

SHIZEN

200 Zen Haiku for You and Me

Nature's Silence, Gently Speaking

P. Mary Vidya Porselvi



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To

Buddha

**in You and Me with the spirit of
Shakthi, Ahimsa and Shanthi**

Preface

The word **Shizen** signifies “Nature”, “natural” and “spontaneous” in the Japanese language. This book is a collection of **200 Haiku poems** about Nature and a culture intricately intertwined with Nature. The term Shizen has Zen embedded within it which inspires this collection **ShiZen** as a truly meditative venture.

The famous Zen Buddhist Monk **Thich Nhat Hanh**’s works have greatly influenced me, especially his book ‘Zen and the Art of Saving the Planet’ (2021). Through the first line of his book, “The beauty of the Earth is a bell of mindfulness” Thich Nhat Hanh invites us to tackle “a mind that is too full” in this fast-moving chaotic world with “mindfulness” which is Zen. We understand that the Zen form of living helps humans to slow down, stay grounded and appreciate the environment around them. A Zen way of life is an eco-friendly way of life characterised by simplicity, sensitivity, spirituality, practicality, proactivity and productivity. Hence, each Haiku poem in this collection is inspired by nature and a culture centred around nature.

Haiku is a Japanese poetic form pioneered by writers like **Matsuo Bashō (1644–1694)**, **Yosa Buson (1716–1784)**, **Kobayashi Issa (1763–1828)**, and **Masaoka Shiki (1867–1902)**. Interestingly, Haiku typically represents the present “mindful” moment which makes it suitable to convey Zen themes and motifs. Traditionally, Haiku represents nature imagery especially related to the different seasons of the year.

My association with Haiku began during my PG Creative Writing course days 30 years ago. ‘**Haiku – Classic Japanese Poems**’ (2016) translated by Hart Larrabee is a hard

bound book (with traditional Chinese book binding technique) which I happened to buy in a half-price bookstore in Austin, Texas, USA during my Fulbright visit in 2019. My love for Haiku was deepened by the works of the classical masters of Haiku. To fondly cite a few remarkable poems from the four great poets:

those who see lightning
without thinking of transience
How admirable! (Basho)

a short summer night–
the hairy caterpillar wears
pearls of dew (Buson)

my home village
lies just beyond the clouds
autumn evening (Issa)

house-bound in winter
turning to my books before
even washing my face (Shiki)

These Haiku poems, I feel, quintessentially carry the spirit of Zen with mindfulness and concentration to affect eternity.

In English, Haiku is written in three lines with 5-7-5 syllables pattern which I have followed throughout this collection. I find writing and reading poetry as **Zen Journey** or a portmanteau term **Zenney**. Haiku captures the essence of the moment. Yet it transcends time and space and becomes a timeless journey. In this collection I have explored twenty Japanese Nature-centric Zen related themes and motifs. They are:

Yūgen, the sublime profound beauty found in grasses, rainbows over mountains, raindrops, the sun by the window, the deep silent ocean and many more.

Ichi-go ichi-e, treasuring an unrepeatable moment like the flowing river, trees on avenues, moonlight eyes at dark and a book in a store highlighting the theme of “one time, one meeting”.

Komorebi which signifies dappled sunlight through tree leaves, leaves as golden showers, the love of sunshine, speckled shadows on grass, as confetti blessings where light and shade dance, sunlight filtering, inspiring a feeling of Zen.

Shinrin-Yoku that denotes forest bathing with red leaves in Autumn, trees as leafy skyscrapers, trees that cure and care, living forests that help the senses recuperate to find peace, bathing to Heal on the forest floor and to relax, redeem, recover under green cover.

Ikigai, a reason for being like the bees’ purpose, an ants’ resolve, the frogs’ vision, the butterflies’ goals, Nature’s dream, humans starting small to make it big, singing with a purpose, dancing with passion, reading with a reason and painting with talent.

Wabi-Sabi, meaning the imperfect beauty found in a broken tree branch, waterless breeze, lacy dandelions, frogs in a puddle, fallen cherry blossoms, pieces of ginger, weathered rock stone, scattered clouds, jagged coasts and in the face of the moon

Furusato which indicates Home/Home Town/ where the heart is as in a new birth where life begins afresh, finding home where her heart is, seasons feeling at home round the year, moving from Home to Home, ladybug in her town, lazy hometowns with elders, the place where I was born, nothing feeling closer than home, the moment when I was born in grandmother’s house.

