

devotions by mary oliver

Devotions by Mary Oliver is a profound collection of poetry that invites readers into a contemplative journey through the natural world, human spirituality, and the profound connection between the two. Renowned for her keen observational skills and lyrical mastery, Mary Oliver's *Devotions* compiles her most beloved poems, offering a sanctuary for reflection, gratitude, and reverence. This extensive anthology not only celebrates the beauty of everyday life but also challenges us to deepen our awareness and devotion to the world around us. In this article, we will explore the themes, significance, and impact of *Devotions* by Mary Oliver, providing insight into why this collection remains a vital part of contemporary poetry and spiritual practice.

Understanding Devotions by Mary Oliver

Overview of the Collection

Devotions is a curated compilation of Mary Oliver's poetry, spanning decades of her work. Published posthumously in 2017, the collection brings together over 200 poems that reflect her lifelong exploration of nature, love, mortality, and the divine. Unlike a linear narrative, the book functions as a spiritual diary, where each poem serves as a devotion—an act of reverence and attentiveness toward life's sacred moments.

The collection is organized thematically rather than chronologically, allowing readers to immerse themselves in different facets of Oliver's worldview. From her tender depictions of the natural world to her contemplations on mortality, *Devotions* functions as a comprehensive guide to living with mindfulness and gratitude.

Mary Oliver's Poetic Philosophy

Mary Oliver's poetry is distinguished by its clarity, accessibility, and lyrical beauty. Her poetic philosophy centers on the idea that devotion is found in everyday moments—walking in the woods, observing a bird, feeling the wind, or simply being present. Oliver believed that reverence does not require grand gestures but can be cultivated through attentive observation and open-heartedness.

Her work emphasizes the importance of:

- Connecting with nature
- Practicing mindfulness
- Recognizing the divine in the ordinary
- Living with vulnerability and authenticity

Through these themes, Oliver's *Devotions* encourages readers to cultivate their own spiritual

practices rooted in awareness and appreciation.

Key Themes in Devotions by Mary Oliver

Nature as a Sacred Space

One of the central themes in Oliver's poetry is the sacredness of the natural world. She perceives nature not just as a backdrop but as a divine presence that offers guidance, solace, and inspiration. Her vivid descriptions of landscapes, animals, and seasons serve as reminders of the interconnectedness of all living things.

Examples include poems that celebrate:

- The quiet beauty of a bird's song
- The resilience of wildflowers
- The transformative power of a sunrise

By immersing herself in nature, Oliver finds a form of devotion that sustains her spiritually and emotionally.

Mindfulness and Presence

Oliver's poetry emphasizes the significance of being fully present in each moment. Her detailed observations serve as exercises in mindfulness, encouraging readers to slow down, observe, and appreciate the small details often overlooked.

Some practices highlighted in her poems include:

1. Noticing the way light falls on leaves
2. Listening intently to the sounds of the environment
3. Feeling the texture of natural objects

This mindfulness fosters a sense of sacred devotion, transforming everyday experiences into moments of spiritual significance.

Love and Connection

Many poems in Devotions explore themes of love—both human and divine—as a vital component of devotion. Oliver writes about love's capacity to deepen understanding, foster compassion, and

cultivate a sense of belonging.

Themes related to love include:

- Romantic love and intimacy
- Compassion for others and the world
- The divine as a loving presence

Her poetry suggests that love itself is a form of devotion, a continuous act of attending to others with kindness and openness.

Mortality and Transience

Oliver doesn't shy away from the realities of mortality; instead, she confronts death with acceptance and reverence. Her poems often reflect on the fleeting nature of life, urging readers to cherish each moment and live authentically.

Key ideas include:

- The impermanence of life
- The importance of gratitude for every moment
- Finding beauty in the transient

This acceptance of mortality deepens her message of devotion—devotion to the present, to life, and to the divine force that underpins existence.

The Impact and Significance of Devotions

A Spiritual Practice in Poetry

For many readers, Devotions functions as a daily spiritual practice. The poems serve as meditative readings that inspire mindfulness, gratitude, and reverence. Oliver's accessible language makes her work approachable for those new to poetry and spirituality alike.

