

Alanis Morissette

Quotes

*Thinking, People, Writing, Song, Way, Trying, Spiritual, Believe, Art, Men,
Years, Inspirational, Self, Knows, Records, Littles, Philosophy, Eye, Low Self
Esteem, Peace*

I see the whole concept of Generation X implies that everyone has lost hope.

~Alanis Morissette

Running has made being depressed impossible. If I'm going through something emotional and just go outside for a run, you can rest assured I'll come back with clarity.

~Alanis Morissette

Music helps you find the truths you must bring into the rest of your life.

~Alanis Morissette

I breastfeed and I'll be breastfeeding until my son is finished and he weans.

~Alanis Morissette

When pain brings you down, don't be silly, don't close your eyes and cry, you just might be in the best position to see the sun shine.

~Alanis Morissette

I found that the more truthful and vulnerable I was, the more empowering it was for me.

~Alanis Morissette

the truth of who we are is innate goodness, and the whole journey is really about removing any obstacle or false belief that keeps us from knowing that

~Alanis Morissette

We're taught to be ashamed of confusion, anger, fear and sadness, and to me they're of equal value to happiness, excitement and inspiration.

~Alanis Morissette

I see my body as an instrument, rather than an ornament.

~Alanis Morissette

I'm a leave-the-bathroom-door-open nudist, which is sometimes disconcerting for my friends.

~Alanis Morissette

A feeling is not bottomless. once felt all the way through, a great peace greets you there

~Alanis Morissette

I salute you for your courage, and I applaud your perseverance, and I embrace you for your faith in the face of adversarial forces.

~Alanis Morissette

A brave action is often followed by grief. Do not let my resistance to grief stop the brave action.

~Alanis Morissette

The ego is a fascinating monster.

~Alanis Morissette

I listen to my records and I think, 'Wow, these are really great appetizers. I haven't even considered what I'm going to order for the full entree meal yet.'

~Alanis Morissette

My message to anyone who's afraid that they can't write music when they're happy is 'Just trust the passion.' The passion can write a lot of things.

~Alanis Morissette

I think there is no better way to invite a human being to view their body differently than by inviting them to be an athlete, by revering one's body

as an instrument rather than just an ornament.

~Alanis Morissette

Some of the most beautiful things that have happened to me in my life have been things that I couldn't explain.

~Alanis Morissette

Don't be surprised if I love you for all that you are.

~Alanis Morissette

Meeting the man of my dreams and then meeting his beautiful wife

~Alanis Morissette

It's like ten thousand spoons, when all you need is a knife.

~Alanis Morissette

In my opinion, I think sarcasm and humor in a song, without turning it into a novelty song, is really charming.

~Alanis Morissette

We'll love you just the way you are if you're perfect.

~Alanis Morissette

That I would be loved even when I numb myself. That I would be good even when I am overwhelmed. That I would be loved even when I was fuming. That I would be good even if I was clingy.

~Alanis Morissette

There were a lot of people who were a little afraid of the rage or blaming stance I was taking, and find what I am doing now more refreshing.

~Alanis Morissette

Courage and willingness to just go for it, whether it is a conversation or

a spontaneous trip or trying new things that are scary - it is a really attractive quality.

~Alanis Morissette

I want to walk through life instead of being dragged through it.

~Alanis Morissette

The person who knows HOW will always have a job. The person who knows WHY will always be his boss.

~Alanis Morissette

Life has a funny way of helping you out when you think that everything's gone wrong.

~Alanis Morissette

I hope that there is a very confused 14 year old girl out there who hears me speak or hears me sing and derives some sort of strength from that I heard that when I was 14 that's exactly what happened.

~Alanis Morissette

I think quite spiritually of myself. I feel like I'm here to support the human evolution.

~Alanis Morissette

I think God is everything. Human beings created the punitive, vengeful deity who considers us to be innate sinners.

~Alanis Morissette

In a perfect world, there would be no censorship, because there would be no judgement.