Mamori Tai, meaning “I will always protect you” told by a mother to child, a beloved to lover, sister to sister, teacher

to student, divine to human, bees to blossoms, stranger to friend felt deep within the soul and in prayers of parents.

Yutori that denotes the power of slowing down as the hare follows a tortoise, food slow cooked in firewood, slow boiling tea, finding refuge in Zen, the magic of village life, tall trees that make us slow down, learning to speak slowly, a moment to listen and finding true peace within.

Jinsei Wa Tabi Da is an expression which means life is a journey as in a child's dream, moving like a river, where moments become memories, seasons journeying around, life on wings of eternity, on a spiral journey, dreaming to fly, living the life of an ant with the faith in the idea that life goes on bridging myths and mysteries.

Kanbina signifies a sweet-sounding word found in a chiming wind, a bird song in the rivulet jingles, cooing and babbling of babies, raindrops on rooftops; in the Japanese words like *Konnichiwa* meaning hello, *Sumimasen* meaning sorry or excuse me, *Arigatou* meaning thank you, *Nihon* meaning Japan and *Sayonara* meaning goodbye.

Itadakimasu means “to humbly receive” uttered with a plate of food before a meal, to thank the earth fairies who support us, for every food grain, sitting on a mat, like a spontaneous stream, finding blessings in disguise, a moment in the old age home, giving thanks for a baby girl and gifts from God.

Satori is a moment of awakening in the silent mountain paths, amidst lush pastures, like a spark of light, a note of epiphany, a bolt of lightning, in the palm of the Divine, where we wake up with light, where forest is alive, finding the awakening grace under a Zen canopy.

Mottainai with sensitivity, indicates regret over waste like the water dripping, food in dust bins, buying goods

of vanity, unnecessary views of others, when there is no appreciation, where love is an answer, clearing worries, when we never let down with a deep respect for life.

Natsukashii brings forth happy memories of mother's and father's love, husband's love at the threshold, child birth, souls connecting with each other, moments that remind us with an aroma of lime, sour mangoes on trees, the chopping sound of mushrooms, pomegranates in salads and the squeeze of a lemon.

Kintsugi is the meditative art of fixing broken things with golden glue branches and gold lacquer strips on cups, our resilient cup of life created by the master potter, healing, sealing and bonding in gold, like a moment of serendipity to believe in the idea, it is better to repair.

Enso signifies the Zen circle found in moon at night, early morning sun, in a warm bowl of soup, a cup of tea, a plate of food, where people sit in circles, life moving in circles and spirals like round pebbles, ripples in water and eyes that speak Zen.

Bonsai is a mindful craft of planting trees in a container like the calm Ficus, a quiet Maple, Banyan trees, Peepal trees, Junipers that grow only in sunshine, pink bougainvillea boughs in villas, growing in halls of fame with pruning basics representing a sign of life where the trees feel at home.

Bento is a lunchbox meal neatly packed with love and care for a little daughter, her aging mother, for her husband, for his wife, a sweet grandmother, grandchildren, sister to sister, for their parents, for a brother and for their cousins.

Origami is the mindful art of folding paper where paper relaxes minds, where art becomes a Zen practice, with folds and folds of colour papers creating paper cosmos where

toddlers glow, their little fingers build and create minimal designs creating calm in shapes bridging science and art.

A 12 week online Japanese language course in the past four months made me fall in love with the different scripts, especially the ideographic/pictographic Kanji characters. Hence, the title of each section is represented through the Japanese language in this book. For example, one of the Haiku poems called the 'Window Sun' in Part I is inspired by the Kanji letter 日 that indicates the sun by the window.

I am extremely grateful to my first set of poetic audience, my Appa Packiaraj, my Amma Nirmala, my sister Priya and her family, my brother Jai and his family, my husband Roy, my sons Amal and Iniyan, my poet friends, my poetic friends, my poetry friends whose enthusiasm, criticism, feedback and support made this work possible. Special thanks to the editorial team of Blue Rose Publications for their professional and meticulous work in the preparation of the book.

P. Mary Vidya Porselvi

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Yūgen 幽玄
(Sublime Profound Beauty)

1. Grasses Revere



grasses revere
dew drops at dawn with heart of
divine residue

...Yūgen 幽玄...

2. Rainbow over Hills



rainbow over hills
sing ephemeral praises
to eternal love

...Yūgen 幽玄...

3.

Rain Spreads Word



again, and again
rain spreads word of sublime sign
every single time

...Yūgen 幽玄...

4. Nature Abounds



nature abounds with
tenderness in pink petals
of cherry blossoms

...Yūgen 幽玄...

