Thinking, Yoga, Philosophy, Children, Men, Song, People, Journey, Running, Way, Pain, Writing, Being Yourself, Politics, Two, Soul, Music, Real, Spiritual, Bigs

I want to get old gracefully. I want to have good posture, I want to be healthy and be an example to my children.

~Sting

If you play music with passion and love and honesty, then it will nourish your soul, heal your wounds and make your life worth living. Music is its own reward.

~Sting

Yoga is almost like music in a way; there's no end to it.

~Sting

A lot of people approach risk as if it's the enemy when it's really fortune's accomplice.

~Sting

When the world is running down, you make the best of what's still around.

~Sting

You have to be yourself. Stay true to who and what you are. And if people still like you, that's great! If they don't, that's their problem.

~Sting

I can't really change my life to accommodate people who are jealous. I don't see why I should.

~Sting

I don't think happiness is necessarily the reason we're here. I think we're here to learn and evolve, and the pursuit of knowledge is what alleviates the pain of being human.

~Sting

I think love has something to do with allowing a person you claim to

love to enter a larger arena than the one you create for them.

~Sting

Let your soul be your pilot.

~Sting

Don't judge me, you could be me in another life.

~Sting

There is no monopoly on common sense on either side of the political fence.

~Sting

There's no religion but sex and music.

~Sting

Turn the clock to zero, honey, we're starting up a brand new day.

~Sting

I don't need to manufacture trauma in my life to be creative. I have a big enough reservoir of sadness or emotional trauma to last me.

~Sting

At night a candle's brighter than the sun

~Sting

I see songs not as a commodity used up when the album goes off the charts, which is often the case with pop songs. I see them as a body of work. Life should be breathed into them.

~Sting

The deeper you get into Yoga you realize it is a spiritual practice. It's a journey I'm making. I'm heading that way.

The Super Bowl is Americana at its most kitsch and fun.

~Sting

I've only paid lip service to a spiritual life.

~Sting

If manners maketh the man as someone said, then he's the hero of the day.

~Sting

An uncle of mine emigrated to Canada and couldn't take his guitar with him. When I found it in the attic, I'd found a friend for life.

~Sting

I'm not much of a family man. I'm just not that into it. I love kids, I adore them, but I don't want to live my life for them.

~Sting

Without the voice of reason, every faith is its own curse.

~Sting

I write the music, produce it and the band plays within the parameters that I set.

~Sting

Money's only important when you don't have any.

~Sting

I don't understand American football at all. It looks like all-in wrestling with crash helmets.

~Sting

My logic's been drowned in a sea of emotion.

I exist in a state of almost perpetual hysteria.

~Sting

I never saw no miracle of science that did not go from a blessing to a curse.

~Sting

If you love someone, set them free.

~Sting

I went off to fight some battle that I'd invented inside me.

~Sting

Convince an enemy, convince him that he's wrong. To win a bloodless battle, the victory is long. A simple act of faith, reason over might. To blow up his children would only prove him right.

~Sting

I see music as one language. If one musical form eats its own tail, it dies. So it needs to be a mongrel, it needs to be hybridised.

~Sting

It's a big enough umbrella, but it's always me that ends up getting wet.

~Sting

I don't like singing before noon.

~Sting

Our politicians, they all seemed like game show hosts to me.

~Sting

I realize that nothing's as it seems.

I can't fly a flag for monogamy or whatever the opposite is; it depends on the person and on the situation.

~Sting

Yoga introduced me to a style of meditation. The only meditation I would have done before would be in the writing of songs.

~Sting

I have been through various fitness regimes. I used to run about five miles a day and I did aerobics for a while.

~Sting

Love is stronger than justice.

~Sting

The acceptance of death gives you more of a stake in life, in living life happily, as it should be lived. Living for the moment.

~Sting

One of the rewards of success is freedom. the ability to do whatever you like.

~Sting

Sooner or later we learn to throw the past away, history will teach us nothing.

~Sting

Nothing in your life is beyond redemption.

~Sting

Nothing comes from violence and nothing ever could, for all those born beneath an angry star, lest we forget how fragile we are.

Success always necessitates a degree of ruthlessness. Given the choice of friendship or success, I'd probably choose success.

~Sting

I've spent a bit of time with the Prince of Wales, who I respect greatly. I'd give two cheers for the Monarchy.

~Sting

I try to give the media as many confusing images as I can to retain my freedom. What's real is for my children and the people I live with.

~Sting

I think there's room for both private exploration and group work in Yoga.

