



Saved by a Poem: The Transformative Power of Words

Kim Rosen

[Download now](#)

[Read Online](#) 

Saved by a Poem: The Transformative Power of Words

Kim Rosen

Saved by a Poem: The Transformative Power of Words Kim Rosen

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.

Saved by a Poem: The Transformative Power of Words Details

Date : Published October 1st 2009 by Hay House (first published 2009)

ISBN : 9781401921460

Author : Kim Rosen

Format : Paperback 288 pages

Genre : Poetry, Nonfiction, Self Help, Autobiography, Memoir

 [Download Saved by a Poem: The Transformative Power of Words ...pdf](#)

 [Read Online Saved by a Poem: The Transformative Power of Words ...pdf](#)

Download and Read Free Online Saved by a Poem: The Transformative Power of Words Kim Rosen

From Reader Review Saved by a Poem: The Transformative Power of Words for online ebook

Quinn says

Saved by a Poem demonstrates the power of poetry to heal and restore both the spirit and the mind. Kim Rosen takes the reader beyond reading poetry through to learning it by heart and writing poetry as well, although writing is not a "requirement" to benefiting from poetry. She distinguishes memorization from learning by heart, and describes how committing to a poem taps into the inner source of strength, healing, joy and freedom.

A well-written and interesting book, I was encouraged to make poetry a part of both the creative and meditative part of my life.

Marilyn says

I loved this book. I was sad when I came to the last few pages because I didn't want it to end. I savored it, reading 2-3 pages at a time. I have wanted to understand poetry for a long time, bought books, tried to get what they were saying, but got frustrated or felt stupid because I didn't get them. I discovered from reading Kim Rosen's book that poetry is all over the place - in prayer, in songs, in my favorite quotes. Kim Rosen guides you through understanding the power of poems, and she gives examples of how they connect people, often people with opposite points of view on politics or whatever, but they find a common positive connection. It's all about how the poem affects you, how it makes you feel or how you resonate with it, and when you don't feel a certain way or resonate it's an invitation to look at why it doesn't. It's not about being wrong. I loved the part about looking at your forgetfulness. You have a favorite poem, but you keep forgetting one line over and over, that's telling you something or at least prompting you to look at what you're missing. She also suggests that you read aloud even if it's to yourself. Wow! what a difference that made. I'm now reading my daily inspiration books aloud, which I now understand are poetry! I love the way she writes. There is also a CD that comes with the book of different people reciting a favorite poem and then talk about why the poem is significant for them. At the end of the book she lists resources that were very helpful to me. I did finish the book, and I'll probably reread it again in the near future. I'm now excited about poetry. Can you tell? ha

ofwoodsandbone says

This book made me realise how fragile and beautiful poetry is. In a landscape of self obsession, perfection and having the latest 'things' this book reminds me that in other countries poets can bring peace with their words

Sherry says

An inspiring book. A great invitation to get to know some poems in ways that holding them in your heart, line by line and speaking them out-loud, new every time, can do. I now know why I started putting together a

Word file labeled "poetry". I think I'll start with Mary Oliver. (And thank you, Mary Jo, for sharing one of your heart poems with us at la Casa for grace when you were visiting--and for getting to know Kim and her work so well-you are both gifts!)

Maryjoamani says

A self-help book of the best kind...a memoir by Kim Rosen on the "transformative power of words", encouraging us to memorize poetry as a way to bring meaning and comfort to our lives. Full of practical how-to's and poetry models. The accompanying CD of poems recited by well-known poets is perfect.

Jody says

I actually just skimmed this book. I don't think I was in the right mood to read the chirpy "look what poetry did!" text. It has some interesting concepts though.

Susan says

It was a surprise how much this book spoke to me -- and even more when I experimented with the practice of "learning a poem by heart." The stories and poems were moving and the practice itself even more so. Loved.

John says

I really like this book, despite its need of some more editing. (There are sections that repeat a turn of phrase multiple times, and then not again in the book. It's as if some of the parts were written in chunks, but not during the same phase of Ms. Rosen's life.) But this is a quibble.

This book is part memoir, part how-to, part introduction to poetry reading. It taught me the difference between memorizing and "learning by heart". I think a fair distillation of the book is expressed in this quote from page 200.

To put this kind of experience [the grace that comes from speaking poems you love] into words is difficult. It can so easily sound far-fetched or like a testimonial of a religious experience that may have been authentic at the time but gets lost in translation. Yet this sudden grace is not exotic or unusual. It happens all the time when people give voice to the poems that speak the truth of their souls.

Marjorie says

This book explains the power of poetry and how reading and memorizing a poem will bring new discoveries. It seems there were tears shed in each chapter. At times it seemed to me to be a lot of naval gazing but to be fair this book is about being saved by poetry. We were not treated to anything like The Lion And Albert/Marriott Edgar or The Licorice Fields/John Betjeman or Shoein' Pigeys/Baxter Black. Laughter and delight is good too! For anyone interested in poetry this book is an excellent read.

Brian says

Some excellent ideas on how to engage with poetry and tips for how (and why) to memorize poems.

Richard Quis says

A Spell Breaker

I read this book while healing from bladder surgery. Poems have always intimidated me but Kim Rosen has a special genius to help someone transcend their fears. This book got me through some tough times and gave me the courage to finally tackle a poem I was skeptical I could handle – Dante's Divine Comedy. While I've been to Hell and back with Dante and my surgery, thanks to Kim Rosen, I was better able to manage my emotions while visiting some very dark places.

Richard Quis, coauthor[ASIN:0984907602 Thinking Anew: Harnessing the Power of Belief]]

Roberta says

I read this on and off with other poetry books. I like it and it needs a good editing.

Jo says

I loved this book. Perhaps not every page, I am not the biggest fan of a super sincere American style. But it was easy enough to filter that in order to absorb some great treasures of poetry, heartfelt reflections on its meaning, and a moving attempt to explore the power of poetry to companion us through the experiences of life. It was a delight to be introduced to new poems and poets as well as to revisit familiar favourites and to see them with new eyes, hear more vibrant depths, as they were situated in real human stories around the world. Imagine Mary Oliver's 'The Journey' among a group of girls at an FDM rescue centre in Kenya, Naoimi Shibab Nye's 'Kindness' where someone is losing everything they think they are, Rumi's 'Dying' in the face of incapacity and self doubt ...

Kim Rosen is a performer of poems and has a deep belief in the power of learning poetry by heart. She draws on her inner repertoire in a very similar way to the canon of a holy book, finding words and expressions of human reality that enable her in different life situations, and give language to that which she longs for and wishes to be. In this book she dialogued gently with many parts of my life and her offering will remain with me for a long time.

'I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?'

Mary Oliver

Patricia Keeler says

A book that added so much to my life...saved my life!!!

Joyce Mason says

Inklings brought me to the doorstep of returning to poetry as a writing genre after three decades. This book made me run across the threshold to greet poetry again like a long, lost relative. Saved by a Poem gave me the last bits of information I needed to understand the role poetry plays in my life and in my mixed bag of healing arts.

Kim Rosen has written an inspiring guidebook that stirs the heart about why poetry is so important and why a person should not choose to live without it. There is ample technical information about craft while teaching poetry appreciation through learning to recite poems by heart. The accompanying CD is a wonderful orientation with recited poems by well-known and perhaps not so well known poets. I listened to it first, and I want to listen again now that I'm done with the book.

Since reading "Saved, I have started a poetry blog (<http://stitchedverse.blogspot.com>) and joined my local Sacramento Poetry Center. It's great to be back!