Inspiration for Mindfulness and Meditation

The collection encourages readers to incorporate poetry into their meditation routines. By reflecting on Oliver's vivid imagery and contemplative themes, individuals can deepen their practice of mindfulness and cultivate a devotional attitude toward life.

Celebrating the Sacred in the Ordinary

One of the most impactful messages of Devotions is that the divine is present in everyday life. This perspective helps readers find meaning and spirituality outside traditional religious settings, fostering a personal, inclusive sense of devotion.

Why Devotions Continues to Resonate

Timeless Themes

The themes explored in Devotions—nature, love, mortality, presence—are universal and timeless. Oliver's poetic voice offers comfort and insight across generations, making her work relevant in contemporary times marked by environmental crises and social upheaval.

Accessible Language and Universal Appeal

Unlike complex or abstract poetry, Oliver's straightforward and lyrical style makes her work accessible, inviting readers from diverse backgrounds to connect deeply with her messages.

Encouraging Personal Reflection

Devotions inspires readers to develop their own devotional practices, whether through poetry, nature walks, or quiet reflection. It fosters an attitude of openness and attentiveness that can transform daily life into a sacred experience.

How to Engage with Devotions by Mary Oliver

Practical Tips for Readers

To fully appreciate and incorporate Devotions into your life, consider the following approaches:

- Read a poem daily as a form of meditation
- Keep a journal to reflect on your thoughts and feelings inspired by the poems
- Spend time in nature, observing and engaging with your surroundings
- Practice gratitude by acknowledging the beauty in everyday moments

Creating a Personal Devotional Practice

You can create your own devotional routine inspired by Oliver's work:

1. Select a poem that resonates with you
2. Read it slowly, paying attention to each word and image
3. Reflect on its meaning and how it relates to your life
4. Write your own inspired reflections or poems
5. Incorporate nature walks or quiet moments into your daily schedule

Conclusion: The Enduring Power of Devotions by Mary Oliver

Devotions by Mary Oliver is more than a poetry collection; it is a spiritual guide that encourages us to see the sacred in the ordinary, to live mindfully, and to cultivate love and gratitude in our daily lives. Oliver's gentle yet profound voice offers a pathway to devotion, inviting us to deepen our relationship with ourselves, others, and the divine presence in the world around us. Whether you are seeking inspiration, comfort, or a new perspective on life, Devotions provides a timeless resource to nurture your soul and awaken your sense of wonder. Embracing Oliver's teachings, you may find that devotion is not a distant ideal but a daily practice available to all who choose to see the divine in every moment.

Frequently Asked Questions

What is the central theme of 'Devotions' by Mary Oliver?

The central theme of 'Devotions' is the celebration of nature, spirituality, and the deep connection between humans and the natural world, emphasizing mindfulness and appreciation for everyday moments.

How does Mary Oliver explore spirituality in 'Devotions'?

Mary Oliver explores spirituality through her heartfelt observations of nature and her reflections on the divine presence found in ordinary life, encouraging readers to find sacredness in the everyday.

What makes 'Devotions' a popular collection among contemporary readers?

Its poetic tenderness, accessible language, and profound insights into the human-nature relationship

resonate deeply with readers seeking mindfulness, inspiration, and a connection to the natural world.

Are there recurring motifs in 'Devotions' that highlight Oliver's poetic style?

Yes, recurring motifs include animals, landscapes, seasons, and moments of quiet observation, which collectively showcase Oliver's lyrical style and her emphasis on paying close attention to the world around us.

How has 'Devotions' contributed to Mary Oliver's reputation as a poet?

'Devotions' has solidified Oliver's reputation as a poet of nature and spirituality, highlighting her ability to blend everyday observations with profound philosophical insights, making her work widely influential.

What are some standout poems in 'Devotions' that exemplify its themes?

Standout poems include 'Wild Geese,' which encourages acceptance and belonging, and 'The Summer Day,' which contemplates how to spend one's life meaningfully—both exemplify themes of mindfulness and connection.

How does Mary Oliver's 'Devotions' inspire readers in their daily lives?

It encourages readers to observe the world closely, find joy in small moments, and cultivate a sense of gratitude and reverence for life, inspiring a more mindful and appreciative approach to everyday living.

