

Murat Durmus

**THOUGHT-PROVOKING
QUOTES AND
CONTEMPLATIONS
FROM FAMOUS
PSYCHOLOGISTS**



THOUGHT-PROVOKING
QUOTES
&
CONTEMPLATIONS
FROM
FAMOUS PSYCHOLOGISTS

Murat Durmus

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*“The meeting of two personalities is like the
contact of two chemical substances:
if there is any reaction,
both are transformed.”*

~ Carl Gustav Jung

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PREFACE

Psychology is a field that combines many disciplines. It is one of the few sciences that incorporate a person's biology, human chemistry, and other aspects to determine why a person behaves the way they do. Psychologists have brought their ideas and theories to this field over the years, giving us different ideas about what influences human behavior and how to understand it better. Below are some quotes and contemplations of the most famous and influential psychologists who have made contributions to this field.

Enjoy reading.

Murat Durmus, 16 December 2021 (Frankfurt am Main, Germany)

CARL GUSTAV JUNG



(26 July 1875 – 6 June 1961)

Founder of analytical psychology. Carl Jung is known for several things related to psychology, including dream analysis, his theory of the collective unconscious, and the archetype. He also studied the characteristics of introverts and extroverts. Jung was also indirectly involved in the founding of Alcoholics Anonymous.

Ψ

Everything that irritates us about others can lead us to an understanding of ourselves.

Ψ

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Ψ

I am not what happened to me, I am what I choose to become.

Ψ

Loneliness does not come from having no people about one, but from being unable to communicate the things that seem important to oneself, or from holding certain views which others find inadmissible.

Ψ

You are what you do, not what you say you'll do.

Ψ

Knowing your own darkness is the best method for dealing with the darknesses of other people.

Ψ

Every form of addiction is bad, no matter whether the narcotic be alcohol, morphine or idealism.

Ψ

The pendulum of the mind oscillates between sense and nonsense, not between right and wrong

Ψ

As a child I felt myself to be alone, and I am still, because I know things and must hint at things which others apparently know nothing of, and for the most part do not want to know.

Ψ

The privilege of a lifetime is to become who you truly are.

Ψ

People will do anything, no matter how absurd, to avoid facing
their own souls.

Ψ

There's no coming to consciousness without pain.

Ψ

One does not become enlightened by imagining figures of light,
but by making the darkness conscious.

Ψ

Show me a sane man and I will cure him for you.

Ψ

In all chaos there is a cosmos, in all disorder a secret order.

Ψ

As far as we can discern, the sole purpose of human existence is
to kindle a light of meaning in the darkness of mere being.

Ψ

Whatever is rejected from the self, appears in the world as an
event.

Ψ

Where wisdom reigns, there is no conflict between thinking
and feeling.

Ψ

We cannot change anything unless we accept it.

(Modern Man in Search of a Soul)

Ψ

The greatest tragedy of the family is the unlived lives of the parents.

Ψ

Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other.

Ψ

Through pride we are ever deceiving ourselves. But deep down below the surface of the average conscience a still, small voice says to us, something is out of tune.

Ψ

There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness.

Ψ

Shame is a soul eating emotion.

Ψ

The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.

Ψ

The best political, social, and spiritual work we can do is to withdraw the projection of our shadow onto others.

Ψ

About a third of my cases are suffering from no clinically definable neurosis, but from the senselessness and emptiness of their lives. This can be defined as the general neurosis of our times.

Ψ

An understanding heart is everything in a teacher, and cannot be esteemed highly enough. One looks back with appreciation to the brilliant teachers, but with gratitude to those who touched our human feeling. The curriculum is so much necessary raw material, but warmth is the vital element for the growing plant and for the soul of the child.

Ψ

The reason for evil in the world is that people are not able to tell their stories.

Ψ

Wholeness is not achieved by cutting off a portion of one's being, but by integration of the contraries.

Ψ

If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.

Ψ

It is often tragic to see how blatantly a man bungles his own life and the lives of others yet remains totally incapable of seeing how much the whole tragedy originates in himself, and how he continually feeds it and keeps it going.

Ψ

Sensation tell us a thing is.

Thinking tell us what it is this thing is.

Feeling tells us what this thing is to us.

