

ten poems to  
open your heart



Roger Housden

# Ten Poems To Open Your Heart

**R Sanford**



## **Ten Poems To Open Your Heart:**

**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 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

**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

**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 lead to communion and grace 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 [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 **Wild Love** Gill Edwards, 2012-03-29 Whenever we try to be good or expect others to be good we disconnect from the freedom joy and unconditional love that is our natural birthright It is only when we aim to be happy and reach for our dreams that we reconnect with Source energy and release our loving creative and unique potential Leading spiritual writer Gill Edwards explains that a deep magical and joyous reality lies just beyond our reach if only we can find the key to unlock the door In *WILD LOVE* she helps us find that elusive key by giving up our old patterns of relating and aligning ourselves with Source energy *WILD LOVE* is a beautifully written and inspiring book which will help you to become wild and free and to become a passionate and visionary co creator of your own heaven and earth [Poem Central](#) Shirley McPhillips, 2023-10-10 In everything we have to understand poetry can help Tony Hoagland Harper's April 2013 In *Poem Central* Word Journeys with Readers and Writers Shirley McPhillips helps us better understand the central role poetry can play in our personal lives and in the life of our classrooms She introduces us to professional poets teachers and students people of different ages and walks of life who are actively engaged in reading and making poems Their stories and their work show us the power of poems to illuminate the ordinary to nurture inspire and stand alongside us for the journey *Poem Central* is divided into three main parts weaving poetry into our lives and our classrooms reading poems and writing poems

McPhillipshas structured the book in short sections that are easy to read and dip into Each section has a specific focus provides background knowledge shows poets at work highlights information on crafting defines poetic terms features finished work includes classroom examples and lists additional resources In Poem Central a place where people and poems meet teachers and students will discover how to find their way into a poem have conversations around poems and learn fresh and exciting ways to make poems Readers will enjoy the dozens of poems throughout the book that serve to instruct to inspire and to send us on unique word journeys of the mind and heart

**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 relent lessly 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 accountablefor 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

*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      **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 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 extraordinary poems along with Housdens 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 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      Finding God Beyond Religion Tom Stella,2013-03-01 Take Your Understanding of Church Teachings from Limiting to Life Giving Free Your Faith to Flourish No longer sustained by easy answers we may find ourselves standing before a three pronged fork in the road we can wander in the direction of conventional beliefs and practices we can reject God and turn away from religion altogether or we can embrace our uncertainty as an invitation to a more vital understanding of both God and religion from the Introduction Do you describe yourself as spiritual but not religious Whether young or old church connected or not are you spiritually restless for an authentic faith life but do not find conventional religious teachings pertinent to you This accessible guide to a meaningful spiritual life is a salve for your soul It reinterprets traditional religious teachings central to the Christian faith God Jesus faith prayer morality and more in ways that connect with people who have outgrown the beliefs and devotional practices that once made sense to them It helps you find new ways to understand and relate to traditional narrowly defined Christian truths that honor their full spiritual power and scope and opens your mind and heart to the full impact of Christian teachings      **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 Tsan 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

*A Study Guide for Anna Swir's "Maternity"* Gale, Cengage Learning, 2016 A Study Guide for Anna Swir's Maternity excerpted from Gale's acclaimed Poetry for Students This concise study guide includes plot summary character analysis author biography study questions historical context suggestions for further reading and much more For any literature project trust Poetry for Students for all of your research needs

*Sitting in the Circle* Dr. Jon Berenson, 2013-05-22 These 37 essays are rooted in the inspiration I experience in working with my patients and with participants at the Opening the Heart Workshop Though they are all very different in tone and content they are all about love in the small places off center stage They may have been about lifting a hosta leaf and finding a spider's web in diamonds of morning dew or about watching new grass grow holding a weeping patient in my office watching a man outside my office drag his leg behind as he carries groceries home They are all I think small love stories

*The Gift of Now* Eleanor Vaughan, Judith Pierson, 2012-04-11

2013 R. Lataine Townsend, 2012-01-04 2013 Beginning an Era of Hope and Harmony brings together important information and perspectives about the end of the Mayan Long count calendar and how it relates to the astronomy scientific discoveries and present day signs of the coming transition from the end of the Mayan Fourth Sun into the new world era of their Fifth sun Writers and teachers from many fields are brought together to show how we can help in this process involving the evolution of consciousness and how our thoughts and attitudes will greatly affect how this world's age ends and how the new era begins 2013 predicts with credible proof that this new world age the Mayan Fifth Sun will begin a Golden era of peace and harmony To read more about 2013 Beginning an Era of Hope and Harmony see the website [www.2013bylataine.com](http://www.2013bylataine.com)

**Change Your Plans, Change Your Life, Change The World!** , *When the Blue Heron Flies* Melannie Svoboda, 2012 Here Sr Melannie hopes to pique the curiosity slow us down and reaffirm for the mystery and beauty of daily life with its light and shadows joys and sorrows perplexities and understanding She also hopes these prayer poems will nudge us to prayer Great spiritual reading

**Meditations for Mediocre Mystics** Tom Stella, 2023-01-27 The term mediocre mystics seems a fitting way to refer to those who yearn for the nameless but do not qualify as full blown mystics I realize that because there is nothing middling about mystics mediocre mystics may appear to

be an oxymoron but the root meaning of mediocre is not second rate From the Latin mediocris the word means moderate or ordinary and has been used figuratively to refer to one who is halfway up a mountain Unlike ordinary folks sainted mystics have reached the mountaintop they are on a first name basis with the nameless But just because we haven't arrived at the heights just because our lives unfold in the valley of ordinary everyday life doesn't mean that we cannot or do not experience the desire that has fueled the mystic's climb All my life my heart has yearned for a thing I cannot name Andre Breton All my life I have experienced the yearning to which French writer and poet Andr Breton refers For me that yearning is composed in part of a subtle discontent a quiet feeling that something is missing despite the fact that nothing is missing Significant relationships meaningful work as well as material and monetary security have never been enough to satisfy the desire for that which I cannot name I know I'm not alone in my discontent or my longing for the nameless for mystics of every spiritual and religious tradition have spoken of their desire for and experience of union with a spiritual entity that is as real as it is surreal I am not claiming that just because I share their yearning I consider myself a mystic but neither do I believe that the term mystic is entirely inappropriate for those of us who might glimpse briefly what certified or canonized mystics have been blinded by



Eventually, you will categorically discover a other experience and carrying out by spending more cash. yet when? realize you take that you require to acquire those every needs as soon as having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more on the subject of the globe, experience, some places, following history, amusement, and a lot more?

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