

Anais Nin

Quotes

Life, Men, Writing, Dream, Love, Inspirational, People, Self, World, Believe, Giving, Art, Heart, Lying, Thinking, Children, Eye, Want, Beautiful, Feelings

Adolescence is like cactus.

~Anais Nin

We don't see things as they are, we see them as we are.

~Anais Nin

Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country.

~Anais Nin

Life shrinks or expands in proportion to one's courage.

~Anais Nin

Life, religion and art all converge in Bali. They have no word in their language for 'artist' or 'art.' Everyone is an artist.

~Anais Nin

Don't let one cloud obliterate the whole sky.

~Anais Nin

Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born.

~Anais Nin

Love never dies a natural death. It dies because we don't know how to replenish its source.

~Anais Nin

You cannot save people. You can only love them.

~Anais Nin

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

~Anais Nin

When we blindly adopt a religion, a political system, a literary dogma, we become automatons. We cease to grow.

~Anais Nin

People living deeply have no fear of death.

~Anais Nin

The human father has to be confronted and recognized as human, as man who created a child and then, by his absence, left the child fatherless and then Godless.

~Anais Nin

Age does not protect you from love. But love, to some extent, protects you from age.

~Anais Nin

I must be a mermaid, Rango. I have no fear of depths and a great fear of shallow living.

~Anais Nin

Pain is something to master, not to wallow in.

~Anais Nin

Tranquillity is contagious, peace is contagious. One only thinks of the contagiousness of illness, but there is the contagion of serenity and joy.

~Anais Nin

Art is the method of levitation, in order to separate one's self from enslavement by the earth.

~Anais Nin

Whenever you do something that is not aligned with the yearning or your soulâ€™ you create suffering.

~Anais Nin

I'm restless. Things are calling me away. My hair is being pulled by the stars again.

~Anais Nin

Reality doesn't impress me. I only believe in intoxication, in ecstasy, and when ordinary life shackles me. I escape, one way or another. No more walls.

~Anais Nin

Good things happen to those who hustle.

~Anais Nin

You can either give negativity power over your life or you can choose happiness instead.

~Anais Nin

The dream was always running ahead of me. To catch up, to live for a moment in unison with it, that was the miracle.

~Anais Nin

If what Proust says is true, that happiness is the absence of fever, then I will never know happiness. For I am possessed by a fever for knowledge, experience, and creation.

~Anais Nin

The secret of life was Breath. That was what I always wanted my words to do, to Breathe.

~Anais Nin

When you possess light within, you see it externally.

~Anais Nin

Music melts all the separate parts of our bodies together.

~Anais Nin

You don't find love, it finds you. It's got a little bit to do with destiny, fate, and what's written in the stars.

~Anais Nin

For you and for me the highest moment, the keenest joy, is not when our minds dominate but when we lose our minds, and you and I both lose it in the same way, through love.

~Anais Nin

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death.

~Anais Nin

We write to taste life twice, in the moment, and in retrospection.

~Anais Nin

Each contact with a human being is so rare, so precious, one should preserve it.

~Anais Nin

I take pleasure in my transformations. I look quiet and consistent, but few know how many women there are in me.

~Anais Nin

I know why families were created with all their imperfections. They humanize you. They are made to make you forget yourself occasionally, so that the beautiful balance of life is not destroyed.

~Anais Nin

The role of a writer is not to say what we all can say, but what we are

unable to say.

~Anais Nin

We are never trapped unless we choose to be.

~Anais Nin

Travel is seeking the lost paradise. It is the supreme illusion of love.

~Anais Nin

All of my creation is an effort to weave a web of connection with the world: I am always weaving it because it was once broken.

~Anais Nin

Your eyes make me shy

~Anais Nin

Do not seek the because - in love there is no because, no reason, no explanation, no solutions.

~Anais Nin

We have been poisoned by fairy tales.

~Anais Nin

I reserve the right to love many different people at once, and to change my prince often.

~Anais Nin

Our life is composed greatly from dreams, from the unconscious, and they must be brought into connection with action. They must be woven together.

~Anais Nin

I hate men who are afraid of women's strength.

~Anais Nin

Living never wore one out so much as the effort not to live.

~Anais Nin

There are many ways to be free. One of them is to transcend reality by imagination, as I try to do.

~Anais Nin

The real wonders of life lie in the depths. Exploring the depths for truths is the real wonder which the child and the artist know: magic and power lie in truth.

~Anais Nin

The body is an instrument which only gives off music when it is used as a body. Always an orchestra, and just as music traverses walls, so sensuality traverses the body and reaches up to ecstasy.

~Anais Nin

What is love but acceptance of the other, whatever he is.

~Anais Nin

willingness to explore everything is a sign of strength. The weak ones have prejudices. Prejudices are a protection.

~Anais Nin

I want to live darkly and richly in my femaleness.