5. Deep within My Heart



deep within my heart
a lovely little flower
blooms for you all day

...Yūgen 幽玄...

6. Below the Surface



that which lies below
the surface of heart, hearth, earth
is truly sublime

...Yūgen 幽玄...

7. Window Sun



every day through a
window, I see the sun, who
never betrays me

...Yūgen 幽玄...

8. Arrival of Spring



bees in cherry plum
flower trees celebrate true
arrival of spring

...Yūgen 幽玄...

9. Soul in Rain Drops



rain drops carry soul
of clouds to awaken life
in parched, arid earth

...Yūgen 幽玄...

10. Deep Silent Ocean



below the surface
of blue waters lie a dark
deep silent ocean

...Yūgen 幽玄...

Ichigo-ichi-e 一期一会
**(Treasuring an Unrepeated
Moment)**

11. Flowing River



a flowing river
always remembers where she
lost her dear heart

...Ichi-go ichi-e 一期一会...

12. Trees on Avenues



trees on avenues
recall first cherry blossoms
waving like a child

...Ichi-go ichi-e 一期一会...

13. Moonlight Eyes at Dark



that tale of silence
told by moonlight eyes at dark
will never come back

...Ichi-go ichi-e 一期一会...

14. Never Will I Meet



never ever will

I meet my soul in serene

bliss, said blue black bird

...Ichi-go ichi-e 一期一会...

15. Time and Space Froze



time and space froze for
a second, like golden hour
sunrise, at first sight

...Ichi-go ichi-e 一期一会...

16. One Time One Meeting



one time, one meeting
over a tea, coffee, or
a hurried street gaze

...Ichi-go ichi-e 一期一会...

17. Book in a Store



a book in a store -
love at first sight, left behind
and gone forever

...Ichi-go ichi-e 一期一会...

18. Pause and Listen



exam preparation
at midnight, came to a pause
with a radio song

...Ichi-go ichi-e 一期一会...

19. Moments Never Repeat



embracing moments
like honeybee on flowers
that never repeat

...Ichi-go ichi-e 一期一会...

20. That Never Comes Back



like a butterfly
I remember fleeting times
that never came back

...Ichi-go ichi-e 一期一会...

Komorebi 木漏れ日
(Dappled Sunlight through Tree
Leaves)

21. Leaves in Golden Showers



leaves drench in golden
showers, with dappled sunlight,
blessing brown branches

...Komorebi 木漏れ日...

22. In Love with Sunshine



light and shade dance to
tunes of tiny birds, forever
in love, with sunshine

...Komorebi 木漏れ日...

23. Speckled Shadows on Grass



mottled and speckled
shadows fall on grass, like
a checkered board game

...Komorebi 木漏れ日...

24. Dazzling Dreams of Dawn



dazzling dreams of dawn
deem sense in dappled sunshine
amidst tall green trees

...Komorebi 木漏れ日...

25. Sunlight in Love



mottled clouds abound,
to dance in spotted sunlight
with ethereal love

...Komorebi 木漏れ日...

26. Confetti Blessings



sunlight scatters like
bits of confetti blessings,
on newlywed birds

...Komorebi 木漏れ日...

27. Light and Shade Dance



light and shade dance to
tunes of shepherd's flute, under
a green maple tree

...Komorebi 木漏れ日...

28. Sunlight Filtering



sunlight filtering
is nature's best medicine
to loneliest souls

...Komorebi 木漏れ日...

29. Into New Being



under sunlit trees
mind, body and soul awaken
into new being

...Komorebi 木漏れ日...

30. We Feel Zen



once we give thanks to
morning sun, dancing along
the leaves, we feel zen

...Komorebi 木漏れ日...

Shinrin-Yoku 森林浴 (Forest Bathing)

31. Red Leaves in Autumn



red leaves in autumn,
rustles beneath master's feet
reviving earth's breath

...Shinrin-Yoku 森林浴...

32. Leafy Skyscrapers



paths let us unplug
from world's chaos, into dense
leafy skyscrapers

...Shinrin-Yoku 森林浴...

33.

Trees Cure and Care



as we slower down,
with the care of curing trees,
we are born again

...Shinrin-Yoku 森林浴..

34. Living Forests



under the canopy
of living forests, my soul
finds new breath of life

...Shinrin-Yoku 森林浴...

35. Senses Recuperate



senses recuperate,
as we get soaked in forest
rhythms, day by day

...Shinrin-Yoku 森林浴...

