

haiku mind

108 Poems to
Cultivate Awareness
& Open Your Heart



PATRICIA DONEGAN

Haiku Mind 108 Poems To Cultivate Awareness And Open Your Heart

Michael Hoelscher



Haiku Mind 108 Poems To Cultivate Awareness And Open Your Heart:

Haiku Mind Patricia Donegan, 2010-10-12 A collection of 108 haiku poems to heighten awareness and deepen our appreciation for the ordinary in everyday life Haiku the Japanese form of poetry written in just three lines can be miraculous in its power to articulate the profundity of the simplest moment and for that reason haiku can be a useful tool for bringing us to a heightened awareness of our lives Here the poet Patricia Donegan shares her experience of the haiku form as a way of insight that anyone can use to slow down and uncover the beauty of ordinary moments She presents 108 haiku poems on themes such as honesty transience and compassion and offers commentary on each as an impetus to meditation and as a key to unlocking the wonder in what we find right before us *Haiku—The Sacred Art* Margaret D. McGee, 2010-12-30 Have a haiku moment when your mind stops and your heart moves Writing haiku offers the chance to honor hold and fully experience a fleeting moment that takes you out of yourself a moment that hints at the deeper unity that lies beneath the surface of things from Chapter One In this encouraging guide for both beginning and experienced haiku writers Margaret D McGee shows how writing haiku can be a consciously spiritual practice for seekers of any faith tradition or no tradition Drawing from her experience as a spiritual retreat leader and published haiku writer McGee takes the mystery and intimidation out of beginning to write haiku For those already on their way she provides helpful hints and exercises to broaden and deepen both your haiku artistry and your appreciation of haiku as part of your spiritual life With humor and encouragement she offers step by step exercises for both individuals and writing groups and shows how haiku can help you Pay attention to the world around you to connect with sacred moments Overcome fear and self doubt to access your innate creativity Explore and use haiku together with spiritual practices in your own faith tradition Make haiku a spiritual part of your daily routine **Sonia Sanchez's Poetic Spirit through Haiku** John Zheng, 2017-05-31 This collection of ten critical essays is the first scholarly criticism of haiku by Sonia Sanchez who has exemplified herself for six decades as a major figure in the Black Arts Movement a central activist in civil rights and women's movements and an internationally known writer in American literature Sanchez's haiku as an integral and prominent part of contemporary African American poetry have expressed not only her ideas of nature beauty and harmony but also her aesthetic experience of music culture and love Aesthetically this experience reflects a poetic mind which has helped the poet to shape or reimage her poetic spirit **Song of the Brush, Dance of the Ink** William Reed, 2022-02-01 Calligraphy is an ancient art that doesn't grow old Known in Japanese as Shodo the Way of the Brush a proverb has it that Shodo promotes perpetual youth and longevity Research has shown that indeed the practice of Shodo improves posture regulates breathing and even calms the heartbeat all of which indeed has been shown to extend life In China it was considered one of the Five Excellences for cultivating character Calligraphy Poetry Painting Tai Chi and Tea Song of the Brush Dance of the Ink Reclaiming the Five Treasures of Japanese Calligraphy brings this into a contemporary context Calligraphy is crystalized time and Song of the Brush Dance of the Ink shows readers how to unlock its secrets by

learning how to wield the brush with precision how to read and write the various scripts used in Shodo and how to use it as a discipline for self mastery and self expression Because of the language barrier it has long been a mystery to the Western mind Song of the Brush Dance of the Ink gives readers unprecedented access to the wonderful world of Calligraphy removing the barriers of language geography time and accessibility William Reed is a leading expert on Japanese Calligraphy and Japanese Culture who is actively engaged in teaching Calligraphy in Japan as well as to an international audience Song of the Brush Dance of the Ink enables people to appreciate the philosophical dimensions of Calligraphy enjoy it for interior display or as digital art and as a path to self discovery and self mastery through master tips on practice **Three Simple Lines**

Natalie Goldberg,2020-12-29 One of the world s foremost writing teachers invites readers on a joyful journey into the reading and origins of haiku A haiku is three simple lines But it is also as Allen Ginsberg put it three lines that make the mind leap A good one he said lets the mind experience a small sensation of space which is nothing less than God As many spiritual practices seek to do the haiku s spare yet acute noticing of the immediate and often ordinary grounds the reader in the pure awareness of now Natalie Goldberg is a delightfully companionable tour guide into this world She highlights the history of the form dating back to the seventeenth century shows why masters such as Basho and Issa are so revered discovers Chiyo ni an important woman haiku master and provides insight into writing and reading haiku A fellow seeker who travels to Japan to explore the birthplace of haiku Goldberg revels in everything she encounters including food and family painting and fashion frogs and ponds She also experiences and allows readers to share in the spontaneous and profound moments of enlightenment and awakening that haiku promises **Be the Pine, Be the Ball** Paul J. Zingg,2018-04-27 Focusing on the

landscapes and memory of golf and examining the games nature and appeal this collection of seventy two haiku poems and essays aims to lead readers to a fuller appreciation of the culture and history of golf and a deeper awareness of a players place in the game Be the Pine Be the Ball also reveals the compelling beauty and power of haiku the most popular poetic form in the world Through the brevity of its style precise language and ability to reveal how ordinary moments and elements of our lives are pathways to a better understanding of ourselves and the world around us haiku can have both a meditative and consequential effect on the reader A key to the connection between haiku and golf is that both foster powers of concentration and detailed observation with a related reduction of distractions Both seek to cultivate a more tranquil and disciplined mind and to translate that condition into how a life is lived and a game is played **Haiku in English** Jim

