

Eve Ensler

Quotes

Thinking, People, Body, Cancer, Believe, Giving, Struggle, World, Fighting, Men, Real, Art, Violence, Book, America, Heart, Years, Mean, Writing, Hurt

I have been a depressed person most of m life. I was always in the throes of self-hatred.

~Eve Ensler

One of the most radical things women can do is to love their body.

~Eve Ensler

Go so far away that you stop being afraid of not coming back.

~Eve Ensler

When we give in the world what we want the most, we heal the broken part inside each of us.

~Eve Ensler

When you rape, beat, maim, mutilate, burn, bury, and terrorize women, you destroy the essential life energy on the planet.

~Eve Ensler

Give voice to what you know to be true, and do not be afraid of being disliked or exiled. I think that's the hard work of standing up for what you see.

~Eve Ensler

I think many of us get separated from the mothership - our body - early on. I think the mothership is also the Earth, and life itself. Trauma separates us from that and dissociates us from our hearts.

~Eve Ensler

I think so much of neoliberalism and capitalism has caused people to live in a state of greed, fear and consumption that is covering up so much of what we really want.

~Eve Ensler

If you are divided from your body, then you are divided from the body of

the world.

~Eve Ensler

I think the greatest illusion we have is that denial protects us. It's actually the biggest distortion and lie. In fact, staying asleep is what's killing us.

~Eve Ensler

You have to give to the world the thing that you want the most, in order to fix the broken parts inside you.

~Eve Ensler

I don't get tired, because every time a woman doesn't die or doesn't get beaten or doesn't get raped or doesn't get honor-killed or doesn't get acid-burned, it's a huge victory.

~Eve Ensler

When you listen to other women's stories, you begin to understand your own better, and you begin to find ways back through and with each other.

~Eve Ensler

We have not yet made violence against women abnormal, extraordinary, unacceptable. We have not yet come to see it as a pathological issue.

~Eve Ensler

Geography does not define you - love does.

~Eve Ensler

Why don't we teach sex the way we teach math or history? It is such a deeply crucial and healing part of life and we offer no road map. I think it is core to ending violence.

~Eve Ensler

In the United States, the last recorded clitoridectomy for curing masturbation was performed in 1948--on a five year old girl.

~Eve Ensler

I'm in good shape. My cancer means I have lost a lot of organs and I'm a lot lighter. I have devoted myself to yoga and I'm doing handstands.

~Eve Ensler

I finally know the difference between pleasing and loving, obeying and respecting. It has taken me so many years to be okay with being different, and with being this alive, this intense.

~Eve Ensler

Dance is holy, sexual, and it's a way of being very powerful and a little dangerous without being violent.

~Eve Ensler

The clitoris is pure in purpose. It is the only organ in the body designed purely for pleasure.

~Eve Ensler

I honestly never understood how violence against women became a women's issue. 95 percent of the violence men are doing to women.

~Eve Ensler

Unless men are active allies, we'll never end violence against women and girls.

~Eve Ensler

There is just so much excess in terms of the market for self-remodeling. I think most women are perfectly gorgeous and beautiful the way they are.

~Eve Ensler

The cancer in me became an awareness of the cancer that is everywhere. The cancer of cruelty, the cancer of carelessness, the cancer of greed.

~Eve Ensler

To have insurance and have a diagnosis and to have doctors, I just felt it would be immoral on some level to complain.

~Eve Ensler

Everything you deny is actually killing you on some level. You see something, you feel something wrong with your body, you pretend it's not happening, it goes on, it grows, it gets worse.

~Eve Ensler

I think that anytime you get clear about what your mission is or what your focus wants to be, things start to come together in your life.

~Eve Ensler

Writing and giving voice to what I am feeling makes me happy. And supporting people in finding their voice, passion, outrage and resistance. There is nothing better than that.

~Eve Ensler

I'm feeling a kind of liberty to write about what's interesting to me without worrying about what I should be writing about. And that feels good.

~Eve Ensler

I want to read so I can read the Koran read the signs in the street know the number of the bus I'm supposed to take when I one day leave this house.

~Eve Ensler

When you bring consciousness to anything, things begin to shift.

