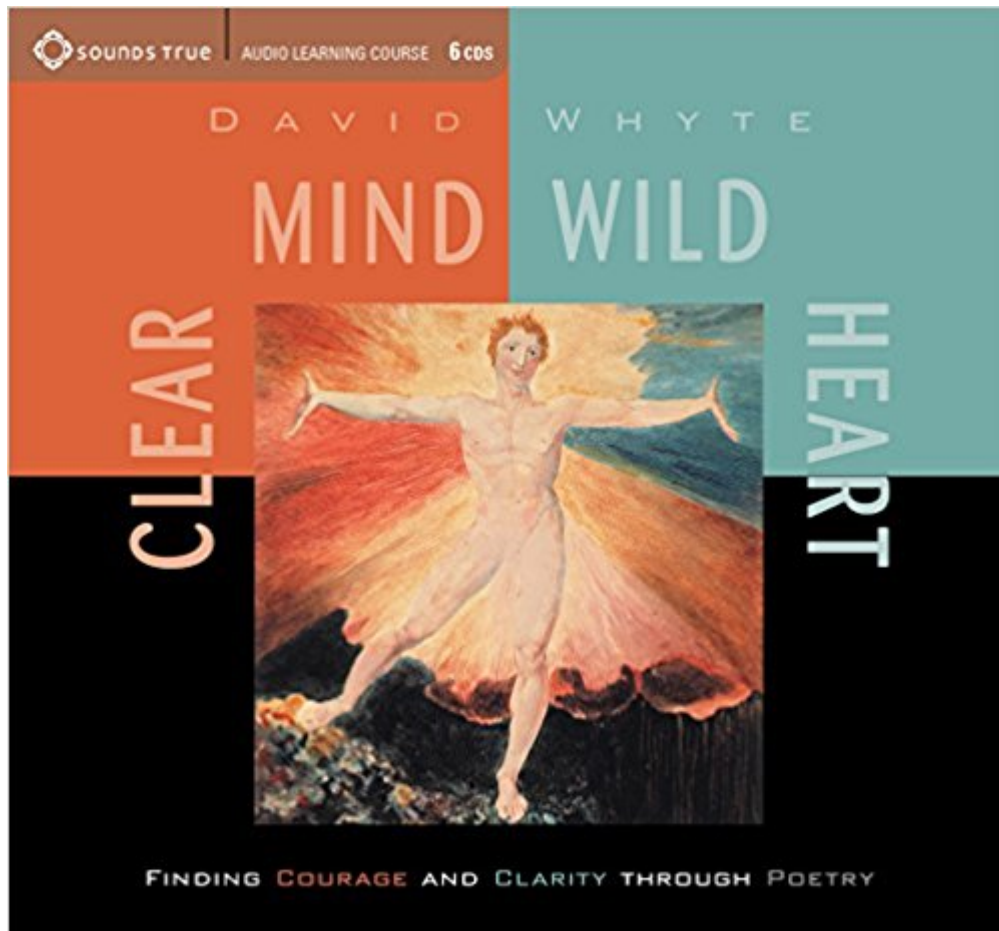




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Clear Mind, Wild Heart: Finding Courage And Clarity Through Poetry



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

Audio CD

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Customer Reviews

Uses poetry to bring an understanding of the process of change, helping clients to understand individual and organizational creativity, and to apply that understanding to vitalize and transform the workplace --This text refers to an out of print or unavailable edition of this title.

This is original material, not available in print. --This text refers to an out of print or unavailable edition of this title.

I found this CD and not even sure why I bought it. Nonetheless it has been one of my best surprises I have had on a compulsive buy. I make it a point to listen to David Whyte usually as I'm winding down at night for 10 minutes. His voice is soothing and the words are deep allowing me to contemplate and reflect. I don't benefit listening too long since there is so many rich messages- it exhausts me to listen too long! Some tracks I listen to more than others and some I skip over. I hear something new all the time. I am fortunate to help people everyday in my work and I will draw on some of his words and thoughts- and I note he puts things eloquently in simple language with ideas that are complex to me. I recently bought his CD "What to Remember When Walking", and I am gravitating to that CD (mp3 download) more. It resonates more with me. It is an expensive CD and so I recommend reading other reviews (though it seems the price changes). If you're not into poetry or want something light- this may not be your gig. Keep in mind I don't have a TV during the week. The reason I am doing a review is I just went to buy the later CD for one of my dearest friends and my daughter. Good luck with your decision!

There is no way to explain in words how listening to David Whyte will make you feel. It is an experiential awakening of your heart and soul that is almost painful in its intensity. These tapes make you laugh and cry and want to walk along the wild shores of north Wales with David at your side. He speaks of personal transformation and revelation, underground intuition and the opening of

eyes, grief and freedom. He describes living at the "frontier edge" of your life, and of moving through thresholds of existence to leave your old life behind. His poetry, and that of other poets that he recites, moves you to consider deeply your own commitments and knowledge of your purpose in life. His voice is deep and resonant and his words make you feel as if you are in an intimate conversation with him next to an inviting fire on a snowy night. "revelation must be terrible knowing you can never hide your voice again."

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.

I had previously tried to listen to Clear Mind, Wild Heart from an old inter library loan that was on cassette tapes -- lots of skips and problems trying to listen to the whole thing, so when an opportunity came for me to buy a CD set, I jumped at the opportunity. I have been moved by David Whyte's poetry and his other writings. If you have never come across his work, it will be an inspiration.

A good place to start with David Whyte. For me, his audio recordings are in another league. He goes all the way up and all the way down. Totally alive. A true guide for living a human life. I never in my life expected to find someone functioning at this level and able to articulate what that might mean. If you are ready he can meet you. If you are window shopping don't bother.

Perfect!

David tackles the core challenges of existence and relationships. Compassion and courage are closer than we think.

This is a perfectly delightful set of CD's and the quality of the recording is superior. Anything by Sound True is a cut above in recording quality.

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