36. Finding Peace Pearls



getting immersed in
dark deep ocean of tall trees
and finding peace pearls

...Shinrin-Yoku 森林浴...

37. Bathing to Heal



bathing to heal, with
woods of hope, is bathing to
to excel with zeal

...Shinrin-Yoku 森林浴...

38. On the Forest Floor



dappled sunlight falls
on a carpet of bluebells
on the forest floor

...Shinrin-Yoku 森林浴...

39. Relax, Redeem, Recover



relax with air of trees,
redeem your vigour with light,
recover your strength

...Shinrin-Yoku 森林浴...

40. Under Green Cover



under green cover,
silences and absences
heal and discover

...Shinrin-Yoku 森林浴...

Ikigai 生き甲斐 **(A Reason for Being)**

41.
Bees' Purpose



bees love to gather
honey, and go round the clock,
with a green purpose

...Ikigai 生き甲斐...

42. Ants' Resolve



ants move in rows, with
delight and fulness, always
with a firm resolve

...Ikigai 生き甲斐...

43. Frogs' Vision



frogs in cold river,
pride in what they are good at,
with a blue vision

...Ikigai 生き甲斐...

44. Butterflies' Goal



butterflies surpass,
moments of uncertainty
with life's golden goals

...Ikigai 生き甲斐...

45. Nature's Dream



crickets cheerfully
chirp, nature's delicious dream,
with reason to live

...Ikigai 生き甲斐...

46. Starting Small



starting small, creates
a long life, with pearls of fine
sense adorning crown

...Ikigai 生き甲斐...

47. Singing with Purpose



singing with purpose,
brings happiness to many, like
chirping of sparrows

...Ikigai 生き甲斐...

48. Dancing with Passion



dancing with passion,
adds more value in nature,
like graceful peacocks

...Ikigai 生き甲斐...

49. Reading with Reason



reading with reason,
blesses us with true wisdom
of learned masters

...Ikigai 生き甲斐...

50. Painting with Talent



painting with talent,
gives new meanings to life, like
a perfect picture

...Ikigai 生き甲斐...

Wabi-Sabi 侘寂 **(Imperfect Beauty)**

51. Broken Tree Branch



thank you, dear Lord,
sings the tiny black bird on
a broken tree branch

...Wabi-Sabi 侘寂...

52. Waterless Breeze



thank you, dear Lord,
rings the warm, waterless breeze
in summer seasons

...Wabi-Sabi 侘寂...

53. Lacy Dandelions



thank you, dear Lord,
chants lacy dandelions,
with signs of promise

...Wabi-Sabi 侘寂...

54.
Frogs in a Puddle



thank you, dear Lord,
croaks frogs in a cold puddle,
as they await rain

...Wabi-Sabi 侘寂...

55. Fallen Cherry Blossoms



thank you, dear Lord,
sighs fallen cherry blossoms,
for their life journey

...Wabi-Sabi 侘寂...

56. Pieces of Ginger



pieces of ginger,
add taste to a perfect meal,
with imperfect shapes

...Wabi-Sabi 侘寂...

57. Weathered Rock Stone



a weathered rock stone,
still tells us stories, of her
prime perfect heydays

...Wabi-Sabi 侘寂...

58. Scattered Clouds



clouds scattered across
blue sky, carry pure raindrops,
in a flawless way

...Wabi-Sabi 侘寂...

59. Jagged Coasts



jagged coasts, ragged
ridges, protect us on land,
from sea wave's fury

...Wabi-Sabi 侘寂...

60. Face of the Moon



blemishes on the
face of moon, makes her unique,
in looks and nature

...Wabi-Sabi 侘寂...

Furusato 故郷
**(Home/Home Town/
Where the Heart Is)**

61. Life Begins Afresh



life begins afresh
for mother, as life begins
afresh for the child

...Furusato 故郷...

62. Home is where Her Heart is



home is where her heart
is, her heart is where home is,
where home - heart are one

...Furusato 故郷...

63. Seasons Feel at Home



seasons - spring, summer,
autumn, winter, feel at home
all year around

...Furusato 故郷...

64. From Home to Home



caterpillar crawls
out from cocoon, to find home
in a butterfly

...Furusato 故郷...

65. Ladybug in Town



ladybug finds home
in green grass, on a sunny
morning, in her town

...Furusato 故郷...

66. Lazy Hometowns



in lazy hometowns,
grandparents await arrivals
of their grandchildren

...Furusato 故郷...