What is the significance of the title 'Devotions' in Mary Oliver's collection?

The title signifies acts of heartfelt devotion and reverence toward nature, life, and the divine, reflecting Oliver's poetic practice of dedicating her attention and love to the world around her.

Additional Resources

Devotions by Mary Oliver: An Intimate Exploration of Nature and Spirituality

Devotions by Mary Oliver stands as a compelling testament to the poet's unwavering dedication to exploring the profound relationship between humans and the natural world. Published in 2017, this extensive collection compiles over 200 of Oliver's poems, selected from her decades-long career, offering readers a window into her spiritual musings, keen observations, and reverent approach to life's simplest yet most profound moments. As a poet renowned for her clarity, accessibility, and

depth, Oliver's Devotions invites both longtime admirers and newcomers to deepen their understanding of her poetic universe—one rooted in mindfulness, wonder, and a heartfelt devotion to the earth.

Understanding Mary Oliver's Literary Legacy

The Life and Philosophy of Mary Oliver

Mary Oliver (1935–2019) was an American poet celebrated for her lyrical evocations of the natural world and her contemplative approach to spirituality. Raised in Ohio and later settling in Provincetown, Massachusetts, Oliver's childhood was marked by an early fascination with the outdoors, which she often credited with shaping her poetic voice. Throughout her life, she maintained a steadfast belief in the sacredness of everyday existence, emphasizing that divinity exists in the minutiae of life—be it a bird's song, a blade of grass, or a quiet moment of reflection.

Her poetry is characterized by its clarity and directness, avoiding overly complex language while still cultivating profound insights. Oliver's work often explores themes of mortality, gratitude, interconnectedness, and the pursuit of joy amidst the fleeting nature of life. Her devotion to nature was not merely aesthetic but spiritual, viewing the natural world as a teacher and a sacred space for personal growth and understanding.

Why Devotions Matters in Literary and Spiritual Contexts

Devotions compiles Oliver's poetic reflections that reveal her ongoing spiritual journey, emphasizing her role as both observer and participant in the dance of life. The collection can be viewed as a poetic manifesto—an affirmation of devotion not only to the divine or the sacred but also to the act of paying close attention. Oliver's poetry encourages readers to cultivate mindfulness, to see the divine in the ordinary, and to foster a sense of gratitude and reverence for the world around them.

This collection is particularly significant because it distills decades of poetic practice into a curated anthology that serves as both a spiritual manual and an ode to the natural world. It exemplifies her belief that devotion and poetry are intertwined expressions of love, reverence, and curiosity.

The Structure and Content of Devotions

An Anthology of Repetition and Reflection

Unlike traditional poetry collections organized by theme or chronological order, *Devotions* is curated with a sense of intentionality. Oliver selected poems that serve as daily prayers or meditative reflections, designed to foster a sense of ongoing devotion—hence the title. The collection is divided into sections that mirror different aspects of her spiritual and natural explorations, including:

- The Earth and Its Creatures: Poems celebrating birds, insects, trees, and landscapes.
- Love and Relationships: Works exploring personal bonds and the universal love that connects all living beings.
- Mortality and Transcendence: Poems contemplating death, the afterlife, and the spiritual dimension.
- Moments of Stillness: Short reflections on silence, presence, and attentive observation.

This organization invites readers to approach the collection as a daily practice, where each poem functions as a small act of devotion—a moment to pause, reflect, and reconnect.

Themes and Motifs in Devotions

1. Nature as Sacred Space

Oliver's poetry consistently elevates the natural world as a divine presence. Her descriptions evoke a sense of wonder and reverence, urging readers to see the sacred in everyday scenes.

2. Attention and Mindfulness

A recurring motif is the importance of paying close attention. Oliver advocates for mindfulness as a spiritual practice, emphasizing that true devotion involves being fully present to the moment.

3. Gratitude and Joy

Many poems express gratitude for the simple blessings of life, encouraging an attitude of openness and appreciation.

4. Mortality and Transcendence

Oliver confronts the realities of aging and death with acceptance, viewing them as integral to the cycle of life and sources of spiritual insight.

