Ten Poems To Change Your Life Roger Housden

Eventually, you will completely discover a other experience and deed by spending more cash. nevertheless when? realize you admit that you require to get those all needs similar to having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more something like the globe, experience, some places, bearing in mind history, amusement, and a lot more?

It is your completely own get older to piece of legislation reviewing habit. in the midst of guides you could enjoy now is Ten Poems To Change Your Life Roger Housden below.

Dancing with Joy - Roger Housden 2009-01-21
In his collection Risking Everything, Housden addressed love’s many aspects. Now, in Dancing with Joy, he assembles 99 poems from 69 poets that celebrate the many colors of joy. Anything can be a catalyst for joy, these poems reveal. For Wislawa Szymborska, the catalyst is a dream; for Robert Bly, being in the company of his ten-year-old son; for Gerald Stern, it is a grapefruit at breakfast; for Billy Collins, a cigarette. Dancing with Joy includes English and Italian classical and romantic works; early Chinese and Persian verse; and poets from Chile, France, Sweden, Poland, Russia, Turkey, and India, plus a range of contemporary American and English poets. Whether inspiration is what you need, or an affirmation of what is already joyful in life, Dancing with Joy is a welcome treat for Housden’s numerous fans, as well as anyone looking for sheer happiness, marvelously expressed.

The Four Seasons - J. D. McClatchy 2008-06-03
For the poet, even the most minute details of the natural world are starting points for flights of the imagination, and the pages of this collection celebrating the four seasons are brimming with an extraordinary range of observation and imagery. Here are poets past and present, from Chaucer, Shakespeare, and Wordsworth to Whitman, Dickinson, and Thoreau, from Keats, Blake, and Hopkins to Elizabeth Bishop, Ted Hughes, Amy Clampitt, Mary Oliver, and W. S. Merwin. Here are poems that speak of the seasons as measures of earthly time or as states of mind or as the physical expressions of the ineffable. From Robert Frost’s tribute to the evanescence of spring in “Nothing Gold Can Stay” to Langston Hughes’s moody “Summer Night” in Harlem, from the “stopped woods” in Marie Ponsot’s “End of October” to the chilling “mind of winter” in Wallace Stevens’s “The Snow Man,” the poems in this volume engage vividly with the seasons and, through them, with the ways in which we understand and engage the world outside ourselves.

Relinquenda - Alexandra Regalado 2022-10-11
A 4-part poetry collection that explores women’s roles in familial dynamics, immigration, and El Salvador’s civil war while reflecting on the death of the poet’s father A National Poetry Series winner, selected by the celebrated poet Reginald Dwayne Betts When COVID-19 broke and the United States closed the border to travel, Alexandra Lytton Regalado was separated from family back in El Salvador. She wrote Relinquenda entirely during lockdown as a meditation on cancer, the passing of her father, and the renewed significance of community. The central part of the collection focuses on her father during his 6-year struggle with cancer and considers how his stoicism, alcoholism, and hermitage might serve as mirror and warning. In contrast, she dedicates other poems to what it means for daughters, mothers, and wives to care for another as reflected in her relationships with the men in her life. Situated in the tropical landscapes of Miami, Florida and El Salvador, the poems also negotiate the meaning of home, reflecting on immigration and the ties between United States and El Salvador 30 years after her birth country’s decade-long civil war. In a lyrical and often bilingual voice, Regalado explores the impermanence and the body, communication and inarticulation, and the need to let go in order to heal regrets.