~Eve Ensler

It seems to me that we spend an inordinate amount of time and attention on fixing ourselves when we could really be directing that out to serving others.

~Eve Ensler

â€¦find freedom, aliveness, and power not from what contains, locates, or protects us, but from what dissolves, reveals, and expands us.

~Eve Ensler

stop fixing your bodies and start fixing the world!

~Eve Ensler

The devastation of neoliberalism is so multi-fold, whether it's violence against women or desperate economic inequality or the destruction of the planet.

~Eve Ensler

I am so grateful to be alive. It's ridiculous to be alive.

~Eve Ensler

We must stop being polite and behaved and find new inventive tactics to shift the paradigm. We are the majority.

~Eve Ensler

Danger lurks when people are dissociated and detached from their own story or feelings.

~Eve Ensler

Security is elusive. It's impossible. We all die. We all get old. We all get sick. People leave us. People change us. Nothing is secure.

~Eve Ensler

I have been struggling to find my way back into my body my whole life.

~Eve Ensler

Our bodies are critical. If I learned anything from getting really bad cancer seven years ago, it's that your body is what you've got. If you don't take care of it, you're not going to be here.

~Eve Ensler

I feel passionate about nurses. I would do anything for nurses. Anything.

~Eve Ensler

I think we are seeing the absolute and utter collapse of male politicians in this [U.S] country and we're seeing what the underpinnings of the power structure are, which are sexist underpinnings.

~Eve Ensler

I think the thing that has always made me happy is being in the struggle, in a community of struggle with other people.

~Eve Ensler

What I have found is that even when you try to transform existing structures they are so powerful they often overwhelm, seduce, and control you.

~Eve Ensler

Why don't we bring everyone up to be caring and compassionate, to believe that we are connected with everyone and everything around us?

~Eve Ensler

I think the human species is very suicidal.

~Eve Ensler

I think that's part of the whole denial and suicidal mechanism [of the human's race] right "Oh my God, the house is on fire." You sleep through the smoke.

~Eve Ensler

I think we have to get bolder. Why after Fukushima didn't we all go out and shut down all the nuclear power plants and stay there until it happened?

~Eve Ensler

I think we just have to look at all the ways in which we are violating the Earth, each other, economic violence, racial violence, environmental violence - where we are dominating and not cooperating .

~Eve Ensler

I think to be cut off from your heart is the greatest tyranny in the world.

~Eve Ensler

I believe in irony. And if V-Day has taught me anything, it's that if you go out with artistic, outrageous irony and humor, people are drawn to it.

~Eve Ensler

I think what all of us have in common is that we've been taught and trained and programmed to focus on fixing and mutilating ourselves. That's a core reason why women do not have power in the world.

~Eve Ensler

In America, we have a government that is now run by white nationalists, by billionaires, by incredible misogynists.

~Eve Ensler

I feel sometimes with boys that the tyranny of patriarchy has had a much more devastating blow on boys than it has on anyone. Because

they have literally been forced to disassociate from their hearts.

~Eve Ensler

What I'm really interested in is freedom.

~Eve Ensler

I think we have a tendency in America to keep dividing ourselves, separating ourselves from each other.

~Eve Ensler

Money doesn't make you special, it makes you lucky. Be generous, be crazy, be outrageous.

~Eve Ensler

I began to see my body like an iPad or a car. I would drive it and demand things from it. It had no limits. It was invincible. It was to be conquered and mastered like the Earth herself.

~Eve Ensler

Why are women immobile? Because so many feel like they're waiting for someone to say, "You're good, you're pretty, I give you permission."

~Eve Ensler

I want to touch you in real time not find you on YouTube, I want to walk next to you in the mountains not friend you on Facebook.

~Eve Ensler

Real security is contemplating death, not pretending it doesn't exist.

~Eve Ensler

Stop trying to fix your body. It was never broken.

~Eve Ensler

I'm a nomad. I have a place in New York in the Flatiron District, and I

have a place in Paris in Ile Saint-Louis, and I spend a lot of time in Congo.

