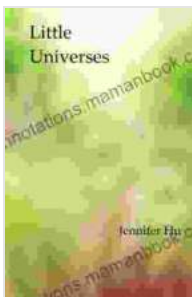


Little Universes: 40 Haiku Inspired by Zen Practice

Haiku is a form of Japanese poetry that consists of three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line. Haiku often focus on nature or the seasons, and they often use imagery and metaphor to create a vivid picture in the reader's mind.

Zen Buddhism is a school of Buddhism that emphasizes meditation and introspection. Zen practitioners often use haiku as a way to express their experiences and insights.



Little Universes: 40 Haiku inspired by Zen Practice

by Jennifer Hu

★★★★☆ 4.5 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 8 pages

Lending : Enabled

Screen Reader : Supported



The following 40 haiku are inspired by Zen practice. They explore themes such as mindfulness, impermanence, and the interconnectedness of all things.



1.

Cherry blossoms fall,
A gentle breeze whispers through
The empty branches.



2.

Mountain stream flows on,
Reflecting the changing sky
In its rippling waves.



3.

A single leaf falls,
Dancing in the autumn breeze
A moment of grace.



4.

Bird soars through the sky,
Its wings beating like a drum
A symbol of freedom.



5.

In the stillness of
Meditation, minds unite
As one consciousness.



6.

Ocean waves roll on,
Crashing against the rugged shore
A symphony of sound.



7.

Child plays in the sand,
Building castles, dreams, and hopes
In the boundless sky.



8.

Steaming cup of tea,
A moment to pause and reflect
On the present moment.



9.

Walk through the forest,
Surrounded by towering trees
A sense of awe and wonder.



10.

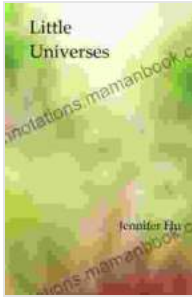
Sunrise on the peak,
The world awakens to light
A new day begins.

These haiku offer a glimpse into the world of Zen practice. They are simple, yet profound, and they can help us to see the beauty and wonder in the everyday world.

If you are interested in learning more about Zen Buddhism, there are many resources available online and in libraries. There are also many Zen centers and temples where you can practice meditation and learn more about the teachings of Zen.

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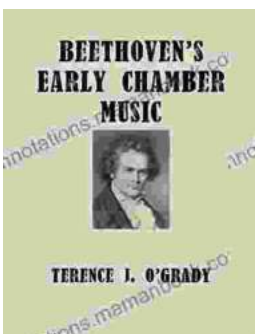


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