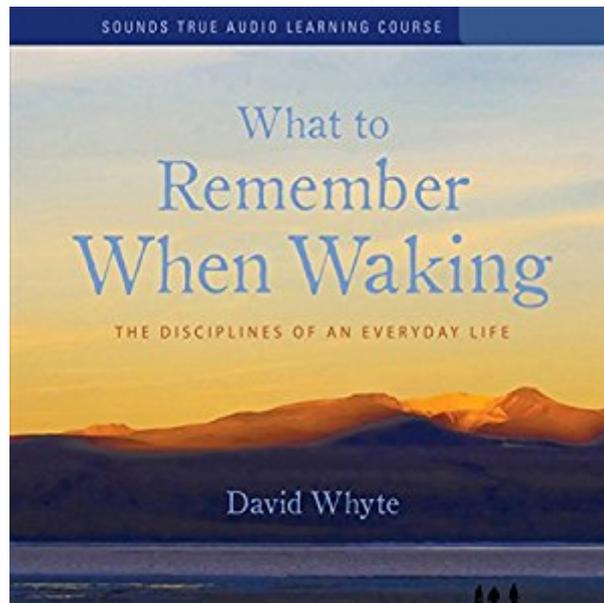


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# What To Remember When Waking: The Disciplines Of Everyday Life



## 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 tells 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 the deeper understanding of ourselves, our loved ones and our world.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 51 minutes

Program Type: Audiobook

Version: Original recording

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## Customer Reviews

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 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.

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