Literary Style and Poetic Techniques

Clarity and Accessibility

One of Oliver's defining traits is her ability to communicate complex spiritual ideas through clear, approachable language. Her poems often feature straightforward diction, making profound concepts accessible without sacrificing depth.

Imagery and Sensory Detail

Oliver's vivid imagery immerses readers in the natural scenes she describes. She employs sensory details—sight, sound, touch—to foster an intimate connection with the reader.

Repetition and Structure

Many poems in *Devotions* utilize repetition to reinforce themes of devotion and mindfulness. Short, concise lines mirror the act of prayer or meditation, emphasizing presence and attentiveness.

Form and Tone

While Oliver's work is predominantly free verse, her use of rhythm and cadence lends a musical quality to her poetry. The tone is often gentle, contemplative, and reverent, inviting readers into a shared spiritual space.

The Impact and Reception of *Devotions*

Critical Acclaim and Reader Response

Devotions has been praised for its accessibility and depth, resonating with a broad audience seeking spiritual nourishment through poetry. Critics have lauded Oliver's ability to distill complex feelings into simple, evocative language, emphasizing the collection's role as a daily devotional tool.

Readers often describe the collection as a source of comfort, inspiration, and mindfulness. Many report returning to its pages during moments of doubt or uncertainty, finding renewed appreciation for life's ordinary miracles.

Influence on Contemporary Spiritual and Environmental

Movements

Oliver's work, especially *Devotions*, has contributed to a growing appreciation for the spiritual significance of environmental stewardship. Her poetry underscores the interconnectedness of all life, inspiring readers to cultivate a devotional attitude toward nature and conservation efforts.

The collection also influences contemporary spiritual practices, encouraging mindfulness, gratitude, and reverence as daily disciplines.

Practical Ways to Engage with Devotions

1. Daily Reading Practice

- Select a poem each morning or evening to serve as a meditation or prayer.
- Reflect on its themes and how they relate to your life.

2. Journaling and Personal Reflection

- Write responses or personal reflections inspired by the poems.
- Use Oliver's verses as prompts for mindful observation of your surroundings.

3. Group Readings or Book Clubs

- Organize discussions to explore the spiritual insights and themes.
- Share personal interpretations and how Oliver's devotionals resonate with collective experiences.

4. Incorporating into Spiritual or Mindfulness Routines

- Use poems from *Devotions* as part of meditation or prayer sessions.
- Create a ritual of reading and contemplating each poem as an act of devotion.

Conclusion: The Enduring Power of Oliver's Devotions

Devotions by Mary Oliver remains a vital collection that bridges poetry, spirituality, and environmental consciousness. Through her clear and heartfelt language, Oliver invites us to see the divine in the everyday, to cultivate attention, gratitude, and reverence. Her work affirms that devotion need not be confined to religious institutions but can be lived through attentive observation and love for the natural world. As both a poetic and spiritual treasure, *Devotions* continues to inspire readers worldwide to embrace a life of mindfulness, wonder, and reverence—an enduring testament to Oliver's belief that true devotion is rooted in the simple act of paying close attention to the world around us.

Devotions By Mary Oliver

devotions by mary oliver: Devotions: A Read with Jenna Pick Mary Oliver, 2017-10-10 Tell me, what is it you plan to do with your one wild and precious life? -Mary Oliver, from The Summer Day Pulitzer Prize-winning poet Mary Oliver presents a personal selection of her best work in this definitive collection spanning more than five decades of her esteemed literary career. "No matter where one starts reading, Devotions offers much to love." —The Washington Post Throughout her celebrated career, Mary Oliver has touched countless readers with her brilliantly crafted verse, expounding on her love for the physical world and the powerful bonds between all living things. Identified as far and away, this country's best selling poet by Dwight Garner, she now returns with a stunning and definitive collection of her writing from the last fifty years. Carefully curated, these 200 plus poems feature Oliver's work from her very first book of poetry, No Voyage and Other Poems, published in 1963 at the age of 28, through her most recent collection, Felicity, published in 2015. This timeless volume, arranged by Oliver herself, showcases the beloved poet at her edifying best. Within these pages, she provides us with an extraordinary and invaluable collection of her passionate, perceptive, and much-treasured observations of the natural world.

