

1: The Waking by Theodore Roethke - Famous poems, famous poets. - All Poetry

I wake to sleep, and take my waking slow. Theodore Roethke hardly fits anyone's image of the stereotypical high-minded poet-intellectual of the s through s.

How long does it take you to wake up really? There are a rare lucky few who can fall into a deep slumber as soon as their heads hit the pillow and wake up eight hours later all bright eyed and bushy tailed. I used to explain to my clients that it is not reasonable to expect peak performance moments after waking up. Transitioning from being awake to being in deep sleep takes some time, normally between 30 and 45 minutes. The brain enters a dramatically different state in deep sleep. Brainwaves slow down and become more synchronized. But of course this does not make it any easier to get out of bed, especially if your alarm clock leaves you feeling groggy and fatigued. Remember your high school physics “a body in motion will stay in motion unless acted upon by an external force? A brain in a state of sleep wants to stay asleep. Sleep inertia can have more serious effects than grogginess and fatigue. Most people feel confused and disoriented for a few moments right after waking up. Some can even be at sub-par levels when it comes to psychomotor and cognitive skills. We can usually muddle through our morning routines until sleep inertia wears off without many problems. But what happens when your partner catches you napping on a lazy weekend afternoon instead of cutting the grass? Or worse yet, what happens if you are 35, feet in the air and you have to react quickly after a nap? When I was the human fatigue specialist with the Transportation Safety Board of Canada TSB , we investigated an incident where this exact thing happened [2]. The aircraft was crossing the Atlantic during the hours of darkness and, feeling fatigued, the first officer took a nap. Studies have shown that sleep inertia can last 30 minutes and sometimes even longer. Unfortunately, the first officer crossing the Atlantic became actively engaged in flying very quickly after waking up, and still subtly confused by the effects of sleep inertia, pushed forward on the control column to avoid a perceived collision with an oncoming aircraft. Fourteen passengers and two flight attendants were injured in the ensuing pitch excursion. I have a few more tips for anyone considering adding napping to the FRMS. Limit naps to 20 minutes see my last tip for an alternative. Sleep inertia lasts longer and the effects are worse when you wake up from deep sleep. Avoid napping between This makes it hard to shake off the sleep inertia after napping and return to an alert state. You will run the risk of entering deep sleep during your nap. Always ensure that you get between seven and eight hours of good quality sleep every day. Keep the duty durations reasonable. Staying awake for longer than 17 hours increases the risk of fatigue and if naps are used that late in the day, sleep inertia can be worse. Consider supplementing the nap with a moderate amount of caffeine. One coffee or energy drink 80 mg of caffeine taken just before a nap may stave off the deep sleep and the stimulating effects should kick in by the end of the 20 minute nap. This can help you return to an alert and well performing state. Be careful with this tip. Explore technology that can accurately detect deep sleep and wake people up from light sleep. The idea here is that longer naps, especially those with deep sleep, provide more fatigue fighting power. You need some form of deep sleep detection technology that ensures you will not wake up from deep sleep but rather wake up from light sleep. This will lessen the effects of sleep inertia. Be sure to check with a human fatigue specialist before you adopt this techno-tip. There are lots of apps and gadgets that claim to accurately detect deep sleep with very little scientific evidence to back them up. Effects of exercise, bedrest and napping on performance decrements during 40 hours.

2: And Take My Waking Slow

The Waking. I wake to sleep, and take my waking slow. I feel my fate in what I cannot fear. I learn by going where I have to go. and take my waking slow.

