at all. There was nothing then a Big Bang, then here we all are. This is extremely weird.

~Ken Wilber

I think I was a born scientist.

~Ken Wilber

There is intersubjectivity woven into the very fabric of the Kosmos at all levels.

~Ken Wilber

The integral vision embodies an attempt to take the best of both worlds, ancient and modern. But that demands a critical stance willing to reject unflinchingly the worst of both as well.

~Ken Wilber

Both the old and new physics were dealing with shadow-symbols, but the new physics was forced to be aware of that fact - forced to be aware that it was dealing with shadows and illusions, not reality.

~Ken Wilber

The only justifications for belief have the form "justified for me".

~Ken Wilber

Do you even recognize your own consciousness?

~Ken Wilber

These two enormous forces - truth and meaning - are at war in today's

world... And something sooner or later has to give.

~Ken Wilber

Love is a time-honored way to transcend the separate-self sense and leap into the sublime; Treya and I held hands, closed our eyes, and jumped.

~Ken Wilber

Some forms of truth are really forms of social power and oppression.

~Ken Wilber

Was it someone else? Was it not you yourself?

~Ken Wilber

Truth, in the broadest sense, means being attuned with the real. To be authentically in touch with the true, and the good and the beautiful.

Yes?

~Ken Wilber

One's sanctions for truth and goodness are established largely by individual preferences.

~Ken Wilber

The Enlightenment was an attempt to liberate myth and base truth claims on evidence, not just dogma. But when science threw out the church, they threw out the baby with the bath water.

~Ken Wilber

Authentic spirituality... does not render the self content, it renders it undone.

~Ken Wilber

An integral approach acknowledges that all views have a degree of truth, but some views are more true than others, more developed, more

evolved, more adequate.

~Ken Wilber

Anything you are exclusively attached to & identify with ends up
distorting & limiting awareness.

~Ken Wilber

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