



Haiku: The Gentle Art of Disappearing

Gabriel Rosenstock

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In *Haiku, the Gentle Art of Disappearing*, a renowned Irish poet shows us how haiku may be used as a powerful tool for spiritual interpenetration. This implies that we divest ourselves of the ever-chattering mind, shed the voracious ego and enjoy momentary glimpses of unity with natural phenomena. In the companion volume, *Haiku Enlightenment*, he further explores these thoroughly delightful experiences and invites us to disappear! Haiku is dynamically focussed on the present, from season to season, from day to day, from hour to hour, from second to second. But how illusory, how fleeting is that present moment? How caught up is it with the past, with the future? Can we stop its flow? Are there more ways than one of experiencing its essence? If we experience a moment intensely enough, might we disappear? Surprises await those readers who may have considered haiku to be nothing more than an innocuous three-line poem. A renowned poet shares his experience of haiku and its potential to surprise us again and again into a sudden awakening and thus to a deeper sense of what it is to be truly alive. His remarkably refreshing insights have delighted conferees around the world.

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