

# Kenny Loggins Quotes

*Inspirational, Careers, Thinking, Letting Go, Children, Spiritual, Fighting, Music,  
Philosophy, Running, Moving, Guitar, Creative, World, Men, Powerful, Love,  
Freedom, Heart, Geek*

My trust in a higher power that wants me to survive and have love in my life, is what keeps me moving forward.

~Kenny Loggins

I couldn't be in a relationship and behave like somebody else or pretend I felt something I didn't feel. And that includes saying things I thought might jeopardize the relationship.

~Kenny Loggins

A soulmate is the one person whose love is powerful enough to motivate you to meet your soul, to do the emotional work of self-discovery, of awakening.

~Kenny Loggins

The more we stretch the muscle called compassion and generosity, the stronger we get, the better we feel about ourselves, the more loving we become to the world around us.

~Kenny Loggins

My rite of passage into my brave new world, life on the road.

~Kenny Loggins

It's hard enough doing something bold without jumping into your bad reviews.

~Kenny Loggins

For once in your life, here's your miracle, stand up and fight.

~Kenny Loggins

Real freedom is creative, proactive, and will take me into new territories. I am not free if my freedom is predicated on reacting to my past.

~Kenny Loggins

I know that Julia has been given to me for my spiritual growth, and this moment is perfect for us both. I know that I love her, and I know she's my soul mate.

~Kenny Loggins

My quest these days is to find my long lost inner child, but I'm afraid if I do, I'll end up with food in my hair and way too in love with the cats.

~Kenny Loggins

When I see that my geek may have contained some of the best parts of me, when I love and appreciate him, I set my children free to see themselves as lovable however they are.

~Kenny Loggins

Running away will never make you free.

~Kenny Loggins

The Spirit speaks directly to our hearts through music. That's why music has always had such power to move people into positive action.

~Kenny Loggins

The more honest you can be, the less you have to hide... when I have nothing to hide, I have everything to give.

~Kenny Loggins

In every moment there is a reason to carry on.

~Kenny Loggins

Courage is always rewarded.

~Kenny Loggins

I had to get in touch with the source, I had to go back into my abandonment issues with my mother, I had to go into issues with my father I hadn't even looked at before.

~Kenny Loggins

I am learning to forgive my inner geek, and even value him as a free man.

~Kenny Loggins

I'm alright, nobody worry about me. Why you gotta gimme a fight? Can't you just let it be.

~Kenny Loggins

I think Julia is defining a new feminism. It's the power of the open heart. And its ok to be sexual.

~Kenny Loggins

Whatever I have not yet learned to tolerate in myself inevitably will appear in my children. In this way, they, like Julia, guide me to a new level of self-awareness and everyone benefits.

~Kenny Loggins

I am attracting a new audience now, one that is more open and more spiritually inclined.

~Kenny Loggins

Heaven help the man who fights his fear.

~Kenny Loggins

If I don't stay creative and if I don't stay in the studio and keep writing and recording, I get kind of depressed. I can't quite remember what I'm supposed to be doing with myself.

~Kenny Loggins

This is the front edge of the spiritual, psychological movement and is where the tools of psychology have finally come together to create a mass healing. I think spiritual psychology is the next wave.

~Kenny Loggins

In my career, fun becomes a big factor. If something feels like it's going to be creative and be fun - follow your bliss. Is this where the juice is? Then I go there.

~Kenny Loggins

I'm happy about the fact that my audience is very open to new music. They're dying for new music. So all I got to do is get up there and show them what I'm doing, and they go oh yeah, I like that.

~Kenny Loggins

Relationships are so much a rerun of our parental relationships. We're rerunning the relationship they were in together and we're rerunning the relationship we had with them with our lover.

~Kenny Loggins

No one can tell what the future holds, you're backs to the corner, you make the choice of how it goes.

~Kenny Loggins

To feel is to communicate with your Spirit-with God. Feeling is God's mirror; intuition is God's telephone. To seek your truth is to deepen your connection to Spirit.

~Kenny Loggins

Shaking the past, making my break, taking control, that's what it takes.

~Kenny Loggins

Bruce Marshall's acoustic set gets a big thumbs up from me.

~Kenny Loggins

My career was about to change radically, in turning 50 I had hit the age where my Dad made a big career and his life started to unravel.

~Kenny Loggins

I had to beat the bags, big time, I had to get out into the den and start screaming and move it through my body.

~Kenny Loggins

I must let go of my need for the world to love me.

~Kenny Loggins

I am held by the creator of the world. I am opening, I am unbounded, I am luminous, I am powerful.

~Kenny Loggins

You must have love as the core; it takes courage to be willing to constantly tell the truth to each other and risk letting the relationship go.

~Kenny Loggins

My resistance to communication work is because of 15 years with my former wife where we did all this work, but we never got to the core of anything.

~Kenny Loggins

It's just a favorite language to me, that country finger-picking guitar style.

~Kenny Loggins

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