

R. D. Laing

Quotes

*Men, Reality, Thinking, Self, Children, Mad, People, Life, May, Love, Insanity,
Spiritual, Lying, Body, Normal, Patient, Mind, Answers, Crazy, Book*

Insanity - a perfectly rational adjustment to an insane world.

~R. D. Laing

Life is a sexually transmitted disease.

~R. D. Laing

We are all in a post-hypnotic trance induced in early infancy.

~R. D. Laing

Do not adjust your mind, the fault is in reality.

~R. D. Laing

We have to realize that we are as deeply afraid to live and to love as we are to die.

~R. D. Laing

Pain in this life is not avoidable, but the pain we create avoiding pain is avoidable.

~R. D. Laing

Madness need not be all breakdown. It may also be break-through.

~R. D. Laing

Whether life is worth living depends on whether there is love in life.

~R. D. Laing

Freud was a hero. He descended to the Underworld and met there stark terrors. He carried with him his theory as a Medusa's head which turned these terrors to stone.

~R. D. Laing

Our 'normal' 'adjusted' state is too often the abdication of ecstasy, the betrayal of our true potentialities.

~R. D. Laing

Human beings seem to have an almost unlimited capacity to deceive themselves, and to deceive themselves into taking their own lies for truth.

~R. D. Laing

Insanity is a perfectly natural adjustment to a totally unnatural and negative environment.

~R. D. Laing

Life is a sexually transmitted disease and the mortality rate is one hundred percent.

~R. D. Laing

Where can you scream? It's a serious question: where can you go in society and scream?

~R. D. Laing

The way out is through the door you came in.

~R. D. Laing

The range of what we think and do is limited by what we fail to notice.

~R. D. Laing

Psychological breakdowns are actually breakthroughs to enlightenment.

~R. D. Laing

When family relations are no longer harmonious, we have filial children and devoted parents.

~R. D. Laing

The universe was a vast machine yesterday, it is a hologram today. Who knows what intellectual rattle we'll be shaking tomorrow.

~R. D. Laing

No one has the answer: we are answer and question.

~R. D. Laing

The psychiatrist must become a fellow traveler with his patient.

~R. D. Laing

Normal men have killed perhaps 100,000,000 of their fellow normal men in the last fifty years.

~R. D. Laing

In our society many of the old rituals have lost much of their power. New ones have not arisen.

~R. D. Laing

They are playing a game. They are playing at not playing a game. If I show them I see they are, I shall break the rules and they will punish me. I must play their game, of not seeing I see the game.

~R. D. Laing

We are effectively destroying ourselves by violence masquerading as love.

~R. D. Laing

If we can revert to the truth, then a great deal of one's suffering can be erased, because a great deal of one's suffering is based on sheer lies.

~R. D. Laing

Schizophrenia is the name for a condition that most psychiatrists ascribe to patients they call schizophrenic.

~R. D. Laing

Philosophy does not exist. It is nothing but an hypostatized abstraction.

~R. D. Laing

There is a great deal of pain in life and perhaps the only pain that can be avoided is the pain that comes from trying to avoid pain.

~R. D. Laing

A mental healer may be a psychiatrist. A psychiatrist may or may not be a mental healer.

~R. D. Laing

Children are not yet fools, but we shall turn them into imbeciles like ourselves, with high I.Q.'s if possible.

~R. D. Laing

Doctors have throughout time made fortunes on killing their patients with their cures. The difference in psychiatry is that it is the death of the soul.

~R. D. Laing

True guilt is guilt at the obligation one owes to oneself to be oneself. False guilt is guilt felt at not being what other people feel one ought to be or assume that one is.

~R. D. Laing

Schizophrenia cannot be understood without understanding despair.

~R. D. Laing

Madness need not be all breakdown. It may also be break-through. It is potential liberation and renewal as well as enslavement and existential death.

~R. D. Laing

The condition of alienation, of being asleep, of being unconscious, of being out of one's mind, is the condition of the normal man.

~R. D. Laing

We live in a moment of history where change is so speeded up that we begin to see the present only when it is already disappearing.

~R. D. Laing

Alienation as our present destiny is achieved only by outrageous violence perpetrated by human beings on human beings.

~R. D. Laing

Beauty is almost no longer possible if it is not a lie.

~R. D. Laing

The truth brings with it a great measure of absolution, always.

~R. D. Laing

Any experience of reality is indescribable!

~R. D. Laing

Perhaps God is not dead; perhaps God himself is mad.

~R. D. Laing

We are all murderers and prostitutes - no matter to what culture, society, class, nation one belongs, no matter how normal, moral, or mature, one takes oneself to be.

