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The Mindful Art of Verandaku: Micro Poems in a Macro World - Volume 1

Jay Verney

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Verandaku is the daughter of Haiku, the beloved Japanese poetic form made famous by masters like Matsuo Basho, Yosa Buson, Kobayashi Issa, and Chiyo-ni. In *The Mindful Art of Verandaku*, Jay Verney offers the first of two volumes of The Verandaku Project, 999 Verandakus, which began life as a humble blog, *Veranda Life*, consisting of poems with accompanying images, one per day for 999 days.

This first volume of 333 verandakus, with selected images, is coupled with an essay about the creation of the project and a guide for anyone interested in creating their own mindful artwork.

Verandaku is for everyone, and everyone can write their own verandaku memoir, daily observation, or simple offering of love to the universe in three short lines of 17 syllables. Five, seven, five is all it takes. Enjoy.

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