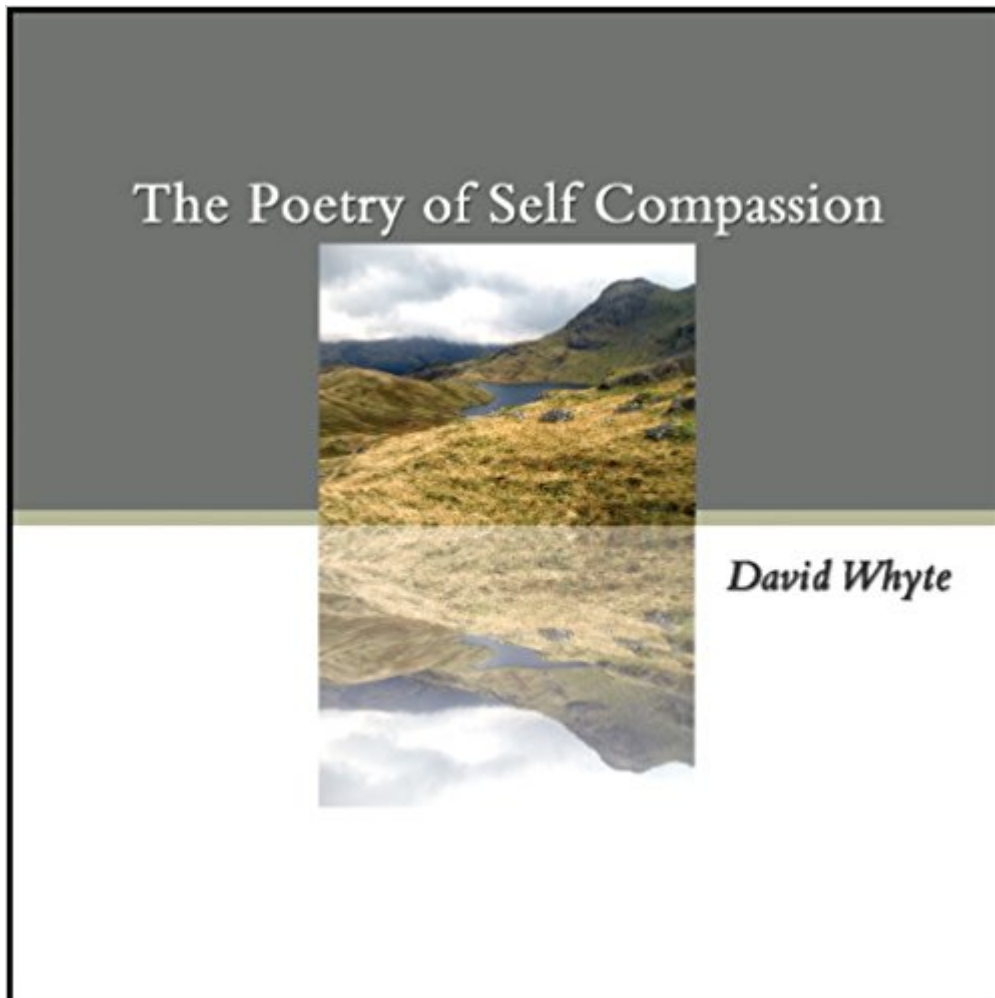




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# The Poetry Of Self Compassion



## Synopsis

A talk by David Whyte. Self compassion is a form of faith: a faith in the way each of us holds the great conversation of life. Innocence is the ability to look at the world with fresh eyes. On "The Poetry of Self Compassion," David Whyte looks at innocence as a faculty of exploration and a source of courage, compassion and self knowledge.