Living Artfully - Sandra Magsamen 2013-08-20
Many people today are looking outside themselves for well-being and happiness when what they’re searching for has been inside them all along.” -- Sandra Magsamen Living artfully is expressing who you are through the moments that you create. Living Artfully reminds us to explore and experience life with more heart, meaning, purpose, and joy. It asks us to imagine, to dream big, to believe in ourselves, to celebrate the people in our lives, make each day count, dance when the spirit moves us, laugh out loud, and let our voices be heard. In this beautiful, life-changing book, acclaimed artist and entrepreneur Sandra Magsamen will transform everything you think you know about art, creativity, and personal fulfillment.
And she’ll show you that you’ve already got just what you need in your own two hands to create the life of joy and beauty that you want -- for yourself and others. Living Artfully puts you in direct touch with your own imagination, where the only rule is there are no rules. Warm, encouraging, always good-humored, it is full of inspiring stories about people who pursue their own creative impulses and are rewarded with unexpected and delightful results. By following the ten principles of Living Artfully -- Magsamen’s own dynamic process of creative thinking and being -- you will embark on an exciting personal journey of self-discovery. You’ll learn how to connect with everyone in your life in inventive new ways, through everyday things, caring gestures, meaningful moments, and simple gifts that really make a difference. You’ll also discover how, where, and when you can use your own creative language -- the images, words, sounds, foods, or crafts through which you most easily express yourself. To Sandra Magsamen, Living Artfully is connection. It’s the ultimate form of communication. It’s recognizing and embracing your own powerful, creative abilities. And the first step on the journey to Living Artfully is to rediscover the gifts of imagination, curiosity, and playfulness -- gifts that you already possess. Each chapter presents a wealth of practical and fun ideas that you can tailor to suit your own circumstances and preferences and that will jump-start your imagination and free dormant or forgotten talents. By giving yourself permission to be yourself, you’ll embark on a personal renaissance, connecting with your inherent sense of fun and optimism and discovering that even simple tasks of everyday life can become perfect, natural outlets for your newfound creativity. Filled with Sandra’s stunning, four-color, signature artwork, Living Artfully is not a how-to book but a why-to -- uplifting, motivational, and fun. It is also a guide into a new cultural movement in which people choose to live with a creative purpose, celebrating the people, places, and moments that make life truly meaningful.

Break, Blow, Burn - Camille Paglia 2006-01-24
America’s most provocative intellectual brings her blazing powers of analysis to the most famous poems of the Western tradition—and unearths some previously obscure verses worthy of a place in our canon. Combining close reading with a panoramic breadth of learning, Camille Paglia sharpens our understanding of poems we thought we knew, from Shakespeare to Dickinson to Plath, and makes a case for including in the canon works by Paul Blackburn, Wanda Coleman, Chuck Wachtel, Rochelle Kraut—and even Joni Mitchell. Daring, riveting, and beautifully written, Break, Blow, Burn is a modern classic that excites even seasoned poetry lovers—and continues to create generations of new ones.

Chasing Rumi - Roger Housden 2002-10-01
Inspired by the poetry of Rumi, the great Sufi mystic, a restless young man heads out on a epic voyage of the heart that takes him from the hills of Florence to the mosques of Konya, Turkey, and into the heart of religious mysticism.

Dropping the Struggle - Roger Housden 2016-07-15
Is it possible to fully accept, even love, the life you have? Is it possible to drop the struggle to make yourself and your life different? Acclaimed teacher and bestselling author Roger Housden says yes in this profound alternative to nonstop striving and self-criticism. Whether about our relationships, careers, or spirituality, many of us judge ourselves as not measuring up. But fulfillment comes when we stop struggling and learn to trust the wisdom of what life presents us with. Housden wrote Dropping the Struggle as someone who, up until a few years ago, spent much of his time in a covert struggle with life. Despite his success, he often felt that something was missing. He struggled for years with an ongoing spiritual longing, with questions of meaning and purpose, with the search for love, with all the usual difficulties of being human, until he finally realized — though not with his thinking mind — that the only thing life was asking of him was to rest in a deeper knowing that was always there, usually silently, behind the arguments and strategies that would so commonly occupy his conscious self. “Struggle will never get us the things we want most,” Housden writes, “love; meaning; presence; freedom from anxiety over the past and future; contentment with ourselves exactly as we are, imperfections and all; the acceptance of our mortality — because these things lie outside the ego’s domain. For these, we need another way. That way begins and ends in surrender, in letting go of our resistance to life as it presents itself.”

Hope Is a Traveler - Susan Frybort 2015-06
Keeping the Faith Without a Religion - Roger Housden 2014
Considers the topics of faith, spirituality, and religion, and advances a spiritual approach to life and faith that doesn’t resort to dogmatism or the need for certainty.

