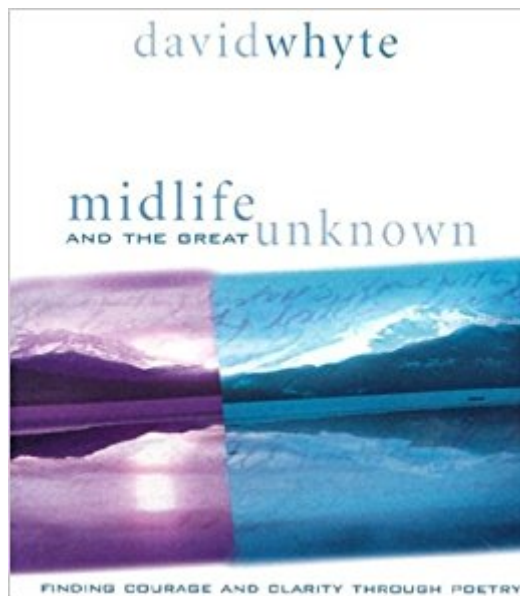




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# Midlife And The Great Unknown: Finding Courage And Clarity Through Poetry



## 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 suddenly 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 a special power to hazard ourselves boldly at the fierce edges of our lives. On *Midlife and the Great Unknown*, you will engage with poetic imagination as it was meant to be experienced: as your companion and guide for the challenging terrain of midlife. Join this Yorkshire-born poet and bestselling author to explore: Radical simplification – an invitation to sit in silent reflection and observation Using your poetic imagination to navigate life's cycles of loss and joy Honoring who you are right now, including your skills and limitations, and more The language of poetry can emancipate you into the next phase of your existence, teaches David Whyte. It can help you break through obstacles and give you courage to take necessary risks. Drawing from the wisdom of fellow poets Rainer Maria Rilke, Emily Dickinson, and Seamus Heaney, Whyte invites you to boldly engage in a conversation with the second half of your life on *Midlife and the Great Unknown* Note: Excerpted from the full-length audio course *Clear Mind, Wild Heart*.

## Book Information

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## Customer Reviews

David Whyte is internationally famous for being one of the few poets to bring the insights of poetry to bear on the organizational world of work, teaching poetry to corporate audiences. He is well known to workshop participants at events and retreat centers worldwide, including the Omega Institute and the Yoga Journal Conferences. --This text refers to an out of print or unavailable edition

of this title.

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.

David Whyte is the author and poet of the soul, of the deep searching place within and of the wondering being. He refers with such modesty to the incredible work of others, and for that you get to know of poets and poems that you weren't familiar with before or at least did not recognize them until seeing them in light of what he refers to. Like a true teacher, he helps you to dare to do what you already had within you. Like a genuine guide, he leads you to the realms you had unconsciously and conveniently forgotten or overlooked. David Whyte's writings are very deep and beautiful. But, when he speaks his expressions, his words could be more touching if he did not repeat himself over and over. Somethings get imprinted in your mind (not heart) forever because you've heard them repeatedly but memorizing is different from feeling. It is like someone holding a flower in front of you and insisting upon your looking at it, it is like each time you turn your face away, they bring you back to the flower (over and over). Yes, you'd remember the flower, its color, dimensions, fragrance and so on. But maybe it is when you are just passing by the flower and you intuitively/unknowingly turn around to look back and see the flower again because you wanted to because something touched you, is the moment that you are naturally receptive to the flower. Of course it matters how someone speaks, what words s/he uses. how their tone of voice is, how and when they emphasize on a word, how they flow as they speak and how sincere they are. David Whyte is excellent on all the above. If only he would give space to his listeners to absorb what he just read/said at their own pace. Words touch different people in different ways. All that said, this audiotape is very rich. It fills your backpack with amazement and inspiration on your personal journey through the Great Unknown.

The perceptive and soul-wise ability Mr. Whyte has comes through brilliantly in this CD. I've given many copies away to friends. As we enter maturity, Mr. Whyte addresses a lot of subtle vicissitudes that arise in our unconscious, giving shape and form to the questions we now need to be asking ourselves as we enter the transition. His overall theme, of "A Beautiful Mind", drives this work, he emphasizes life as a work of art, and how that outer expression will change at different times as we grow. Living comfortably with the UnKnown is a deep lesson, a practice, a commitment; "Midlife" is a solid road map on uncovering and discovering the great wealth of landscape within.

I wish the "midlife" reference were not in the title as it made me hesitate and delay trying this product for way too long. It is such an exquisite treat and so powerful in way more ways than I can convey through words. David Whyte's uniquely powerful delivery adds further punch to his great insights that reach ever deeper the more one listens. Thus I found it amazing the first time I listened and keep being blown away by finding it ever more powerful every time I listen. In addition to the content, the place David Whyte speaks from is itself profoundly impactful. At the time I ended up deciding to buy this product I had greatly lamented not selling David Whyte's "poetry of self-compassion" as I had adored that tape. Although I still regret not having yet been able to find it on CD as it is even more powerful yet, I am so glad that it ended up pushing me into giving this product a try as both are invaluable and well worth owning and repeatedly listening to over the years as special treats that get ever better over time.

As awkward as it might be to consider oneself at mid-life, it is a genuine relief to have such a clear and open-hearted guide such as David Whyte help make sense of it all. This CD is profound and inspiring. I could listen to Mr. Whyte's voice all day long. He draws on not only poetry (his own and that of others), but on basic life observations and recollections. The only caution I'll give is that some material seems to be lifted directly from another of his CDs, entitled "Clear Mind: Wild Heart". It's possible that it's just the same words and themes...I haven't done a side-by-side comparison. The duplication is a bit disconcerting, but has more to do with the publisher than the author. Anyway, David Whyte's talents are amazing, and this material is one that I'll listen to again and again. Best wishes,

Time well spent with the words, and in the world of Mr Whyte!Real, loving, and inspiring!

David hit a homerun with this CD, powerful messages on life and happiness.

Landscape, climate, age and experience all form part of the poem that is our life. Our place in the schema of life celebrated. Listening to this was a healing retreat. Beautiful

I purchased this for my sister after listening to it myself. David Whyte is an incredible poet. He offers personal stories that not only engage the listener, but add greater meaning to the poetry he writes. He has an accent being from Wales that is very easy to listen to.

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