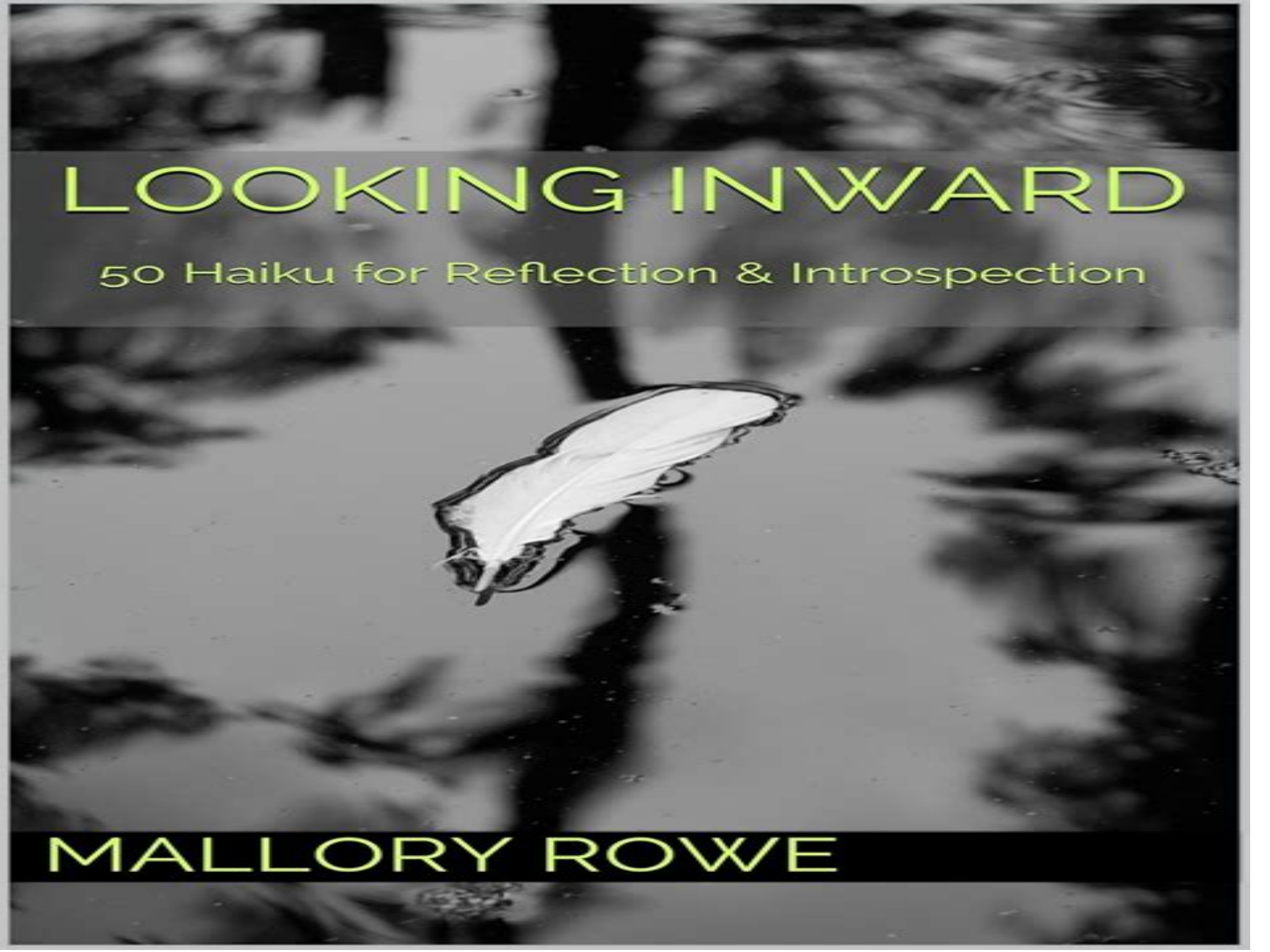




LOOKING INWARD

50 Haiku for Reflection & Introspection

MALLORY ROWE

Looking Inward 50 Haiku For Reflection Introspection

Terry C. Jones



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Light, Come Gather Me Ellen Rowland, 2021-06-18 Meant to be used as mantras meditations and blessings or simply to inspire reflection and introspection this collection of haiku poems centers around themes of nature connection and mindfulness Written during the Covid 19 pandemic each 3 line poem distills the joy and wonder of the ordinary down to its essence and elevates the sacred in all of us From the author I realized early on that many of these poems were reminders to myself about how to see beauty in the world and how to love my way through this difficult time while also honoring the hard stuff like grief vulnerability and uncertainty *Haiku* , 2019 *Haiku Reflections* Ida R. Bellegarde, 1978

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