devotions by mary oliver: Devotions Perfection Learning Corporation, 2019

devotions by mary oliver: Instructions for Living Mary Oliver, 2024-08-06 Soak up award-winning poet Mary Oliver's musings on living a fulfilling life with this beautifully illustrated deck of fifty cards meant to uplift and inspire wonder. Instructions for living a life- Pay attention. Be astonished. Tell about it. Mary Oliver touched countless readers with her tender, accessible poetry, expressing her love for the physical world and the powerful bonds between all living things. Her verses deftly wove close observations of nature with an evergreen state of wonder. She regarded the outdoors with awe, encouraging readers to step outside and breathe in nature's glory. This deck of fifty inspirational quotes, all pulled from Oliver's oeuvre, offer bite-sized pieces of life advice-from simple directives like as long as you are dancing, you can break the rules, to the entirety of her ode to interpretations of heaven, Yellow. Come to the pond, she implores, and live your life. Pull a card each morning for daily reflection or display a card on the included stand, returning again and again to the simple insight of Oliver's words. With delightful nature drawings alongside Oliver's celebrated verses, Instructions for Living provides readers an intimate opportunity to engage with Mary Oliver's inspiring words, day after day.

devotions by mary oliver: House of Light Mary Oliver, 2012-03-28 This collection of poems by Mary Oliver once again invites the reader to step across the threshold of ordinary life into a world of natural and spiritual luminosity. Tell me, what is it you plan to do with your one wild and precious life? —Mary Oliver, The Summer Day (one of the poems in this volume) Winner of a 1991 Christopher Award Winner of the 1991 Boston Globe Lawrence L. Winship Book Award This book was published with two different covers. Customers will be shipped the book with one of the available covers.

devotions by mary oliver: New and Selected Poems, Volume One Mary Oliver, 2005-11-15 When New and Selected Poems, Volume One was originally published in 1992, Mary Oliver was awarded the National Book Award. In the fourteen years since its initial appearance it has become one of the best-selling volumes of poetry in the country. This collection features thirty poems published only in this volume as well as selections from the poet's first eight books. Mary Oliver's perceptive, brilliantly crafted poems about the natural landscape and the fundamental questions of life and death have won high praise from critics and readers alike. In The Summer Day, she asks, Tell me, what is it you plan to do / with your one wild and precious life? Do you love this world? she interrupts a poem about peonies to ask the reader. Do you cherish your humble and silky life? She makes us see the extraordinary in our everyday lives, how something as common as light can be an invitation / to happiness, / and that happiness, / when it's done right, / is a kind of holiness, / palpable and redemptive. She illuminates how a near miss with an alligator can be the catalyst for

seeing the world as if for the second time/the way it really is. Oliver's passionate demonstrations of delight are powerful reminders of the bond between every individual, all living things, and the natural world.

devotions by mary oliver: New and Selected Poems, Volume Two Mary Oliver, 2006-04-01 Mary Oliver has been writing poetry for nearly five decades, and in that time she has become America's foremost poetic voice on our experience of the physical world. This collection presents forty-two new poems-an entire volume in itself-along with works chosen by Oliver from six of the books she has published since *New and Selected Poems, Volume One*.

devotions by mary oliver: New and Selected Poems Mary Oliver, 1992 One of the astonishing aspects of [Oliver's] work is the consistency of tone over this long period. What changes is an increased focus on nature and an increased precision with language that has made her one of our very best poets. . . . These poems sustain us rather than divert us. Although few poets have fewer human beings in their poems than Mary Oliver, it is ironic that few poets also go so far to help us forward.