67. Where I was Born



the place where I was
born, is the place where I find
calm in the storm

...Furusato 故郷...

68. Nothing Feels Closer



nothing feels closer
to me, than the house in the
hills, where I was born

...Furusato 故郷...

69. When I was Born



stormy October
night, in a quiet misty
mountain, welcomed me

...Furusato 故郷...

70. In Grandmother's House



tall trees in noon mist,
watch us having food on roofs,
in grandmother's house

...Furusato 故郷...

Mamori Tai 守りたい
(I Will Always Protect You)

71.
Mother to Child



mother told her child
in womb, I will protect you,
in my heart always

...Mamori Tai 守りたい...

72. Beloved to Lover



beloved told her
lover, I will safeguard you,
in my soul forever

...Mamori Tai 守りたい...

73. Sister to Sister



sister told sister,
I will care for, endlessly
in my thoughts, always

...Mamori Tai 守りたい...

74. Teacher to Student



teacher told student,
I will guide you through along,
in my mind forever

...Mamori Tai 守りたい...

75.
Divine to Human



Divine told human,
I will defend you from foes
in my palms, always

...Mamori Tai 守りたい...

76. Bees to Blossoms



bees promised blossoms,
they would guard with tenderness,
when they fetch honey

...Mamori Tai 守りたい...

77.
Stranger to Friend



meeting a stranger,
in an unknown place, who turns
a friend for lifetime

...Mamori Tai 守りたい...

78. I will Protect You



through silences and
absences, he uttered his words -
I will protect you

...**Mamori Tai** 守りたい...

79.
Deep within My Soul



deep within my soul,
I guard a little golden
word, unsaid and sealed

...Mamori Tai 守りたい...

80. Prayers of Parents



prayers of parents,
encircle children with love,
till the end of life...

...Mamori Tai 守りたい...

Yutori ゆとり **(Slowing Down)**

81. Hare Followed Tortoise



hare followed tortoise,
with a spirit of wonder,
for roadside flowers

...Yutori ゆとり ...

82. Slow Cooked in Firewood



she made clear soup,
with green beans and carrots, slow
cooked in firewood

...Yutori ゆとり ...

83. Refuge in Zen



putting mobile phones
away, she sought refuge, in
books of zen writings

...Yutori ゆとり ...

84. Village Life



she chose to settle
down in a village, where once,
her mother was born

...Yutori ゆとり ...

85. Tall Trees



she slowly, calmly
shifted focus on tall trees,
that gave her power

...Yutori ゆとり ...

86. She Spoke Slowly



she spoke slowly, ate
slowly, drank tea slowly, and
took deep breaths of Zen

...Yutori ゆとり ...

87. A Moment to Listen



he took a moment
to listen, and uttered his
words, with composure

...Yutori ゆとり ...

88. Slow Boiling Tea



cardamom, ginger,
cloves, cinnamon and mint, slow
boil with tea leaves

...Yutori ゆとり ...

89. Cooking in Firewood



slow cooking done in
firewood, in country homes,
is nothing but zen

...Yutori ゆとり ...

90. True Peace Within



breathing in slowly,
and breathing out deeply, she
felt true peace within

...Yutori ゆとり ...

Jinsei wa tabi da 人生は旅だ
(Life is a Journey)

91. A Child's Dream



it all begins with
a child's dream, to see the world,
in scent of flowers

...Jinsei wa tabi da 人生は旅だ...

92. Moving Like a River



from destination
to destination, life moves
forward like rivers

...Jinsei wa tabi da 人生は旅だ...

93. Moments Become Memories



moments become dried
memories, on sandy shores,
in the sea of life

...Jinsei wa tabi da 人生は旅だ...

94. Seasons Journey



seasons journey from
spring to summer, autumn to
winter, with strong trees

...Jinsei wa tabi da 人生は旅だ...

95.
On Wings of Eternity



love rides on wings of
eternity, as country
bird, sings her heart out

...Jinsei wa tabi da 人生は旅だ...

96. A Spiral Journey



our life moves in a
spiral, connecting the dots,
like milky way stars

...Jinsei wa tabi da 人生は旅だ...

97.
Dream to Fly



baby birds in nests,
dream of flying high and high,
when the sky is blue

...Jinsei wa tabi da 人生は旅だ...

98. Ant Life



little ants move in
rows, on their journey of life,
with kind kith and kin

...Jinsei wa tabi da 人生は旅だ...

99.
Life Goes On



life goes on, after
sighs, sniffles, sobs, sorrows, smiles
- life goes on forever

...Jinsei wa tabi da 人生は旅だ...