In it the poet puts forward various ideas about life and how to live it, all within the traditional rhyming and iambic pentameter form. A villanelle is based on repeated lines a refrain that connects each stanza as the poem progresses, a reflection of the original meaning of the word, a peasant song from Italy, taken up by the French. His mental illness also caused him to look into the darkness from time to time, recording his inner life in personal poems. It is both introspective and positive in its outlook. The Waking I wake to sleep, and take my waking slow. I feel my fate in what I cannot fear. I learn by going where I have to go. We think by feeling. What is there to know? I hear my being dance from ear to ear. I wake to sleep, and take my waking slow. Of those so close beside me, which are you? God bless the Ground! I shall walk softly there, And learn by going where I have to go. Light takes the Tree; but who can tell us how? The lowly worm climbs up a winding stair; I wake to sleep, and take my waking slow. Great Nature has another thing to do To you and me; so take the lively air, And, lovely, learn by going where to go. This shaking keeps me steady. What falls away is always. Analysis of The Waking The Waking has 19 lines made up of five tercets and one quatrain, mostly in iambic pentameter, that is, five beats per line: The end rhymes help connect the whole poem and are a mix of full and slant: Alliteration occurs in the second line - I feel my fate in what I cannot fear - and also in the fifteenth and sixteenth lines. More Analysis Stanza By Stanza First Stanza The first person speaker introduces to the reader a paradox, that is, a contradictory logic-defying statement. Here is someone awake yet asleep, a somewhat confused state to be in. Is there a suggestion of enlightenment as the speaker, now consciously awake, comes to realize that there is nothing to be afraid of. Note the alliterative flourish The speaker clearly has strong feelings and is emotionally certain of what the future holds. Second Stanza Again, the first four words are a paradox of sorts. The speaker suggests that we all humans have rational thoughts based on what we feel. We articulate feelings, end of story. The speaker is listening with a big fat smile across his face as his essence dances. Is this a solo dance? Or one involving the self? The reader is challenged to fathom this line out - how deep is our existence, the knowledge that we exist fully in the dance of life? More Analysis Third Stanza The opening line is up close and personal as the speaker asks an intimate question, to himself and the reader. Perhaps the speaker is walking beside someone - the reader is definitely close to and beside the speaker; neither would fully exist without the other. Would the poem still exist without the reader? Only in the mind of the poet? Are we on holy ground? The introduction of God suggests this, and the blessing is directly associated with blood, with sacrifice, with those who are in the ground. The speaker reinforces the idea of learning as he goes, a near repeat of the third line. Fourth Stanza More natural imagery for the reader to digest - influenced perhaps by Dylan Thomas - in the shape of a Tree, again with capital T suggesting that this is no ordinary tree but the Tree of Life, or a Family Tree. Again that verb take enters the fray. Light takes the Tree, meaning that the Tree experiences light in a certain way, a unique way, which the human mind cannot ever fully grasp. Science may be able to rationalise, deduce and reduce - you know, photosynthesis and all that - but the scientist cannot ever fully feel what it is to be that Tree created from light. Even a worm can ascend to the heights. Evolution in action or some kind of spiritual hierarchy at work? In this context ignorance is truly bliss, especially for the speaker who is still in the process of learning, from the worm, from the light, from the Tree, from the Ground up. Further Analysis Fifth Stanza So the speaker is gradually waking up by always learning, going softly to wherever it is he has to go perhaps deep inside himself. Nature will eventually catch up with him and you, the reader, or an unnamed partner? As to what this act of Nature is, well, the reader is again challenged. The language suggests that the speaker has a close partner, a lover, a wife, a husband, a friend - so this natural act could be anything from death to conception. The repeat of take implies experience, so the speaker is encouraging a partner lovely to live and also to learn. This positive togetherness has taken four stanzas to develop. Sixth Stanza Note the sequence of contrasts as the poem progresses: What falls away is gone forever - people, things, love, life, memory, time, sense - and these losses happen all the time to

anybody, anywhere. They are close by, the line is thin, fate fickle.

3: The Best Songs About Taking It Slow or Slowing Down

The Waking. Theodore Roethke () I Wake to sleep, and take my waking slow. I feel my fate in what I cannot fear. I learn by going where I have to go.

