

Sayings and Thoughts

"... it is an unavoidable task for the analyst: ... he will have to repeat with his own hands the act of murder previously perpetrated against the patient. In contrast to the original murderer, however, he is not allowed to deny his guilt... If one knows that this hangman's work is inevitable, that in the end it does help the patient... [and] allows to be done the necessary analytic explorations--then one will not shrink from the radical interventions that will result in the patient's [healing]."

Ferenczi

"It's not the large things that send a man to the madhouse. Death he's ready for, or murder, incest, robbery, fire, flood...no, it's the continuing series of small tragedies that send a man to the madhouse...not the death of his love but a shoelace that snaps with no time left"

Bukoski, 1981

You know quite well, deep within you, that there is only a single magic, a single power, a single salvation ... and that is called loving. Well, then, love your suffering. Do not resist it, do not flee from it. It is your aversion that hurts, nothing else.

Herman Hesse

The real hopeless victims of mental illness are to be found among those who appear most normal. Many of them are normal because they are so well adjusted to our mode of existence, because their human voice has been silenced so early in their lives, that they do not even struggle or suffer or develop symptoms as the neurotic does. They are normal in what may be called the absolute sense of the word; they are normal only in relation to a profoundly abnormal society. Their perfect adjustment to that abnormal society is a measure of their mental sickness. These millions of abnormally normal people, living without fuss in a society to which, if they were fully human beings, they ought not to be adjusted.

Aldous Huxley

"Talking about music is like dancing about architecture."

Steve Martin

"When she started to play, Steinway came down personally and rubbed his name off the piano."

Bob Hope

"Intimacy requires courage because risk is inescapable. We cannot know at the outset how the relationship will affect us. Like a chemical mixture, if one of us is changed, both of us will be. Will we grow in self-actualization, or will it destroy us?"

The one thing we can be certain of is that if we let ourselves fully into the relationship for good or evil, we will not come out unaffected.” --- Rollo May

If other people do not understand our behavior—so what? Their request that we must only do what they understand is an attempt to dictate to us. If this is being "asocial" or "irrational" in their eyes, so be it. Mostly they resent our freedom and our courage to be ourselves. We owe nobody an explanation or an accounting, as long as our acts do not hurt or infringe on them. How many lives have been ruined by this need to "explain," which usually implies that the explanation be "understood," i.e. approved. Let your deeds be judged, and from your deeds, your real intentions, but know that a free person owes an explanation only to himself—to his reason and his conscience—and to the few who may have a justified claim for explanation.

Erich Fromm, *The Art of Being*

Psychotherapy is “an undefined technique which is applied to unspecified problems with a nonpredictable outcome. For this technique, we recommend rigorous training.”

Lehner, C. F. J. (1952). Defining psychotherapy. *American Psychologist*, 7. p. 547.

"[W]e burn with desire to find solid ground and an ultimate sure foundation whereon to build a tower reaching to the Infinite. But our whole groundwork cracks, and the earth opens to abysses."

Blaise Pascal

When I see the blind and wretched state of men, when I survey the whole universe in its deadness, and man left to himself with no light, as though lost in this corner of the universe without knowing who put him there, what he has to do, or what will become of him when he dies, incapable of knowing anything, I am moved to terror, like a man transported in his sleep to some terrifying desert island, who wakes up quite lost, with no means of escape. Then I marvel that so wretched a state does not drive people to despair."

Blaise Pascal

"One brief way of describing the change which has taken place in me is to say that in my early professional years I was asking the question, How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship which this person may use for his own personal growth?"

Carl Rogers

"It is strange to be known so universally and yet to be so lonely."

Albert Einstein

"Science is the art of creating suitable illusions which the fool believes or argues against, but the wise man enjoys their beauty or their ingenuity, without being blind to the fact that they are human veils and curtains concealing the abysmal darkness of the Unknowable."
- CG Jung, letter to J. Allen Gilbert, 1929

When a person has in inborn genius for certain emotions, his life differs strangely from that of ordinary people.

William James VRE p. 215
(1902/1961) New York: Collier

Kummerspeck (Ger.) Excess weight gained from emotional overeating.
Literally, grief bacon.

"Psychotherapy is not a procedure performed upon one person by another; it is a dialogue between personal universes, and it transforms both. Our field has not caught up to this idea, but the time is coming in which it will be regarded as axiomatic."

George Atwood

"Birth is suffering, decay is suffering, disease is suffering, death is suffering, the search for ultimate satisfaction through sexuality is suffering, not to be able to love is suffering, not to be loved enough is suffering, not to be known is suffering, to not know oneself is

suffering.”