Seven Sins for a Life Worth Living - Roger Housden 2005-12-06
“Conventional wisdom,” says Roger Housden, “tells us that nobody goes to heaven for having a good time.” Seven Sins for a Life Worth Living, then, is a refreshing, liberating, and decidedly welcome dose of unconventional wisdom that awakens us to the simple delights and transformative joys of the world around us. With elegance, gentle humor, and remarkable openness, Housden takes us along as he recalls his personal journey toward an appreciation of what he calls the Seven Pleasures: The Pleasure of All Five Senses, The Pleasure of Being Foolish, The Pleasure of Not Knowing, The Pleasure of Not Being
Perfect, The Pleasure of Doing Nothing Useful, The Pleasure of Being Ordinary, and The Pleasure of Coming Home. Housden writes, for instance, of submitting to the ultimate folly of falling in love, of celebrating our imperfections, of coming to understand the virtues of the Slow Food movement while enjoying an all-afternoon lunch in a small French village, and of discovering in a Saharan cave that, however extraordinary our surroundings, “we are human, a glorious nothing much to speak of”—and learning to be at peace with the notion. Such pleasures may be suspect in today’s achievement-driven, tightly scheduled, relentlessly self-improving, conspicuously consumptive culture, but surely the greater sin lies in letting them slip away moment by precious moment. “The purpose of this book,” says Housden, “is to inspire you to lighten up and fall in love with the world and all that is in it.” Reading it is a pleasure indeed. “When you die, God and the angels will hold you accountable for all the pleasures you were allowed in life that you denied yourself.” Roger Housden, author of the bestselling Ten Poems series, presents a joyously affirmative, warmly personal, and spiritually illuminating meditation on the virtues of opening ourselves up to pleasures like being foolish, not being perfect, and doing nothing useful, the pleasure of not knowing, and even (would you believe it?) the pleasure of being ordinary.

Writing to Awaken - Mark Matousek 2017-07-01
Writing to Awaken is an inspirational investigation of the self through expressive writing, guiding you along the path of awakening through radical truth-telling and self-inquiry. With targeted and revelatory questions, you’ll be prompted to explore your own personal narrative—to write honestly, about your deepest wounds, greatest challenges, hidden gifts, yearnings, and opportunities for growth—in order to discover a deeply authentic understanding of yourself and move toward a more liberated, truthful life. We each have our own story, a personal myth constructed from the content life presents us: we connect dots to shape the narrative, devise plotlines from circumstance, change characters, fashion conflicts, and adjust structure, settings, and themes as our lives unfold. But so often, over time, we come to believe that we are our story, identifying so strongly with the tales we’ve told ourselves and others that we cling to them for our very existence—even when they don’t quite fit. The realization that there’s a discrepancy between the narrative you’ve crafted and your authentic self can be disconcerting at first, but the exploration of that gap is a doorway to personal freedom, and this book will lead you through it. The writing exercises in this guide, one for nearly every week of the year, ask you to tell the whole truth about your experience. In doing so, you’ll come to realize that once you engage in this radical truth-telling, expressing yourself with complete honesty, your story changes; and when your story changes, your life is transformed. Rather than sticking with your illusive and tricky “Story of Me,” you’ll be prompted to go even deeper, piercing your personal myth and illuminating aspects of psyche and spirit that give way to profound moments of understanding and personal healing. This is not a how-to book for writers; it’s an invitation on a journey of self-discovery—a guide to facing yourself without flinching, accepting yourself as you are, surrendering to what is, and daring to question and transform what isn’t true. With Writing to Awaken, you’ll learn how to break free from the trance of mistaken identity and discover your essential, authentic self.

The Black Poets - Dudley Randall 1985-04-01
“The claim of The Black Poets to being... an anthology is that it presents the full range of Black-American poetry, from the slave songs to the present day. It is important that folk poetry be included because it is the root and inspiration of later, literary poetry. Not only does this book present the full range of Black poetry, but it presents most poets in depths, and in some cases presents aspects of a poet neglected or overlooked before. Gwendolyn Brooks is represented not only by poems on racial and domestic themes, but is revealed as a writer of superb love lyrics. Tuning away from White models and returning to their roots has freed Black poets to create a new poetry. This book records their progress.”—from the Introduction by Dudley Randall

Ten Poems to Last a Lifetime - Roger Housden 2007-12-18
The fourth volume in the popular series that began with Ten Poems to Change Your Life, Ten Poems to Last a Lifetime focuses on what it means to be truly human. In it, Roger Housden offers us poems on life and death, happiness, seeing ourselves in relation to the world, and, of course, the ineffable—the things that really matter when the chips are down. He describes these passionate poems as “bread for the soul and fire for the spirit.” The poets Housden has chosen are Billy Collins, Hayden Carruth, Dorianne Laux, James Wright, Naomi Shihab Nye, and Mary Oliver from the United States, D. H. Lawrence and John Keats from England, Rainer Maria Rilke from Germany, Fleur Adcock from New Zealand, and Seng-Ts’An from sixth-century China. And yes, that adds up to eleven, not ten. Housden decided to include a bonus poem for his faithful readers in this, the final volume of the series. As before, Housden’s luminous essays provide an elegant and easy passage into the sometimes daunting world of poetry, enabling readers to feel that in him they have found a trusted guide and mentor.