Come on, get out of bed! So what makes us feel so reluctant to leave the sheets come sunrise? And some tips to help you wake up with more zest. Yes, you heard it here first. Most teenagers need up to ten hours of sleep a night 1 - a few hours more than the average adult. Be disciplined about having a wind-down period before bed - which should be at a reasonable time to give you a shot at catching enough sleep time. Too little of the right kind of sleep. In fact, the more they sleep, the less they feel like waking up and getting motivated. How can this be? Surely if you are sleeping enough hours, then you will eventually feel refreshed? But not all sleep is the same. Nothing can replace natural sleep. No sleep may be better than some sleep if that sleep is poor quality. The same applies with the wee bedtime dram. A nightcap, just like a sleeping pill and these of course should never be taken in combination , may help you go to sleep in the sense that you lose consciousness, but sleep needs to be untroubled by booze in order to work at its best. Alcohol disrupts sleep quality, if not quantity. Blood sugar levels and energy. If you drink cola by the swimming-pool-load and consume sugar by the mountain or even if you overdo the sucrose intake just a bit, this constant spiking of your blood with the sweet stuff, as well as making it more likely you will get sick and fat, will play havoc with your energy levels 3. Is it full of hidden and not-so-disguised sugar including fructose and glucose, the two components of table sugar? Are you raising your blood insulin levels with too much unrefined carbohydrate? This too will play havoc with your energy levels. Waking up with the right attitude. If we expect to wake up reluctantly with all the energy of a dead trout, then that very expectation can prove self-fulfilling. You can do this visualization exercise the night before as you are drifting off. And to give you a helping hand, you can listen to the free audio below. Getting into the habit of starting the day as you mean to go on, with a sense of increasing energy and enthusiasm, can ultimately make all of your life more fun and productive. About Mark Tyrrell Psychology is my passion. I now teach practitioners all over the world via our online courses. You can read more about me here. I have helped create all the sessions there and have listed related downloads below. Please let me know in the comments section below how you get on. This download I authored may give you a boost in the morning!

4: The Waking - Poem by Theodore Roethke

I wake to sleep, and take my waking slow. I feel my fate in what I cannot fear. I learn by going where I have to go. We think by feeling.

He was awarded the Pulitzer Prize for poetry in for his book, *The Waking*, named after the prescribed poem. It at once symbolizes enlightenment, illumination and self-discovery. One ponders on why the poet has chosen the leaf as the speaker of the poem. Perhaps the poet opts for a leaf as the mouthpiece, as it a passive spectator to the phenomenon of life. Furthermore, it is universal for subsistence. I feel my fate in what I cannot fear. I learn by going where I have to go. The beginning stanza takes the experience of life itself as a source of knowledge. We awaken to fall asleep. Here, Life is the waking and Death is the sleep. We all take birth in this world only to ultimately cross the threshold of death. He renders Life itself as his fate, his ultimate, as it does not offer him much to dread. His journey of life, is the greatest experience to him, and he learns by going wherever he has to go to. We think by feeling. What is there to know? I hear my being dance from ear to ear. I wake to sleep, and take my waking slow. Thought is a very significant part of comprehension. However, it only follows feeling. As the senses apprehend outward phenomenon, feeling comes in naturally. Not only are the sense perceptions significant, they are intricately associated to each other as the poet exclaims: The waking part of it is the best, and he wants to render it as slow as possible in order to enjoy it. Of those so close beside me, which are you? God bless the Ground! I shall walk softly there, And learn by going where I have to go. It is his baby step in self-recognition. To reach the highest step of the ladder, one must begin at the bottom-most rung. The ones closest to him mirror to him his own. These elementary steps are vital in gaining primary knowledge of the world. Light takes the Tree; but who can tell us how? The lowly worm climbs up a winding stair; I wake to sleep, and take my waking slow. The poet then proceeds to the irrational world of life, the life that excludes the human world. In fact, this line is reflexive for the speaker of the poem, the leaf, who shares the bare facts of life. One may comprehend meaning even in the meanest of living creatures, like the worm. To me the meanest flower that blows can give Thoughts that do often lie too deep for tears. Even life at the lowest existence strives to reach its destination point. Even in the form of a miniature staircase. It dawns gradually on the poet, but he prefers to take his waking slowly. Great Nature has another thing to do To you and me, so take the lively air, And, lovely, learn by going where to go. The inanimate aspect of Nature is also a great instructor on the elementary facets of life. The lively air animates us with its spirit. Though the air is devoid of matter, it has direction, destination and above all a spirit that permeates whatever it touches. In spite of the fact that it is, lifeless, it educates where to go, by going where to go. This shaking keeps me steady. What falls away is always. The Leaf loves the shaking, as it is what makes it steady. The speaker finds failure as the greatest teacher. The speaker loves its failures more than its successes. For, what failures teach us, success can never can. Therefore, he wants to taste failure first and slowly, because only repeated failure can render the taste of success sweet. Any line reproduced from the article has to be appropriately documented by the reader.

