

# Trey Anastasio

## Quotes

*Trying, Musical, Musician, Writing, Feelings, Heart, Guitar, Long, People,  
Waiting, Hiatus, Beautiful, Spiritual, Fall, Wedding, Collaborators, Player,  
Character, Gears, Children*

Music has always been my protection against the world, from a very young age. I feel safe inside of a jam.

~Trey Anastasio

We want to have a spontaneous adventure. You can't plan an adventure, or it ceases to be one.

~Trey Anastasio

Set the gearshift for the high gear of your soul. You've got to run like an antelope, out of control.

~Trey Anastasio

Ideally the point of music is community, not the player. Musicians are simply channels to link the audience to the music and to each other.

~Trey Anastasio

It's like you're surfing... The same wave that can be a source of pain can be a beautiful flowing grace and source of power. It's all a matter of how you respond to it.

~Trey Anastasio

If there's one thing I discovered since I came back from hiatus, it's that you can't go backwards.

~Trey Anastasio

I'm not trying to pull the rug out from under anybody, but the music really does tell you where to go.

~Trey Anastasio

Creativity is the antidote to destruction.

~Trey Anastasio

What happens if you start drawing squares? Well, I'd say the answer to that is, don't get famous for drawing circles.

~Trey Anastasio

My life was a complete catastrophe. I was very, very sick from drugs and alcohol.

~Trey Anastasio

Jerry Garcia was a great American master and the Grateful Dead are not just a genuine piece of musical history, but also an important part of American history.

~Trey Anastasio

Anyone who writes knows that ultimately the majority of your time is spent alone in a room with a piano or a guitar, no matter what the project is.

~Trey Anastasio

There's so much excitement around the Phish tours, and if it stopped feeling that way, it would ruin everything we've done for seventeen years.

~Trey Anastasio

When you're a musician and you break new ground it resonates into the common consciousness.

~Trey Anastasio

If I had a ghost living on my street. I would try to stay alive, and offer him some meat!

~Trey Anastasio

I absolutely love the Philharmonic. I also love rock guitar.

~Trey Anastasio

I understand that transposing a song a half step can effect the believability of a lyric.

~Trey Anastasio

I've always loved the experience of working together with other people toward an artistic goal.

~Trey Anastasio

I consider myself extremely lucky to have worked with so many great collaborators in my lifetime.

~Trey Anastasio

Swing will never sound as good as it did in the '40s.

~Trey Anastasio

I've always loved musical theater. It's a bit of a family tradition.

~Trey Anastasio

The biggest sacrifice to me is to not be in an atmosphere where I can keep writing and moving forward.

~Trey Anastasio

I've been sober for two-and-a-half years, My children are happy. In August, my wife and I will celebrate our fifteenth wedding anniversary. My band is back together with a sold-out tour.

~Trey Anastasio

I am excited to get on tour, if I'm speaking to the Phish fans. I can't wait.

~Trey Anastasio

I think the Internet is going to open up a lot of possibilities with music, and the shake-up of power is exciting to me.

~Trey Anastasio

I've learned that in the theater the story is everything. Every lyric, every

line and every musical gesture has to propel the journey of a given character or the overall plot.

~Trey Anastasio

I am a prince I have it all, and I hear your foot steps on the wall, I wait in silence for your call, and take a shot and watch you fall.

~Trey Anastasio

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