Mark Epstein, *Thoughts Without a Thinker*, p 49.

Mark my word, if and when these preachers get control of the (Republican) party, and they're sure trying to do so, it's going to be a terrible damn problem. Frankly these people frighten me. Politics and governing demand compromise. But these Christians believe they are acting in the name of God, so they can't and won't compromise. I know, I've tried to deal with them.

Barry Goldwater

Empathy. The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of other of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner. Greek: *empathia* (literally 'passion').

Merriam-Webster Dictionary

Every revolution evaporates and leaves behind only the slime of a new bureaucracy.

Franz Kafka

There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not

become enlightened by imagining figures of light, but by making the dark conscious.

Jung

"...an age which regards as real only what goes fast and can be clutched with both hands."

Heidegger, *An Introduction to Metaphysics*, 1959

Two things are infinite, the universe and human stupidity. ...and I'm not so sure about the universe.

Albert Einstein

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment."

Marcus Aelius Aurelius

Phenomenology lets metaphysicians heal themselves.

Lee Beaver *Groundless Grounds*

God does not exist. He is being-itself beyond essence and existence. Therefore, to argue that God exists is to deny him.

Paul Tillich, *Systematic Theology*, London, 1953, p. 227.

Grok (Martian). To understand, encompass and compassionately embrace reality in all its facets. All

anger, hatred and negative reactions are against the self. However, one can also grok 'wrongness' and it can be eliminated --- not by destroying but dissolving.

Heinlein *Stranger in a Strange Land*

The experiencing of the essence of one's self in intense intellectual , physical and/or emotional communion with another being. Keifer (1977), p. 267. *New Depths of Intimacy in Libby & Whitehurst Marriage and Alternatives: Exploring Intimate Relationships* Scott Forseman.

The human body is capable of ecstatic phenomenological experience beyond orgasm for which there is no known physical counterpart.

David M. Schnarch

We create the schizophrenia we see around us. We create it by virtue of the way we function everyday. We continually make decisions and do things that tend to impair as well as promote the functioning of others. All of us participate in groups that function in ways that make it more difficult for certain group members to function. The process is most obvious in the family, but it can occur in any group. When the process reaches a certain quantitative level of emotional intensity (sufficient autonomy has been lost), the stage is

set for the emergence of clinical schizophrenia or some other serious problem. Thought of in this way, schizophrenia is not the product of a biological “defect” or of something “suddenly” gone wrong. It is rather, an *outcome*.

Whether a serious clinical problem emerges depends on more variables than those of the family relationship system. If a person with very little emotional autonomy, for example, has ideal life circumstances, he may never demonstrate any overt symptoms normally associated with clinical schizophrenia. He may, for example, have a support system that is quite available to him, but does not pressure him. While that may result in his being in a childlike position for his whole life, the low stress level would make the more obvious clinical signs of schizophrenia less likely to appear. If another person with little autonomy develops a serious alcohol or eating problem, the presence of these problems may “protect” him from developing other types of clinical symptoms.

Kerr and Bowen (1988)

Regarding the Internet

“The illusion of companionship without the demands of friendship.”

Shelly Turkle (MIT)

One morning, when Gregor Samsa woke from troubled dreams, he found himself transformed in his bed into a horrible vermin. He lay on his armour-like back, and if he lifted his head a little he could see his brown belly, slightly domed and divided by arches into stiff sections. The bedding was hardly able to cover it and seemed ready to slide off any moment. His many legs, pitifully thin compared with the size of the rest of him, waved about helplessly as he looked.

Kafka: Opening of
Metamorphosis

Don't bend, don't water it down; don't try to make it logical; don't edit your soul according to the fashion. Rather, follow your most intense obsessions mercilessly.

Franz Kafka

Live as if you were to die tomorrow.
Learn as if you were to live forever.

Gandhi

“Sanity is tested by the degree of conjunction or disjunction between two persons where one is considered sane by common consent”

(Laing, R. D. 1959. *The divided self: An existential study in sanity and madness*, (p. 36) London: Penguin)

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

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

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

R. D. Laing

Science does not aim at establishing *immutable truths* and eternal dogmas; its aim is to approach the truth by *successive approximations*, without claiming that at any stage final and complete accuracy has been achieved.

Bertrand Russell

It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life - daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct. Life ultimately means taking the responsibility to find

the right answer to its problems and to fulfill the tasks which it constantly sets for each individual...

