

HAIKU AND IMPOSTERS

11/98

MORNING

Cool glistening rain drop
Hanging from the pine branch.
Swallowing hot coffee.

MORNING 2

Brilliant freshly snowed mountain tops,
Roof top water pelting the
Soggy wooden patio with its' melted snow,
Squinting eyes.

BREAKFAST

Coffee is dripping; eggs are popping;
Kitchen is alive with exciting sounds.
Stomach growling
Getting tasty food.

BREAKFAST

Coffee dripping; eggs popping;
Kitchen alive exciting sounds.
Tasty food.

FREEWAY

Flowing within a sea of red lights,
Yellow and white lights flying past,
Hypnotic driving.

FREEWAY

Flowing sea of red lights,
Yellow and white lights flipping past,
Hypnotic driving.

2/99

MOUNTAIN ROAD

Winding on clouded road
Trees laden with snow.
Sun breaks through,
Warms my soul.

MOUNTAIN ROAD

Snaking foggy road
Trees laden with snow.
The sun breaks through
Warms my soul.

ME

Surrounding sounds go quiet
My ears hear its' ring and now
The scratch of my pencil etching
These words.

VALLEY

Deep blue sky flying
White fluffy clouds
Over sunny forested snow slopes
With a whispering breeze
Dancing through the pines.
Feeling fine.

9/99

NIGHT

No moon, only millions of stars.
Still night pierced with sirens
An emergency is out there.
Sitting cozily at home.

NIGHT

No moon, millions of stars.
Night pierced with sirens
Sitting cozily at home.

WATER

Flushing the toilet
water gushes
Out of the house.
Running away through hundreds of channels
Missing my glass of water.

WATER

Flushed toilet
Water gushed
Out of house.
Missing my glass of water.

QUIET

Sitting in quietness,
The refrigerator stops running,
The quietness becomes deafening.
Creaking wooden floor shatters silence
My spouse comes to my side.

LIVING ROOM

Soft golden light
Exposing warm beamed knotted ceiling.
A breeze riddling the chimes
Sitting in peace.

WHOLENESS

A fish, deer, and duck
Singularly etched in wooded displays.
Water, land, and sky
My elements.

HAIKU AND IMPOSTERS

3/2000

ME - revisited

Surrounding sounds go quiet
My ears hear its' ring and now
The scratch of my pencil etching
These words.

Now transformed...

The click of the keys
Typing these words.
Even though already
Composed in the mind.

Regardless,
The urge to record
Caused discord
By breaking the quiet stillness.

There is no quiet,
always sound
even without attention.

LOST & FOUND

I sit looking out at the mountain
I am the mountain
Walking on its' path
Sensing existence.

Sit seeing the mountain
Walking the path
Sensing existence.

3/2003

COLD

Snow is falling
Wind is blowing
Bone cold.

4/2005

GOOD

Sunday morning offering
At home basking in the sun,
Feeling blessed.

5/2005

DRAGON FLY

Fanciful dragons
Flying here and there
Big fire breathing
Dynamic creatures
Tamed to be a fly.

FLITTER

Flittering around
Moving across water tops
Zigzagging about
In determined flight
Exhibiting the dance of life.
We can see theirs,
Can we sense ours?

6/2005

TREES

Rooted firmly in earth
Swaying in the breeze
Trees whispering
Sweet sounds.

PLENTY

Fighting overabundance
in the body
Too much food
Searching balance.

8/12/2006

LIVING YESTERDAY

Re-living yesterday today
Limits tomorrow's
Opportunities now.

4/2007

TOGETHER

The weather changes,
So too each day,
You, and me;
Yet we are together.

BIRDS

The birds freely
Eat from nature
I buy bread
From the store.

HAIKU AND IMPOSTERS

TREES AND PLANTS

The trees and plants
Sprout most anywhere.
The gardener pulls weeds
From the soil.

DEER AND COWS

The deer roam
From here to there.
Cows are fenced
In confinement.

11/23/2008

DIVERSITY

There is something
for one and all.
Diversity is
our friend
not our foe.

2/16/2009

REST

As the discriminating
Mind rest in one,
I see you as me as you.

8/29/2009

SEA

Ballast balanced
Slow flight in fluid
Beauty abounds
My air is limited.

11/4/2009

ZOO WOLVES

Wolves are howling
Not growling
Prancing
Not dancing
They miss Mother Nature.

