

CITY SILENCE PRESENTS MINDFUL POETRY MOMENTS

Mindful Music Moments, in collaboration with The On Being Project, presents four weeks of poetry for National Poetry Month. We want to offer students and teachers alike the chance to pause and reflect on poetry's ability to encounter ourselves, the world, and the mystery of each other.

FUN FACT:

David Whyte is interested in conversations and questions. Here is a list he wrote of 10 important questions.

POETRY PROMPT:

David Whyte wrote this poem "after Derek Mahon." This means that Whyte wanted to honor the style or form of a poem by Derek Mahon.

Try to write a poem "after David Whyte" and use elements of Everything is Waiting for You.



Poem: Everything is Waiting for You

Poet: David Whyte

Published: 2003

Partner: The On Being Project

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David Whyte is an English poet and philosopher who believes in the power of a beautiful question to cut through the noise and the drama of our everyday lives. He has written many books of poetry and prose.

Day 1: For our first day, let's just settle into listening to this poem. What does it make you think about? How does it make you feel?

Day 2: As you listen today, notice where you feel this poem in your body.

Day 3: When David Whyte reads one of his poems, he often repeats lines. Listen today for the repetition. Why do you think he does this?

Day 4: In this poem, Whyte is asking us to pay attention to the details of our life. What or who do you want to pay more attention to in your life?

Day 5: Imagine moving through your school day with the attitude that "everything is waiting for you." As you listen today, visualize yourself in a world where every object and every person wishes to help you.

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