~Alanis Morissette

I'm sorry to myself, for treating me worse than I would anybody else.

~Alanis Morissette

But once I acclimated and really used fame for what it was offering me as a tool to serve my life purpose of inspiring and contributing, then it started to get fun again.

~Alanis Morissette

I don't believe in bad. I believe in relativity. The only way we can know what we call good is if there's also something we call bad.

~Alanis Morissette

With songwriting I spend a lot of time living life, accruing all these experiences, journaling, and then by the time I get to the studio I'm teeming with the drive to write.

~Alanis Morissette

You live, you learn, you love, you learn, you cry, you learn, you lose, you learn, you bleed, you learn, you scream, you learn

~Alanis Morissette

And if I had a preference, it would be to be able to not be in the studio until 4 in the morning.

~Alanis Morissette

I have been running so sweaty my whole life Urgent for a finish line And I have been missing the rapture this whole time Of being forever incomplete

~Alanis Morissette

I don't want to be your other half. I believe that one and one make two.

~Alanis Morissette

I highly recommend getting older! There's less tendency to people-please.

~Alanis Morissette

Down the road, I'll probably have a kid or two or three. And there will probably be political events or spiritual things to comment on, and humor.

~Alanis Morissette

Typically I go in the studio and whatever I'm contemplating that day will wind up being a song. I don't come in with lyrics... I just go in and let it happen.

~Alanis Morissette

As long as I can say what it is that I need to say, then I'll fit whatever I'm trying to say around a melody.

~Alanis Morissette

It's when someone has an agenda of their own for the record that it doesn't work for me.

~Alanis Morissette

The thing I always default to is that I'll always be here to write songs.

~Alanis Morissette

What I try to keep in mind is that there are going to be a lot of articles that are going to be misrepresentative of what I'm about as a person and as a writer.

~Alanis Morissette

I was extremely moved by the plight of Tsunami victims and I was inspired to try to make a difference.

~Alanis Morissette

When I start writing songs and it turns into an overly belabored intellectual process, I just throw it out.

~Alanis Morissette

I was left to painstakingly deal with the aftermath of my avoidance later in life, in therapy or through the lyrics of my songs.

~Alanis Morissette

Your political views really denote your spiritual views.

~Alanis Morissette

For four to six months at a time, I would barely eat. I lived on a diet of Melba toast, carrots, and black coffee.

~Alanis Morissette

There is no better feeling than when you write something you know is a piece of you and that, at some point, is going to communicate with someone else.

~Alanis Morissette

We're all ants. I'm a glittery little ant.

~Alanis Morissette

In one breath, I can say that we are God, but in another I have to say that we aren't deities.

~Alanis Morissette

The more vulnerable and the more confused the song is, the equal and opposite effect is how I feel after having written it.

~Alanis Morissette

Well, as a kid I did not get Shakespeare. I just never understood it.

~Alanis Morissette

Anything I do has to be directly related to my music. If it isn't, I don't really see a point to it.

~Alanis Morissette

I think the Bible is hugely patriarchal. There are so many sexist comments and homophobic comments and comments that are not in keeping with nurturing and loving the human spirit.

~Alanis Morissette

I grew up in a very masculine environment. So I was around a lot of men, my brothers and their friends. There was just a lot of guys around.

~Alanis Morissette

When we [people] are operating from the belief that we're not connected, it feels so dangerous and scary and vulnerable and awful.

~Alanis Morissette

I've been doing a lot of different cross-training and kickboxing and Capoeira and kite surfing, and I've just really been back to what I consider my original athletic self.

~Alanis Morissette

We eat when we're full, and we hoard all the rest. With our hands on remotes, we say, yes, we're the best.

~Alanis Morissette

I was always such a people-watcher. I would sit on street corners alone and watch people and make up stories about them in my head. Then, all of a sudden, I was the one being watched.

~Alanis Morissette

I never regret anything I do. It's part of who I am now, and I like who I am now.

