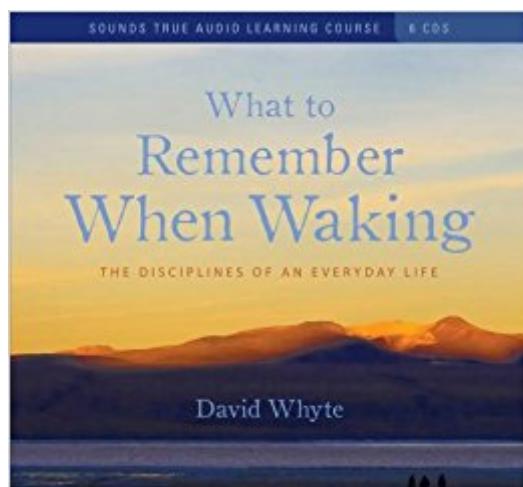


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# What To Remember When Waking: The Disciplines Of An Everyday Life



## Synopsis

A poet like David Whyte turns words into transcendent vehicles for spirit. With *What to Remember When Waking*, this celebrated writer and teacher reveals how our reality is created through conversation with the universe— and how we can create an identity robust enough to meet life’s gifts and demands. On this new six-hour audio-learning course, Whyte shows us how to live at the frontier between the spiritual and physical needs of everyday life; how deeper states of attention and intention can transform our own identity; and how we become more courageous, more present to a deeper understanding of ourselves, our loved ones, and our world.

## Book Information

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## Customer Reviews

David WhyteDavid Whyte grew up among the hills and valleys of Yorkshire, England. A captivating speaker with a compelling blend of poetry and insightful commentary, David Whyte is one of the few poets to take his perspectives on creativity into the field of organizational development, where he works with a diverse international clientele. An associate fellow of the Said Business School at the University of Oxford, he holds a degree in marine zoology and is the recipient of an honorary degree from Neumann College in Pennsylvania. He has traveled extensively including working as a naturalist guide and leading anthropological and natural history expeditions in the Galapagos, the Andes, and the Himalayas. He brings this wealth of experience to his poetry, his lectures, and his workshops. Whyte is the author of six volumes of poetry and three books of prose.

I purchased all of David Whyte's work in one go, based on intuition, after discovering 'the well of

grief' and reading some reviews. This work is a wonderfully beautiful companion for meditating over one's personal life, ideally during 'dead time' as in long car or plane travels. I'll explain more why below. The poet integrates a) personal life stories used as the carrier or red thread; with b) own poems, put into context and hence enriching them by offering additional context; and similarly c) poetry and literature 'classics' such as Shakespeare, Blake, Rilke, Dante. He uses these to reflect on and tell us about the process or experience going through life's stages and going through the stages of consciousness and personal growth, however without actually making it a process or approach. Rather, it is a descriptive storytelling about the unique yet universal experience, a bit like one could imagine traditional storytelling across generations. Personally, I found it adding another dimension and vastly enriching and complementing books on the theme of 'personal growth in life', ie a) life's phases and transitions (eg *Seasons of a Man's Life*, William Bridges, ..); b) the (so many) books on Authentic Leadership (eg Bill George, Cashman, ..); and c) developmental theories (eg *Constructive Development*, ..). As well as a bit of 'left brain, live in the Now' antidote that all of us living in the current western culture can probably use. I would recommend this strongly to everyone who is personally ready or open for - or busy with - self-reflection on the past and the way forward. Listening to the 5 1/2 hours on CD, you might/will/should wander off into personal thoughts, so personally I stopped and re-listened to some sections several times. The CD format is actually quite handy for this. For me, this work is therefore also complementary to personal coaching, offering inspiration not just in text but in truly beautifully worded images and stories. Other observations: I found that one needs a good/high level of concentration (especially if not native English) to really, really listen and get most out of it. Also, I do think that not everyone may react fully neutral on the personal life stories of the author integrated in here, some people might get turned off rather than just taking these stories for their universality and the inspiration they offer. Bottom line: I recommend this because I've found great personal value not just in the beautiful stories (and the width and depth they cover), but also practical value in terms of reflection and inspiration, in helping me in my personal journey.

This audio learning course is excellent. I was so enamored of it that I bought three more copies to give to my children (in their 20's) and a friend. I needed to listen when I could concentrate well, because if I missed a sentence because my mind was elsewhere, I felt I was missing something profound and had to rewind. David Whyte's voice is lovely to listen to, he repeats some lines of poetry to drive home their effect. Some of the poetry he quotes I had read and heard before, but after listening to Whyte, it took on a whole new perspective. There were some tracks where I would

shout out "Yes!" upon hearing them, as I could identify with so much of what he was saying. I am now listening to the CDs for the second time.

As a person who discovered David Whyte rather late in life, I can't help but try to get everyone I know to start listening to him. I never expected to find someone operating at this level. The beautiful articulation, the unbelievable subtlety of thought, and the true understanding that goes all the way down. All that plus a man who has lived a real life out in the world. *What to Remember When Waking* is, in my view, a really great place to enter into his body of work.

David Whyte's work consistently widens my view and offers me the opportunity to stretch out of any mental constructs I am holding about life. As I listen, it is as if I am propelled to that edge of my own knowing and offered a glimpse...an opening, into a new frontier. I recommend this CD and all of David's work for those who want to by-pass the mind to see and know beyond words. He can take you to that place...effortlessly. You just have to delete the need to understand it all and allow yourself to be carried into the grand adventure. Thank you David!!!Moe Ross[...]

Spent a weekend workshop at Kripalu lead by David in October of 2014. It was absolutely outstanding. Purchased this CD set at the workshop hoping to capture the essence of his weekend presentation. This is much more than that; its broad narrative penetrates vital aspects of our living and dying in prose and poetry that inform and excite. "An unexamined life is not worth living". Socrates If you value your self, your life and are willing to entertain the questions that accompany the journey then this can be a splendid adjunct.

This is a series that I cannot listen to with half of my attention. Enthralled, I was totally Present; journaling and soaking in the words as David Whyte brought his, and other poets, message on the importance of being Present to Life, Breath, Solitude. This collection broke open my heart and introduced me to other poets who mysteriously speak to my search for Oneness while introducing me to Teachers in Nature and in Quiet.

Anything by David Whyte is more than 5 stars. He speaks to our souls...our lostness, our longing for meaning, our need to engage in the conversation of our own lives...on the frontier, at the edge. He reminds us of Edward Teller's admonition... "When you get to the end of all the light

you know and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: either you will be given something solid to stand on, or you will be taught how to fly.Ã¢Â€Â“Ã¢Â€Â•Thanks, as always, to David~

and storyteller. The cd not only gives some lovely poet on awakening, but lays out a pathway of how to write from the awakened state. Highly recommended for poets and seekers alike.

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