

Emily Saliers

Quotes

*Love Is, Sleep, Alive, Hands, Thinking, Heart, Pain, Media, Trying, Eye, People,
Practice, Cry, Brutality, Decision, Calming, Laughing, Fine, Faith, Use*

I'm a little bit antisocial and I recently discovered that I'm introverted. But the love between people makes me alive.

~Emily Saliers

Artists and celebrities are citizens, and as such you have a responsibility to keep fighting for justice because there are monolithic power structures and systemic oppression out there.

~Emily Saliers

I see people whose spirits are not broken, who continue to work for justice. That makes me feel alive, when I witness their work, and then I witness some of their dreams come to fruition.

~Emily Saliers

Falling, falling, falling, falling down. Look yourself in the eye before you drown.

~Emily Saliers

Love is selflessness and self-fullness; it can only be known deeply with an open, vulnerable heart.

~Emily Saliers

I don't think any human being is truly free. We're so tethered to our own insecurities and hampered by our fears and our prejudices. I think it's human nature that we're never going to be free.

~Emily Saliers

The prize is always worth the rocky ride.

~Emily Saliers

It's in our blind trust that love will find us, just like it has before.

~Emily Saliers

Begin my studies with the paper and this pencil and i'm working through

the grammar of my fears.

~Emily Saliers

The sweetest part is acting after making a decision.

~Emily Saliers

...science and violence turned silence to rage.

~Emily Saliers

Always tell the truth and be true.

~Emily Saliers

Feelings are not everything! There is very little absolute truth in life.

~Emily Saliers

What was once your pain, will be your home.

~Emily Saliers

We must love while these moments are still called today.

~Emily Saliers

Love is pure and kind and forgiving. It is the greatest gift of all.

~Emily Saliers

Now I know why yoga is so life-giving for so many. I have never experienced a practice that combines such physical challenge and spiritual wellbeing in my life.

~Emily Saliers

I try not to get personally involved in social media. It kind of makes me sick sometimes.

~Emily Saliers

I pray as part of my mindfulness practice and try to recount my day, all

my triumphs and foibles, before I go to sleep at night. These practices keep me calm for the most part.

~Emily Saliers

Eating wholesome foods and getting plenty of sleep is crucial for me.

~Emily Saliers

I cry when I feel like crying.

~Emily Saliers

Don't do to someone else what you wouldn't want done to you.

~Emily Saliers

Cooking is really calming. Sharing food with friends, cooking.

~Emily Saliers

The most important thing to do for me physiologically is to sleep when I'm tired. I love to sleep and it's very restorative.

~Emily Saliers

Food! Oh my god, I love food. Sugar makes me come alive.

~Emily Saliers

We're bombarded with media reports, with social media, with anyone with an opinion.

~Emily Saliers

Engaging in new creative projects keeps me energized. I feel deeply grateful for all of the opportunities that life has given me.

~Emily Saliers

You have to laugh at yourself, because you'd cry your eyes out if you didn't.

~Emily Saliers

If life ever stops inspiring us to write, it's time to stop doing what we do.

~Emily Saliers

You will taste a way of life profoundly nourishing and from your tongue may spring a song or poem or sentence or word or maybe nothing but silence. Silence only the heart can turn to song.

~Emily Saliers

Unjust use of force, strength, and brutality. Those are the forces that make me feel vulnerable.

~Emily Saliers

And there's always retrospect to light a clearer path.

~Emily Saliers

Discrimination is a bad bad bad thing.

~Emily Saliers

I give it up to women who have the power to keep their spirit alive under very difficult circumstances.

~Emily Saliers

No way construction of this tricky plan was built by other than a greater hand.

~Emily Saliers

The less I seek my source for some definitive, the closer I am to fine.

~Emily Saliers

You set up your place in my thoughts, moved in and made my thinking crowded.

~Emily Saliers

I have faith that my life is in good hands. I honestly try to see how I can

grow from uncomfortable circumstances.

~Emily Saliers

Now I know a refuge never grows from a chin in a hand in a thoughtful pose gotta tend the earth if you want a rose.

~Emily Saliers

I was in a church choir early on and that really helped me musically in terms of chops, learning how to sing harmonies.

~Emily Saliers

So we must love, while these moments are still called today, take part in the pain of this passion play, stretching our youth as we must, until we are ashes to dust, until time makes history of us.

~Emily Saliers

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