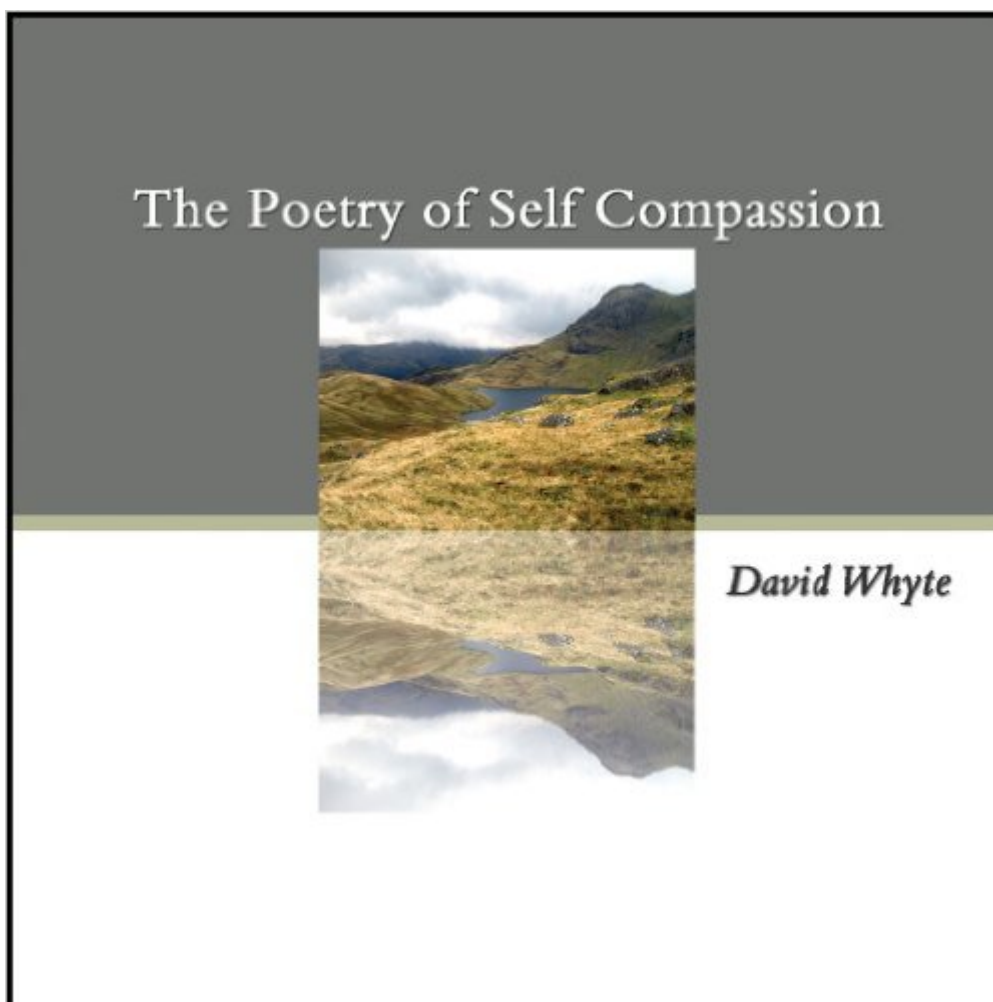


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# The Poetry Of Self Compassion



## 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

Audio CD

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (20 customer reviews)

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## Customer Reviews

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.

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