Sacred America - Roger Housden 1999-11-03
Housden examines burgeoning spirituality in America, its interfaith roots, and its powerful effect on all aspects of society.

Tea for One - Alice Taylor 2021-10-04
In Tea for One, Alice Taylor celebrates the little
moments that bring us joy After many busy years raising a family and running a business, Alice is now living alone — with all the challenges and pleasures that brings. From improving her painting to perfecting her garden, exploring family histories and reclaiming her mother’s art of tea-making, Alice celebrates the small acts that fill her days and make her happy.

How Rembrandt Reveals Your Beautiful, Imperfect Self - Roger Housden 2005

Using the artist’s self-portraits as a starting point, the author explains how Rembrandt exemplifies the ability to confront life with passion, honesty, and an uncompromising acceptance of who we are.

Ten Poems to Change Your Life Again and Again - Roger Housden 2010-04-21

Every great poem invites us to step beyond what we know, what we think we can dream or dare. Great poetry is a catalyst for change: a change of mind, a change of heart, a change of life—and yes, over and over, again and again, with each new reading, and each new phase of our journey. That’s why poetry is dangerous. It gives voice to our unspoken dreams; it is a mirror to our own deepest joys, desires, and sorrows. It can tip us over into a new life, into a new way of seeing and being, that a moment ago we might even have had no words for. In this new volume of his Ten Poems series, Roger Housden takes ten great poems and in personal, intimate essays shows how they led him, and can also lead us, into a more deeply lived and examined life. Housden says, “Every one of the poems in this book has struck me a blow, a direct hit, each of them, into the heart of hearts. Every one of them, in its own way, has opened a door for me to go deeper into my own experience, my own longings, my own sorrows and joys, and into the silence that surrounds all of this, all of us, always.”

Teilhard’s Mysticism - Duffy, Kathleen 2014-06-30

The People You Meet and the Books You Read - Charlie T. Jones 1995

Risking Everything - Roger Housden 2007-12-18

“Listen, are you breathing just a little, and calling it a life?” —Mary Oliver This luminous anthology brings together great poets from around the world whose work transcends culture and time. Their words reach past the outer divisions to the universal currents of love and revelation that move and inspire us all. These poems urge us to wake up and love. They also call on us to relinquish our grip on ideas and opinions that confine us and, instead, to risk moving forward into the life that is truly ours. In his selection, Roger Housden has placed strong emphasis on contemporary voices such as the American poet laureate Billy Collins and the Nobel Prize-winners Czesław Miłosz and Seamus Heaney, but the collection also includes some timeless echoes of the past in the form of work by masters such as Goethe, Wordsworth, and Emily Dickinson. The tens of thousands of readers of Roger Housden’s “Ten Poems” series will welcome this beautiful harvest of poems that both open the mind and heal the heart.

The Wild Edge of Sorrow - Francis Weller 2015-09-15

The work of the mature person is to carry grief in one hand and gratitude in the other and be stretched large by them. Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Describing how Western patterns of amnesia and anesthesia affect our capacity to cope with personal and collective sorrows, Weller reveals the new vitality we may encounter when we welcome, rather than fear, the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. The Wild Edge of Sorrow explains that grief has always been communal and illustrates how we need the healing touch of others, an atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle of shame. This causes sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with the powerful energies of sorrow. Those who work with people in grief, who have experienced the loss of a loved one, who mourn the ongoing destruction of our planet, or who suffer the accumulated traumas of a lifetime will appreciate the discussion of obstacles to successful grief work such as privatized pain, lack of communal rituals, a pervasive feeling of fear, and a culturally restrictive range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid, he offers powerful tools and rituals and a list of resources to help us transform grief into a force that allows us to live and love more fully.

Markings - Dag Hammarskjold 2006-10-10

“Perhaps the greatest testament of personal devotion published in this century.” — The New York Times A powerful journal of poems and spiritual meditations recorded over several decades by a universally known and admired peacemaker. A dramatic account of spiritual struggle, Markings has inspired hundreds of thousands of readers since it was first published in 1964. Markings is distinctive, as W.H. Auden remarks in his foreword, as a record of “the attempt by a professional man of action to unite in one life the via activa and the via contemplativa.” It reflects its author’s efforts to live his creed, his belief that all men are equally the children of God
and that faith and love require of him a life of selfless service to others. For Hammerskjöld, “the road to holiness necessarily passes through the world of action.” Markings is not only a fascinating glimpse of the mind of a great man, but also a moving spiritual classic that has left its mark on generations of readers.