100. Myths and Mysteries



time - space is myth of
humans, to celebrate deep
mysteries of life

...Jinsei wa tabi da 人生は旅だ...

Kanbina 甘美な
(Sweet-Sounding Word)

101. Chiming Wind



wind chiming in woods,
carry a bouquet of sweet
cherry plum fragrance

...Kanbina 甘美な...

102. Bird Song



bathing in sunlit
forest paths, delight human
ears, with bird songs

...Kanbina 甘美な...

103. Rivulet Jingles



sound of rivulet,
wakes up inner soul afresh,
with jingles of praise

...Kanbina 甘美な...

104. Cooing and Babbling



cooing and babbling
of babies, reverberate
across newborn grass

...Kanbina 甘美な...

105. Raindrops on Rooftops



raindrops on rooftops,
beat drums and celebrate love
of clouds to our earth

...Kanbina 甘美な...

106. Konnichiwa



Konnichiwa is
sweet sounding word of welcome
in Japanese world

...Kanbina 甘美な...

107. Sumimasen



Sumimasen rings
with kindness, to place request
and giving apology

...Kanbina 甘美な...

108.
Arigatou



Arigatou sings
a song of deep gratitude
with a happy heart

...Kanbina 甘美な...

109. Nihon



Nihon sends a bell,
to describe the nation, as
land of rising sun

...Kanbina 甘美な...

110. Sayonara



Sayonara is
sweet swan song, to bid farewell,
to end - to begin

...Kanbina 甘美な...

Itadakimasu 頂きます
(To Humbly Receive)

111. A Plate of Food



a plate of food is
gift from world, and let us say,
we humbly receive

...Itadakimasu いただきます...

112. Earth Fairies



from sowing paddy
to cooking rice, earth fairies
care, and let us thank

...Itadakimasu 頂きます...

113. Every Food Grain



gratitude to all,
as we find their work, in each
and every food grain

...Itadakimasu いただきます...

114. Thanksgiving



food on a plate, calls
for a thanksgiving prayer,
before rightful feast

...Itadakimasu 頂きます...

115.
Sitting on a Mat



sitting on a mat,
with folded hands, eyes closed, we
humbly receive grace

...Itadakimasu いただきます...

116. A Spontaneous Stream



she humbly received
love into her soul, as a
spontaneous stream

...Itadakimasu 頂きます...

117. Blessing in Disguise



she simply accepts,
words of rejection, as a
blessing in disguise

...Itadakimasu 頂きます...

118. Days of Gratitude



every day, elderly
men and women, give thanks to
food at aged homes

...Itadakimasu 頂きます...

119. A Baby Girl



with utmost care, she
carried her firstborn child, who
was a baby girl

...Itadakimasu 頂きます...

120. A Gift of God



she knew, he will not
talk, will not smile, yet she saw
him, as a gift of God

...Itadakimasu 頂きます...

Satori 悟り (Awakening)

121. Silent Mountain Paths



silent mountain paths,
lead us to awakening,
from darkness to light

...Satori 悟り...

122. Spark of Light



a moment can change
our life, with a spark of light,
on a mundane day

...Satori 悟り...

123. Epiphany



dawn and dusk, bring hope
to many, with pure moments
of epiphany

...Satori 悟り ...

124. Amidst Lush Pastures



amidst lush pastures,
little ladybugs jolt us,
with mindful calmness

...Satori 悟り ...

125.
Bolt of Lightning



moonless, starless sky
suddenly comes alive, with
a bolt of lightning

...Satori 悟り...

126. Palm of Divine



that fine moment, when
we find, everything mirrors
the palm of Divine

...Satori 悟り...

127.
Wake Up with Light



we wake up with light,
every time we go through the
dark tunnel of pain

...Satori 悟り ...

128.
Forest is Alive



forest paths are live
and awake with sounds of birds,
bees, bugs and wild breeze

...Satori 悟り...

129. Awakening Grace



by giving thanks, we
awaken into worlds, of
graceful new vistas

...Satori 悟り...

130. A Zen Canopy



dappled sunlight, forms
a zen canopy, for flora,
fauna, and humans

...Satori 悟り...

Mottainai 勿体無い (Regret over Waste)

131.
Water Dripping



water dripping from
a wayside tap or tanker,
makes a child guilty

...Mottainai 勿体無い...

132. Food in Dust Bins



after wedding feast,
food in dust bins become sin,
inviting remorse

...Mottainai 勿体無い...