11/27/2009

SOMETHING

Words cause separation
The self is born
Lost in one
The ego lives apart.

10/6/2010

CAUSE

The accumulation of causes
has rippling effects for tomorrow.

3/21/2011

LAMB

When a lamb becomes a carnivore
there will be no more grain,
flowers, trees, us.

3/28/2011

BABEL

Humanity has constructed an edifice
the new tower of babel;
in the core
resides the unseen truth.

4/4/2011

NESTED

Nested is the state
we live in.
Everything is relatively
related.

5/2/2011

GAIA

Birth and death
Growth and decay
The intertwined dance
is Gaia's way.

8/2012

WHERENESS

Nowhere is somewhere
Doing nothing on the
Pathless path to the
Gateless gate.

THE WAY

Walking along
The pathless path
I came upon
The gateless gate
And found nothing.

HAIKU AND IMPOSTERS

ACT

Welcome divinity
In self and others
Compassion
I am

WORDS

Words dance
Around reality
Not in reality,
The essence
Is wordless.

7/22/2013

LANGUAGE OSMOSIS

These things happen
They are spontaneous remissions,
Non-ordinary events,
Miracles, placebo,
Self-correcting.

4/23/3013

Nostalgia for another visit
A grasp for the past
Relive yesteryear
In the tomorrow year.

8/5/2015

Jumping up in years
No tears, no fears
Happily buoyant.

10/8/2017

We are all one in diversity
Not sameness
Thank you gravity.

12/15/2017

Maintenance consumption
Controlled by possessions
Managing problems
Lost freedom.

April 7, 2019

BALANCE

Nurture Your Nature
Living a balance life
As your future
Without strife.

June 3, 2019

ATTITUDE

I believe
I am confident
I assure you
I envision.
I get it
Adjust assuredness
Positive up
Doubt out.

June 3, 2019

FLIGHT

Attitude up
Rising up
Attitude down
Going down.

Continuing attitude up
Growing joy
And continuing down
more depression.

Pointed emotion
Attitude adjustment
Accumulated life.

June 2019

GEONKA VIPASSANA DISTILLED

Quiet mind
With awareness using
Equanimity.

Sensations
Come and go
Being impermanent.

You are bound to
Succeed when
Determined.

Running after or away
Accumulates
Suffering.

Many choices
Buddha's path
Christ's path
Oh there's
My own path.

HAIKU AND IMPOSTERS

ME-NESS

Will i am
Resting in heart-mind
Witnessing seasonal change
Of my life.

July 28, 2019

NOT HAIKU BUT WORTH STATING

Now that you know about equanimity,
all you need to do is apply Equanimity
to become Equanimeous.

Knowing is not enough to become,
but by applying over and over
one FINALLY becomes.
:)

2020

BREATH

Breath is life
Life is breath.

Breath marked by time
Has a start and end
Cyclic impermanence.

The breath when noticed
Can be the conductor
Placing the mind in
Body space.

Born with inhalation
Die with an exhale.

ORCHESTRA

The mind acts like
An orchestra without
A conductor.

March 2020

Not my words...
To Ascent to an impression
taken contents as truth.

To withhold Ascent is to suspend
Judgement about whether it is true.

And me...

Whether or not
The impression is
Necessary and sufficient
To stand as a causal condition.

2021

COVID Era

Trees of all sizes, shapes
And forms stand together.
I am told to isolate myself
From others.

COVID Media

There is a spreading of
Heart disease –
Separating us from
One another.

2021

The luminous, fullness
of emptiness reflected
Back to living now
Fully encompassed.

A fish in water

I'm in atmosphere
One within.

STRUCTURE

Existence works satisfactorily
Generating welfare of the group
Over personal advantage
With moral intent to provide
Ethically stable and benevolent
Organizational outcomes...
i.e. governance.

WEAPONS

Objects are not dangerous
People use objects with
target-seeking qualities.

2023

WORDS

Words reveal the
Nature of things
While not being
The thing.

BREATHE

Breathe in
Breathe out
Things happen

MOTION

Subtle pine trees
Bending and swaying.
Hair in my face.

HAIKU AND IMPOSTERS

2025

RELAX

Drop belief in self,
Releases suffering
Gain equanimity.

CRUNCHING

Handful of peanuts
Crunching
On two inches of snow.

LAVENDAR TEA

Birds circulating
Trees blooming
Lavender tea.

Birds circulating
Trees barren
Lavender tea.