**Thinking Out Loud 15th September 2025**

I have always been fascinated to read the reflections of prominent scientists and psychoanalysts regarding their “spiritual perspectives.” The prominent Viennese, Car Gustav Jung was once asked, “do you believe in God?” Following a long and thoughtful pause, Jung replied, “I don’t believe, I know.”

Below are some reflections by Albert Einstein on the compatibility of spirituality and science.

 **Spirituality and Science**

For all those who still believe that spirituality and science are incompatible, here are some quotes from the most popular scientist ...

“When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been aligned first with their spiritual nature and only then with their physical selves.”

***“Concerning matter***, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. Matter is spirit reduced to point of visibility. There is no matter.”

***“Time does not exist –*** we invented it. Time is what the clock says. The distinction between the past, present and future is only a stubbornly persistent illusion.”

"Time and space are not conditions in which we live, but modes by which we think. Physical concepts are free creations of the human mind, and are not, however it may seem, determined by the external world."

“***The intellect has little to do*** on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, the solution comes to you, and you don’t know how or why. I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me.”

“When something vibrates, the electrons of the entire universe resonate with it. Everything is connected. The greatest tragedy of human existence is the illusion of separateness. Our separation from each other is an optical illusion.”

"A human being experiences himself/herself, his/her thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"The true value of a human being can be found in the degree to which s/he has attained liberation from the personal self."

“The more I learn of physics, the more I am drawn to metaphysics.”

**“One thing** I have learned in a long life: that all our science, measured against reality, is primitive and childlike. We still do not know one thousandth of one percent of what nature has revealed to us. It is entirely possible that behind the perception of our senses, worlds are hidden of which we are unaware.”

**“I’m not an atheist**. The problem involved is too vast for our limited minds. We are in the position of a little child entering a huge library filled with books in many languages. The child knows someone must have written those books.”

"The common idea that I am an atheist is based on a big mistake. Anyone who interprets my scientific theories this way, did not understand them."

**“The ancients** knew something, which we seem to have forgotten.”

“Energy cannot be created or destroyed; it can only be changed from one form to another.”

“**Everything is energy** and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy.

This is physics.”

**"I am happy because** I want nothing from anyone. I do not care about money. Decorations, titles, or distinctions mean nothing to me. I do not crave praise. I claim credit for nothing. A happy man is too satisfied with the present to dwell too much on the future."

*~ Albert Einstein*

**Grace and Peace**

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