~Alanis Morissette

Being a sensitive empath is a beautiful thing as an artist, and it fosters a deep burning curiosity about why we do the things we do.

~Alanis Morissette

I can be in the worst PMS, Mercury in retrograde, most awful circumstance - and then if my girlfriends and I are giggling about it, everything's okay.

~Alanis Morissette

When I'm in pain and grief and despair, my throat is clenched and my heart hurts.

~Alanis Morissette

Let's grease the wheel over tea, let's discuss things in confidence. Let's be outspoken, let's be ridiculous, let's solve the world's problems.

~Alanis Morissette

Long hair is a security blanket for me. I cut it short a few years ago and I really never want to do that again. When I do cut it, I cut it myself.

~Alanis Morissette

Whether you're checked in or checked out, you're always on a spiritual journey.

~Alanis Morissette

Is she perverted like me? Would she go down on you in a theatre?

~Alanis Morissette

I remember how beautiful it was to fall asleep on your couch and cry in front of you for the first time. You were the best platform from which to jump beyond myself. What was wrong with me?

~Alanis Morissette

I'm saying what a lot of people would want to say but are too embarrassed.

~Alanis Morissette

I can't not write, if I don't then I get really depressed.

~Alanis Morissette

I find as an artist if I'm not expressed relatively consistently, I get really depressed.

~Alanis Morissette

Once I know who I'm not, then I'll know who I am.

~Alanis Morissette

Every time I scratch my nails down someone else's back, I hope you feel it.

~Alanis Morissette

I firmly believe that the only reason why I'm on this planet, the only reason why I live, breathe, and exist is, that it's my duty to be as honest as possible in my art.

~Alanis Morissette

How long before my dignity is reclaimed?

~Alanis Morissette

Stay and respond and expand and include and allow and forgive and enjoy and evolve and discern and inquire and accept and admit and divulge and open and reach out and speak up, this is utopia.

~Alanis Morissette

I guess what people forget sometimes is that when I write songs, I write them sometimes in about 20 minutes.

~Alanis Morissette

I'm a liability to them - I'm a woman, I'm empowered, I'm an artist. I've had executives who can't come to my shows they're so scared of me. I've been a thorn in many people's sides just by existing.

~Alanis Morissette

I wish people could achieve what they think would bring them happiness in order for them to realize that that's not really what happiness is.

~Alanis Morissette

My yearn for home is broadened
Patriotism expanded
By callings from beyond
So I pack my things
Nothing precious
All things sacred

~Alanis Morissette

How about not equating death with stopping?

~Alanis Morissette

Fame is hollow. It amplifies what is there. If there is any self-doubt, or hatred, or lack of ability to connect with people, fame will magnify it.

~Alanis Morissette

Profanity is merely an expression of one's emotions

~Alanis Morissette

I sabotage myself for fear of what my bigness could do.

~Alanis Morissette

I felt like I was making a record under the radar, and that is my favorite way to do anything.

~Alanis Morissette

You are a worksmith and who cares for his brothers, who's not seduced by illusions or fair weather friends.

~Alanis Morissette

I'll write records until I'm dead. And then maybe even after that!

~Alanis Morissette

I would never judge someone's intrigue with the spoils of fame, because I went through that.

~Alanis Morissette

When I pray, I'm just talking to what some people might call our higher selves: God, myself, my intuition, my heart. Whatever that is, that's where I go.

~Alanis Morissette

When someone has a very urgent response, I think it just means that it's triggering something in them that they may not necessarily want to think or talk about - which I see as a positive thing.

~Alanis Morissette

I think God is in us. I think we manifest God in every moment.

~Alanis Morissette

It's not hard to feel afraid and insecure. I still fight an inner-critic voice, definitely. I hear it a lot.

~Alanis Morissette

I'm quite obsessed with the idea of nailing the girl friendship. It's such an art, so delicate.

~Alanis Morissette

I believe we've been given free will, and we can take responsibility for our own lives and for creating our own environments - which I think at times can be a little much for people to deal with.

~Alanis Morissette

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