## Book Information

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## Customer Reviews

Poet David Whyte grew up with a strong, imaginative influence from his Irish mother among the hills and valleys of his father's Yorkshire. He now makes his home, with his family, in the Pacific Northwest of the United States. The author of seven books of poetry and three books of prose, David Whyte holds a degree in Marine Zoology and has traveled extensively, including living and working as a naturalist guide in the Galapagos Islands and leading anthropological and natural history expeditions in the Andes, the Alps and the Himalaya. He brings this wealth of experience to his poetry, lectures and workshops. His life as a poet has created a readership and listenership in three normally mutually exclusive areas: the literate world of readings that most poets inhabit, the psychological and theological worlds of philosophical enquiry and the world of vocation, work and organizational leadership. An Associate Fellow at Templeton College and Said Business School at the University of Oxford, he is one of the few poets to take his perspectives on creativity into the field of organizational development, where he works with many European, American and international companies. In spring of 2008 he was awarded an honorary doctorate from Neumann College, Pennsylvania. In organizational settings, using poetry and thoughtful commentary, he

illustrates how we can foster qualities of courage and engagement; qualities needed if we are to respond to today's call for increased creativity and adaptability in the workplace. He brings a unique and important contribution to our understanding of the nature of individual and organizational change particularly through his perspectives on Conversational Leadership.

This CD is timeless and interesting from beginning to end. Spiritually uplifting, motivational to all, at every age, it is easy to listen to, but so rich with wisdom you will want to listen to it again and again. David does not believe we must remain trapped in negative situations, nor follow our culture's, or society's dictates, as we must be brave enough to follow our own inner knowing. David Whyte explains his experiences behind some of his poems, mixes in some poems of others, and ends with a powerful reading of his "The Faces at Braga". It is about initiation into the highest meaning of life. While describing a hundred hand carved wooden faces seen by the dim light of butter lamps in an ancient Tibetan monastery he visited, he writes: "...Carved in devotion their eyes have softened through age and their mouths curve through delight of the carver's hand. If only our own faces would allow the invisible carver's hand to bring the deep grain of love to the surface. If only we knew as the carver knew, how the flaws in the wood led his searching chisel to the very core, we would smile, too, and not need faces immobilized by fear and the weight of things undone. When we fight with our failing we ignore the entrance to the shrine itself and wrestle with the guardian, fierce figure on the side of good..."

DAVID WHYTE BRINGS SO MUCH RICHNESS & DEPTH & BREADTH OF PERSPECTIVES THAT HIS AUDIO-CDs ARE AN INVALUABLE AID FOR PERSONAL & SPIRITUAL GROWTH as his work beautifully integrates it all including the psychological & practical aspects/implications of being an evolving being. This specific one remains my favorite of all time & never ceases to amaze me by how much it keeps adding as I listen to it over the years. HE HAS AN UNUSUAL DELIVERY STYLE WHEN READING POEMS IN THAT he repeats short sections at a time which took a little getting used to but I very rapidly came to love this as it does help each piece sink in deeper & one gets all of it better that way including thanks to his many helpful comments & perspectives. HE ALWAYS INCLUDES A GREAT MIX OF POWERFUL POEMS BY OTHERS AS WELL AS A FEW OF HIS OWN & IT'S ALL STRUNG TOGETHER IN SUCH AN IDEAL WAY THAT I FIND HIS AUDIO-CDs THE BEST WAY TO RECEIVE THE POWER OF WHAT HE HAS TO SHARE. This Self-Compassion cd has so many great perspectives especially helpful for self-acceptance & reclaiming our authenticity. My journey in all this was greatly aided by his explanations of how & why

