

Brett Dennen

Quotes

*Song, Writing, Thinking, Moving, Heart, People, Pain, Artist, World, Creative,
Healthy, Want, Play, Inspiration, Yoga, Lost, Juice, Matter, Trying, Ocean*

Don't forget that love is all you came here for, not anything less. Need I say more?

~Brett Dennen

I think everybody, no matter what they eat, they should eat at least fifty percent raw food. But I eat some seafood.

~Brett Dennen

Blessed is this life, I'm gonna celebrate being alive.

~Brett Dennen

Follow your heart and you won't get lost.

~Brett Dennen

The ocean inspires me because there's the energy of the water moving.

~Brett Dennen

I used to want to be fully observational, but I'm just not that kind of writer. My process always changes depending on how, when, and where inspiration stiles me.

~Brett Dennen

The mountains inspire me because they are just still and they have such a strong, quiet presence that feels very old.

~Brett Dennen

If I hear a really good song it's like, oh man, I want to write a song that good. But the urge to create mostly comes from nature, weather and I think it just effects me.

~Brett Dennen

Nothing has happened too fast, nothing has happened too slow. It has been a mellow rise, and I'm thankful for that. I haven't lost my head,

and I haven't lost my desire to keep growing.

~Brett Dennen

It's cool to be healthy now! It's cool to, like, drink fresh juices and drink Kombucha and all that stuff.

~Brett Dennen

I think most artists would agree, it's one thing to be playing in front of a crowd that's loving it, it's another thing to add cameras, but it's a really cool trade off to be on television.

~Brett Dennen

I think there's a certain magic that comes from being creative.

~Brett Dennen

I love being creative, and for me it doesn't matter what it is - whether it's art or music or just daydreaming.

~Brett Dennen

I don't wanna limit myself to anything, but I eat like a vegetarian and I eat mostly raw.

~Brett Dennen

It's usually kids that normally don't have a chance to get to meet each other because they're separated by millions of different things.

~Brett Dennen

I'm an avid juicer and a healthy eater.

~Brett Dennen

I like fish and a lot of seaweed, but I don't eat bread or dairy or anything like that. It's kind of like in the macrobiotic world. I'm just a healthy eater who loves to juice.

~Brett Dennen

I'm a big believer in that old cliché of thinking globally and acting locally.

~Brett Dennen

I think the two biggest issues are world hunger and health, and all the things that stem from bad food.

~Brett Dennen

Paul Simon is my absolute hero. He's one of a kind. He wrote his own ticket in life by being himself.

~Brett Dennen

I also love fall, when it starts to rain, or even just before the rain - that is the most inspiring thing.

~Brett Dennen

Nature inspires me because it's so peaceful. It makes me have an inward experience. It makes me reflective and nostalgic.

~Brett Dennen

I have ideas for songs all the time, but musical ideas, like melodies, really come out when I'm in nature.

~Brett Dennen

I come from a place of sincerity. I write about what I see and feel. I write about what I want, I don't have a political agenda. Politics may enter into a song but it always comes from the heart.

~Brett Dennen

When you're young that's when you feel like you can change the world. Then you get older and you buy a house and have kids, and you don't want to be so bold anymore.

~Brett Dennen

People really respond to the songs when I play them in concert. Every song comes from a different place emotionally or from a different headspace.

~Brett Dennen

Everyone wants to know what kind of music their favorite artist listens to. It feels good to. I don't try to dwell on that too much though.

~Brett Dennen

What I strive to do with songwriting is be really honest, authentic and try to be open and share that with people. I choose that over trying to be clever, poetic, or lyrical.

~Brett Dennen

Bringing up issues that are hard to deal with is a challenge for me, and I think that's what draws me to song writing.

~Brett Dennen

When you get to say something in a song you're not directing it necessarily at one person. When it's in a song it's easier to get it out. I don't really worry so much about it when I'm writing a song.

~Brett Dennen

I want to write songs with meaning. I have high standards for my work.

~Brett Dennen

I can't really write unless I'm full of inspiration. And even then I can't write unless I have some alone time.

~Brett Dennen

I think for me to do a traditional sitting meditation I would really have to spend a couple weeks working at it. The only way I know how to efficiently, effectively meditate is by walking in nature.

~Brett Dennen

Things aren't always as they appear. I've been believing things to be a certain way because I want them to be that way. I build up illusions in my head.

~Brett Dennen

Pain is a part of life. It's certainly part of my creative process.

~Brett Dennen

A sunny, happy day is beautiful, but when it's moody, and storm is coming, there's an energy in the air.

~Brett Dennen

I think anyone who is an artist or writer or owns their own business or whatever can agree that when you come up with something on your own, it's an addictive feeling.

~Brett Dennen

I wanted to be a singer. I wanted to be a musician. I wanted to travel and write songs and be a good songwriter. It came to me slowly after college.

~Brett Dennen

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