

A misty landscape with a lake, trees, and mountains. The scene is serene and atmospheric, with a soft, hazy light. In the foreground, there are dark, silhouetted trees. The middle ground features a calm lake reflecting the surrounding forest and the distant mountains. The background shows a range of mountains partially obscured by mist or fog. The overall color palette is muted, consisting of greys, greens, and soft whites.

HAIKU

**A SIMPLE PRACTICE
TO INCREASE YOUR
AWARENESS,
GRATITUDE, AND
DELIGHT**

a Little Guide from Lyricality

WHY WRITE HAIKU?

HAIKU FOSTERS THE PRACTICE OF PAUSING

In a hectic, bureaucratic, hurry up and wait world, those who practice what author and daily haiku writer Judith Valente calls “the art of pausing” discover that pausing quiets the human impulse to worry about all the things we cannot control.

Pausing allows us to live more intentionally, with awareness.

To pause is to remind ourselves of what we *do* control. We are free to decide whether or not we pay attention to our moments of living, while we live them.

To pause, in other words, is to respectfully exercise our innate freedom of thought, thereby strengthening our ability to make wise choices.





WHAT IS HAIKU?

HAIKU: A FORM AND A PHILOSOPHY

Haiku is a Japanese form of poetry roughly 800 years old, rooted in Buddhism. Traditionally, it is seventeen syllables divided into three lines: 5/7/5. In modern times, many writers break the form but preserve some or all of the philosophy, which, according to poets.org includes:

- a focus on a brief moment in time;
- the use of provocative, colorful images;
- an ability to be read in one breath;
- a sense of sudden enlightenment.

Think of a haiku as a little container built of words, to hold one instant in time. A haiku might cradle and preserve a moment of astonishment or delight, a breath of serenity or sadness, a glimpse of beauty, a brief sound that surprises you by revealing the unexpected presence of another being, or a momentary, fleeting sensation of taste, aroma, or touch. Haiku is a memorial, a tiny tribute to having lived consciously, with awareness.

**Western snows roiled in
sending descending greetings
from cloud swept pastures**
—*Tony Barr*

**A whispering sound.
Listen now. Become all ears.
Love will lead you home.**
—*Juliana Howard*

**Day of solitude
Six wild turkeys crisscross field
No one is alone**
—*Judith Valente*

When You Come

**You wear your leaving like a coat
taken off and hung on the back of a chair.
Removed but always in sight.**
—*Toni Easterson*

A FEW HAIKU

TRADITIONAL AND NOT

click on the boxes
to go to the writers' web pages

**This is the season
of silence and endurance,
deep freeze of the soul.**
—*Shirley Showalter*

**Swelling buds
and apple blossoms
emerging.
Winter's stars
sink westward, new hope
awakens.**
—*Tracy Rittmueller*

**leaves of grass touch
leaves of grass touch leaves of grass
Whitman's universe**
—*Larry Schug*

Why Get Up in the Morning
**Because one must
not yet being bedridden
Because everyday the sun
expects to be met halfway**
—*Karen Herseth Wee*

HOW TO HAIKU

1—PAUSE

Become still
Be silent
Be present
Cease *doing*
Be a *being*

2—OPEN

Look
Listen
Taste
Touch
Smell

3—RECEIVE

See
Hear
Sense
Notice
Accept

4—EXPRESS

Fit the moment
into 3 lines
17 syllables
5/7/5
but feel free
to deviate

DEVELOPING A HAIKU PRACTICE

FROM *HOW TO LIVE* BY JUDITH VALENTE

Throughout the day, I pay conscious attention to what I see and hear, whether I'm walking in the street or sitting at my writing desk. I'm on the lookout for what will become my three lines of the day. Writing those three lines ... gives me a greater sense of having lived my day.

To order *How To Live*:

- bookshop.org (support Independent Bookstores)
- [amazon](http://amazon.com)
- [barnes and noble](http://barnesandnoble.com)

Follow Judith Valente on Facebook.

Search #SundayThoughts on Facebook to view her weekly column on timely topics from the perspective of a contemplative poet and award winning journalist.

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"A timely book for troubled times."—KATHLEEN NORRIS, author of *The Cloister Walk*

HOW TO LIVE

What the Rule of St. Benedict Teaches Us
About Happiness, Meaning, and Community

foreword by JOAN CHITTISTER, OSB
author of The Rule of Benedict

afterward by MARTIN E. MARTY



JUDITH VALENTE

Love Will Lead You Home



Wisdom *Haiku* by Juliana Howard

a little book of *Lyricality*

DEVELOPING A HAIKU PRACTICE

**FROM *LOVE WILL LEAD YOU HOME* BY
JULIANA HOWARD**

Read these tiny poems, with their 5/7/5 rhythm and slow pace, as a meditative practice.

- Reading one poem per week—this book will guide you through a year of haiku meditations.
- Breathe in love; breathe out peace.
- Give this little book of wisdom to someone you love.
- Or give yourself the gift of wisdom haiku.

[Order on amazon](#)

Haiku: a simple practice to increase your awareness, gratitude and delight @ Tracy Rittmueller, 2020.

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MORE HELP FOR DEVELOPING A HAIKU PRACTICE

(Click on the title to order.)



The Classic Tradition of Haiku: An Anthology This unique collection spans over 400 years (1488–1902) of haiku history by the greatest Buddhist masters: Bashō, Issa, Shiki, and many more, in translations by top-flight scholars in the field. **Just 79¢ for the ebook! \$3 for the paperback.**



The Art of Pausing: Meditations for the Overworked and Overwhelmed If you are a Christian who loves beauty, has a desire to be more reflective, and yet feels overworked and overwhelmed, pick up this book by Michael Bever, Brother Paul Quenon, and Judith Valente. This collection of haiku, art, and reflections is the collaboration of three writers who inhabit very different worlds. But for each, the reading and writing of haiku is an essential spiritual practice. **Highly Recommended!** (\$14.95)