~Eve Ensler

The mechanism of violence is what destroys women, controls women, diminishes women and keeps women in their so-called place.

~Eve Ensler

Today the United States has the highest prison population in the world, over 2.1 million people. ... We lock people up at a rate that is seven to ten times that of any other democracy.

~Eve Ensler

It is almost a guarantee that in the pursuit of security you will become more insecure. Inherent in the quest for security is its undoing.

~Eve Ensler

When I wrote 'The Good Body,' I turned 40 and suddenly had this stomach. It seemed like the end of the world. Because I didn't value my body. I was constantly judging it, but I also didn't live in it.

~Eve Ensler

For many years now, I feel like my own body struggle has been linked and connected with women I meet in the world. I think we're in this together.

~Eve Ensler

I really want to help stop violence toward women.

~Eve Ensler

Once you are diagnosed with cancer, time changes. It both speeds up insanely and stops altogether.

~Eve Ensler

I despise charity. It gives crumbs to a few and silences the others.

~Eve Ensler

The love is all around us. I made a life of love.

~Eve Ensler

I think of the security of cages. How violence, cruelty, oppression, become a kind of home, a familiar pattern, a cage, in which we know how to operate and define ourselves.

~Eve Ensler

I bet you're worried. I was worried. I was worried about vaginas. I was worried about what we think about vaginas, and even more worried that we don't think about them.

~Eve Ensler

Dance has a transformative effect on bodily trauma.

~Eve Ensler

Security isn't what I hunger for. I hunger for change. I hunger for connection.

~Eve Ensler

The minute someone tells you you have cancer, it's kind of like you die. You really do die. It's like you get that you're mortal.

~Eve Ensler

The only point of having power it seems to me is to empower others. The only point of leadership is to inspire.

~Eve Ensler

Decide whether you want to be liked or admired.

~Eve Ensler

My commitment originated in my own story and my own relationship to violence.

~Eve Ensler

Cherish your solitude. Take trains by yourself to places you have never been. Sleep out alone under the stars.

~Eve Ensler

I would rate the fact that I get to be alive a big beautiful 10. Satisfaction with myself - work in progress.

~Eve Ensler

Three of the ten principles governing the City of Joy are (a) tell the truth, (b) stop waiting to be rescued, and (c) give away what you want the most.

~Eve Ensler

I think all my work's been about how do women get back into our bodies; how do men get back. We're all disassociated.

~Eve Ensler

...to speak of them out loud, to speak of their hunger and pain and loneliness and humour, to make them visible so that can not be ravaged in the dark without great consequence.

~Eve Ensler

People are more afraid to love than they are to kill.

~Eve Ensler

I think about Marvin Gaye and 'Sexual Healing.' What a radical idea that sex was healing. I learned my politics through that music.

~Eve Ensler

Theater has an incredible capacity to move people to social change, to

address issues, to inspire social revolution.

~Eve Ensler

Since cancer, I feel like I have dreams rather than ambitions, visions rather than plans.

~Eve Ensler

You will touch this joy and you will suddenly know it is what you were looking for your whole life, but you were afraid to even acknowledge the absence because the hunger for it was so encompassing.

~Eve Ensler

I think violence against women in America has become ordinary - it's been made absolutely acceptable.

~Eve Ensler

I wake up every day and I think, 'I'm breathing! It's a good day.'

~Eve Ensler

I think one of the problems with the capitalist mainstream is this: no matter what you create to respond or resist it they will buy it.

~Eve Ensler

If you were around in the '60s, you already know that music and art and love are a critical part of the revolution. This is how we fight.

~Eve Ensler

We're in a crisis. We're in a crisis like I don't think America has ever known in my lifetime. But we have to keep joy in our lives, love in our lives, poetry in our lives, dancing in our lives.

~Eve Ensler

Success itself doesn't give you happiness. It's what you do with your success that gives you happiness.

~Eve Ensler

There's an underlying puritanicalness in America that is not that different to the prudishness of Britain - it just manifests itself in different ways.

~Eve Ensler

Some days I would get so exhausted, nauseous, in pain - just from going back through things. It's almost as if I had the experience and then the meta-experience.

~Eve Ensler

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