

M. Scott Peck

Quotes

*Spiritual, Discipline, Self, Growth, Community, Love Is, Pain, Love, Thinking,
Inspirational, Problem, Life, Children, People, Lying, Mean, Believe,
Responsibility, God, Suffering*

Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it.

~M. Scott Peck

Emotional sickness is avoiding reality at any cost. Emotional health is facing reality at any cost.

~M. Scott Peck

Mental health is an ongoing process of dedication to reality at all costs

~M. Scott Peck

Courage is not the absence of fear; it is the making of action in spite of fear.

~M. Scott Peck

The quickest way to change your attitude toward pain is to accept the fact that everything that happens to us has been designed for our spiritual growth.

~M. Scott Peck

Human beings are poor examiners, subject to superstition, bias, prejudice, and a PROFOUND tendency to see what they want to see rather than what is really there.

~M. Scott Peck

All my life I used to wonder what I would become when I grew up. Then, about seven years ago, I realized that I was never going to grow up--that growing is an ever ongoing process.

~M. Scott Peck

Share our similarities, celebrate our differences.

~M. Scott Peck

The key to community is the acceptance, in fact the celebration of our

individual and cultural differences. It is also the key to world peace

~M. Scott Peck

We cannot even let the other person into our hearts or minds unless we empty ourselves. We can truly listen to him or truly hear her only out of emptiness.

~M. Scott Peck

The difficulty we have in accepting responsibility for our behavior lies in the desire to avoid the pain of the consequences of that behavior.

~M. Scott Peck

We must be willing to fail and to appreciate the truth that often "Life is not a problem to be solved, but a mystery to be lived.

~M. Scott Peck

Love is the free exercise of choice. Two people love each other only when they are quite capable of living without each other but choose to live with each other.

~M. Scott Peck

When you consider yourself valuable you will take care of yourself in all ways that are necessary.

~M. Scott Peck

God creates each soul differently, so that when all the mud is finally cleared away, His light will shine through it in a beautiful, colorful, totally new pattern.

~M. Scott Peck

There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.

~M. Scott Peck

Integrity is never painless.

~M. Scott Peck

The great awareness comes slowly, piece by piece. The path of spiritual growth is a path of lifelong learning. The experience of spiritual power is basically a joyful one.

~M. Scott Peck

Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.

~M. Scott Peck

It is only because of problems that we grow mentally and spiritually.

~M. Scott Peck

We are most often in the dark when we are the most certain, and the most enlightened when we are the most confused.

~M. Scott Peck

Discipline is wisdom and vice versa.

~M. Scott Peck

The path of spiritual growth is a path of lifelong learning.

~M. Scott Peck

Real love is a permanently self-enlarging experience.

~M. Scott Peck

Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it.

~M. Scott Peck

Nirvana or lasting enlightenment or true spiritual growth can be achieved only through persistent exercise of real love.

~M. Scott Peck

You cannot truly listen to anyone and do anything else at the same time.

~M. Scott Peck

Life is a series of problems. Do we want to moan about them or solve them?

~M. Scott Peck

The will to grow is, in essence, the same phenomenon as love. Genuinely loving people are, by definition, growing people.

~M. Scott Peck

Problems call forth our courage and our wisdom; indeed, they create our courage and wisdom.

~M. Scott Peck

God wants us to become himself or herself or itself. We are growing toward Godhood. God is the goal of evolution.

~M. Scott Peck

I define love thus: The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.

~M. Scott Peck

Going into the unknown is invariably frightening, but we learn what is significantly new only through adventures.

~M. Scott Peck

By far the most important form of attention we can give our loved ones is listening... True listening is love in action.

~M. Scott Peck

Commitment is inherent in any genuinely loving relationship.

~M. Scott Peck

Everything that happens in life is there to aid our spiritual growth.

~M. Scott Peck

Self examination is the key to insight, which is the key to wisdom

~M. Scott Peck

The best decision-makers are those who are willing to suffer the most over their decisions but still retain their ability to be decisive.

~M. Scott Peck

When we teach ourselves and our children discipline, we are teaching them and ourselves how to suffer and also how to grow.

~M. Scott Peck

A discussion becomes destructive when it begins to generate more heat than light.

~M. Scott Peck

When we love something it is of value to us, and when something is of value to us we spend time with it, time enjoying it and time taking care of it.

~M. Scott Peck

The life of wisdom must be a life of contemplation combined with action.

~M. Scott Peck

As Benjamin Franklin said, 'Those things that hurt, instruct.' It is for this reason that wise people learn not to dread but actually to welcome problems and actually to welcome the pain of problems.

~M. Scott Peck

The principal form that the work of love takes is attention. When we love another person we give him or her our attention; we attend to that person's growth.

~M. Scott Peck

True love is not a feeling by which we are overwhelmed. It is a committed, thoughtful decision.

~M. Scott Peck

As I grow through love, so grows my joy, ever more present, ever more constant.

~M. Scott Peck

It is our task-our essential, central, crucial task-to transform ourselves from mere social creatures into community creatures.

~M. Scott Peck

Doubt is often the beginning of wisdom.

~M. Scott Peck

One extends one's limits only by exceeding them.

~M. Scott Peck

With total discipline we can solve all problems.

