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Master (co-translated with Yoshie Ishibashi), and Haiku: Asian Arts for Creative Kids. Her poetry collections include Without Warning, Bone Poems, and Hot Haiku.

**Haiku Mind: 108 Poems to Cultivate
Awareness and Open Your ...**

Haiku Mind: 108 Poems to Cultivate

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Awareness and Open Your Heart. by.
Patricia Donegan (Goodreads Author)
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ratings · 43 reviews. Haiku, the Japanese
form of poetry written in three short
lines, is celebrated for its ability to
express a simple moment in a profound
way.

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poetry written in just three lines, can be

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Haiku Mind, 108 Poems to Cultivate
Awareness & Open Your Heart

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And Open Your Heart Patricia

(Shambhala 2008) I wanted to write this book to share the idea of “haiku mind” — a simple yet profound way of seeing our everyday world and living our lives with the awareness of the moment expressed in haiku — and to therefore hopefully inspire others to live with more clarity, compassion and peace.

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**Clarity, Compassion, Peace - "Haiku
Mind" | Kyoto Journal**

Haiku-29 (Mind) Fair as sunny morning,
Deep as dark night and the sky, Smile
spread like soft dew. Haiku-30 (The
mind) The forehead against fate, Fate
like serving soul wanders, Dream fails to
think spell. Haiku -31 Eyes like spring
with mist, The moon shines on both the

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cheeks, Autumn fails to come near.
Haiku 32 (The mind..) Thou talk like ...

Haiku..The Mind Poem by Prabir Gayen - Poem Hunter

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

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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 Mind - Shambhala

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Haikus are short poems formed by three verses of 5, 7, and 5 moras, or syllables. The goal of a haiku is to look at universal themes from the perspective of a child. Haiku aims to transcend from the ordinary to the magical and turn off the noise of obsessive and ruminating thoughts. The idea is to stay contained in the emotion of the moment.

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**Haiku to Free Your Emotions -
Exploring your mind**

Haiku is a poem of ancient Japanese origin. It contains 17 syllables in 3 lines of 5-7-5. Haiku poems are typically about nature and usually about a specific season. It is easy to feel a sense of perfection when viewing a perfectly

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formed Haiku.
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66 Haiku Poems - Types and Examples of Haiku

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Awareness & Open Your Heart by
Patricia Donegan A Review by Robert D.
Wilson . Haiku mind is the awareness to
tune in to the vastness of the moment. .
. . to create and appreciate this tiny form
of poetry [haiku], one needs a vast mind
like the sky. This is known in Tibetan
Buddhism as dzogchen: that our natural
state of mind is vast and clear as the

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sky.
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**haiku mind:108 Poems to Cultivate
Awareness & Open Your Heart**

Patricia Donegan's Haiku Mind: 108
Poems to Cultivate Awareness and Open
your Heart. A very inspiring book, laid
out in 108 2-page sections, which can be
read over 108 days and can inspire your

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own writing. Each section contains a poem by a poet (usually North American, Japanese, or European), men and women, living and from centuries ago.

**Poetry and Writings of haiku
teacher Patricia Donegan**

Haiku Mind: 108 Poems to Cultivate
Awareness & Open Your Heart, by

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Poems To Cultivate Awareness
And Open Your Heart Patricia

Patricia Donegan (Boston and London: Shambhala, 2008). 231 pages; 5 x 8. Hardcover; semigloss four-color wrappers. ISBN 978-1-5 90305-79-9. Price: \$18.00 from booksellers.

**MH Book Review—Haiku Mind by
Patricia Donegan**

Her haiku works include Haiku Mind 108

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Poems to Cultivate Awareness and Open Your Heart, Chiyo-ni: Woman Haiku Master (co-translated with Yoshie Ishibashi), and Haiku: Asian Arts for Creative Kids. Her poetry collections include Without Warning, Bone Poems, and Hot Haiku.

Haiku Mind: 108 Poems to Cultivate

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Awareness and Open Your ...

Praise “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

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examples with a perceptive, aware, and
sensitive eye.

**Haiku Mind by Patricia Donegan:
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In Haiku Mind, Patricia Donegan
presents 108 haiku that offer a larger
lesson on how we can approach our
lives. With themes such as honesty,

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transience, and compassion, Donegan offers haiku and commentary as a form of meditation—a moment where we can slowly and naturally discover what is simply here.

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