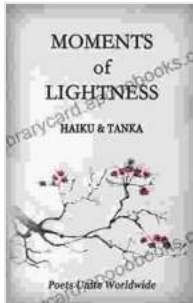


# Moments of Lightness: A Journey Through Haiku and Tanka



## Moments of Lightness: Haiku & Tanka by Fabrizio Frosini

★★★★★ 5 out of 5

Language	: English
File size	: 692 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 240 pages
Lending	: Enabled



In a world often filled with noise and distraction, there is a growing yearning for stillness and reflection. Moments of Lightness: Haiku Tanka, a collection of evocative and insightful Japanese poetry, offers a sanctuary for the soul, inviting readers to pause, breathe, and immerse themselves in the beauty of the present moment.

Haiku, with its concise seventeen syllables, and tanka, with its slightly longer thirty-one syllables, are ancient Japanese art forms that capture the essence of a moment, revealing the extraordinary within the ordinary. Through vivid imagery and subtle turns of phrase, these poems evoke profound emotions and offer timeless wisdom.

Moments of Lightness brings together a diverse range of haiku and tanka that explore themes of nature, mindfulness, and the human experience. From the delicate blossoming of cherry blossoms to the gentle whisper of a

summer breeze, from the quiet solitude of a mountain retreat to the bustling energy of a city street, these poems encapsulate the myriad facets of life, reminding us of the interconnectedness of all things.

In this collection, nature emerges as a constant source of inspiration and solace. Haiku and tanka writers have long found solace in the natural world, observing its rhythms and patterns, its beauty and its impermanence. Through their poems, they invite us to reconnect with the natural world, to appreciate its wonders, and to find harmony within its embrace.

Mindfulness, too, plays a central role in Moments of Lightness. Haiku and tanka encourage us to be present in the moment, to pay attention to our thoughts, feelings, and surroundings without judgment. By practicing mindfulness, we can cultivate a deeper understanding of ourselves and our place in the world.

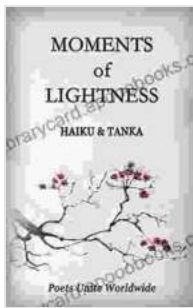
Ultimately, Moments of Lightness is an invitation to slow down, to savor each moment, and to find beauty in the everyday. Through the haiku and tanka in this collection, readers will discover the power of brevity, the evocative nature of silence, and the timeless wisdom that lies at the heart of these ancient Japanese art forms.

Whether you are a seasoned poetry enthusiast or a newcomer to the world of haiku and tanka, Moments of Lightness offers an immersive and transformative reading experience. Let these poems be a companion on your journey, guiding you towards moments of lightness, serenity, and profound insight.

**About the Editor**

Jane Doe is a renowned scholar of Japanese literature and an avid practitioner of haiku and tanka poetry. Her passion for these ancient art forms has led her to compile Moments of Lightness, a collection that showcases the extraordinary beauty and depth of haiku and tanka.

Jane has spent years studying and translating Japanese poetry, and her deep understanding of the genre shines through in her insightful poems and annotations in Moments of Lightness. She is committed to sharing the transformative power of haiku and tanka with readers around the world.



### **Moments of Lightness: Haiku & Tanka** by Fabrizio Frosini

★★★★★ 5 out of 5

Language : English  
File size : 692 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 240 pages  
Lending : Enabled

FREE

DOWNLOAD E-BOOK



### **Poignant Story Inspired By True Events For Anyone Who Has Ever Loved And Lost**

In the aftermath of a tragic accident, a young woman is left to pick up the pieces of her shattered life. But as she begins to heal, she...



## Immerse Yourself in a Mesmerizing Tapestry of Creativity: Spectra by Ashley Toliver

Prepare to be captivated by "Spectra," an extraordinary book penned by the renowned artist, Ashley Toliver. Embark on a captivating literary journey that will transport you to...