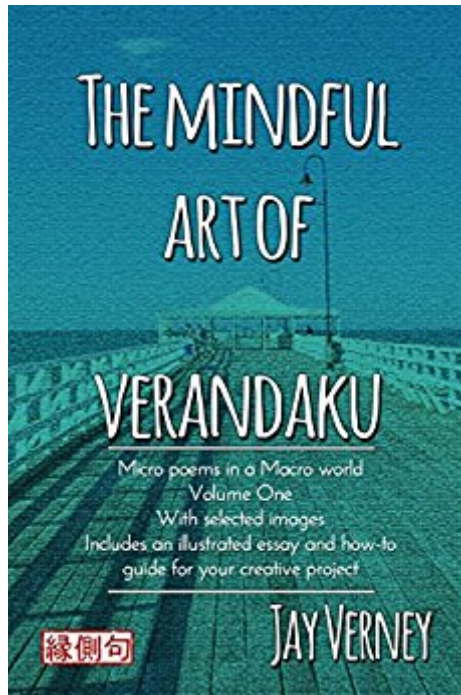


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# The Mindful Art Of Verandaku: Micro Poems In A Macro World - Volume 1



## Synopsis

Verandaku is the daughter of Haiku, the beloved Japanese poetic form made famous by masters like Matsuo Basho, Yosa Buson, Kobayashi Issa, and Chiyo-ni. In *The Mindful Art of Verandaku*, Jay Verney offers the first of two volumes of The Verandaku Project, 999 Verandakus, which began life as a humble blog, Veranda Life, consisting of poems with accompanying images: one per day for 999 days. This volume of 333 verandakus, with selected images, is coupled with an essay about the creation of the project and a guide for anyone interested in creating their own mindful artwork. Verandaku is for everyone, and everyone can write their own verandaku memoir, daily observation, or simple offering of love to the universe in three short lines of 17 syllables. Five, seven, five is all it takes. Enjoy.

## Book Information

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## Customer Reviews

Creative, refreshing and original. This first volume of poems has such a teaching and spiritual element to it, I couldn't put it down. What insight and clarity the author possesses. You can't help but

get swept away with its beauty from the authors daily observations, from the world in which we live. What an amazing talent from Australia. Jay, I've just bought, A Mortality Tale and can't wait to read it! Looking forward to a follow up!

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