**A Bigger Sky** - Pamela Weiss 2020-07-14

Reimagining Buddhism through a feminine lens: A powerful memoir of healing, strength, and spiritual awakening. Written by the first and only layperson to receive full dharma transmission in the Suzuki Roshi Soto Zen lineage, A Bigger Sky explores what it means to traverse the gaps of a Buddhism created by and for men, navigate the seemingly contradictory domains of secular and spiritual life, and walk a path through the heart of the world. Blending memoir, Buddhist practice, and cultural observation, Weiss reorients Buddhism through a wider and more inclusive feminine lens. Her personal and spiritual journey speaks to the bits of brokenness in us all, shining a light on the different pathways we can walk to become whole. Through beautifully crafted prose, Weiss shares what it means to be an ordinary Bodhisattva, describing how the Buddha’s profound vision of freedom can be lived outside of institutions and rule-bound practice to support us in deepening our connection with ourselves, each other, and the planet. A Bigger Sky illuminates how integrating a more feminine approach to Buddhist teachings can be applied in spiritual practice, community, relationships, and day-to-day life.

*What the Living Do: Poems* - Marie Howe 1999-04-17

“A deeply beautiful book, with the fierce galloping pace of a great novel.”—Liz Rosenberg Boston Globe

Informed by the death of a beloved brother, here are the stories of childhood, its thicket of sex and sorrow and joy, boys and girls growing into men and women, stories of a brother who in his dying could teach how to be most alive. What the Living Do reflects “a new form of confessional poetry, one shared to some degree by other women poets such as Sharon Olds and Jane Kenyon. Unlike the earlier confessional poetry of Plath, Lowell, Sexton et al., Howe’s writing is not so much a moan or a shriek as a song. It is a genuinely feminine form... a poetry of intimacy, witness, honesty, and relation” (Boston Globe).

**Saved by Beauty** - Roger Housden 2012-11-13

When Roger Housden decided to travel to Iran and finally see the subject of his youthful fascination, he was in his sixties. By then, he thought he had seen the world. He was wrong. It was a quest that changed him forever. In Iran, Housden met with artists, writers, film makers and religious scholars who embody the long Iranian tradition of humanism, and shared with him their belief in scholarship and artistry. From the bustle of modern Tehran to the paradise gardens of Shiraz to the spectacular mosques and ancient palaces of Isfahan, Housden met Iranians who were warm, welcoming, generous, intellectually curious, and altogether alive with their love for one another, and for the faith and tradition that holds them together. Saved by Beauty weaves a richly textured story of many threads. It is a deeply poetic and perceptive appreciation of a culture that has endured for over three thousand years, while it also portrays the creative and spiritual cultures within contemporary Iran. While there, Roger Housden was brought face to face with the reality that beauty and truth, deceit and violence, are inextricably mingled in the affairs of human life, and was forever altered by it.

**Ten Poems to Set You Free** - Roger Housden 2003-12-30

Ten Poems to Set You Free inspires you to claim the life that is truly yours. In today’s world it is deceptively easy to lose sight of our direction and the things that matter and give us joy. How quickly the days can slip by, the years all gone, and we, at the end of our lives, mourning the life we dreamed of but never lived. These ten poems, and Roger Housden’s reflections on them, urge us to stand once and for all, and now, in the heart of our own life. This volume brings together the voices of Thomas Merton, David Whyte, the Basque poet Miguel de Unamuno, Anna Swir from Poland, Stanley Kunitz, the Greek poet C. P. Cavafy, and Jane Hirshfield, as well as three of Housden’s favorites, Rumi, Mary Oliver, and Naomi Shihab Nye. His luminous essays on the poems show us how to integrate the poets’ truth into our own lives. Roger Housden’s love of poetry and life leaps from every page—so much so that his readers feel they have found a guide and mentor through the extraordinary Ten Poems series. He has opened the eyes and hearts of many, not just to the power of poetry, but to the truth and beauty of the life of the soul.

What more can one ask?