Ψ

We should not pretend to understand the world only by the intellect; we apprehend it just as much by feeling. Therefore, the judgment of the intellect is, at best, only the half of truth, and must, if it be honest, also come to an understanding of its inadequacy.

Ψ

It all depends on how we look at things, and not on how things are in themselves. The least of things with a meaning is worth more in life than the greatest of things without it.

Ψ

... anyone who attempts to do both, to adjust to his group and at the same time pursue his individual goal, becomes neurotic.

Ψ

Deep down, below the surface of the average man's conscience, he hears a voice whispering, "There is something not right," no matter how much his rightness is supported by public opinion or moral code.

Ψ

There can be no transforming of darkness into light and of apathy into movement without emotion.

Ψ

Thoroughly unprepared, we take the step into the afternoon of life. Worse still, we take this step with the false presupposition that our truths and our ideals will serve us as hitherto. But we cannot live the afternoon of life according to the program of life's morning, for what was great in the morning will be little at evening and what in the morning was true, at evening will have become a lie.

Ψ

Art is a kind of innate drive that seizes a human being and makes him its instrument. To perform this difficult office it is sometimes necessary for him to sacrifice happiness and everything that makes life worth living for the ordinary human being.

Ψ

The decisive question for man is: Is he related to something infinite or not? That is the telling question of his life. Only if we know that the thing which truly matters is the infinite can we avoid fixing our interests upon futilities, and upon all kinds of goals which are not of real importance. Thus we demand that the world grant us recognition for qualities which we regard as personal possessions: our talent or our beauty. The more a man lays stress on false possessions, and the less sensitivity he has for what is essential, the less satisfying is his life. He feels limited because he has limited aims, and the result is envy and jealousy. If we understand and feel that here in this life we already have a link with the infinite, desires and attitudes change. (*Memories, Dreams, Reflections*)

Ψ

Words are animals, alive with a will of their own.

Ψ

Every Mother contains her daughter in herself and every daughter her mother and every mother extends backwards into her mother and forwards into her daughter.

Ψ

What if I should discover that the poorest of the beggars and the most impudent of offenders are all within me; and that I stand in need of the alms of my own kindness, that I, myself, am the enemy who must be loved -- what then?

Ψ

Without this playing with fantasy, no creative work has ever yet come to birth. The debt we owe to the play of the imagination is incalculable.

Ψ

When an inner situation is not made conscious it appears outside as fate.

Ψ

The bigger the crowd, the more negligible the individual becomes.

Ψ

Midlife is the time to let go of an overdominant ego and to contemplate the deeper significance of human existence.

Ψ

The true leader is always led.

Ψ

Nobody, as long as he moves among the chaotic currents of life, is without trouble.

Ψ

We no longer live on what we have, but on promises, no longer in the present day, but in the darkness of the future, which, we expect, will at last bring the proper sunrise. We refuse to recognize that everything better is purchased at the price of something worse; that, for example, the hope of grater freedom is canceled out by increased enslavement to the state, not to

speak of the terrible perils to which the most brilliant discoveries of science expose us. The less we understand of what our [forebears] sought, the less we understand ourselves, and thus we help with all our might to rob the individual of his roots and his guiding instincts, so that he becomes a particle in the mass, ruled only by what Nietzsche called the spirit of gravity. (*Memories, Dreams, Reflections*)

Ψ

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.

Ψ

It is my mind, with its store of images, that gives the world color and sound; and that supremely real and rational certainty which I can "experience" is, in its most simple form, an exceedingly complicated structure of mental images. Thus there is, in a certain sense, nothing that is directly experienced except the mind itself. Everything is mediated through the mind, translated, filtered, allegorized, twisted, even falsified by it. We are . . . enveloped in a cloud of changing and endlessly shifting images.

Ψ

We are born at a given moment, in a given place, and like vintage years of wine, we have the qualities of the year and of the season in which we are born.

Ψ

It all depends on how we look at things, and not how they are
in themselves.

Ψ

The sight of a child...will arouse certain longings in adult,
civilized persons — longings which relate to the unfulfilled
desires and needs of those parts of the personality which have
been blotted out of the total picture in favor of the adapted
persona.

Ψ

I am no longer alone with myself, and I can only artificially recall
the scary and beautiful feeling of solitude. This is the shadow
side of the fortune of love.