Kacian,2013-08-26 An anthology of more than 800 poems that were originally written in English by over 200 poets from around the world This collection tells the story for the first time of Anglophone haiku charting its evolution over the last one hundred years and placing it within its historical and literary context *Poetry of Grief, Gratitude, and Reverence* John

Brehm,2024-09-17 A new anthology from the editor of the bestselling Poetry of Impermanence Mindfulness and Joy Explorations on a journey through the darkest and brightest moments of our lives the poems gathered here are explorations

of loss of thanksgiving of transformation Some show a path forward and others simply acknowledge and empathize with where we are but all are celebrations of poetry's ability to express what seemed otherwise inexpressible to touch deep inside our hearts and also pull ourselves out of our selves and into greater connection with the world around us Includes poems by Rainer Maria Rilke Robert Frost Elizabeth Bishop Czeslaw Milosz Seamus Heaney Billy Collins Joy Harjo Danusha Lameris Ada Limon Kevin Young Arthur Sze Ellen Bass Li Young Lee Natasha Tretheway and many more The editor also includes an essay on appreciative attention and links to guided meditations for select poems offering us a chance to have an even deeper experience of reflection

The Language of Flowers in the Time of COVID Joan D. Stamm, 2023-05-26 In 2020 as COVID 19 spread from Asia to North America Zen Buddhist and ikebana practitioner Joan Stamm was forced to cancel her long anticipated trip to Japan where she had planned to research a flower temple pilgrimage and learn the deeper meaning of flowers known as little Buddhas But with lockdowns and stay at home orders Stamm who lives on a mountain on an island in the Salish Sea sequestered herself like a hermit and turned to her own flower garden for solace and meaning as the pandemic engulfed the world around her The Language of Flowers in the Time of COVID tells the story of Stamm's life and spiritual journey through these difficult times Using traditional Japanese flowers as seasonal indicators Stamm speaks the poetic language of flowers to explore ancient flower metaphor as it relates to the pandemic and the many manifestations of impermanence in one of the most tumultuous years in American history

Poke a Stick at It Connie Cronley, 2016-09-30 Open this book and who knows what will pop out the story of a gangland funeral a status report on an ex husband a meditation on cats and gardens a feuilleton about Native American fry bread or a thoughtful musing on old women and books Welcome to the delightfully irreverent world of Connie Cronley essayist radio commentator and native Oklahoman In this collection of true stories Cronley pokes fun at everything including herself as she delights in the world around her With her trademark down home humor Cronley takes on a range of subjects as broad as the Oklahoma prairies No subject is off limits as the author casts her curious eye on vampire literature gay insects air dried laundry Emily Post etiquette and impossible dogs As she says It's a big world and there's a lot to know *Poke a Stick at It* is also a love letter to the glories of the English language Even as Cronley fusses around her garden or snoozes on the couch with her cat Muriel she always has a stack of books within easy reach Her eclectic passion for reading embracing the lowbrow and the highbrow the epic romance *Gone with the Wind* and the poems of Emily Dickinson is both infectious and inspiring Often compared to authors Annie Dillard Phyllis McGinley Robert Benchley and Mark Twain Connie Cronley is a Southwest original a writer who infuses her stories with joy humor beauty and plenty of spice

[Rip the Page!](#) Karen Benke, 2010-07-27 Here are the ideas experiments and inspiration to unfold your imagination and get your writing to flow off the page This is the everything you need guide to spark new poems and unstick old stories including lists of big small gross out and favorite words adventurous and zany prompts to leap from dares and double dares to help you mash up truths and lies into outrageous paragraphs and letters of

encouragement written directly to you from famous authors including Annie Barrows Naomi Shihab Nye Lemony Snicket C M Mayo Elizabeth Singer Hunt Moira Egan Gary Soto Lucille Clifton Avi Betsy Franco Carol Edgarian Karen Cushman Patricia Polacco Prartho Sereno Lewis Buzbee and C B Follett This is your journal for inward bound adventures use it to write brainstorm explore imagine and even rip

