

## THE NEMBUTSU HAIKU: PART THREE

A PRACTICE TO REFLECT ON THE PRECIOUSNESS OF OUR LIFE AS IT IS THIS VERY MOMENT.

### LEVEL THREE NEMBUTSU HAIKU:

In Level Three, there are no restrictions. Use all three lines to capture the unrepeatable moment.

You must remember that the syllables per line are just suggestions.

- First line = five syllables
- Second line = seven syllables
- Third line = five syllables

As you find in your everyday life for the people, the events, and the images that give you pause to fully experience the unrepeatable moment, capture them in three lines. If you miss or add an extra syllable, that is fine. The important thing is to capture the image. Syllables should never define the feeling of the moment.

This is the act of reflection on your life as it is. For me, this practice slows down time so I can more fully experience the simple moments in my life that make it full and precious. And thus I can express my gratitude. Try it.

I have attached examples of Level Three Nembutsu Haiku.