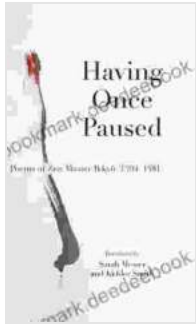


Having Once Paused: Poems of Zen Master Ikkyu (1394-1481)



Having Once Paused: Poems of Zen Master Ikkyu (1394-1481) by Nina Kaye

★★★★☆ 4.5 out of 5

Language : English
File size : 2065 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages



Ikkyu Sojun (1394-1481) was a renowned Zen master, poet, and calligrapher during the Muromachi period in Japan. He left behind a legacy of profound poems that capture the essence of Zen Buddhism, offering insights into mindfulness, impermanence, and the interconnectedness of all things.

Ikkyu's poems are often paradoxical and enigmatic, reflecting the paradoxical nature of Zen itself. They challenge conventional thinking and invite readers to question the nature of their own existence and the world around them.

Themes in Ikkyu's Poetry

- **Mindfulness:** Ikkyu's poems frequently remind readers of the importance of being present and aware of the present moment.

- **Impermanence:** Ikkyu highlights the transient nature of all things, urging readers to appreciate the beauty and fragility of life.
- **Interconnectedness:** Ikkyu emphasizes the interconnectedness of all things, reminding us that we are part of a larger web of life.

Examples of Ikkyu's Poems

*Be mindful of what you think;
thoughts will be spoken.*

*Be mindful of what you speak;
words become action.*

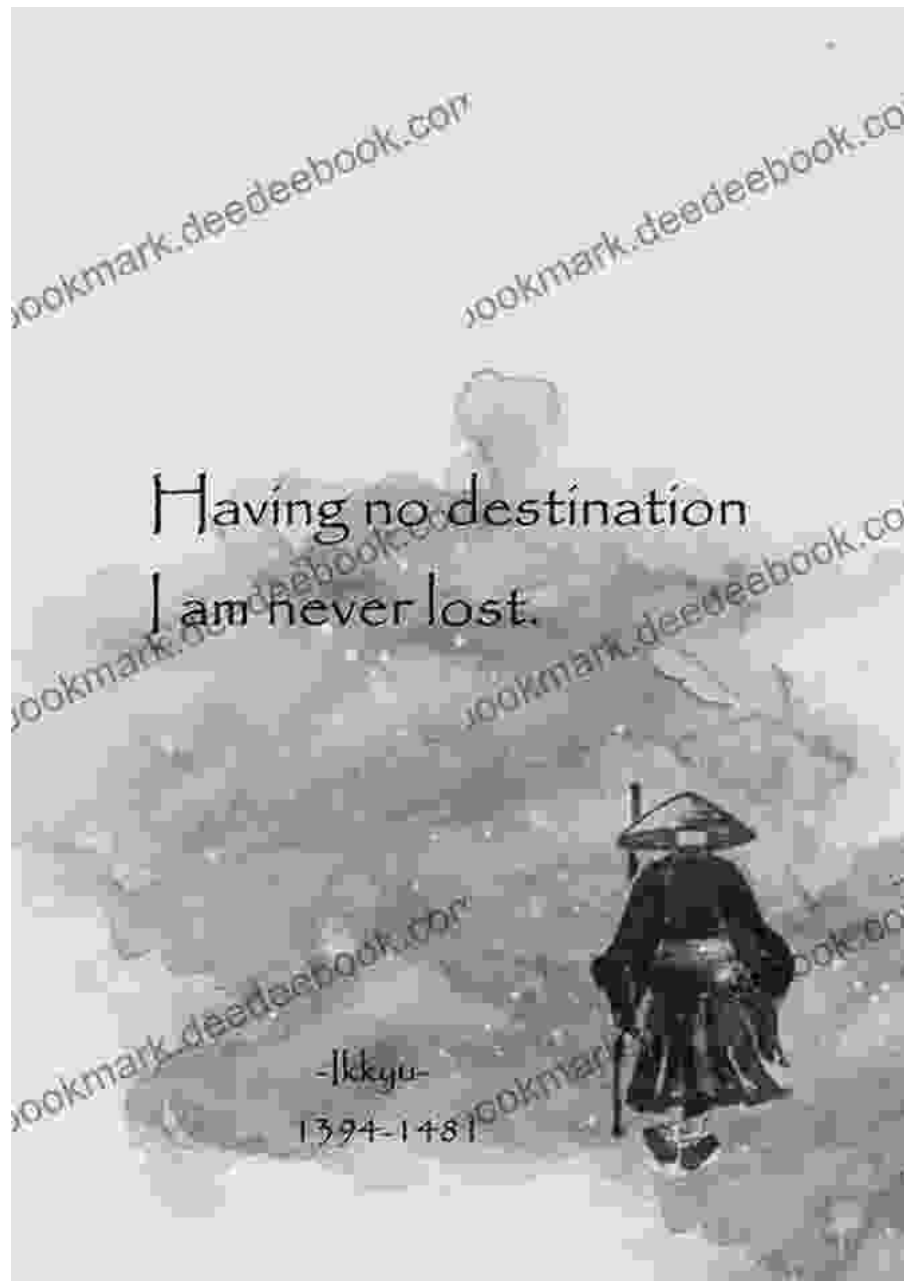
*Be mindful of what you do;
deeds express character.*