There is also purpose in life which is almost barren of both creation and enjoyment and which admits of but one possibility of high moral behavior: namely, in man's attitude to his existence, an existence restricted by external forces. When a man finds that it is his destiny to suffer, he will have to accept his suffering as his task. He will have to acknowledge the fact that even in suffering he is unique and alone in the universe. No one can relieve him of his suffering or suffer in his place. His unique opportunity lies in the way in which he bears his burden...

What matters, therefore, is not the meaning of life in general, but rather the specific meaning of a person's life at a given moment...

Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way...

Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can

only respond by being responsible."
- Viktor E. Frankl, "Man's Search for
Meaning"

When death is excluded, when one loses sight of the stakes involved, life becomes impoverished. It is turned into something as shallow and empty as, let us say an American flirtation, in which it is understood from the first thing that nothing is to happen, as contrasted with a continental love affair in which both partners must constantly bear its serious consequences in mind.

Freud

"I believe in backing people up in what they want to do. I ask what are your own inner choices?"

Carl Ransom Rogers

Thinking begins only when we have come to know reason, glorified for centuries, is the most stiff-necked adversary of thought.

Heidegger

Compassion for animals is intimately connected with goodness of character; and it may be confidently asserted that he who is cruel to animals cannot be a good man.

Schopenhauer

You can never do a kindness too soon for you never know how soon it will be

too late.

Emerson

Some people feel the rain. Others just
get wet.

Bob Marley

From a neuroscientific perspective,
psychopharmacological therapy that is
not coordinated with a simultaneous,
targeted alteration of the person's
experiences cannot be justified. The
widespread practice of prescribing
psychoactive medication without
assuming responsibility for the patient's
concurrent experience is, from a
neuroscientific view, equally
irresponsibleThe use of
pharmacotherapy alone --- in the
absence of the professional and
competent structuring of the treated
patient's life experience --- is not
justifiable.

Grawe, K. *Neuropsychotherapy:
How the Neurosciences Inform Effective
Psychotherapy* pp 5-6

Absence of evidence is not evidence of
absence.

Carl Sagan

As much empathy as an avocado.

Carlton James

The Life of a zen master is one
continuous mistake.

Dogen (?)

Love is in the genitals
Wilhelm Reich

Gemeinschaftsgefühl

A community feeling whereby one feels he or she belongs with others and has also developed an ecological connection with nature (plants, animals, the crust of this earth) and the cosmos as a whole, sub specie aeternitatus.

Alfred Adler

Go confidently in the direction of your dreams! Live the life you've imagined.
Thoreau

The "internal experiences" of another person are always irreducibly absent to us; no matter how well you may know me, my actual flow of internal feelings and experiences could never become truly blended with yours in a way that would allow, for example, my memories or fantasies to suddenly start surfacing within your consciousness. On the other hand, a certain kind of sympathy can exist between people who know one another well, and there is a difference between merely talking, say, about someone else's anger in its absence and directly seeing that person enraged. Robert Sokolowski. Introduction to Phenomenology (Kindle Locations 469-472). Kindle Edition.

If music didn't exist, life would be a
mistake

Nietzsche

The inexpressible depth of music, so
easy to understand and yet so
inexplicable, is due to the fact that it
reproduces all the emotions of our
innermost being, but entirely without
reality and remote from its pain.

Schopenhauer

We expect more from technology and
less from one another and seem
increasingly drawn to technologies that
provide the illusion of companionship
without the demands of relationship.

Sherry Turkle (M.I.T.) N.Y. Times
4/22/2012

We ask, "What is it that music
communicates to us? It's like all great
art, but every human being is alone in a
sense that he is locked up in the
isolation of his own mind. And then you
hear a piece of music. And you feel that
he too has been through this. It's almost
as if the musician is saying to you 'You
are not alone. I am with you.'"

Suvi Raj Grub, EMI Records.

He who is afraid to lose, has already lost
everything.

Gustav Mahler

Then I would be way ahead when
college started at the end of September,

and able to enjoy my last year instead of
swotting away with no makeup and
stringy hair, on a diet of coffee and
Benzedrine, the way most of the seniors
taking honors did, until they finished
their thesis.

Sylvia Plath, *The Bell Jar*, p. 123

An expert is a person who avoids the
small errors while sweeping on to the
grand fallacy

Arthur Block

I have trusted men friends and been
disappointed by them, and I have
mistrusted women and was not
disappointed.