~R. D. Laing

In the context of our present pervasive madness that we call normality, sanity, freedom, all our frames of reference are ambiguous and equivocal.

~R. D. Laing

What we think is less than what we know; What we know is less than what we love; What we love is so much less than what there is. And to that precise extent we are so much less than what we are.

~R. D. Laing

The human mind has to ask "Who, what, whence, whither, why am I?" And it is very doubtful if the human mind can answer any of these questions.

~R. D. Laing

If I hazard a guess as to the most endemic, prevalent anxiety among human beings-including fear of death, abandonment, loneliness-nothing is more prevalent than the fear of one another.

~R. D. Laing

Creative people who can't help but explore other mental territories are at greater risk, just as someone who climbs a mountain is more at risk than someone who just walks along a village lane.

~R. D. Laing

If I do not know that I do not know, I think I know. If I do not know that I know, I think I do not know.

~R. D. Laing

Society highly values its normal man. It educates children to lose themselves and to become absurd, and thus to be normal.

~R. D. Laing

I'm ridiculous to feel ridiculous when I'm not.

~R. D. Laing

We are bemused and crazed creatures, strangers to our true selves, to one another, and to the spiritual and material world - mad, even, from an ideal standpoint we can glimpse but not adopt.

~R. D. Laing

Children do not give up their innate imagination, curiosity, dreaminess easily. You have to love them to get them to do that.

~R. D. Laing

I cannot experience your experience. You cannot experience my experience. We are both invisible men.

~R. D. Laing

There is no such condition as 'schizophrenia,' but the label is a social fact and the social fact a political event.

~R. D. Laing

Rule A: Don't. Rule A1: Rule A doesn't exist. Rule A2: Do not discuss the existence or non-existence of Rules A, A1 or A2.

~R. D. Laing

Each time a new baby is born there is a possibility of reprieve. Each child is a new being, a potential prophet, a new spiritual prince, a new spark of light precipitated into the outer darkness.

~R. D. Laing

The experience and behavior that gets labeled schizophrenic is a special strategy that a person invents in order to live in an unlivable situation.

~R. D. Laing

No one acts or experiences in a vacuum.

~R. D. Laing

Schizophrenia is a successful attempt not to adapt to pseudo- social realities.

~R. D. Laing

The dynamics and structures found in those groups called families in our society may not be evident in those groups called families in other places and times.

~R. D. Laing

Experience is mad when it steps beyond the horizons of our common, that is, our communal sense.

~R. D. Laing

In describing one way of going mad, I shall try to show that there is a comprehensible transition from the sane schizoid way of being-in-the-world to a psychotic way of being-in-the-world.

~R. D. Laing

The square root of nothing.

~R. D. Laing

If I don't know I don't know, I think I know. If I don't know I know I know, I think I don't know.

~R. D. Laing

Truth is literally that which is without secrecy, what discloses itself without a veil.

~R. D. Laing

To live in the past or in the future may be less satisfying than to live in the present, but it can never be as disillusioning.

~R. D. Laing

Few books today are forgivable.

~R. D. Laing

One cannot say everything at once.

~R. D. Laing

A man who says that men are machines may be a great scientist. A man who says he is a machine is 'depersonalized' in psychiatric jargon.

~R. D. Laing

We live equally out of our bodies and out of our minds.

~R. D. Laing

There are good reasons for being obedient, but being unable to be disobedient is not one of the best reasons.

~R. D. Laing

Few books today are forgivable. Black on canvas, silence on the screen, an empty white sheet of paper are perhaps feasible.

~R. D. Laing

In the society of men the truth resides now less in what things are than in what they are not.

~R. D. Laing

Being embodied as such is no insurance against feelings of hopelessness or meaninglessness. Beyond his body, he still has to know who he is.

~R. D. Laing

No one has schizophrenia, like having a cold. The patient has not "got" schizophrenia. He is schizophrenic.

~R. D. Laing

The 'data' (given) of research are not so much given as taken out of a constantly elusive matrix of happenings. We should speak of *capta* rather than data.

~R. D. Laing

What do you do when you don't know what to do? No wonder there are more suicides among psychiatrists than in any other profession.

~R. D. Laing

I am quite sure that a good number of "cures" of psychotics consist in

the fact that the patient has decided, for one reason or other, once more to play at being sane.

~R. D. Laing

Related Links:

- Men Quotes
- Reality Quotes
- Thinking Quotes
- Self Quotes
- Children Quotes
- Mad Quotes
- People Quotes
- Life Quotes
- May Quotes
- Love Quotes
- Insanity Quotes
- Spiritual Quotes
- Lying Quotes
- Body Quotes
- Normal Quotes
- Patient Quotes
- Mind Quotes
- Answers Quotes
- Crazy Quotes
- Book Quotes