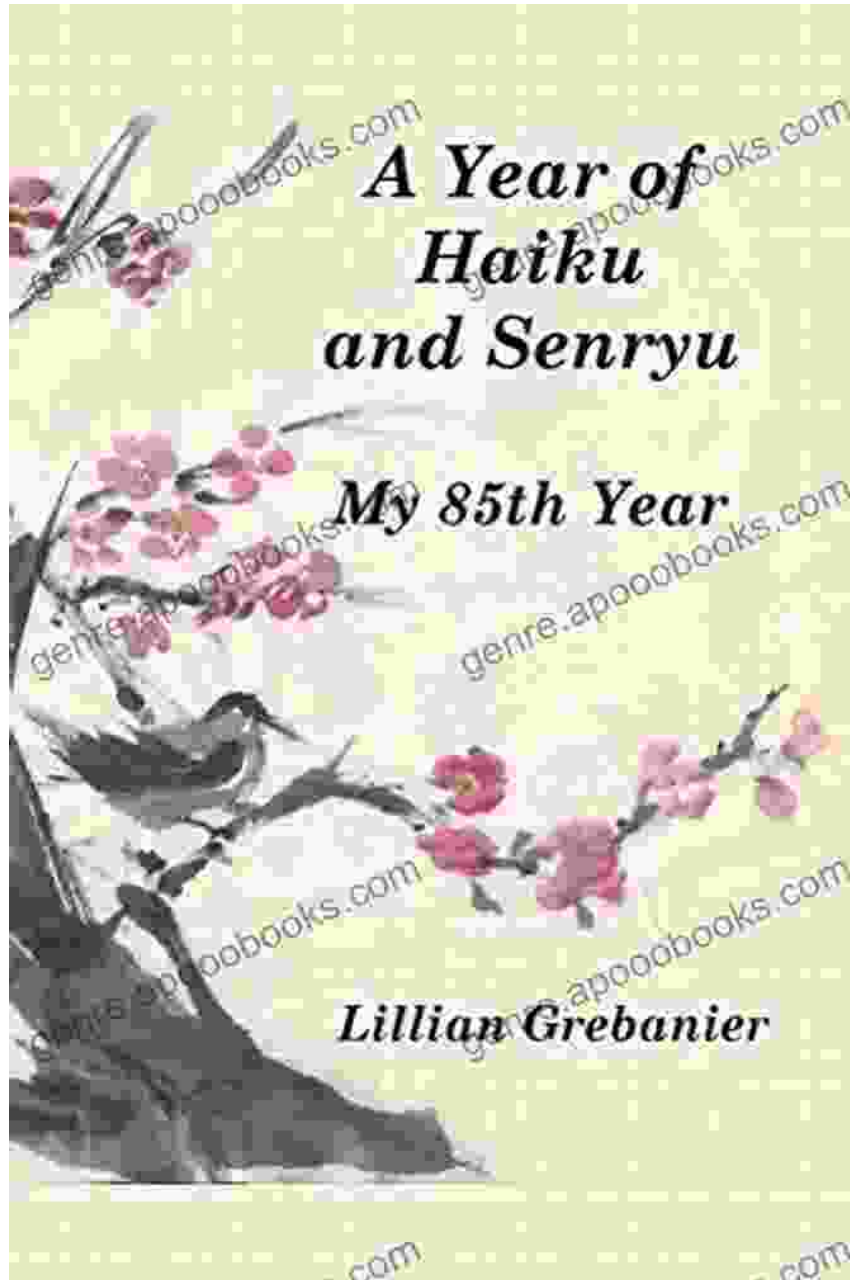


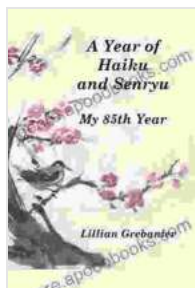
Year of Haiku and Senryu: A Journey of Tranquility and Reflection



Discover the Art of Mindfulness through Year of Haiku and Senryu

In the bustling world of today, it's easy to get lost in the noise and distractions that surround us. The constant bombardment of information

and technology can take a toll on our mental and emotional well-being. If you're looking for a way to find tranquility and reconnect with the present moment, *Year of Haiku and Senryu* offers a unique and immersive experience.



A Year of Haiku and Senryu: My 85th Year

by Pedro Calderón de la Barca

★★★★★ 5 out of 5

Language : English

File size : 370 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 68 pages

Lending : Enabled



This enchanting book is a collection of 365 haiku and senryu, traditional Japanese poems that capture the essence of a moment in time. Each poem is accompanied by a brief commentary that provides insights into its meaning and cultural context. Through these evocative verses, you'll embark on a year-long journey of mindfulness, observation, and appreciation for the beauty of everyday life.

What are Haiku and Senryu?

Haiku and senryu are two distinct forms of short poetry that originated in Japan centuries ago. Haiku is known for its concise and evocative nature, typically consisting of three unrhymed lines of five, seven, and five syllables. Senryu, on the other hand, is similar in form but often takes on a

more humorous or satirical tone, capturing the absurdities and observations of human nature.

While both haiku and senryu are rooted in the Japanese language and culture, their themes and insights are universal. They offer a window into the human experience, inviting readers to pause, reflect, and find meaning in the simplest of moments.

Year of Haiku and Senryu: A Guide to Mindfulness

The poems in Year of Haiku and Senryu are arranged chronologically, reflecting the changing seasons and the passage of time. Each poem is a snapshot of a particular moment, a fleeting glimpse into the natural world or the human condition. By reading these poems daily, you'll cultivate a sense of mindfulness and appreciation for the present.

Whether you're a seasoned practitioner of meditation or simply seeking a way to find peace and tranquility, Year of Haiku and Senryu offers a gentle and accessible guide to mindfulness. The poems encourage you to slow down, observe your surroundings, and connect with the rhythms of nature and life.

Insights into Japanese Culture and Tradition

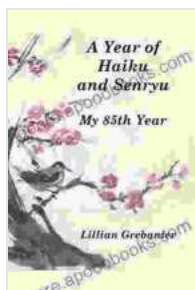
In addition to its literary value, Year of Haiku and Senryu provides a unique glimpse into Japanese culture and tradition. The poems are rooted in the Japanese aesthetic of wabi-sabi, which embraces the beauty of imperfection and transience. They also reflect the Japanese reverence for nature and the interconnectedness of all things.

Through the commentaries accompanying each poem, you'll gain insights into the cultural context and historical significance of these verses. You'll learn about the lives and perspectives of the poets who wrote them, and how their experiences influenced their work.

Free Download Your Copy Today

Year of Haiku and Senryu is an essential companion for anyone seeking tranquility, mindfulness, and a deeper connection to the world around them. Free Download your copy today and begin your journey of reflection and discovery.

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