133. Goods of Vanity



wasting money, on
goods of vanity, lead to
bareness and regret

...Mottainai 勿体無い...

134. Views of Others



spending time on views
of others, calls for sorrow
and quite repentance

...Mottainai 勿体無い...

135.
No Appreciation



working for someone,
who never appreciate,
gives us deep regret

...Mottainai 勿体無い...

136. Waste of Time



worrying over spilt
milk, is a waste of time, to
women of household

...Mottainai 勿体無い...

137.
Love is an Answer



love is an answer,
to all regrets of the world,
in good and bad times

...Mottainai 勿体無い...

138. Clearing Worries



a patch of bluebells,
under the morning forest
sun, clears worries

...Mottainai 勿体無い...

139.
Never Let Down



never let them down,
who turned against you,
in their suffering

...Mottainai 勿体無い...

140. Deep Respect for Life



deep respect for life
on earth, creates a heaven
on this green planet

...Mottainai 勿体無い...

Natsukashii 懐かしい
(Bringing Forth Happy
Memories)

141.
Mother's Love



balls of rice mixed with
veggies, and fed to the tunes
of radio music

...Natsukashii 懐かしい...

142. Father Dear



holding my little
fingers, he took me out for
shopping groceries

...Natsukashii 懐かしい...

143.
At the Threshold



he held my hands tight,
when I entered the threshold,
with fear of new

...Natsukashii 懐かしい...

144. Child Birth



waking up with smile,
that was truly divine, he
made my pain vanish

...Natsukashii 懐かしい...

145. Soul Connect



those eyes, had untold
stories of old centuries,
before we were born

...Natsukashii 懐かしい...

146.
Aroma of Lime



aroma of lime,
brings bittersweet memories,
of hot lunch boxes

...Natsukashii 懐かしい...

147.
Sour Mangoes on Trees



sour mangoes on trees,
bring back memories of friends,
climbing on branches

...Natsukashii 懐かしい...

148. Chopping of Mushrooms



chopping of mushrooms
on bamboo boards, reminds me
of mom's busy days

...Natsukashii 懐かしい...

149. Pomegranates in Salads



pomegranates in
salads, tell stories of love,
for little cousins

...Natsukashii 懐かしい...

150. Squeeze of Lemon



squeeze of lemon,
left a tangy note, of that
summer vacation

...Natsukashii 懐かしい...

Kintsugi 金継ぎ **(The Art of Broken Things)**

151. Golden Glue Branches



golden glue branches
of a rooted tree, holds bowl
of love together

...Kintsugi 金継ぎ...

152. Gold Lacquer Strips



gold lacquer strips on
broken vessel, make the bond
strong and beautiful

...Kintsugi 金継ぎ...

153. Master Potter



the Master Potter,
mends our broken parts with gold
to complete the art

...Kintsugi 金継ぎ...

154. Serendipity



serendipity
in gold glue, embraces hearts,
to heal and restore

...Kintsugi 金継ぎ...

155.
Cup of Life



like rays of sunshine,
golden glue threads, offer hope
in the cup of life

...Kintsugi 金継ぎ...

156.
Repairing is Art



in a world of use
and throw, repairing is art,
that deems old is gold

...Kintsugi 金継ぎ...

157. Resilient Cups



resilient cups
of past, with golden plasters,
show valiant signs

...Kintsugi 金継ぎ...

158. Bonding in Gold



acknowledging flaws
and fallacies in love, build
strong bonding in gold

...Kintsugi 金継ぎ...

159. Healing and Sealing



a broken heart needs
healing, and a broken pot
needs golden sealing

...Kintsugi 金継ぎ...

160. Better to Repair



replacing broken bowl
erases memories - so
better to repair

...Kintsugi 金継ぎ...

Enso 円相 **(The Zen Circle)**

161.
Moon at Night



moon at night, among
thousands of twinkling stars, is
Zen circle of light

...Enso 円相...

162.
Early Morning Sun



sun in early morn,
spreading light amidst leaves, is
ball of golden Zen

...Enso 円相...

163. Warm Bowl of Soup



a warm bowl of soup,
adding health and vitality
to the weak, is Zen

...Enso 円相...

164.
A Cup of Hot Tea



a cup of hot tea
to the stranger, who becomes
friend for life, is Zen

...Enso 円相...

165.
A Plate of Food



a plate of food, to
the hungry traveller, turns
a blessing called Zen

...Enso 円相...

166. Sitting in Circles



people simply sit
in circles, like group of birds,
breathing in and out

...Enso 円相...