**A Fire in My Head** - Ben Okri 2023-02-28

From the renowned Booker Prize–winning author, a powerful collection of poems covering topics of the day, such as the refugee crisis, Black Lives Matter protests, and COVID-19. In our times of crisis the mind has its powers This book brings together many of Ben Okri’s most acclaimed and politically charged poems. “Grenfell Tower, June 2017” was published in the Financial Times less than ten days after the fire, and Okri’s reading of it was played more than six million times on Facebook. “Notre-Dame Is Telling Us Something” was first read on BBC Radio 4, in the aftermath of the cathedral’s near destruction. It speaks eloquently of the despair that was felt around the world. In “shaved head poem,” Okri writes of the confusion and anxiety felt as the world grappled with a health crisis unprecedented in our times. “Breathing the Light!” is his response to the events of summer 2020, when a Black man died beneath the knee of a white policeman, a tragedy sparking a
movement for change. These poems and others, including poems for Ken Saro-Wiwa, Barack Obama, Amnesty International, and more, make this a uniquely powerful collection that blends anger and tenderness with Okri’s inimitable vision.

Saved by a Poem - Kim Rosen 2009-10-01

Can someone really be saved by a poem? In Kim Rosen’s book, the answer is a resounding “Yes!” Poetry, the most ancient form of prayer, is a necessary medicine for our times: a companion through difficulty; a guide when we are lost; a salve when we are wounded; and a conduit to an inner source of joy, freedom, and insight. Whether you are a lover of poetry or have yet to discover its power, Rosen offers a new way to experience a poem. She encourages you to feel the poem as you might an affirmation or sacred text, which can align every level of your being. In an uncertain world, Saved by a Poem is an emphatic call to cultivate the ever-renewable resources of the heart. Through poetry, the unspeakable can be spoken, the unendurable endured, and the miraculous shared. Weaving teaching, story, verse, and memoir, Rosen guides you to find a poem that speaks to you so you can take it into your life and become a voice for its wisdom in the world.

Inspirational audio download included! Featuring the voices of well-known authors reading a favorite poem and discussing its personal significance: Joan Borysenko, Andrew Harvey, Jane Hirshfield, Marie Howe, Grace Yi-Nan Howe, Robert Holden, Stanley Kunitz, Elizabeth Lesser, Thomas Moore, Christiane Northrup, Cheryl Richardson, Kim Rosen, and Geneen Roth.

The Longing in Between - Ivan Granger 2014-11

A delightful collection of soul-inspiring poems from the world’s great religious and spiritual traditions, accompanied by Ivan M. Granger’s meditative thoughts and commentary. Rum, Whitman, Issa, Teresa of Avila, Dickinson, Blake, Lalla, and many others. These are poems of seeking and awakening... and the longing in between. "The Longing in Between is a work of sheer beauty. Many of the selected poems are not widely known, and Ivan M. Granger has done a great service, not only by bringing them to public attention, but by opening their deeper meaning with his own rare poetic and mystical sensibility." ROGER HOUSDEN, author of the bestselling Ten Poems to Change Your Life series “Ivan M. Granger’s new anthology, The Longing in Between, gives us a unique collection of profoundly moving poetry. It presents some of the choicest fruit from the flowering of mystics across time, across traditions and from around the world. After each of the poems in this anthology Ivan M. Granger shares his reflections and contemplations, inviting the reader to new and deeper views of the Divine Presence. This is a grace-filled collection which the reader will gladly return to over and over again.” LAURENCE EDWARDS, Ph.D., author of Awakening Kundalini: The Path to Radical Freedom and Kali’s Bazaar

Ethical Wisdom - Mark Matousek 2012-06-05

From a bestselling author—“a riveting, fun, and insightful tour of life’s meaning and purpose, essential reading for anyone drawn to the query, ‘How ought we to live?’” (Daniel Goleman, author of Emotional Intelligence) Contrary to what we’ve been taught in our reason-obsessed culture, argues Matousek, emotions are the bedrock of ethical life; without them, human beings cannot be empathic, moral, or good. But how do we make the judgment call between self-interest and caring for others? What does being good really mean? Which parts of morality are biological, which ethical? When should instinct be trusted and when does it lead us into trouble? How can we know ourselves to be good amidst the hypocrisy, fears, and sabotaging appetites that pervade our two-sided natures? Drawing on the latest scientific research and interviews with social scientists, spiritual leaders, ex-cons, altruists, and philosophers, Matousek examines morality from all angles in this thoroughly entertaining and helpful guide to crossing one’s own murky moral terrain.

