

Bellamy Young Quotes

*Thinking, Pain, Singing, Want, Hurt, Needs, Fun, Kindness, Done, Stronger,
Guests, Love Is, Watches, Being Yourself, Instant, White, Empowering, Lonely,
Connections, Repercussions*

You gotta love yourself, because when you're hurting - you never know who's gonna be around to do the lovin' for ya. You gotta love yourself through the pain.

~Bellamy Young

I think true beauty is everywhere. Be it. See it. Notice it. Love it. Be grateful for it. Marvel at it. It's everywhere. It's all around us all the time.

~Bellamy Young

There's a lot of life on the planet that needs love, wants love, deserves love, in whatever capacity we are able.

~Bellamy Young

Nothing is all good or all bad, nothing is black or white, everything is just messy and human and difficult.

~Bellamy Young

I have to welcome the pain like I welcome the joy.

~Bellamy Young

I feel it is a blessing, a duty, an honor, that we give the love that we have, and we share the lives that we have with our fullest heart.

~Bellamy Young

If I'm feeling hurt, sad, lonely, depressed, and then I shame myself for feeling that, then that's a black hole for me. I really have worked a lot to meet pain with both gratitude and gentleness.

~Bellamy Young

'Notorious' is a masterwork. I can watch it every day.

~Bellamy Young

There are a lot of women who feel that they have done all the work in their relationship only for someone else to step in and take the love and

credit for it.

~Bellamy Young

The smallest act has repercussions for the universe.

~Bellamy Young

I used to be so hard on myself. So hard on myself. Just my own worst critic to the nth degree. Absolutely undermining my confidence in every moment. Bad tape in my head all the time.

~Bellamy Young

I foster a lot. Not humans, animals.

~Bellamy Young

I have to meditate before I go to bed, always. I have to let the day go and let the eternal in.

~Bellamy Young

It's a lot of fun to just say to people, proudly, 'I get to play the First Lady.' It's just fun to say.

~Bellamy Young

I will just think, why am I singing? Then I will know everything I need to know about what I'm feeling.

~Bellamy Young

I'd love to go back and do theater. There's nothing like that instant response and the connection to a live audience.

~Bellamy Young

When you guest-star, you're usually at the center of the dramatic arc, so that's fun.

~Bellamy Young

I get a lot of work done in my dreams and I don't want to take anybody else's work with me.

~Bellamy Young

Sleep is such a potent, liminal state, and I don't want to drag anything in there that doesn't need to be there.

~Bellamy Young

I miss singing. I did Broadway forever.

~Bellamy Young

My dad used to say, 'Just be yourself and you'll be fine,' but it's really, really true.

~Bellamy Young

The more I resist anything, the stronger it gets.

~Bellamy Young

I wouldn't make it through the day without singing. It is my solace and my meditation and my release. It lets me know how I'm processing things, what I'm processing, if I'm out of touch in some area.

~Bellamy Young

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