devotions by mary oliver: Upstream Mary Oliver, 2016-10-11 One of O, The Oprah Magazine's Ten Best Books of the Year The New York Times bestselling collection of essays from beloved poet, Mary Oliver. "There's hardly a page in my copy of *Upstream* that isn't folded down or underlined and scribbled on, so charged is Oliver's language . . ." —Maureen Corrigan, NPR's Fresh Air "Uniting essays from Oliver's previous books and elsewhere, this gem of a collection offers a compelling synthesis of the poet's thoughts on the natural, spiritual and artistic worlds . . ." —The New York Times "In the beginning I was so young and such a stranger to myself I hardly existed. I had to go out into the world and see it and hear it and react to it, before I knew at all who I was, what I was, what I wanted to be." So begins *Upstream*, a collection of essays in which revered poet Mary Oliver reflects on her willingness, as a young child and as an adult, to lose herself within the beauty and mysteries of both the natural world and the world of literature. Emphasizing the significance of her childhood "friend" Walt Whitman, through whose work she first understood that a poem is a temple, "a place to enter, and in which to feel," and who encouraged her to vanish into the world of her writing, Oliver meditates on the forces that allowed her to create a life for herself out of work and love. As she writes, "I could not be a poet without the natural world. Someone else could. But not me. For me the door to the woods is the door to the temple." *Upstream* follows Oliver as she contemplates the pleasure of artistic labor, her boundless curiosity for the flora and fauna that surround her, and the responsibility she has inherited from Shelley, Wordsworth, Emerson, Poe, and Frost, the great thinkers and writers of the past, to live thoughtfully, intelligently, and to observe with passion. Throughout this collection, Oliver positions not just herself upstream but us as well as she encourages us all to keep moving, to lose ourselves in the awe of the unknown, and to give power and time to the creative and whimsical urges that live within us.

devotions by mary oliver: Wild Belief Nick Ripatrazone, 2021-05-18 Midway upon the journey of our life / I found myself within a forest dark. Dante's *Inferno* begins with imagery of the wilderness marked by darkness, fear, and the unknown. In folktales, legends, and children's stories, the wilderness is a place of conflict and exile. Yet there is another spiritual tradition that embraces the complexities of the wilderness as a place of rejuvenation and wonder--a place where Thomas Merton said man purges himself of 'sediments of society' and becomes a new creature. A book for those of us who revel in the beauty and mystery of the natural world, *Wild Belief* brings together poets and prophets, saints and storytellers from across the ages who share a common search for the spirit. Their explorations of forests, wetlands, and deserts expose the wilderness as both a fearful and a sacred space--a tension that aptly captures the unknown and surprising elements of belief. As we join them on their search for the divine, our eyes open to the possibilities of transformation, to our most fundamental stories, and to a fertile spirituality we can only find in the wild.

devotions by mary oliver: Nourishing Narratives Jennifer L. Holberg, 2023-07-25 Humans make sense of the world through language and the words that compose our stories. Engaging with writers like Dante, Gerard Manley Hopkins, Flannery O'Connor, and Marilynne Robinson, this

volume encourages us not only to understand how stories nourish our faith, but to discover how our stories are part of God's great story.

devotions by mary oliver: Hollow Owen Egerton, 2017-07-14 An NPR Best Book of the Year, *Hollow* is the story of a professor whose life is unended after an unspeakable tragedy. When Oliver Bonds, a revered religious studies professor at the University of Texas, loses his toddler son and undergoes intense legal scrutiny over his involvement, grief engulfs him completely. His life as he knows it is over; Oliver loses his wife, home, and faith. Three years after his son's death, Oliver lives in a shack without electricity and frequents the soup kitchen where he used to volunteer. It's only when befriended by Lyle, a con artist with a passion for theories of Hollow Earth, that Oliver begins to reengage with the world. Oliver too becomes convinced that the inside of the planet might contain a different realm. Desperate to find a place where he can escape his past, Oliver chases after the most unlikely of miracles. With unforgettable characters, wild imagery, and dark humor, *Hollow* explores the depths of doubt and hope, stretching past grief and into the space where we truly begin to heal. With the kind of grace not usually seen in accessible modern fiction, Egerton also invokes many other things with this central metaphor . . . Ollie's voice is one of the most believable I've encountered this year, sustained by honesty, realism, and compassion. In his exile, Ollie has taken stock. His reckoning with the past creates the story's exquisite tension and makes the final scene bloom with tenderness . . . The core of *Hollow* is anything but. --NPR

devotions by mary oliver: Many Miles Mary Oliver, 2010-04 Presents forty-one of the author's favorite poems, including a variety of short poems, poems about her bichon Percy, and such classics as *Doesn't Every Poet Write a Poem about Unrequited Love?* and *The Dipper*.

