



The Mindful Art of Verandaku: Micro Poems in a Macro World - Volume 2

Jay Verney

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Volume 2 of *The Mindful Art of Verandaku* features double the number of poems of Volume 1, together with a mini-workshop on creating these small, energetic, and self-contained moments.

Verandaku is the daughter of Haiku, the beloved Japanese poetic form which has become popular around the world, written and enjoyed by both adults and children. Volume 2 of *The Mindful Art of Verandaku* completes the collection of poems created by Jay Verney's Verandaku Project, *999 Verandakus*, which began in August 2010 on the blog Veranda Life with a post each day of one Verandaku accompanied by a photograph. The project ran for 999 consecutive days.

This volume of over 600 verandakus, with selected images, includes a mini-workshop on how to go about capturing the moments that transform into verandakus, the mindful artworks that can tell any kind of story.

Verandaku is a poetic form you can use to write and remember the moments that create the days and months and years of your life.

Three short lines of 17 syllables. Five, seven, five is all it takes. Verandaku is waiting for you.

Inside and outside

Verandakus are calling

for pen, paper, breath

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