Crafting Gratitude Maggie Oman Shannon, 2017-10-10 Named one of the Best Spiritual Books of 2017 by Spirituality Practice We live in a fast paced world where we are pestered from all sides with siren calls to constantly strive for something more something better something new rather than find ways to stay grateful for the abundance and blessings already present in our own lives In *Crafting Gratitude* Rev Maggie Oman Shannon believes that crafting for us and those we love can be used as a meditative practice to appreciate the incredible overflowing richness of life Each meditative craft from novice to expert is infused with stories like how Gratitude Bundles can represent prosperity and physical health Spirit Houses from Southeast Asia can be a symbol of a happy home a Values Bracelet can help you reinforce your best professional traits or Flower Mandalas can be an affirmation of nature With other crafts involving aromatherapy journaling dream catchers and a variety of household items anyone can invigorate their own lives with *Crafting Gratitude* for family health prosperity the Divine and much more Accompanied by a carefully curated list of recommended reading helpful websites and how to guides these forty practices will resonate with and prompt you to begin or continue exploring gratitude

Everyday Sacred, Everywhere Beauty Kownacki, Mary Lou, 2024-09-25 *I Hear Her Words* Alice Collett, 2021-06-15 Is there gender equality in Buddhist traditions What do Buddhist texts say about women This book tells the stories of many inspiring Buddhist women who overcame attempted constraint to gain liberation and become esteemed teachers An ideal introduction to gender studies in Buddhism and the history of women in the tradition

Seizing the Nonviolent Moments Nancy Small, 2015-01-08 Life is filled with opportunities to practice nonviolence If we kept track we d be surprised at how often we get to choose a violent or nonviolent response to a given situation *Seizing these moments* is a spiritual practice that shapes a nonviolent heart Many people doing this together shapes the heart of a nonviolent world This book is a humble and accessible approach to nonviolence based on the belief that no one is perfectly nonviolent We are all works in progress Each chapter presents an imaginative interpretation of a scripture story about seizing a nonviolent moment that sheds new light on nonviolence and its spirituality Stories of contemporary peacemakers woven throughout offer lessons for living a spirituality of nonviolence for our times Prophetic words from the US Catholic bishops emphasize the essential role of peacemaking in renewing the earth Questions following each chapter inspire personal reflection and make the book a welcome resource for classrooms parishes and small groups The more we seize the nonviolent moments in our lives the more we are transformed by them And the more we experience the power of nonviolence within ourselves the more we believe in its potential to transform our troubled world

Dance, Place, and Poetics Celeste Nazeli Snowber, 2022-11-25 This book explores the relationship between the body ecology place and site specific performance The book is situated within arts

based research particularly within embodied inquiry and poetic inquiry It explores a theoretical foundation for integration of these areas primarily to share the lived experiences poetry and dance which have come out of decades of sharing site specific performances Coaching for SOWL Angelina Rodríguez,2025-05-20 By looking at coaching pedagogically this book offers an approach that does two things It allows global educators to reconsider how we make sense of encounters with others different from oneself It also posits coaching as a tool to support those engaging in the important global work the world needs *The British National Bibliography* Arthur James Wells,2009 *Tradición clásica en la poesía de Aurora Luque* Josefa Álvarez Valadés,2014-03-28 El presente volumen aborda el estudio de la obra poética de Aurora Luque Almer a 1962 desde la perspectiva de la tradición clásica Los títulos mismos de varios de sus poemarios *Hiperinida* *Carpe noctem* *Camaradas de caro* *La siesta de Epicuro* hacen patente la deuda que con el mundo grecorromano mantiene su poesía a una poesía nacida de la pasión y el profundo conocimiento que de aquel posee su autora como filóloga clásica y experta traductora de varios de sus poetas Aurora Luque establece en efecto un estrecho diálogo intertextual con personajes formas e ideas de la tradición grecolatina siempre para acercarse a temas de eterna actualidad la conciencia del paso del tiempo la reflexión sobre la muerte y para reivindicar el cuerpo denostado de por siglos desde una poderosa voz de mujer que no duda en reclamar para nuestra existencia un renovado hedonismo epicureo A lo largo de cinco capítulos se pasa revista a la interpretación y uso del mito que la poeta hace en su obra a su particular adaptación de tipos e ideas procedentes de la literatura y filosofía antiguas así como a su frecuente recurso al enmascaramiento del yo poético tras figuras grecorromanas con el fin de romper con los papeles tradicionalmente asignados al género femenino En última instancia se analiza la magnífica actualización de formas de origen clásico como la elegía y el epigrama en sus variantes más diversas Josefa Álvarez es doctora en filología hispánica por la Universidad de Alcalá y licenciada en filología clásica por la Universidad Complutense de Madrid En la actualidad es profesora titular de español y de literatura española en Le Moyne College en el estado de Nueva York USA Su actividad investigadora se centra en torno a la poesía española prestando una especial atención a la tradición clásica sin dejar de lado la didáctica de la literatura en la clase de español como segunda lengua Ha escrito varios artículos y capítulos de libros dedicados al estudio de la obra de Aurora Luque El viaje en la poesía de Aurora Luque el mundo clásico revisitado *La siesta de Epicuro* de Aurora Luque hedonismo vital y valoración del instante a través del haiku entre otros y ha prestado igualmente atención a la poesía de Carmen Martín Gaité La voz poética de una narradora la poesía de Carmen Martín Gaité *Teaching the poems of Martin Gaité* *Archais themes and forms* *Пиши ещё! Руководство для начинающего писателя* Карен Бенке,2023-05-03

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