devotions by mary oliver: The Artist's Joy Merideth Hite Estevez, 2024-06-25 The ultimate guide for creatives of all disciplines and levels to discover a sustainable, joyful artistic practice. Whether you are a dabbler, a career creative, or a long-time self-proclaimed tortured artist, Dr. Merideth Hite Estevez is here to help. As a professional oboist, teacher, creative coach, graduate of The Juilliard School, and beloved host of the podcast *Artists for Joy*, Dr. Estevez knows the world of creatives and what they truly need to cultivate a life-giving practice. *The Artist's Joy* offers not only tools for the journey but a deeper understanding of the ways the miracle of creativity works in our lives. Dr. Estevez guides artists at all levels and in all disciplines to build a creative life that resonates deeply with their core values, and to cultivate an artistic practice that is joyful and sustainable. She shares her discoveries and insightful coaching exercises that stem from the belief that when we are connected to what resonates deeply within us, the tortured artist trope simply doesn't hold. By looking at creative work through a new lens, she provides us a means to begin--or to begin again--in sustaining ways. Complete with self-coaching questions, a group discussion guide, and a companion playlist with tracks for musical meditation and creative engagement, this is your guide for life as an artist that will resonate long after the last note.

devotions by mary oliver: Daily Glimmers Bridget McNulty, 2025-08-19 This beautiful pocket self-help book teaches us to notice three-second glimmers of joy every day, to build resilience and deal with difficult times. In difficult times it's easy to get lost in the darkness - but this beautiful pocket self-help book gives us the tools to find three-second glimmers of joy every day, to build our resilience and keep us going. Did you just taste something delicious? That was a glimmer. Notice the way the light slanted in through the window? That was a glimmer. Glimmers are easy to miss as they're so brief and fleeting, but they can help your mood shift, and lift. Finding them - uncovering them on the commute, or while doing the same-old daily routine - is an art and a skill. Looking for glimmers is a recognized mental health practice to enable you to deal with the darkest days. In this book, 12 thematic chapters each hold 30 or 31 beautiful glimmers plus two aligned alternatives, amounting to one entry for every day of the year - and more than 1,000 glimmers. Learn to notice micro-moments of joy such as putting on a pair of new socks, stroking a purring cat, popping a cork, walking up a hill and looking back at how far you've come, finishing a jar, watching a rainbow brighten, sinking your hands into earth, being told no rush, reviving a dying fire, and hundreds more. With beautiful line-drawn illustrations, exercises to help you uncover more joy, and reflections

on the history and effects of glimmers, this fun, fresh book is small enough to pop in your bag – but big enough to expand your life.

devotions by mary oliver: These Silent Woods Kimi Cunningham Grant, 2021-11-16 A father and daughter living in the remote Appalachian mountains must reckon with the ghosts of their past in Kimi Cunningham Grant's *These Silent Woods*, a mesmerizing novel of suspense. No electricity, no family, no connection to the outside world. For eight years, Cooper and his young daughter, Finch, have lived in isolation in a remote cabin in the northern Appalachian woods. And that's exactly the way Cooper wants it, because he's got a lot to hide. Finch has been raised on the books filling the cabin's shelves and the beautiful but brutal code of life in the wilderness. But she's starting to push back against the sheltered life Cooper has created for her—and he's still haunted by the painful truth of what it took to get them there. The only people who know they exist are a mysterious local hermit named Scotland, and Cooper's old friend, Jake, who visits each winter to bring them food and supplies. But this year, Jake doesn't show up, setting off an irreversible chain of events that reveals just how precarious their situation really is. Suddenly, the boundaries of their safe haven have blurred—and when a stranger wanders into their woods, Finch's growing obsession with her could put them all in danger. After a shocking disappearance threatens to upend the only life Finch has ever known, Cooper is forced to decide whether to keep hiding—or finally face the sins of his past. Vividly atmospheric and masterfully tense, *These Silent Woods* is a poignant story of survival, sacrifice, and how far a father will go when faced with losing it all.