that can be extra tough at times including as we're forced to deal with what we stuffed over the years in our "black bag" because it was inconvenient or too difficult to deal with at the time. As he so wisely says, that black bag becomes so heavy over the years that it starts dragging us down & I personally believe that is the root cause of both aging & health problems as scientists have found that a cell if kept properly nourished & where waste can be released never needs to age or break down or die. I ALSO ESPECIALLY LOVED HIS MANY GEMS SUCH AS the value in coming to understand that sometimes what you thought was a mistake or a bad thing turns out to be good & vice versa. There is so much we can't properly or fully understand until more time or life experience brings sufficient perspective so his points help so much in understanding the value in allowing & trusting what may seem like our weaker or more undeveloped sides, all of which is conveyed way so clearly & beautifully & powerfully in this material that it is worth buying just for this. THIS CD IS ALSO WORTH GETTING FOR SO MANY PRICELESS PIECES INCLUDING HIS RENDITION & EXPLANATIONS OF MARY OLIVER'S POEM which says (in my quickly paraphrased summary) that at some point you realise you don't have to be good, you don't have to walk on bended knees through the desert repenting, you "only" have to let the soft animal of your body love what it loves. And as David so wisely says, it usually takes years or lifetimes of spiritual practice to get to that place where you can just do that. ALL THE WAYS THIS CD KEEPS HELPING IN THAT PROCESS IN ITSELF MAKE IT INVALUABLE EVEN THOUGH I HAVE BEEN BLESSED IN DISCOVERING TONS OF SUPER HELPFUL SPIRITUAL & PERSONAL GROWTH GEMS OVER THE YEARS. So I think it's his depth of insights & understanding including of the practicalities of the human journey & evolution that make this cd without a doubt on my short list of must-haves & worth listening to again & again over the years. EVEN WHEN I FIRST HEARD IT AS A YOUNG WOMAN, I WAS SO GRATEFUL FOR HIS INCLUSION OF THE POEM where a middle-aged woman ends up purposely spending some months alone in nature as part of adjusting to getting older & less physically attractive. I immediately realised that "happy is how I look & that is enough" is a priceless guideline for how to best live given that physical looks & attributes fade over time or can suddenly change as a result of an accident. Conversely that inner happiness brings an unbeatable attractiveness in how it makes you uniquely glow that can indeed keep improving as you grow "ever younger towards death each day" as this cd so powerfully talks about. I ALSO LOVE THIS CD AS I HAVE FOUND IT TO BE A GREAT & EASY GIFT TO GIVE TO VARIOUS PEOPLE I NEED A SPECIAL WAY TO THANK OR JUST TO HELP THEM THROUGH THEIR JOURNEY IN LIFE WHEREVER THEY MIGHT BE. SO FAR EVERYBODY I'VE GIVEN IT TO HAS LOVED IT EXCEPT FOR A BROTHER I GAVE IT TO after having sent some Abraham-Hicks cds & Joel Osteen sermons. He adores both

of the latter despite being a deeply religious Muslim along with his wife, but he kept saying he so loves the softness of Esther Hicks' voice that he couldn't keep listening as I recommended so as to give David Whyte's delivery style a chance. SO IT DOES SEEM TO VARY BY THE PERSON BUT I & MOST PEOPLE I KNOW FOUND & STILL FIND THIS CD TO BE SO PROFOUND & SO HELPFUL THAT I STILL THINK ANYBODY WHO IS ABLE TO GIVE IT A FAIR CHANCE (i.e. listen at least a few times if necessary a few months or years apart) WOULD END UP VERY GRATEFUL FOR IT. THUS, I THINK THAT AT ITS CURRENT \$18 COST LEVEL, IT SO WELL WORTH A TRY & YOU CAN ALWAYS PASS IT ON IF IT ENDS UP NOT BEING YOUR "CUP OF TEA" as I think this is an extra rare & special treasure including in ideally helping with the practicalities of human life as we grow & expand to better incorporate or allow our greater or Divine Self to come through as is so beautifully expressed in his amazing "Faces at Braga" poem. The subject of expansion made me think of an awesome "Expansion" sculpture by Paige Bradley I was very grateful somebody alerted me to. You can see photos & more information about it at <http://paigebradley.com/sculpture/goddess/expansion/> however this is not directly relevant or connected to any of David's material, but I find it a helpful visual aid in further letting go & opening up & trusting the process which is ultimately what David's work & life is all about IMO.

I have been privileged to know of David Whyte and his poetry for some time. This is the real introduction and one of the best ways of getting through grief and loss. Be kind to yourself.

This is my new go-to comfort book. Such wisdom, compassion and beauty. I have already listened to it several times.

Love this. Bought 5 of them over the last few months to give as gifts. Can't recommend it highly enough.

Years ago, my sister gave me a cassette tape recording of this poetry reading by poet David Whyte. Honestly, I treasured it and almost wore it out! I am delighted to find this CD version, for security reasons, and because I was able to gift it to my most sensitive friends. This is not a poetry reading in the usual sense. He reads the work of other poets as often as he reads his own poetry. DW has a special way of giving each poem added value with his unique style of expression. I love the other CDs I have of his, but this is by far my favorite.

David Whyte brings it all together for those of us who are the sacrificial lambs in life. He poetically describes how to break away from living your life for others and walk into a life for you.

Mary Oliver's poetry read by David Whyte with his rich Welsh voice...I'm in love.

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