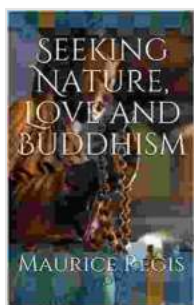


Seeking Nature, Love, and Buddhism: A Collection of Mo Haiku

In a world where chaos and uncertainty often reign supreme, it can be difficult to find moments of peace and clarity. But in the pages of Seeking Nature, Love, and Buddhism: A Collection of Mo Haiku, renowned Buddhist meditation teacher, poet, and philosopher Shinjo offers a path to tranquility through the lens of the mo haiku form.



Seeking Nature, Love and Buddhism (Mo's Haiku Collection) by Maurice Regis

★★★★★ 5 out of 5

Language : English

File size : 16278 KB

Screen Reader : Supported

Print length : 28 pages



Mo haiku, a unique form of haiku poetry, is characterized by its brevity, simplicity, and focus on the present moment. In this collection of over 100 mo haiku, Shinjo explores the interconnectedness of nature, love, and Buddhism, capturing the essence of impermanence, interconnectedness, and the search for meaning in the midst of life's uncertainties.

Through vivid imagery and evocative language, Shinjo's mo haiku invite readers to slow down, observe the world around them, and cultivate a deeper appreciation for the beauty and interconnectedness of all things. Whether you are a seasoned practitioner of Buddhism or simply seeking a

path to greater mindfulness and peace, this collection offers a rich and rewarding exploration of the human experience.

A Journey Through Nature, Love, and Buddhism

Seeking Nature, Love, and Buddhism is divided into three sections, each exploring a different aspect of the human experience.

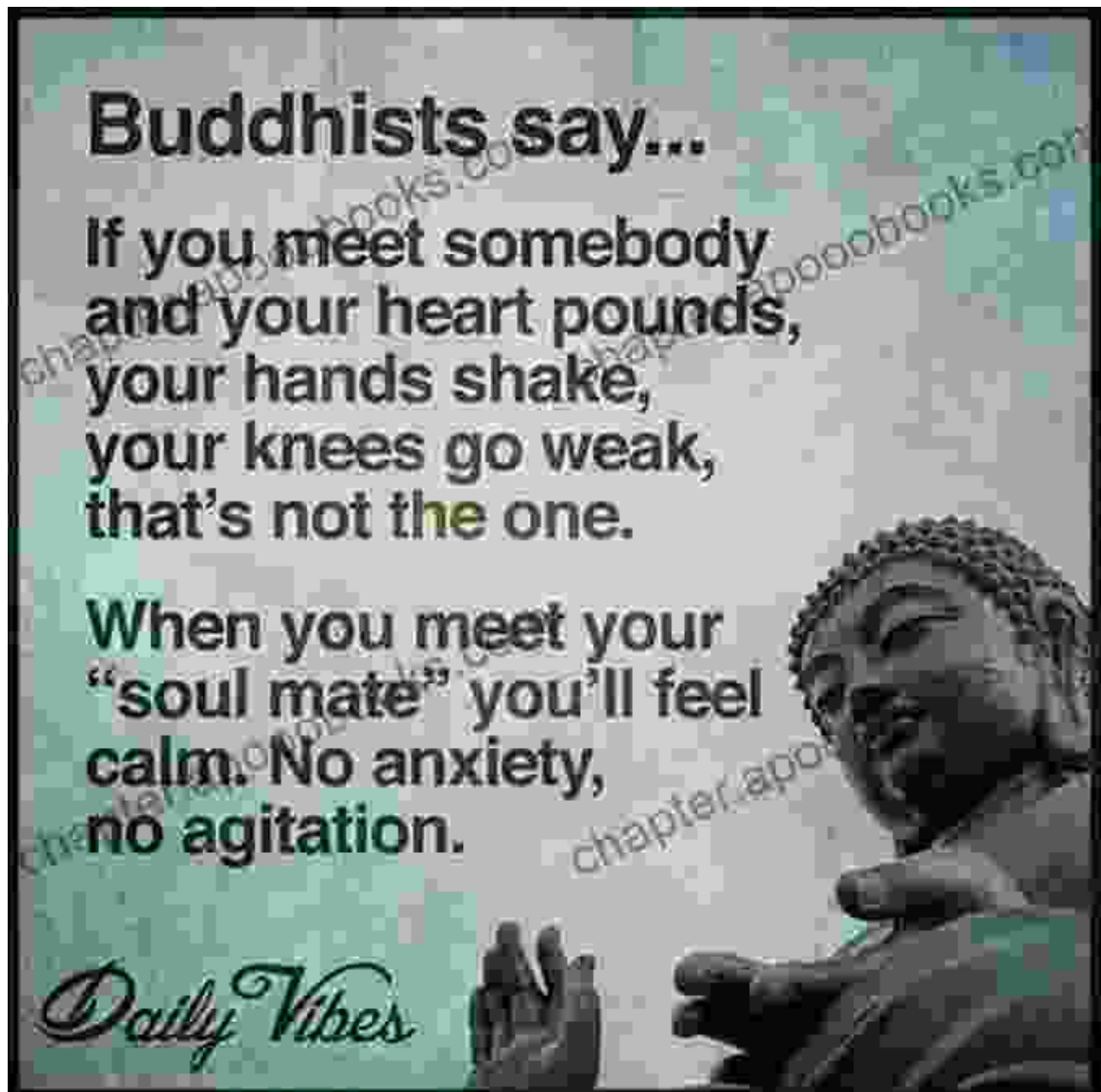
- **Nature:** In this section, Shinjo celebrates the beauty and interconnectedness of the natural world, capturing the fleeting moments of beauty and impermanence that can be found in every season and every landscape.
- **Love:** In this section, Shinjo explores the nature of love in all its forms, from romantic love to the love of family and friends to the universal love that binds all beings together.
- **Buddhism:** In this section, Shinjo shares his insights into the teachings of Buddhism, offering a glimpse into the path of mindfulness, compassion, and wisdom.

A Path to Mindfulness and Peace

Through its simple yet profound mo haiku, Seeking Nature, Love, and Buddhism offers a path to greater mindfulness and peace. By slowing down and observing the world around us with a beginner's mind, we can cultivate a deeper appreciation for the beauty and interconnectedness of all things. And by embracing the teachings of Buddhism, we can learn to let go of our attachments, cultivate compassion for ourselves and others, and find true happiness in the present moment.

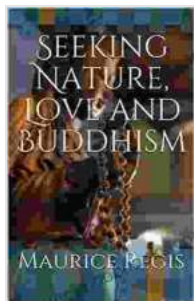
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Seeking Nature, Love, and Buddhism: A Collection of Mo Haiku is a beautiful and inspiring book that will appeal to readers of all ages and backgrounds. Free Download your copy today and begin your journey to greater mindfulness, peace, and happiness.



About the Author

Shinjo is a renowned Buddhist meditation teacher, poet, and philosopher. He is the founder of the Kanzeon Zen Center in New York City and the author of several books on Buddhism and meditation, including The Heart of Meditation and The Way of the Bodhisattva.



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