devotions by mary oliver: The Book of Awesome Women Writers Becca Anderson, 2020-03-17 “A testament to the relationship and contributions of women writers, lest we forget their impact and inspiration . . . [an] amazing journey.” —Ntozake Shange, author of *For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf* From the first recorded writer to current bestsellers, Becca Anderson takes us through time and highlights women who have left their mark on the literary world. This expansive compilation of women writers is a chance to delve deeper into the lives and works of renowned authors and learn about some lesser-known greats, as well. Some of the many women writers you will love learning about are: Maya Angelou, Jane Austen, Judy Blume, Rachel Carson, Nadine Gordimer, Margaret Mead, Joyce Carol Oates, and many, many more. This feminist book is a beacon of brilliance and a celebration of the journeys and accomplishments of women who have worked to have their voices heard in black and white letters across the world. Open *The Book of Awesome Women Writers* today, and you will find: Engaging chapters such as “Prolific Pens,” “Mystics, Memoirists, and Madwomen,” and “Banned, Blacklisted, and Arrested” A plethora of necessary new additions to your reading list Confirmation that the female voice is not only awesome, but an essential part of literary culture “So go on, do some guilt-free indulging in the pages of Becca Anderson's basket of literary bonbons. She has gathered a wealth of delectable stories in which to immerse ourselves, a bit at a time. Let's hear it for bibliophiles and book ladies—our richest yet most non-fattening vice.” —Vicki León, author of *Uppity Women of Ancient Times*

devotions by mary oliver: At Home in Infinity P. D. Crawford, 2021-03-31 *At Home in Infinity: Exploring a Philosophy of Wholeness* is a collection of short, non-academic essays that aims to promote thoughtful reflection as a way of meeting the challenges of everyday life. Written by an author with a background in Educational Psychology, Music, Interdisciplinary Studies, and World Religions, this book draws from an eclectic array of thinkers, ranging from ancient philosophers to contemporary poets. Its various topics provide a multifaceted focus on its major theme: the wholeness of reality, as experienced in the interdependence of all life. *At Home in Infinity* is for readers seeking encouragement to support transformative change or to enhance their ongoing engagement with everyday life through self-reflection.

devotions by mary oliver: Radical Regeneration Andrew Harvey, Carolyn Baker, 2022-11-29 An inspiring manual for navigating humanity's collective dark night and enacting personal and planetary transformation • Explores how Sacred Activism--specifically, creative, wise, sacredly inspired action--offers an antidote to the crises facing our world • Reveals how to uncover and

sustain joy and how to use it as fuel for continuing Sacred Activism in dangerous times • Includes practical maps of the dark night process and of the four-part path to transfiguration drawn from the secret depths of the mystical traditions Presenting a manual for navigating humanity's collective dark night, Andrew Harvey and Carolyn Baker explore potential antidotes, drawn from mystical traditions and Sacred Activism, to help us find inspiration and take action in the face of the daunting challenges to our world. Offering a deep discussion of our global dark night in terms of the Kali Yuga, the authors examine the dangers of a growing constellation of intractable crises--authoritarianism both in America and abroad, climate change, economic inequality, social upheaval, and spiritual malaise. They then explore the antidotes to these crises: Sacred Activism--specifically, creative, wise, sacredly inspired action--and a profound understanding of our evolutionary ordeal and its potentialities. Examining the power of joy to help enact personal and planetary transformation, they explain how joy, or ananda, is a force all mystical traditions recognize as the essence of the Divine. They reveal how to uncover and sustain joy in ourselves and how to use joy as fuel for continuing Sacred Activism in dangerous times. Drawing on the visionary teachings of mystics such as Pierre Teilhard de Chardin and Sri Aurobindo, the authors show how the global dark night is part of an evolutionary mutation process and how its very intensity makes it the potential seedbed of a new embodied, divine humanity. They offer practical maps of the crises, of the shadows that this global dark night is casting, and of the four-part path to transfiguration drawn from mystical traditions. Sharing a vision of a new and focused global moment of love in action, the authors reveal that apocalypse is not inevitable--if enough people awaken to the extraordinary possibilities of Sacred Activism.

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