

UMin Spiritual Rhythm of Haiku and Art Reflection

An Invitation for Our SPU Community

Week 5 - April 27-May 1, 2020

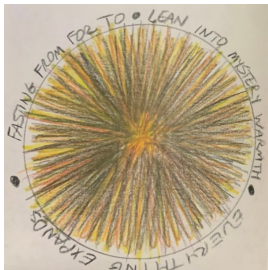
Haiku and Art Reflection

This week, we will engage with two different creative expressions, haiku poetry and an art reflection. You may remember writing haiku when you were younger. As a reminder, generally, the first line is five syllables, second line seven, and the third line is five: 5-7-5. Haiku is a meaningful way to explore your truth and receive clarity because it requires succinct, accurate wording. Haiku often focuses on one's own experience in a season, particularly writing "about what **caused** your feelings. The point of Haiku is indeed to convey feelings, not ideas, concepts or judgements... The Haiku is to help you to realize something that you always knew but might have forgotten. A Haiku takes you back to yourself, back to who you are, and what it's like to be human." (from a guide on nahaiwrimo.com) This is an adapted example of a Haiku written by Keiko Imaoko in her final days, she reflects on her reality and pain, yet holds beauty and life.

*a wrenching in my chest -
the white peony from outside
pulled from the garden*

In this Easter season, we invite you to write one haiku a day for a week, or try one for today and return to this practice when you find yourself feeling disconnected. This is a way to reflect and pay attention to what you are experiencing through your senses. Here are some prompts to get you started:

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|----------------|---------------|-----------------|----------------|-----------------|
| 1. beginning | 11. choice | 21. remember | 31. simplicity | 41. destination |
| 2. return | 12. gate | 22. appear | 32. echoes | 42. ask |
| 3. proclaim | 13. life | 23. hear | 33. linger | 43. empty |
| 4. see | 14. dream | 24. around | 34. twists | 44. gratitude |
| 5. threshold | 15. glimpse | 25. listen | 35. sending | 45. endure |
| 6. call | 16. anointing | 26. intertwined | 36. choose | 46. beloved |
| 7. abide | 17. go | 27. reflect | 37. savor | 47. inspire |
| 8. hinge | 18. imagine | 28. journey | 38. beauty | 48. astonish |
| 9. hopeful | 19. blessing | 29. light | 39. roots | 49. home |
| 10. invitation | 20. gather | 30. illuminate | 40. joy | 50. always |



The second practice involves praying and reflecting on the haiku you wrote by creating an image within a circle. For this practice, you are invited to draw a circle, write your haiku on the outside of the circle and then prayerfully create an image within the circle. The images you create will often articulate your ideas and feelings more accurately than words normally do. The contained space of the circle, holds your art reflection which often reveals your experience. It is a sacred container for your reflections and revelations as you pray to God with your haiku.

We invite you to try one or both of these practices everyday this week and see what happens. As you engage this, share this with a friend or post on insta inviting others to try it as a form of self care.

Here is my prayer for our community: God, may we see into our own heart and experience the freedom and acceptance that you and life have to offer. May we find mercy and peace today. Amen.