

Alexander Lowen

Quotes

*Feelings, Long, Faith, Children, Animal, Fear, Needs, Love Is, Play, Attitude,
Joy, Love, People, Fate, Self, Ocean, Body, Heart, Stress, Life*

Sexuality is not a leisure or part-time activity. It is a way of being.

~Alexander Lowen

Without awareness of bodily feeling and attitude, a person becomes split into a disembodied spirit and a disenchanting body.

~Alexander Lowen

Love is the feeling that emanates from the heart and extends through the blood to every cell of the body.

~Alexander Lowen

Change is possible, but it must start with self-acceptance.

~Alexander Lowen

Because we are afraid of life, we seek to control or master it.

~Alexander Lowen

Despair is the only cure for illusion.

~Alexander Lowen

If the ego is inflated it must be gradually deflated.

~Alexander Lowen

It is only by making the past alive again for a person that a true growth in the present is facilitated. If the past is cut off, the future does not exist.

~Alexander Lowen

The feeling of love is a rich feeling, but the expression of love in word or deed is a joy.

~Alexander Lowen

No one is exempt from the rule that learning occurs through recognition of error.

~Alexander Lowen

Beneath the seemingly rational exterior of our lives is a fear of insanity. We dare not question the values by which we live or rebel against the roles we play for fear of putting our sanity in doubt.

~Alexander Lowen

Life is not a mixture of matter and energy but energy in matter, bound in such a way that dissociation is impossible so long as the living process continues.

~Alexander Lowen

Above all, faith is grounded in one's body, in one's humanity, and in one's animal nature. It is an biological phenomenon and not a psychic creation

~Alexander Lowen

The path to joy leads through despair.

~Alexander Lowen

Everyone who becomes a psychotherapist eventually adopts a theory that suits his needs.

~Alexander Lowen

The modern individual is committed to being successful, not to being a person. He belongs rightly to the action generation whose motto is do more but feel less.

~Alexander Lowen

Contact with reality is not an all-or-nothing condition.

~Alexander Lowen

A person does not choose his or her fate; he or she only fulfills it. We are bound by our fate as long as we accept the values that determine it.

~Alexander Lowen

I would describe a hero as a person who has no fear of life, who can face life squarely.

~Alexander Lowen

Sustenance for the infant and child is more than alimentary nourishment. The child needs love, security, narcissistic supplies -- however one may describe it.

~Alexander Lowen

The repression of the memory is dependent upon and related to the suppression of feeling, for as long as the feeling persists, the memory remains vivid.

~Alexander Lowen

The only way you can make a marriage work is as free, independent people. It needs to be based on the good feelings that you have for each other, not on need.

~Alexander Lowen

Not to fear a person with power--to profess, instead, one's love--is to deny that that person has power.

~Alexander Lowen

The ego exists as a powerful force in Western man that cannot be dismissed or denied. The therapeutic goal is to integrate the ego with the body and its striving for pleasure and sexual fulfillment.

~Alexander Lowen

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