Twenty Poems to Bless Your Marriage - Roger Housden 2023-06-06

Poems can teach us in ways that surpass other forms of understanding, especially when the subject concerns matters of the heart. When the heart’s whispers are too faint for us to hear in ordinary ways, poetry can speak to us with another kind of eloquence. From the leap of joy that a couple takes on their wedding day to a fiftieth wedding anniversary that acknowledges the deep connection that a life together can bring, marriage takes us on a journey that passes through seasons and stages, peaks and valleys. This book honors that journey through twenty poems that celebrate and illuminate some of these major stages and provides not only inspiration for the journey but also solace and wisdom. Roger Housden, the author of Ten Poems to Change Your Life, provides essential insights into the poems, creating a collection of reflective prose and poetry that makes this an inspirational guidebook as much as a volume of poetry. In Twenty Poems to Bless Your Marriage, Roger Housden offers poems and essays that will give voice to your heart, offering up words and wisdom not just for special occasions but to act as friends and guides to refer to throughout the life of a marriage.

Ten Poems to Open Your Heart - Roger Housden 2007-12-18

Ten Poems to Open Your Heart is a book devoted to love: to the intimacy of personal love and lovemaking, to a loving compassion for others, and to the love that embraces both this world and the next. This new volume from Roger Housden features a few of the same poets as his extraordinarily moving Ten Poems to Change Your Life, such as Mary Oliver and Pablo Neruda, along with contributions from Sharon Olds, Wislawa Szymborska, Czeslaw Milosz,
Denise Levertov, and others. Any one of the ten poems and, indeed, any one of Housden’s reflections on them, can open, gladden, or pierce your heart. Through the voices of these ten inspiring poets, and through illustrations from his own life, Housden expresses the tenderness, beauty, joys, and sorrows of love, the presence of which, more than anything else, gives human existence its meaning. As Housden says in his eloquent introduction, “Great poetry happens when the mind is looking the other way and words fall from the sky to shape a moment that would normally be untranslatable. . . . When the heart opens, we forget ourselves and the world pours in: this world, and also the invisible world of meaning that sustains everything that was and ever shall be.” From the Hardcover edition.

Ten Poems for Difficult Times - Roger Housden 2018-02-10

In his bestselling Ten Poems series, Roger Housden has shown an uncanny ability to choose and discuss poems that strike at the core of readers’ concerns and needs. In this new volume, Ten Poems for Difficult Times, along with Housden’s incisive essays, bring heartfelt insight and broad perspective both to our personal challenges and to our cultural and collective malaise. Ten Poems for Difficult Times is the perfect gift for oneself or for anyone in need of solace and inspiration. Ten Poems for Difficult Times “Good Bones” by Maggie Smith “The Thing Is” by Ellen Bass “The Quarrel” by Conrad Aiken “Cutting Loose” by William Stafford “Rain Light” by W. S. Merwin “How the Light Comes” by Jan Richardson “Now You Know the Worst” by Wendell Berry “A Brief for the Defense” by Jack Gilbert “It’s This Way” by Nazim Hikmet “Annunciation” by Marie Howe

Ten Poems to Change Your Life - Roger Housden 2007-12-18

Great poetry calls into question everything. It dares us to break free from the safe strategies of the cautious mind. It opens us to pain and joy and delight. It amazes, startles, pierces, and transforms us. It can open, gladden, or pierce your heart. Through the voices of ten inspiring poets and his own reflections, the author of Sacred America shows how poetry illuminates the eternal feelings and desires that stir the human heart and soul. These poems explore such universal themes as the awakening of wonder, the longing for love, the wisdom of dreams, and the courage required to live an authentic life. In thoughtful commentary on each work, Housden offers glimpses into his personal spiritual journey and invites readers to contemplate the significance of the poet’s message in their own lives. In Ten Poems to Change Your Life, Roger Housden shows how these astonishing poems can inspire you to live what you always knew in your bones but never had the words for. “The Journey” by Mary Oliver “Last Night as I Was Sleeping” by Antonio Machado “Song of Myself” by Walt Whitman “Zero Circle” by Rumi “The Time Before Death” by Kabir “Ode to My Socks” by Pablo Neruda “Last Gods” by Galway Kinnell “For the Anniversary of My Death” by W. S. Merwin “Love After Love” by Derek Walcott “The Dark Night” by St. John of the Cross