~Sting

I was brought up as a Catholic and went to church every week and took the sacraments. It never really touched the core of my being.

~Sting

I really wanted to work with David Lynch. I was a big fan of The Elephant Man and Eraserhead.

~Sting

Every ripple on the ocean, every leaf on every tree, every sand dune in the desert, every power we never see.

~Sting

I do my best work when I am in pain and turmoil.

~Sting

I quite like mistakes. I think they're human.

It takes a man to suffer ignorance and smile.

~Sting

A gentleman will walk but never run.. it takes a man to suffer ignorance and smile.. be yourself no matter what they say.

~Sting

The more irrational of us are worried about the millennium ending - as if a date would really matter.

~Sting

That sense of failure, I don't know where people put it who don't write songs and aren't able to emote physically. It must go somewhere.

~Sting

I learned to change my accent; in England, your accent identifies you very strongly with a class, and I did not want to be held back.

~Sting

I've never lost perspective on who I am. Well, maybe briefly, but generally I'm pretty balanced.

~Sting

Peter Townshend shows us it's all right to grow up. There is dignity after rock'n'roll.

~Sting

I hate most of what constitutes rock music, which is basically middle-aged crap.

~Sting

I miss England. I miss the weather. I've spent moss of the last 25 years on tour. I'm ready to come home.

I'm not speaking as someone who has reached satori or anything else. I'm a student.

~Sting

Security in human systems we're told will always, always last. Emotions are the sail, and blind faith is the mast. Without the breath of real freedom we're getting nowhere fast.

~Sting

I come from a family of losers, and I've rejected my family as something I don't want to be like.

~Sting

I'm very much afraid of being mad - that's my one fear.

~Sting

I've spent too many years at war with myself, the doctor has told me it's not good for my health.

~Sting

Money is only important when you don't have any.

~Sting

It has very little to do with my work, but if your image is not sexy enough, people won't listen. It's part of the game.

~Sting

I think the labyrinth is an interesting metaphor for our lives as musicians. We're always being drawn toward the center of it because that's where the mystery is. What is music? It's a journey.

~Sting

Takes more than combat boots to make a man.

When there's no information and the compass turns to nowhere that you know well, let your soul be your pilot.

~Sting

I was famous overnight. I went from nowhere to being really big.

~Sting

I have a big problem with piped music. I like either silence or to listen to it properly.

~Sting

I never saw no military solution That didn't always end up as something worse

~Sting

I always stayed fit because I'm a performer, and all of those things help me to perform.

~Sting

Like Yoga, the spiritual life is actually very difficult.

~Sting

My friends are Peter Gabriel, Bruce Springsteen, and we're singing about mortality, getting older. It's an interesting time.

~Sting

I see a city in the desert lies The vanity of an ancient king But the city lies in broken pieces While the wind howls and the vultures sing ~Sting

The compass spins between heaven and hell, let your soul be your pilot, let your soul guide you.

Let your pain be my sorrow. Let your tears be my tears too. Let your courage be my model. That the north you find will be true.

~Sting

The logical process will often be the safe one. I tend, when I'm given that choice, to go the way that's not safe.

~Sting

If you love somebody, set them free.

~Sting

I think I mentioned to Bob [Geldof] I could make love for eight hours. What I didn't say was that this included four hours of begging and then dinner and a movie.

~Sting

Honor the community you come from. Tell their stories.

~Sting

If I were a Brazilian without land or money or the means to feed my children, I would be burning the rain forest too.

~Sting

Mr. Breschnev says we will bury you, I don't subscribe to that point of view. It seems like such an ignorant thing to do, if the Russians love their children, too.

~Sting

I think you can get the wrong impression about me from my work and think I'm always a bit down. I'm not that way at all. I'm fun-loving.

~Sting

Takes more than combat gear to make a man Takes more than a license for a gun Confront your enemies, avoid them when you can A

gentleman will walk but never run

~Sting

Melancholy is no bad thing.

~Sting

Great music as much about the space in between the notes as it is about the notes themselves.

~Sting

I never made promises lightly There may have been some that I've broken But I swear in the days still left We will walk in fields of gold ~Sting

Without the breath of real freedom we're getting nowhere fast.

~Sting

Be yourself, no matter what they say.

~Sting

I find that the rhythm of going on long walks will suggest melodies.

~Sting

It's never easy to write a song. It's the most difficult thing I do.

~Sting

I feel this music has nurtured me as I've been immersing myself in it. I've felt supported by it.

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