



HaikuThe Sacred Art: A Spiritual Practice in Three Lines (The Art of Spiritual Living)

Margaret D. McGee

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Have a "haiku moment"?when your mind stops and your heart moves.

“Writing haiku offers the chance to honor, hold, and fully experience a fleeting moment that takes you out of yourself, a moment that hints at the deeper unity that lies beneath the surface of things.”

?from Chapter One

In this encouraging guide for both beginning and experienced haiku writers, Margaret D. McGee shows how writing haiku can be a consciously spiritual practice for seekers of any faith tradition or no tradition.

Drawing from her experience as a spiritual retreat leader and published haiku writer, McGee takes the mystery and intimidation out of beginning to write haiku. For those already on their way, she provides helpful hints and exercises to broaden and deepen both your haiku artistry and your appreciation of haiku as part of your spiritual life. With humor and encouragement, she offers step-by-step exercises for both individuals and writing groups, and shows how haiku can help you:

- Pay attention to the world around you to connect with sacred moments
- Overcome fear and self-doubt to access your innate creativity
- Explore and use haiku together with spiritual practices in your own faith tradition
- Make haiku a spiritual part of your daily routine

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