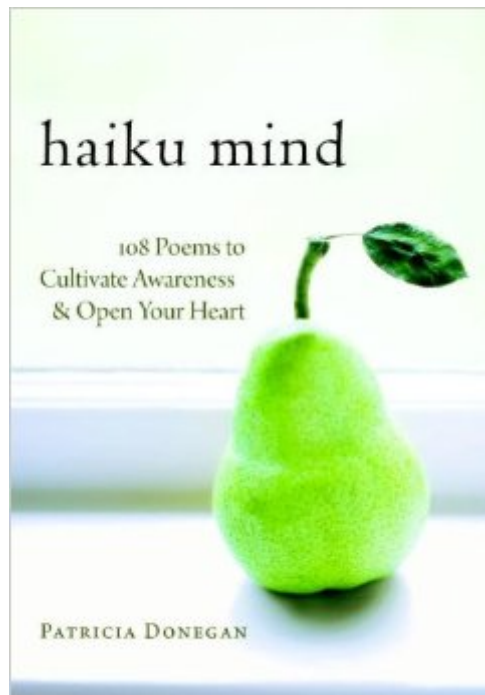


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# Haiku Mind: 108 Poems To Cultivate Awareness And Open Your Heart



## Synopsis

Haiku, the Japanese form of poetry written in just three lines, can be miraculous in its power to articulate the profundity of the simplest momentâ 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 poemsâ on themes such as honesty, transience, and compassionâ 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.

## Book Information

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## Customer Reviews

108 haiku, each a gem , followed by a short comment. The topics range from karma(a white lotus---/the monk decides/to cut it !) to justice(reflected/in the sword's blade/soft summer clouds), and each makes you think and reflect and , with luck, go 'Ah. I see." Good selections, both ancient and modern, as well as cultural, both Japanese and Western. A wonderful book.

Haiku Mind contains the best--the most insightful--commentary on haiku since the great works of R. H. Blyth. If you want to know what haiku is about, what a haiku can do, why haiku are important, read this book. Patricia Donegan looks into the heart of haiku by exploring outstanding individual examples with a perceptive, aware, and sensitive eye. The literary essay has never known finer moments.

I am just reading this book and enjoying it immensely. I am a freelance writer and haiku poet myself. The power and beauty of haiku poetry is explored in depth. The author's interpretation of every poem is explained in a beautiful, evocative way, throughout. This is a wonderful book to relax with, at the end of a busy day or week. You don't have to be an expert or regular follower of haiku to enjoy this book. Would make a memorable gift too.

Each of these 108 haiku is accompanied by a brief commentary that creates a context for the poem and explains how it works. The commentaries are insightful, although the titles for them (Pausing, Honesty, Sky-Mind) feel like editorial add-ons. I'm not quite as enthusiastic as the other reviewers, mainly because there's not enough about the language and structure of haiku here. But maybe my expectations are too literary. This is really a general audience book, which is in itself a laudable achievement. Give Haiku Mind book to everybody who doesn't understand why you spend all that time writing three-line poems that barely make sense: if they don't get it after reading the book, they never will.

This is an excellent compilation of haiku because it includes both sexes (rare) and a range of historical periods. Each haiku relate to a theme on which one can meditate, It is best savored and not read all at one sitting in which they tend to blur together and the essential meaning get lost. Highly recommended. It can open the heart so one can deal with the relevant emotions, and so is a gateway to your own life and deepen yourself.

This is not just another Haiku book. What I enjoy about this book is that the author presents a haiku and then an analysis or story. This is a great book to use as a daily meditation. Pick a haiku and study it and then read the interpretation. Very well done.

I first found this little book while sitting with a woman who is dying. She loves haiku and loves when people read to her. After reading several I found myself in tears because of the beauty the poems and the commentary offered. I had to purchase a copy for myself.

This an excellent little book, a companion for life. This book is the writer's first book collection of Haiku poems. Its strengths are the nature of the collection of writings which are stated to have been created by some of the best authors over the centuries, each poem is accompanied by very lucid and informative comments from the editor, Patricia Donegan, and a brief biography is given on each

Haiku author. Because of the condensed nature of each small poem rapid access to dense material is afforded the reader, over coffee, before bed, while travelling --- small magical moments! An excellent and inexpensive acquisition!

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