Ψ

Faith, hope, love, and insight are the highest achievements of
human effort. They are found-given-by experience.

Ψ

WILHELM MAXIMILIAN WUNDT



(16 August 1832 – 31 August 1920)

Wundt, a founding father of modern psychology, considered by many to be the "father of experimental psychology," founded the first formal laboratory at the University of Leipzig devoted to psychological research. He is also considered to have distinguished psychology from other sciences such as philosophy and biology.

Ψ

The task of physiological psychology remains the same in the analysis of ideas that it was in the investigation of sensations: to act as mediator between the neighbouring sciences of physiology and psychology.

Ψ

We speak of virtue, honour, reason; but our thought does not translate any one of these concepts into a substance. (*Principles of Physiological Psychology*)

Ψ

The distinguishing characteristics of mind are of a subjective sort; we know them only from the contents of our own consciousness. (*Principles of Physiological Psychology*)

Ψ

Physiological psychology is, therefore, first of all psychology.

Ψ

The results of ethnic psychology constitute, at the same time, our chief source of information regarding the general psychology of the complex mental processes. (*Principles of Physiological Psychology*)

Ψ

From the standpoint of observation, then, we must regard it as a highly probable hypothesis that the beginnings of the mental life date from as far back as the beginnings of life at large. (*Principles of Physiological Psychology*)

Ψ

Our mind is so fortunately equipped, that it brings us the most important bases for our thoughts without our having the least knowledge of this work of elaboration. Only the results of it become unconscious.

Ψ

The old metaphysical prejudice that man 'always thinks' has not yet entirely disappeared. I am myself inclined to hold that man

really thinks very little and very seldom. (*Lectures on Human and Animal Psychology (Psychology Revivals)*)

Ψ

The old metaphysical prejudice that man 'always thinks' has not yet entirely disappeared. I am myself inclined to hold that man really thinks very little and very seldom. (*Lectures on Human and Animal Psychology (Psychology Revivals)*)

Ψ

The materialistic point of view in psychology can claim, at best, only the value of an heuristic hypothesis. (*Principles of Physiological Psychology*)

Ψ

Psychology must not only strive to become a useful basis for the other mental sciences, but it must also turn again and again to the historical sciences, in order to obtain an understanding for the more highly developed mental processes.

Ψ

Physiology and psychology cover, between them, the field of vital phenomena; they deal with the facts of life at large, and in particular with the facts of human life. (*Principles of Physiological Psychology*)

Ψ

Physiology and psychology cover, between them, the field of vital phenomena; they deal with the facts of life at large, and in

particular with the facts of human life. (*Principles of Physiological Psychology*)

Ψ

There are other sources of psychological knowledge, which become accessible at the very point where the experimental method fails us. (*Principles of Physiological Psychology*)

Ψ

We know, from ordinary life, that we are not able to direct our attention perfectly steadily and uniformly to one and the same object... At times the attention turns towards the object most intensely, and at times the energy flags. (*An Introduction to Psychology*)

Ψ

Philosophical reflection could not leave the relation of mind and spirit in the obscurity which had satisfied the needs of the naive consciousness. (*Principles of Physiological Psychology*)

Ψ

Thus ordered thinking arises out of the ordered course of nature in which man finds himself, and this thinking is from the beginning nothing more than the subjective reproduction of the regularity according to the law of natural phenomena. On the other hand, this reproduction is only possible by means of the will that controls the concatenation of ideas. (*An Introduction to Psychology*)

Ψ

The attitude of physiological psychology to sensations and feelings, considered as psychical elements, is, naturally, the attitude of psychology at large. (*Principles of Physiological Psychology*)

Ψ

Some say that everything that is called a psychical law is nothing but the psychological reflex of physical combinations, which is made up of sensations joined to certain central cerebral processes... It is contradicted by the fact of consciousness itself, which cannot possibly be derived from any physical qualities of material molecules or atoms. (*An Introduction to Psychology*)

Ψ

The animal kingdom exhibits a series of mental developments which may be regarded as antecedents to the mental development of man, for the mental life of animals shows itself to be throughout, in its elements and in the general laws governing the combination of the elements, the same as the mental life of man. (*Outlines of Psychology*)