~M. Scott Peck

If we seek to be loved - if we expect to be loved - this cannot be accomplished; we will be dependent and grasping not genuinely loving.

~M. Scott Peck

We cannot be a source for strength unless we nurture our own strength.

~M. Scott Peck

If you wish to discern either the presence or absence of integrity, you need to ask only one question. What is missing? Has anything been left out?

~M. Scott Peck

There is no act of love that is not an act of work or courage. No exceptions.

~M. Scott Peck

Love always requires courage and involves risk.

~M. Scott Peck

If we deny our anger, our pain, our ambition, or our goodness, we will suffer.

~M. Scott Peck

How strange that we should ordinarily feel compelled to hide our wounds when we are all wounded.

~M. Scott Peck

I believe it would be considerably healthier for us to dare to live without a reason for many things than with reasons that are simplistic.

~M. Scott Peck

There is no worse bitterness than to reach the end of your life and realized you have not lived.

~M. Scott Peck

We know a great deal more about the causes of physical disease than we do about the causes of physical health.

~M. Scott Peck

Falling in love is not an extension of one's limits or boundaries; it is a partial and temporary collapse of them.

~M. Scott Peck

I make no distinction between the mind and the spirit, and therefore no distinction between the process of achieving spiritual growth and achieving mental growth. They are one and the same.

~M. Scott Peck

Problems are the cutting edge that distinguishes between success and failure. Problems ... create our courage and wisdom.

~M. Scott Peck

Sickness begets chaos, which, through hard work and a touch of grace, leads to growth and resurrection.

~M. Scott Peck

Not only do self-love and love of others go hand in hand but ultimately they are indistinguishable.

~M. Scott Peck

From the age of three on, as far back as I remember, I just knew there was a God behind everything.

~M. Scott Peck

To heal your body, you must first heal your spirit.

~M. Scott Peck

The feeling of being valuable - 'I am a valuable person'- is essential to mental health and is a cornerstone of self-discipline.

~M. Scott Peck

I've had all kinds of experiences with God in terms of revelation through a still, small voice or dreams or coincidences.

~M. Scott Peck

Examination of the world without is never as personally painful as examination of the world within.

~M. Scott Peck

What people get admired and appreciated for in community are their soft skills: their sense of humor and timing, their ability to listen, their courage and honesty, their capacity for empathy.

~M. Scott Peck

I guess if you want to know one single thing I'm about, it's that I'm against easy answers.

~M. Scott Peck

America's greatest sin is the refusal to delay gratification.

~M. Scott Peck

If we want to be heard we must speak in a language the listener can understand and on a level at which the listener is capable of operating.

~M. Scott Peck

All human interactions are opportunities either to learn or to teach.

~M. Scott Peck

Love is too large, too deep ever to be truly understood or measured or limited within the framework of words.

~M. Scott Peck

Ultimately love is everything.

~M. Scott Peck

The only real security in life lies in relishing life's insecurity.

~M. Scott Peck

When we avoid the legitimate suffering that results from dealing with

problems, we also avoid the growth that problems demand from us.

~M. Scott Peck

A life of total dedication to the truth also means a life of willingness to be personally challenged.

~M. Scott Peck

The more effort we make to appreciate and perceive reality, the larger and more accurate our maps will be. But many do not want to make this effort.

~M. Scott Peck

Jesus was lonely and sorrowful and scared-an unbelievably real person.

~M. Scott Peck

The denial of suffering is, in fact a better definition of illness than its acceptance.

~M. Scott Peck

But for the first time, I had a religious identity. I had come home. And so I called myself a Zen Buddhist at the age of 18.

~M. Scott Peck

In and through community lies the salvation of the world.

~M. Scott Peck

The path to holiness lies through questioning everything.

~M. Scott Peck

Genuine love is volitional rather than emotional.

~M. Scott Peck

We cannot solve life's problems except by solving them.

~M. Scott Peck

But I already saw no great difference between the psyche and spirituality. To amass knowledge without becoming wise is not my idea of progress in therapy.

~M. Scott Peck

If we know exactly where we're going, exactly how to get there, and exactly what we'll see along the way, we won't learn anything.

~M. Scott Peck

I have a very full and busy life and occasionally I am asked, Scotty, how can you do all that you do? The most telling reply I can give is: Because I spend at least two hours a day doing nothing.

~M. Scott Peck

There is no virtue inherent in un-constructive suffering.

~M. Scott Peck

Consciousness is the foundation of all thinking; and thinking is the foundation of all consciousness.

~M. Scott Peck

Although I was raised in a profoundly secular home, I had a belief, an awareness of God, from as far back as I can remember.

~M. Scott Peck

If your goal is to avoid pain and escape suffering, I would not advise you to seek higher levels of consciousness or spiritual evolution.

~M. Scott Peck

Listening well is an exercise of attention and by necessity hard work. It is because they do not realize this or because they are not willing to do the work that most people do not listen well.

~M. Scott Peck

It is not easy for us to change. But it is possible and it is our glory as human beings

~M. Scott Peck

I can remember years ago sitting on my bed and suddenly thinking, "I am God."

~M. Scott Peck

The act of loving is an act of self-evolution even when the purpose of the act is someone else's growth.

~M. Scott Peck

Teach us to number our days aright.

~M. Scott Peck

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