For Lovers of God Everywhere - Roger Housden 2010-06

Roger Housden, author of the best-selling Ten Poems to Change Your Life, celebrates the growing popularity of mystical poetry with this beautiful compilation from the Christian contemplative tradition. Although the writings of the Sufi mystics (Rumi and Hafez) and the Indian mystics (Mirabai and Kabir) have reached a wide audience in recent years, the poetry of the Christian mystics has yet to be discovered by a general audience. For Lovers of God Everywhere, a collection of nearly 100 poems from both historic and contemporary writers, heralds the reemergence of the great spiritual voices of the Christian tradition - a tradition with its own love songs to God, cries of longing, and bliss of union. In this collection, Roger introduces us to some of the foremost poets of both the Eastern and Western Christian traditions. He takes us from the wisdom of the Desert Fathers to the passion of St. Augustine, through the medieval ecstasies of St. Francis of Assisi and St. Catherine of Siena, to the subtleties of St. John of the Cross and St. Teresa of Avila; and on to contemporary voices such as Rainer Maria Rilke, T. S. Eliot, and Mary Oliver. Roger’s insightful commentary on each poem inspires us to take its words more deeply into our souls and shows how the mystical tradition transcends sectarian divides and speaks to the heart of humanity.

Bring Me the Rhinoceros - John Tarrant 2008-11-11

Bring Me the Rhinoceros is an unusual guide to happiness and a can opener for your thinking. For fifteen hundred years, Zen koans have been passed down through generations of masters, usually in private encounters between teacher and student. This book deftly retells more than a dozen traditional koans, which are partly paradoxical questions dangerous to your beliefs and partly treasure boxes of ancient wisdom. Koans show that you don’t have to impress people or change into an improved, more polished version of yourself. Instead you can find happiness by unbuilding, unmaking, throwing overboard, and generally subverting unhappiness. John Tarrant brings the heart of the koan tradition out into the open, reminding us that the old wisdom remains as vital as ever, a deep resource available to anyone in any place or time.

Ten Poems to Say Goodbye - Roger Housden 2012-02-21

In Ten Poems to Say Goodbye, the newest addition to the celebrated Ten Poems series, Roger Housden continues to highlight the magic of poetry, this time as it relates to personal loss. But while the selected poems in this volume may focus upon loss and grief,
they also reflect solace, respite, and joy. A goodbye is an opportunity for kindness, for forgiveness, for intimacy, and ultimately for love and a deepening acceptance of life as it is rather than what it was. Goodbyes can be poignant, sorrowful, sometimes a relief, and—now and then—even an occasion for joy. They are always transitions that, when embraced, can be the door to a new life both for ourselves and for others. In this inspiring and consoling volume, Housden encourages readers to embrace poetry as a way of enabling us to better see and appreciate the beauty of the world around and within us.

**Love Poems** - Peter Washington 1993-11-02

It has often been said that love, both sacred and profane, is the only true subject of the lyric poem. Nothing better justifies this claim than the splendid poems in this volume, which range from the writings of ancient China to those of modern-day America and represent, at its most piercing, a universal experience of the human soul. Includes poems by John Donne, Christina Rossetti, W. H. Auden, Edna St. Vincent Millay, Robert Graves, e. e. cummings, Dorothy Parker, William Shakespeare, Sappho, Bhartrhari, Anna Akhmatova, and W. B. Yeats, among many others.

**A Year with Rilke** - Anita Barrows 2009-11-17

One of the most beloved poets of the twentieth century, Rainer Maria Rilke is widely celebrated for his depth of insight and timeless relevance. He has influenced generations of writers with his classic *Letters to a Young Poet*, and his reflections on the divine and our place in the world are disarmingly profound. *A Year with Rilke* provides the first ever reading from Rilke for every day of the year, including selections from his luminous poetry, his piercing prose, and his intimate letters and journals. Rilke is a trusted guide amid the bustle of our daily experience, reflecting on such themes as impermanence, the beauty of creation, the voice of God, and the importance of solitude. With new translations from the editors, whose acclaimed translation of Rilke’s *The Book of Hours* won an ardent readership, this collection reveals the depth and breadth of Rilke’s acclaimed work.

**Travels Through Sacred India** - Roger Housden 1996

A guide to the beliefs and practices of India. The book introduces some of India’s leading saints, sadhus and gurus, while chapters of Buddhist, Sufi and Christian India demonstrate the variety and complexity of religious traditions.