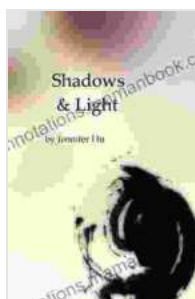


# Shadows Light: 40 Haiku Inspired By Zen Practice



## Shadows & Light: 40 Haiku inspired by Zen practice

by Jennifer Hu

★★★★☆ 4.4 out of 5

Language : English

Paperback : 218 pages

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A single leaf falls,

Leaving a shadow behind,

On the ground below.



Shadows on the wall,

From people sitting in peace,

A moment of calm.



A mountain's shadow,  
Stretching across the land,  
A reminder of time.



A flower's shadow,

On the ground beneath it,

A reminder of life.



Birds in the sky,

Their shadows on the water,

A reminder of freedom.



A shadow in the glass,

A reminder of who I am,

A reminder of change.



Shadows on the path,

A reminder of our journey,

A reminder of unity.





A shadow on the grass,

A reminder of solitude,

A reminder of peace.





A tree's shadow,

On the ground beneath it,

A reminder of strength.



A shadow in the leaves,

A reminder of mystery,

A reminder of wonder.



Shadows on the ground,  
From people sitting in peace,  
A reminder of community.



A shadow on the cliff,

A reminder of danger,

A reminder of courage.



A shadow on the wall,

A reminder of stillness,

A reminder of peace.



Shadows on the grass,

A reminder of friendship,

A reminder of joy.



A shadow on the bench,

A reminder of rest,

A reminder of peace.





A shadow in the trees,

A reminder of solitude,

A reminder of peace.



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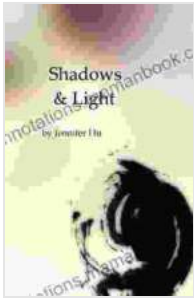




Shadows on the ground,

From people sitting in peace,

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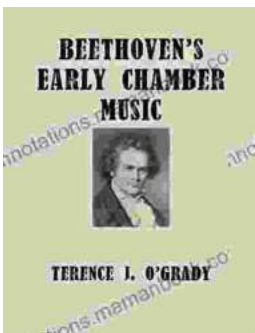
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