~Anais Nin

Dreams pass into the reality of action. From the actions stems the dream again; and this interdependence produces the highest form of living.

~Anais Nin

I can elect something I love and absorb myself in it.

~Anais Nin

The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery.

~Anais Nin

I postpone death by living, by suffering, by error, by risking, by giving, by losing.

~Anais Nin

Create a world, your world. Alone. Stand alone. And then love will come to you, then it comes to you.

~Anais Nin

Life is what we make it, always has been, always will be...including our perception. Of it

~Anais Nin

I will not adjust myself to the world. I am adjusted to myself.

~Anais Nin

Violence is a symptom of impotence.

~Anais Nin

although I love a rich life, I hate an overcrowded life. I believe in rumination and lose half the beauty of all things when I am deprived of the time to ruminate.

~Anais Nin

The value of the personal relationship to all things is that it creates intimacy and intimacy creates understanding and understanding creates love.

~Anais Nin

Life is a full circle, widening until it joins the circle motions of the infinite.

~Anais Nin

I walk ahead of myself in perpetual expectancy of miracles.

~Anais Nin

The truly faithless one is the one who makes love to only a fraction of you. And denies the rest.

~Anais Nin

Each friend represents a world in us.

~Anais Nin

If I love you it means we share the same fantasies, the same madnesses

~Anais Nin

"We see the world as 'we' are, not as 'it' is; because it is the "I" behind the 'eye' that does the seeing."

~Anais Nin

I believe the lasting revolution comes from deep changes in ourselves which influence our collective life.

~Anais Nin

In music I feel most deeply the passing of things.

~Anais Nin

Stories are the only enchantment possible, for when we begin to see our suffering as a story, we are saved.

~Anais Nin

When you make a world tolerable for yourself, you make a world tolerable for others.

~Anais Nin

What everyone forgets is that passion is not merely a heightened sensual fusion but a way of life which produces, as in the mystics, an ecstatic awareness of the whole of life.

~Anais Nin

Anxiety is love's greatest killer. It makes others feel as you might when a drowning man holds on to you. You want to save him, but you know he will strangle you with his panic.

~Anais Nin

A leaf fluttered in through the window this morning, as if supported by the rays of the sun, a bird settled on the fire escape, joy in the task of coffee, joy accompanied me as I walked.

~Anais Nin

It is in the movements of emotional crisis that human beings reveal themselves most accurately.

~Anais Nin

I believe one writes because one has to create a world in which one can live.

~Anais Nin

Eroticism is one of the basic means of self-knowledge, as indispensable as poetry.

~Anais Nin

How wrong it is for a woman to expect the man to build the world she wants, rather than to create it herself.

~Anais Nin

I only believe in fire. Life. Fire. Being myself on fire I set others on fire. Never death. Fire and life.

~Anais Nin

We travel, some of us forever, to seek other states, other lives, other souls.

~Anais Nin

I am a winged creature who is too rarely allowed to use its wings. Ecstasies do not occur often enough.

~Anais Nin

Ordinary life does not interest me. I seek only the high moments. I am in accord with the surrealists, searching for the marvelous.

~Anais Nin

I want to do things so wild with you that I don't know how to say them.

~Anais Nin

Ordinary life does not interest me.

~Anais Nin

Only the united beat of sex and heart together can create ecstasy.

~Anais Nin

I either eat too much or starve myself. Sleep for 14 hours or have insomniac nights. Fall in love very hard or hate passionately. I don't know what grey is. I never did.

~Anais Nin

She lacks confidence, she craves admiration insatiably. She lives on the reflections of herself in the eyes of others. She does not dare to be herself.

~Anais Nin

It is a sign of great inner insecurity to be hostile to the unfamiliar.

~Anais Nin

Had I not created my whole world, I would certainly have died in other people's.

~Anais Nin

The secret of joy is the mastery of pain.

~Anais Nin

You live out the confusions until they become clear.

~Anais Nin

I will not be just a tourist in the world of images, just watching images passing by which I cannot live in, make love to, possess as permanent sources of joy and ecstasy.

~Anais Nin

I walked into my own book, seeking peace. It was night, and I made a careless movement inside the dream; I turned too brusquely the corner and I bruised myself against my madness.

~Anais Nin

Life is a process of becoming, a combination of states we have to go through.

~Anais Nin

When others asked the truth of me, I was convinced it was not the truth they wanted, but an illusion they could bear to live with.

~Anais Nin

The self is merely the lens through which we see others and the world.

~Anais Nin

The only transformer and alchemist that turns everything into gold is love. The only magic against death, aging, ordinary life, is love.

~Anais Nin

it was while helping others to be free that I gained my own freedom.

~Anais Nin

If you do not breathe through writing, if you do not cry out in writing, or sing in writing, then don't write, because our culture has no use for it.

~Anais Nin

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