C. G. Jung

Four Thoughts

Love what you do

Decide – Act

Learn how to fail

Community

Entities must not be multiplied beyond
necessity

William of Ockham

Get Back to Things as they are.

Husserl

Consciousness is always consciousness
of something in the world (the network of
meanings derived from relationship with
human beings).

Husserl

Can I step into this person's private world so completely that I lose all desire to evaluate it or judge it? Can I enter it so sensitively that I can move about it freely without trampling on meanings which are precious to him?

Carl Rogers

It is foolish and wrong to mourn the men who died. Rather we should thank God that such men lived.

George Patton

Freud: Unbewusst --- "unknown" not "unconscious"

Samadhi: The highest stage in meditation, in which a person experiences oneness with the universe.

Meditate: a. To train, calm, or empty the mind, often by achieving an altered state, as by focusing on a single object.
b. To engage in devotional contemplation, especially prayer. 2. To think or reflect, especially in a calm and deliberate manner.

Samsara: The endless series of births, deaths, and rebirths to which all beings are subject.

A spiritual awakening is nothing more than objective reality.

There is no right way to do the wrong thing.

Either God is Everything or else He is Nothing.

Letting go of the drama in our lives.

We are human beings not human doings

All are called but few choose

We are what we pay attention to

Seven deadly sins: Pride Sloth Envy
Gluttony Anger Greed Lust

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.

You can't make footprints in the sands of time if you're sitting on your butt. And who wants to make butt prints in the sands of time.

The Titanic was sunk by arrogance, not by an iceberg.

Those who deny God deny Him because of their despair in not finding him.

The certainty with which I hold any opinion directly reflects the degree of my arrogance. The statement is self-validating.

My job is to guide you through the dark
not to tell you what to see.

To err is dysfunctional, to forgive co-
dependant.

Does it need to be said? Does it need
to be said by me? And if it needs to be
said by me can I say it lovingly and
kindly?

Acting like a dyslexic Tasmanian devil
on crystal-meth.

On moral questions our first instinct is
usually correct. On questions of
prudence our first instinct is usually
incorrect.

I thought I could take care of everything.
I knew I had to take care of everything.

EVIL: Borderline Personality Disorder
with Anti-Social Features

It's what you learn after you know
everything that's important.

The thing I worry about the most will
never happen. The thing that never
occurs to me is about to happen.

I felt I was entitled to everything but
deserved nothing.

Demoralization, Immortalization,
Amorilisation.

Remember, when you're up to your neck in alligators, the real job is to drain the swamp.

Easy answers often mask half-truths. Rather than looking for easy answers, find the hard questions.

As the old man walked the beach at dawn, he noticed a young man ahead of him picking up starfish and flinging them into the sea. Finally catching up with the youth, he asked him why he was doing this. The answer was that the stranded starfish would die if left until the morning sun. "But the beach does on for miles and there are millions of starfish," countered the other. "How can your effort make any difference?" The young man looked at the starfish in his hand and then threw it to safety in the waves. "It makes a difference to this one," he said.

God's will never lead us where His Grace cannot keep us.

He that troubleth his own house shall inherit the wind.

If Christ is risen then nothing else matters; and if Christ is not risen then nothing else matters.

The Doctrine of the Immaculate Perception. Nietzsche

There never were in the world two opinions alike, no more than two hairs or two grains; the most universal quality is diversity.

Michel de Montaigne

"At bottom every man knows well enough that he is a unique being, only once on this earth; and by no extraordinary chance will such a marvelously picturesque piece of diversity in unity as he is, ever be put together a second time."

Friedrich Nietzsche

I know whence I arrive.
Unsatisfied like the flame.
I glow and writhe.
Everything I embrace becomes light.
Everything that I leave becomes coal.
Flame am I, surely.
Nietzsche

All truth passes through three stages.
First it is ridiculed. Second it is violently opposed. Third it is accepted as self-evident. Arthur Schopenhauer

Zerrissenheit "Torn – to – pieces – hood."

Werthurheil "Spiritual Judgement"

Von Herzen moege es wieder zu Herzen gehen. From the Heart may it go to the Heart.

Two roads diverged in a wood, and I --- I took the one less traveled by, and that has made all the difference. Being true to ourselves is never easy. The world calls out for norms, conformity, and the willingness to adapt ourselves to the system. The thing is, if you can live with that, okay; but if you find yourself stifled and unhappy in your conformity, then you have to risk taking the road less traveled which will lead you to yourself. Your task is not to please the world and those close to you but to be true to your own spirit.

