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# Clear Mind, Wild Heart: Finding Courage And Clarity Through Poetry



## Synopsis

"In the middle of the road of my life, I awoke in a dark wood, where the true way was wholly lost." When you find yourself without bearings, as Dante Alighieri voiced so well centuries ago, where will you look for guidance? Throughout the ages, teaches David Whyte, the language of poetry has held the power to lend us courage, to give us the vision of those who endured, and to hazard ourselves boldly at the fierce edges of our lives. On *Clear Mind, Wild Heart* you will join this acclaimed poet and teacher to engage with the poetic imagination as your companion and guide for the difficult terrain we are all traversing. Poetry, teaches Whyte, offers immediate and powerful tools unique from any other tradition. It can help us to see beyond the fragile surfaces of our lives, open us to the universal cycles and patterns that shape our lives, and awaken our conversation with what has been called the Untouchable, the Numinous, or the Eternal. *Clear Mind, Wild Heart* guides you into the wellspring of this living poetic tradition through six hours of exploration and poetry with David Whyte, including the verses of such inspired voices as Emily Dickinson, William Blake, W.B. Yeats, Marina Tsvetayeva, Rainer Maria Rilke, Antonio Machado, and others. Through their words, you will discover how to apprentice yourself to beauty and find a place of belonging where you can hold loss and grief, the challenges of change, and the wonder of new discovery and adventure. The language of poetry takes us outside of our small selves and calls us to look at ourselves and the world with open eyes, teaches David Whyte. Whether you are a lifelong poetry lover or new to its insights and pleasures, *Clear Mind, Wild Heart* is an inspiring guide to answering that call. [Learn More About:](#) Finding the courage to hazard yourself in the world Emily Dickinson on the alive-ness of words Conversing with the unknowable The harvest of your attention How the language of poetry teaches us a relationship with silence Goethe's Holy Longing Apprenticing yourself to beauty Blake's reflections on innocence and experience Creating a house of belonging through speech and imagination Work, the pilgrimage into identity Who are you? How presence shrives you of your old identity Encountering the visitations of loss, grief, and defeat The poetic spirit in marriage, parenting, and friendship Six hours of exploration, as taught in David Whyte's acclaimed seminars and retreats

## Book Information

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## Customer Reviews

These CDs put me in mind of an American friend who once said that she wasn't interested in anyone not transforming themselves. They've been spinning in my diskman ever since arriving in the post, and I've been listening to them during my long seaside walks, which is when I slough my skins. In my view, the language of transformation has been devalued by the self-help industry. It's been so bled of meaning or beauty or both that it's of no use to any of us anymore. Whyte has directed me towards a language that'll always have blood in its veins, and that's sharp still - the language in poetry. There're no easy slogans here, no pastiched wisdom. Nor are there any gags or attention-grabbers or bullet-points of formulaic action. Whyte just rolls on like a sea lapping steadily at the shore; he gives the listener an ocean of language to contemplate, to immerse themselves in - it's up to you to find what you need for whatever transformation you're currently attempting. His words are generous, intelligent, considered, and often deeply moving. Plus there are dozens of "eureka!" moments to be had: one of mine was when I first heard him say, "I think that boredom is a failure of the imagination." Another was when he introduced then read Yeats' poem "Song of wandering Aengus." He's not saying much that's new - but he speaks with an eloquence that has woken me up. And he has a lovely voice, and speaks with a soothing cadence. Buy these CDs. It's worth it.

The message resonates, but even more satisfying than Whyte's commentary is his vocal interpretation of Dante, Yeats, Hopkins, Rilke (in German and English). This is an audio pleasure for people who regularly feast on poetry, but also for anyone willing to examine the power of language and the spoken word; listening to this tape brings back all the pleasure of being read to as a child.

I have been converted to the work of David Whyte. I am really impressed with this man's passion, insight and clarity. I have not listened to all these CD's as I purchased his 'Midlife and the Great Unknown' and have been engrossed with this first. A word of advice. That these CD's do not have

tracks and each CD is a single track. This makes finding favourite sections a real chore. I am both disappointed in this, and that at least one of these CD's is an exact replica of the other CD mentioned above, BUT with the addition of this edit issue. The other CD is easier to drive. If you're not familiar with the beautiful work of David Whyte, and if you like more than one track on each CD, then try 'Midlife and the Great Unknown' first.

New to David Whyte, but always seeking inspiration and meaning, passion and depth, when a friend lent me a cd of his I couldn't believe my ears. It's like magic: the kind of speaking that is from the soul and the heart, filled with wisdom of his own insight and the insight of writers through the ages. If you're reading this, you must find a way to hear him read poetry. He reads like no one I've ever heard before. Repeating lines with different inflection, tone, volume. David's as alive in his voice as Yo Yo Ma is in cello playing. He's changed the way I recite poetry for good. This particular CD set was worth every dollar of the \$44 it cost. It catalyzed my own poetry writing it was so inspiring.

This is one of the best audiobooks I've ever encountered. I purchased it years ago and have listened over and over - probably ten times over five years - and each time I get more out of it. Spiritual truths are rarely presented with such complete clarity, compassion, and fearlessness. As a voracious reader, a poet, and a spiritual growth/self development obsessive, I can think of few programs that are more helpful. The crazy thing is ... this is not self help. This is just plain old fashioned bold living. David Whyte is an inspiration, and all of his books and audio programs are more than worth the pittance you spend. Whether you are interested primarily in the poetry he reviews so well or in the "living on the frontier of your life" he teaches, you will find tremendous value in giving this a good long listening. Fair warning: this is not pablum, and not for the faint of heart. Approach this material with a still, receptive mind and an environment free of distractions. Between his melodious voice, the intensely rich material, and the powerful passions he is capable of calling forth in you, this is not something to be listened to as background for your life. I like listening while I clean the house or take long road trips alone. Or, as I first did, listening with my very elderly, wise, witty grandparents in their warm living room in Vermont with snow falling outside in soft blankets. That was, I think, heaven.

Don't buy this CD unless you are ready to take a spiritual journey with David that travels straight into your heart through your soul and expands out into the universe. It was very difficult for me, but I was finally able to hand it to a very dear friend of mine to share with him. I did not want to let it go. When

you listen to David's Clear Mind, Wild Heart, you can feel your heart opening in a sigh of relief, safe, full of love and ready to risk. If you have come across this CD and reading this you were meant to. Peace and Namaste.:)

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