

David Whyte The Core Conversation: Essential Steps for Difficult Times

26 September 2008

We invite you to a new David Whyte workshop focusing on a way to live and work from a core conversation both within ourselves, and with the outer world of work and relationship, quite often amid difficult circumstances. The challenge requires close in self-examination, a willingness to approach new frontiers, a particular quality of attention and a particular facility of imagination. The poet can lead us where the strategic business mind cannot take us.

During times of outer stress or economic hardship it is tempting to give up on previous hopes and ideals and withdraw into the basic anxieties of survival. This will be a day to revisit the core conversations of our work and vocation and look at the essential elements that make up our particular approach to life. We will look at the way previous outer successes can often lead to a fatal preoccupation with peripheries in which we lose both focus and a sense of real satisfaction. We will look at the steps to take in returning home to more necessary and saner simplicities.

We will also look at the way adversity in the outer world can be a friend to us, turning us away from secondary preoccupations and returning us to a more focused but more foundational ground from which to take the next step.

A Few Necessary Steps:

A Radical Simplicity of Approach

All crucial transitions call for a radical simplification of our wants and needs. Peripheral needs must disappear from view for a while as we return to look at the essentials.

A Willingness to Translate the Simple Approach into Action

We must simplify both our personal approach and our business approach with a view to clarifying all our metaphorical and actual marginal costs and preoccupations.



An Ability to Create a Third Space Untouched by Anxiety or Worry

This is a place of spaciousness and inspiration. It is necessary at all times but particularly during times of outward adversity. It is created as an attentive personal daily discipline. It does not mean we have to become perfectly enlightened beings, but that we have a daily disciplined creative visitation to a part of the mind not touched by anxiety, stress or worry. It is exemplified by Wallace Stevens' line: "Perhaps the truth depends upon a walk around the lake".

An Ability to Ask for Help

The conversational identity is an invitational identity. It asks for help, it draws in our partner, our children or our colleagues to contribute and enlightens us on the way to a newer, clearer and often simpler picture for the next phase of our lives.

*Start close in,
don't take the second step
or the third,
start with the first
thing
close in
the step
you don't want to take.*

David Whyte

Core Conversation Course Beginning Text

Chao Zhang



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