167. Circles and Spirals



time and seasons, move
in circles and spirals, with
a sound of music

...Enso 円相...

168. Round Pebbles



round and round pebbles,
stand in a row, spreading
Divine light guidance

...Enso 円相...

169.
Ripples in Water



ripples in water,
move as Zen ink dipped designs,
on a wet paper

...Enso 円相...

170.
Eyes Speak Zen



iris in our eyes,
speak Zen with meanings, beyond
human made letters

...**Enso** 円相...

Bonsai 盆栽 **(Plant in a Container)**

171. Calm Ficus



Ficus tree in a
container, shows strength with its
calm, dear demeanour

...Bonsai 盆栽...

172. Quiet Maple



Japanese Maple
stands in pots, with red hand-shaped
leaves of quiet beauty

...Bonsai 盆栽...

173.
Junipers in Sunshine



Junipers grow with
pride, in vessels of courage,
under bright sunshine

...Bonsai 盆栽...

174.
Pink Boughs in Villas



Bougainvillea add
beauty and grace, in fine bowls,
with boughs in villas

...Bonsai 盆栽...

175.
In Halls of Fame



Cherry Plum flowers,
find place in miniature
trees, in halls of fame

...Bonsai 盆栽...

176. Bonsai Basics



pruning, watering,
repotting, are basics to
Bonsai trees in pots

...Bonsai 盆栽...

177.
Sign of Life



microcosm of
the macrocosm, Bonsai
trees, are signs of life

...Bonsai 盆栽...

178. Banyan Tree in Bowls



Banyan trees in bowls,
carry light within seeds, roots
and sturdy branches

...Bonsai 盆栽...

179.
Peepal Tree in Pots



Peepal trees in pots,
carry Buddha, within their
sacred seed dark wombs

...Bonsai 盆栽...

180. To Feel at Home



Bonsai in full bloom,
sends love to everyone, and
make us feel at home

...Bonsai 盆栽...

Bento 弁当 **(Lunchbox Meal)**

181.
Little Daughter



rice, fish, pickles packed
for lunch to school, by mother
for little daughter

...Bento 辨當...

182. Her Aging Mother



grownup daughter packs,
wheat noodles, chicken soup, for
her aging mother

...Bento 辨當...

183.
For Her Husband



noodles, chicken, green
salad, prepared with care, for
her doting husband

...Bento 辨當...

184.
For His Wife



on wife's birthday, he
surprises her, with lunch box
of favourite things

...Bento 辨當...

185. Sweet Grandmother



sandwich toast with cheese,
soya sauce in steamed peas,
for sweet grandchildren

...Bento 辨當...

186. Grandchildren Recall



grandchildren recall
her cooking, on her hundredth
birthday, with Bento

...Bento 辨當...

187. Sister to Sister



freshly roasted beans
with boiled asparagus,
in spring, for sister

...Bento 辨當...

188.
For their Parents



together they cook,
a Bento meal, for their old
affectionate parents

...Bento 辨當...

189. Brother's Bento



steamed rice and salmon,
with pickled veggies galore,
in brother's Bento

...Bento 辨當...

190. For their Cousins



brothers cook chicken
meal, for their little cousins,
from far off country

...Bento 辨當...

Origami 折り紙 **(Folding Paper)**

191. Paper Relaxes Minds



folding and shaping,
lovely patterns of colour
paper, relaxes minds

...Origami 折り紙...

192. A Zen Practice



folding papers with
purpose, make origami,
a true Zen practice

...Origami 折り紙...

193. Colour Papers



children learn key skills,
on eye-hand coordination,
with colour papers

...Origami 折り紙...

194. Folds and Folds



valley fold, mountain
fold, swivel fold, petal fold
squash, crimp and pleat fold

...Origami 折り紙...

195. Paper Cosmos



flowers, animals,
birds, dragons, mountains appear,
in cosmos of paper

...Origami 折り紙...

196. Little Fingers Build



little fingers build
worlds, with colour papers, in
age of innocence

...Origami 折り紙...

197. Minimal Design



minimal in design,
and marvel in vision - art
of Origami

...Origami 折り紙...

198. Toddler's Glow



pink, yellow, purple
orange, red, green papers add
glow on toddler's face

...Origami 折り紙...

199. Science in Art



geometrical
shapes of science, find meaning,
in paper artwork

...Origami 折り紙...

200. Finding Calm in Shapes



to find calm in shapes,
that remind nature's bounty
-try Origami

...Origami 折り紙...