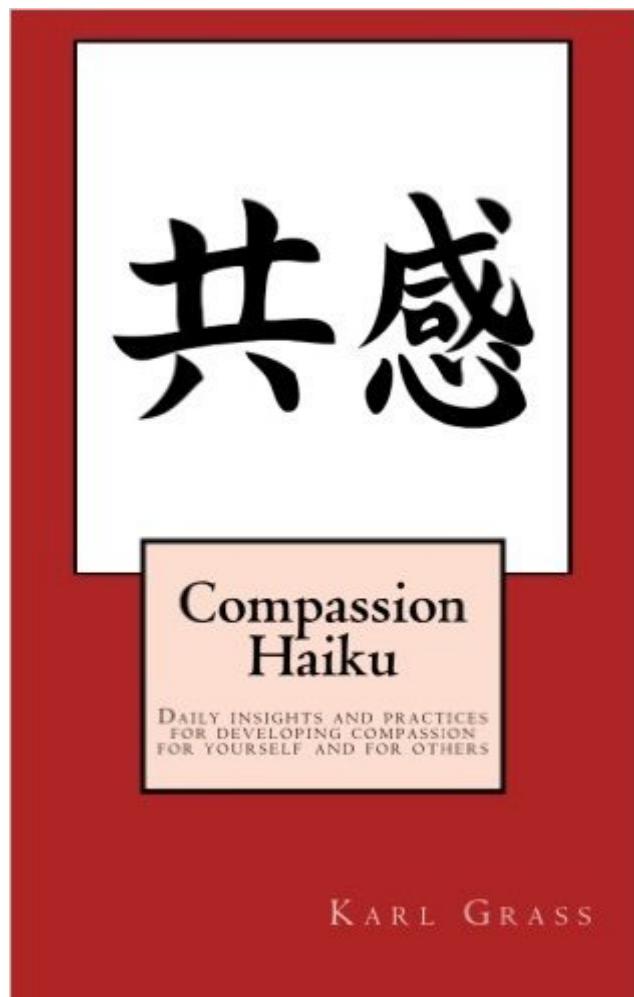


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# Compassion Haiku: Daily Insights And Practices For Developing Compassion For Yourself And For Others



## **Synopsis**

Compassion Haiku is a source book of inspiration and practices to develop self-compassion and compassion for others. Created one day at a time over the course of a year, these daily reflections combine the experiential impact of haiku with thoughtful commentary. Through this unique format the reader is encouraged to reflect on and experiment with practical ways to grow their own capacity for compassion.

## **Book Information**

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## **Customer Reviews**

This book is a gem for those interested in exploring the notion of self-compassion and the role it can bring in creating joy in one's life. It provides a structure (though not rigid) for doing this as a daily practice. I highly recommend the physical book vs. the Kindle version: each page features the date, the haiku, Karl's reflection, and Japanese symbols in a light gray water mark with just enough blank space to beckon the reader to write his/her own thoughts. A Haiku is written for each day of the year and I think it makes sense to read the Haiku on that date for the best flow. A favorite is Feb 2: "How can I add joy? Not giving myself away Being strong instead". Haikus are well written and deliver all the requirements of the Japanese poetic form. However, it is the unexpected focus on compassion (starting with self and then to others) that make this an excellent resource for self-exploration. I plan to use it as a gift for clients and friends.

I've known the author for a number of years through business and am delighted to discover this

dimension to his character. He has penned a collection of affecting poetry and compelling prose that gently nudges you to a deeper awareness of what you're actually capable of doing for yourself and ultimately, others. In the world of self-help books it stands out as an important reminder to be kind to ourselves. It has made a huge difference right now at a turning point in my life. I'm grateful to have read it and highly recommend it.

This easily read book inspires us to reflect and create harmony in our lives. As an Executive Leadership Coach I will be giving this as gifts to my clients, family and friends. The author's delightful Haiku with accompanying reflections is both inspiring and thoughtful. The book provides daily insights and practices that allow us to pause and explore compassion for self and others. It is a book of appreciation for the small and large things - a perfect gift to self or someone you appreciate.

This is not a typical book of poetry or daily meditations. It's about practices for seeing. Karl shares a viewfinder and then offers a moment to polish your own thoughts so they shine happy. I love to read and write poetry because it's about opening your view to deeper themes and patterns. The really lovely thing about Compassion Haiku is that it resets my sights each day on the sweetness that's easily-missed. I've shared Karl's book with clients and colleagues - many who would never read daily inspirations, let alone poetry -- yet they find it helps them locate new gems in their daily experience. And it's been a great conversation aide. Love it.

A wonderful book that opens oneself to the possibilities of committing to a self-development practice and the impact we have on others. I'm gaining insight into my own challenge to be receptive to change and explore another approach. There are lovely nuggets of gentle wisdom that tap into the spirit of all our lives. The author asks in one section, "What better version of yourself might exist in the next moment? What new choices can be made?" I look forward to what unfolds for me. An important read for anyone that wants to become more open to building compassion for self and others.

I think Karl Grass' book is a wonderful way to take 10 minutes or longer, daily, to read a haiku/writings and meditate on how and what it means in your life. What a fabulous practice to take some time from my daily life and spend it on myself to be inquisitive and insightful. And if not daily, as often as you like! Karl's writings to highlight the haikus are very thoughtful and inspiring. I recommend it for anyone looking for a daily highlight to start or end your day!

I found the book helpful and meditative. But I prefer Rumi, Rilke, and Merton books I bought for my Kindle. They have been much for helpful and am enjoying a year with them.

A lovely gift - Karl's book helps start your day with a short exercise in focus that is both gentle and productive.

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