

Happiest Man

≈ The past is no more, ≈
≈ The future remains a dream, ≈
≈ Be here now, Be Here. ≈

(5-7-5) Sacred Haiku inspired by Buddha



≈ Anger is red hot, ≈
≈ Burning those who will hold it, ≈
≈ Strive for compassion. ≈

Haiku inspired by Buddha

≈ Simple words of peace, ≈
≈ Are Better than one thousand, ≈
≈ Words of vain promises. ≈

Sacred Haiku inspired by Buddha

≈ The past is now gone, ≈
≈ A future yet to happen, ≈
≈ Live in the present. ≈

Sacred Haiku inspired by Buddha

≈ Do not hold anger, ≈
≈ It is a red hot coal, ≈
≈ Burning its holder. ≈

Sacred Haiku inspired by Buddha.

≈ Speaking words of peace, ≈
≈ Are stronger than thousand words, ≈
≈ Of hollow intent. ≈
Sacred Haiku inspired by Buddha.

≈ The lures of evil, ≈
≈ Come not from your enemy, ≈
≈ But are in your mind. ≈

Sacred Haiku inspired by Buddha

≈ Reach out to someone, ≈
≈ Make just one person happy, ≈
≈ Share your Self with them. ≈

Along this road
Goes no one,
This autumn eve.

Solitary spring --
throwing a javelin and then
walking up to it

A hundred butterflies --
the centre of each one
shining and shining

small box from japan
the smile of a clay buddha
through the packing straw

monastery outhouse --
Buddha
also sitting

such a fuss
as though nothing lasts
birds, toyon berries