



What to Remember When Waking: The Disciplines of an Everyday Life

David Whyte

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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.

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