

Sam Keen

Quotes

*Thinking, Men, People, Spiritual, Moving, World, Children, Order, Stories,
Animal, Jobs, Journey, Soul, Philosophy, Religious, Practice, Compassion,
Knows, Love, Real*

We come to love not by finding the perfect person, but by learning to see an imperfect person perfectly.

~Sam Keen

There are two questions a man must ask himself: The first is 'Where am I going?' and the second is 'Who will go with me?' If you ever get these questions in the wrong order you are in trouble.

~Sam Keen

To love is to return to a home we never left, to remember who we are.

~Sam Keen

The best practice is to follow the advice posted on every railroad crossing: Stop. Look. Listen.

~Sam Keen

Compassion begins with the acknowledgment of the single inescapable truth that is the foundation for the possibility of love between human beings - an awareness of the tragic sense of life.

~Sam Keen

Trust what moves you most deeply.

~Sam Keen

Down to earth advice about the path that leads away from the kingdom of the hollow men.

~Sam Keen

The sacred is discovered in what moves and touches us, in what makes us tremble.

~Sam Keen

To be on a quest is nothing more or less than to become an asker of questions.

~Sam Keen

The more you become a connoisseur of gratitude, the less you are a victim of resentment, depression, and despair.

~Sam Keen

In the degree that we remember and retell our stories and create new ones we become the authors, the authorities, of our own lives.

~Sam Keen

Our society has been eaten up by the economic view of things, which routinely forces us to work at jobs that don't mean anything.

~Sam Keen

What shapes our lives are the questions we ask, refuse to ask, or never think to ask.

~Sam Keen

I fall into all kinds of inauthenticity when I conspire to forget my mortality.

~Sam Keen

You don't go through a deep personal transformation without some kind of dark night of the soul.

~Sam Keen

The lover heals the world not by a vague and abstract love for everybody and everything, but by becoming passionate and vowing fidelity to concrete relationships, persons, institutions, and places.

~Sam Keen

We suffer from the illusion that the faster we run, the more likely we are to grasp happiness. The truth is that the velocity necessary for success rarely exceeds the rate of reflection.

~Sam Keen

We [people] may enjoy this fleeting beauty [of life] for such a brief instance. And then we are compost. G - , the creator-destroyer, certainly has a strange sense of humor!

~Sam Keen

A man must go on a quest / to discover the sacred fire / in the sanctuary of his own belly / to ignite the flame in his heart / to fuel the blaze in the hearth / to rekindle his ardor for the earth

~Sam Keen

Human beings are what I think of as "biomythic" animals: we're controlled largely by the stories we tell. When we get the story wrong, we get out of harmony with the rest of the natural order.

~Sam Keen

The first part of the spiritual journey should properly be called psychological rather than spiritual because it involves peeling away the myths and illusions that have misinformed us.

~Sam Keen

I've spent my life cultivating knowledge of myself. But the more I know myself, the more utterly mysterious I become.

~Sam Keen

The sense of gratitude produces true spiritual alchemy, makes us magnanimous - large souled.

~Sam Keen

The telling of your stories is a revolutionary act.

~Sam Keen

Freud articulated the standard opinion when he asked with supposed

seriousness, 'What does a woman want?'... Today the question that is the yeast in the social dough is, 'What do men want?'

~Sam Keen

Mounting an expedition to actualize a Compassionate Commonwealth of all peoples...is the great spiritual challenge of our time.

~Sam Keen

It's interesting that the worse things get, the more we believe the next technological fix is going to get us out of it. But it's like being in quicksand: the more you struggle the deeper you sink.

~Sam Keen

When you genuinely lose your illusions, you begin to marvel at things, because you don't have the answers any more.

~Sam Keen

We learn to fly not by being fearless, but by the daily practice of courage.

~Sam Keen

To really love a person completely is to come to a point where your stories are intertwined.

~Sam Keen

The 'still, small voice' of God never calls on me to be like another man. It appeals to me to rise to my full stature and fulfill the promise that sleeps within my being.

~Sam Keen

We can only choose whether we will feel and not what we will feel.

~Sam Keen

You come to love not by discovering the ideal individual, yet by figuring

out how to see a blemished individual flawlessly.

~Sam Keen

The more we chase away the false mysteries - those things we think we know about ourselves and others - the more mysterious our existence becomes.

~Sam Keen

I try to steer away from high metaphysical belief because I think we humans do best when we realize that we don't know all that much.

~Sam Keen

There has always been a part of me that saw wilderness and risk-taking as the path to freedom.

~Sam Keen

What happens if I try to build a life dedicated to avoiding all danger and all unnecessary risk?

~Sam Keen

If we had a better understanding of the ways we think about enemies, we might be able to think of more rational ways of settling conflict.

~Sam Keen

The abyss beyond our beliefs is something we have to pass through in order to see the world anew, to see it in terms not dictated so much by our culture, our parents, or our religious convictions.

~Sam Keen

You can know what's in your life when you know what's in your heart.

~Sam Keen

I think it's increasingly hard to have deep self-knowledge without entering the darkness in some way.

~Sam Keen

I think we're inevitably going to be depressed when we focus the major part of our energy and attention on something that doesn't give us meaning, only material things.

~Sam Keen

To sustain love, a man and a woman must continually be marrying and divorcing, moving with, against, away from, and beyond each other, saying 'yes' and 'no'.

~Sam Keen

If we don't preserve forest habitat for spotted owls, then soon we won't have trees to refresh the air we breathe. And we're realizing that this applies to social ecology, as well.

~Sam Keen

I think there are families that are very kind and supportive of people's ability to change. People who come from such families may go through life without dipping into the dark night.

~Sam Keen

I think that critiquing the myths of our society and helping people find their way through them is a very important thing. It's a theme that goes through all of my work.

~Sam Keen

Throughout my life, I've had different metaphors for freedom. At one time, it was skin diving. In the ocean you feel weightless; you escape from gravity.

~Sam Keen

We now realize that we're not living in a piecemeal world, but a world where everything is linked together.

~Sam Keen

The spiritual mind is always metaphorical. Spiritual thinking is poetic thinking. It's always trying to put a very diaphanous experience into words, realizing all the while that words are inadequate.

~Sam Keen

There is the extreme of hopelessness and the inevitability of doom, a deep despair that comes from the sense that our industrial, consuming society is jeopardizing the planet.

~Sam Keen

The deepest mystery comes not when we don't know somebody well, but when we do.

~Sam Keen

Related Links:

- Thinking Quotes
- Men Quotes
- People Quotes
- Spiritual Quotes
- Moving Quotes
- World Quotes
- Children Quotes
- Order Quotes
- Stories Quotes
- Animal Quotes
- Jobs Quotes
- Journey Quotes
- Soul Quotes
- Philosophy Quotes
- Religious Quotes
- Practice Quotes
- Compassion Quotes
- Knows Quotes
- Love Quotes
- Real Quotes