5: Selected Poems of T. Roethke | The Waking

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I feel my fate in what I cannot fear. I learn by going where I have to go. We think by feeling. What is there to know? I hear my being dance from ear to ear. I wake to sleep, and take my waking slow. Of those so close beside me, which are you? God bless the Ground! I shall walk softly there, And learn by going where I have to go. Light takes the Tree; but who can tell us how? The lowly worm climbs up a winding stair; I wake to sleep, and take my waking slow. Great Nature has another thing to do To you and me, so take the lively air, And, lovely, learn by going where to go. This shaking keeps me steady. What falls away is always. Neal Bowers sees the key to the cryptic opening lines of "The Waking," and consequently to the entire poem, as a matter of grammar. If you read "I wake to sleep, and take my waking slow" as a prepositional phrase rather than an infinitive, Bowers writes, then sleep becomes a condition, not a process, and therefore a kind of revelation or understanding. The conclusion that sleep is an awakening is true enough, but it does not account for the mystical use of the paradox that informs the poem, where sleeping and waking, living and dying, dissolve into the vision of oneness with the universe. Richard Allen Blessing describes "The Waking" as "a world in process about a world in process" Both Parini and Blessing sense the mystical nature of the poem. Neither, however, shows precisely how it comes about.

6: Analysis of Poem "The Waking" by Theodore Roethke | LetterPile

The Waking by Theodore Roethke - I wake to sleep, and take my waking slow. I feel my fate in what I cannot fear. I learn by going where I have to go.

7: I wake to sleep, and take my waking slow. by Brian Lee on Prezi

I wake to sleep, and take my waking slow. I feel my fate in what I cannot fear. I learn by going where I have to go. We think by feeling. What is there to know?

8: How to Wake Up Bright and Breezy

The Waking has 19 lines made up of five tercets and one quatrain, mostly in iambic pentameter, that is, five beats per line: I wake to sleep, and take my waking slow. The end rhymes help connect the whole poem and are a mix of full and slant.

9: [Solved] PC Stand-By Issue - Monitor Taking Too Long to Wake Up - Forums - CNET

After December Windows 10 updates, including Update KB, users have been reporting slow wake-up times when exiting Sleep Mode. When exiting Sleep Mode, users see a black screen, with only their cursor visible. This can last anywhere between 10 seconds and 1 minute. One Microsoft Answers.

Blood of an Angel (The Embraced, Book 3) Money communications Perceiving the visual in cinema How to Make Newsletters, Brochures, Other Good Stuff Parametric functions worksheet calculus bc. Create the love of your life Handbook of Telemarketing Nitin singhania art and culture notes Book Trade of the World Oracle DBA Checklists Pocket Reference Governing Technology for Sustainability Saints Passionate Peculiar Student Solutions Manual for Concepts in Probability and Stochastic Modeling Ingrid: Ingrid Bergman Determinants of investment behavior Anticoagulation Sue Aumick, Valerie Elliot, and Gloria Peithman The art of fashion draping by connie amaden-crawford Physical and mathematical tables The setting of plainchant Sister Valerie Cryer Decision-making for nurse educators Journey to Poland The hardest problem in the world : leadership in the climate regime Josh Busby The fishes of Champaign County, Illinois Spenser companion 1605 Remodeled, Parenting at its Best Introduction: violence in Salvador da Bahia, city of women Check your commitment Going bovine libba bray Period of conquest Ann Withers: The changeling. Fireworks Yearbook 1988 Saint Augustin, Melanchthon, Neander Analysis and Design of Substructures England. Personnel of a USAAF air evacuation hospital unit 603 Portfolios of the poor Solutions manual for Geometry Fifty-five grandmas and a llama In Which They Trade Stories Technology in Western Civilization A geography of mankind