Robert Frost

Art reaches it's greatest peak when devoid of self-consciousness. Freedom discovers man the moment he loses concern over what impression he is making or about to make. Bruce Lee

The goal is not to understand life but to experience it. Bruce Lee

There are three roads that can be taken in recovery. There is the clean path of sobriety and there is the road to relapse. The third way is the fast way out. It is when the traveler realizes that relapse is just a slow suicide and there is no reason to wait.

Michael Connelly, The Brass

Verdict P. 189.

We are morally and emotionally
enfeebled if we live our lives without
artistic nourishment. In music we sense
most directly the inner flow which
sustains the mood.

Sir Michael Tippett

It's all very good, but it doesn't move
me. It's a bit anonymous. I want you to
be you. Let the music guide you. Let
the music free you. LB

These days the search for meaning in
beauty and vice-versa becomes more
important as each day mediocrity and
art mongering increasingly uglify our
lives. And the day when this search for
John Keat's truth-beauty ideal becomes
irrelevant then we can all shut up and go
back in our caves. LB 1973

The world breaks everyone and
afterwards many are strong at the
broken places. But those who will not
break it kills. It kills the very good and
the very gentle and the very brave
impartially. If you are none of these you
can be sure it will kill you too but there
will be no special hurry. *A Farewell to*

Arms.

When *formless concentrations* are practiced outside of Buddhism, it is generally to escape from suffering rather than to realize the liberation that comes with insight into our suffering. When you use concentration to run away from yourself or your situation, it is wrong concentration. Worldly concentration seeks to escape. Supra-mundane concentration aims at complete liberation.

The heretic is a man who loves his truth more than truth itself. He prefers the half-truth that he has found to the whole truth which humanity has found. *G. K. Chesterton.*

Happiness is the greatest hiding place for despair. *Kierkegaard*

Despair is marked by a desire to get rid of the self, an unwillingness to become who you fundamentally are. (*as opposed to depression*)

An individual in despair despairs over something. So it seems for a moment, but only for a moment; in the same moment the true despair or despair in its true form shows itself. In despairing over something, he really despaired over himself, and now he wants to be rid of himself. For example, when the

ambitious man whose slogan is “Either Caesar or nothing” does not get to be Caesar, he despairs over it ... precisely because he did not get to be Caesar, he cannot bear to be himself.

I am in the profoundest sense an unhappy individuality, riveted from the beginning to one or another suffering bordering on madness, a suffering which must have its basis in a mis-relation between my mind and body, for (and this is the remarkable thing as well as my infinite encouragement) it has no relation to my spirit, which on the contrary, because of the tension between my mind and body, has gained an uncommon resiliency.

Who is it?

He appears to do no work, and is accused of being a glutton and a drunkard, He is homeless, propertyless, celibate, peripatetic, socially marginal, disdainful of kinfolk, without a trade, a friend of outcasts and pariahs, averse to material possessions, without fear for his own safety, careless about purity regulations, critical of traditional authority, a thorn in the side of the Establishment, and a scourge of the rich and powerful. He sounds like the cross between a hippie and a guerilla fighter. He respects the Sabbath not because it means going to church but because it represents a temporary escape from the

burden of labor. The Sabbath is about resting, not religion.

Truly civilized societies do not hold predawn power breakfasts.

Terry Eagleton

One of my all-time favorite Deep Thoughts, courtesy of Kyle Arnold: "For one whose character is centrally organized by a split between an inner true self and an exterior false self, a radical relational theory would seem to suggest, insofar as it is only in the false self that concrete relationships with others are registered while the true self remains hidden and untouchable, that the so-called "true self" is in fact the product of inauthentic, solipsistic illusion while the apparent "false self" is the seat of a nascent authenticity embedded in its exquisitely sensitive attunement with the emotional needs of others- if so, perhaps instead of ridding the patient of an invidious false self, psychotherapy should attempt to help the patient discern the truth in that which had hitherto felt false, and the false in that which had hitherto felt true, thus deconstructing the schizoid fantasy maintaining the patient's divided self."

This little thought may contain an undiscovered pathway for the psychotherapy of bipolar disorder, where the true self and the false self correlate respectively with the manic

and depressive phases of the patient's subjective life.

George Atwood

Maybe the goal of therapy is not to relieve suffering but to increase 'turbulence,' intensity, anxiety by making you more truly aware of reality.

Ed Mendelowitz

Faith is not a question of the existence or non-existence of God. It is believing that love without reward is valuable.

Emmanuel Levinas