

# THE MOMENT IS NOW

## NEWSLETTER



### SPRING SPLendor

*daffodil promise  
neighbors laughing and smiling  
rain clouds bring blessings*

The practice of haiku writing is a mindfulness/awareness practice, an invitation to expand from your heart to the world around you. In the meditative traditions this experience is called *awakened heart*.

Here are the instructions: **Look. What do you see? What do you feel in your heart when you make contact with the natural world - before thought arises?**

Next: **Jot down words and images that capture the essence of NOW.**

Finally: **Form a 5/7/5 syllable, 3-line haiku. Don't think too much!**

Haiku has been called an "unfinished" poem because each one requires the reader to finish it in his or her heart. Isn't that lovely?

As the season turns toward spring, welcome the opportunity to be spontaneous. Notice the changes of the earth, trees, and people around you. Mindfulness is not only about sitting alone on a cushion!

With warm raindrops and emerging tulips, I wish you a joyous April.

*Janet*

#### UPCOMING PROGRAMS & RETREATS

**Spring MBSR Foundation Course in Boulder!**

to request more info: [MBSR Foundation Course](#)

**MBSR introductory courses at**

Colorado Center for Integrative Cancer Care

for upcoming classes: [CICC](#)

**[CENTER FOR COURAGEOUS LIVING](#) NEWSLETTER: UNSUBSCRIBE**



#### MBSR SUMMER RETREAT

at  
**HOLLYHOCK**

**JUNE 13 - 18, 2010**

Enjoy the beauty, magic, and lush environment of Hollyhock on Cortes Island in British Columbia. It's truly amazing!

For more information or to register: [www.hollyhock.ca](http://www.hollyhock.ca)