

P.D. Ouspensky

Quotes

*Men, Thinking, People, Spiritual, Long, Mean, Knowing, May, Quality, Effort,
Want, Numbers, Consciousness, Two, Negative, Lying, Dream, Law, Reality,
Mistake*

When one realises one is asleep, at that moment one is already half-awake.

~P.D. Ouspensky

It is only when we realize that life is taking us nowhere that it begins to have meaning.

~P.D. Ouspensky

When a man begins to know himself a little he will see in himself many things that are bound to horrify him. So long as a man is not horrified at himself he knows nothing about himself.

~P.D. Ouspensky

The greatest barrier to consciousness is the belief that one is already conscious.

~P.D. Ouspensky

People live in sleep, do everything in sleep, and do not know they are asleep.

~P.D. Ouspensky

Love is the eternally burning fire in which humanity & all the world are being purified.

~P.D. Ouspensky

The strangest and most fantastic fact about negative emotions is that people actually worship them.

~P.D. Ouspensky

It is by overcoming obstacles that man develops those qualities he needs.

~P.D. Ouspensky

Desire is when you do what you want, will is when you can do what you

do not want.

~P.D. Ouspensky

There is no tyranny more ferocious than the tyranny of morality.
Everything is sacrificed to it.

~P.D. Ouspensky

Attaining consciousness is connected with the gradual liberation from mechanicalness, for man is fully and completely under mechanical laws.

~P.D. Ouspensky

The number of laws is constantly growing in all countries and, owing to this, what is called crime is very often not a crime at all, for it contains no element of violence or harm.

~P.D. Ouspensky

Ideas by themselves cannot produce change of being; your effort must go in the right direction, and one must correspond to the other.

~P.D. Ouspensky

A religion contradicting science and a science contradicting religion are equally false.

~P.D. Ouspensky

Art is the communication of ecstasy.

~P.D. Ouspensky

In all living nature (and perhaps also in that which we consider as dead) love is the motive force which drives the creative activity in the most diverse directions.

~P.D. Ouspensky

Most people can accept the truth only in the form of a lie.

~P.D. Ouspensky

Begin with the possible: begin with one step. There is always a limit you cannot do more than you can do. If you try to do too much you will do nothing

~P.D. Ouspensky

One cannot keep all old views and opinions and acquire new ones.

~P.D. Ouspensky

There is something in us that keeps us where we find ourselves. I think this is the most awful thing of all.

~P.D. Ouspensky

Man is confronted with two obvious facts: The existence of the world in which he lives; and the existence of psychic life in himself.

~P.D. Ouspensky

Everything we do consciously remains for us.

~P.D. Ouspensky

To remember oneself means the same thing as to be aware of oneself - I am. It is not a function, not thinking, not feeling; it is a different state of consciousness.

~P.D. Ouspensky

Psychology is sometimes called a new science. This is quite wrong. Psychology is, perhaps, the oldest science, and, unfortunately, in its most essential features a forgotten science.

~P.D. Ouspensky

The most difficult thing is to know what we do know, and what we do not know.

~P.D. Ouspensky

I mean that you always know what results will come from one or another of your actions; but in a strange way you want to do one thing and get the result that could only come from another

~P.D. Ouspensky

There is no possibility of remembering what has been found and understood, and later repeating it to oneself. It disappears as a dream disappears. Perhaps it is all nothing but a dream.

~P.D. Ouspensky

a man can be given only what he can use; and he can use only that for which he has sacrificed something

~P.D. Ouspensky

Understanding is always the understanding of a smaller problem in relation to a bigger problem.

~P.D. Ouspensky

The problem of Eternity, of which the face of the Sphinx speaks, takes us into the realm of the impossible. Even the problem of Time is simple in comparison with the problem of Eternity.

~P.D. Ouspensky

If you want to remember yourself, the best thing is not to think about yourself. As long as you think about yourself, you will not remember yourself.

~P.D. Ouspensky

We often think we express negative emotions, not because we cannot help it, but because we should express them.

~P.D. Ouspensky

Truths that become old become decrepit and unreliable; sometimes they may be kept going artificially for a certain time, but there is no life

in them.

~P.D. Ouspensky

Effort plus motive equals result.

~P.D. Ouspensky

Possibly the most interesting first impression of my life came from the world of dreams.

~P.D. Ouspensky

A symbol may serve to transfer our intuitions and to suggest new ones only so long as its meaning is not defined.

~P.D. Ouspensky

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