*Become mindful of who you are;
see the fate you had created.*

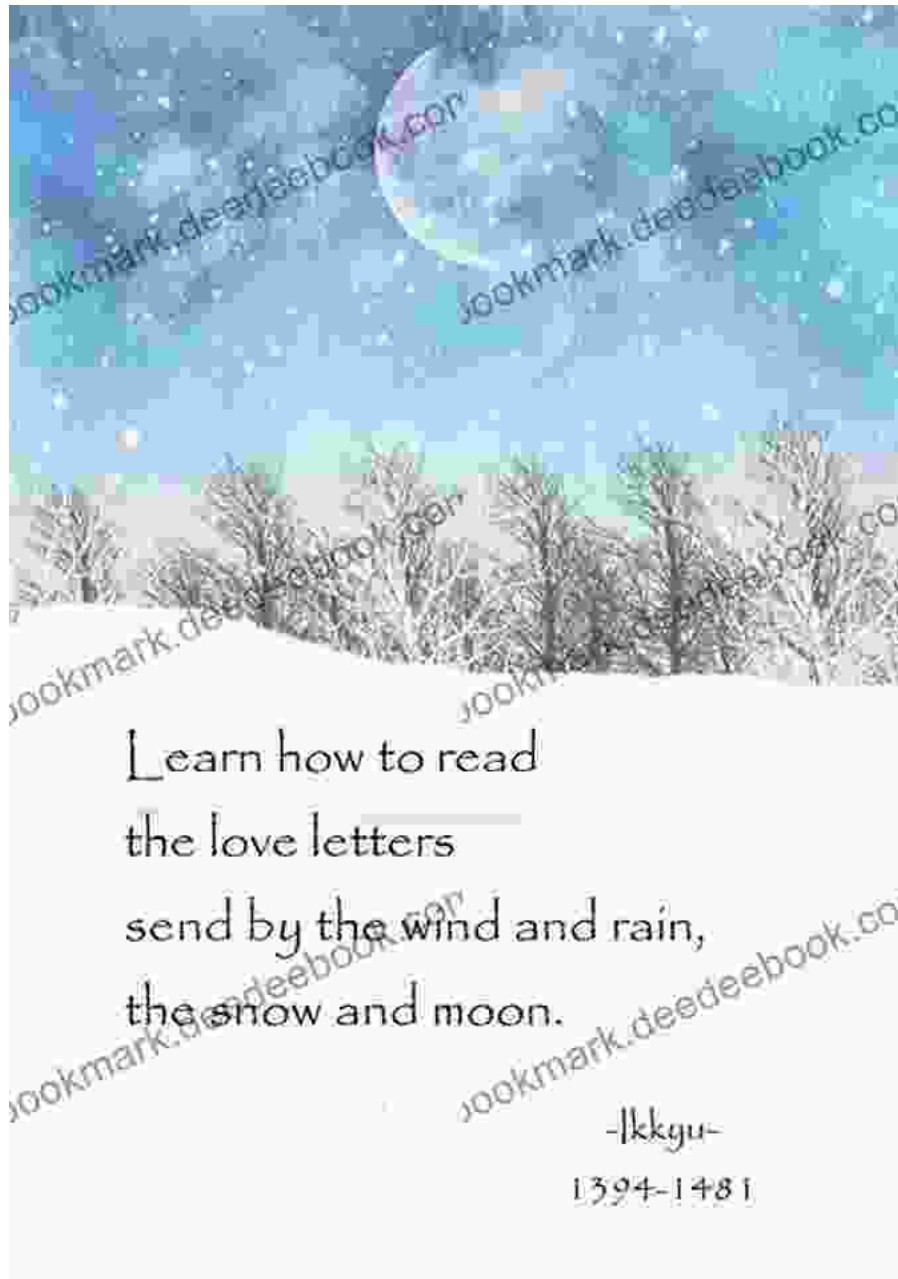
*Become mindful of the moment;
awaken to the possibility of now.*

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This world is like a morning dew - or is it a dream? It vanishes so quickly, leaving no trace behind.



Learn how to read
the love letters
send by the wind and rain,
the snow and moon.

-Ikkyu-

1394-1481

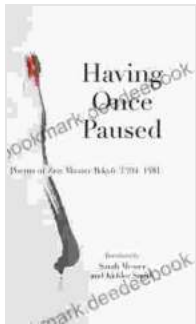
Legacy and Influence

Ikkyu's poems continue to resonate with readers today, offering a timeless and profound glimpse into the heart of Zen. They have been translated into numerous languages and have inspired countless people on their own spiritual journeys.

Ikkyu's influence can be seen in various forms of Japanese art and culture, including calligraphy, painting, and tea ceremony. His poems have also been used as koans in Zen monasteries, serving as meditation tools for students.

Having Once Paused: Poems of Zen Master Ikkyu (1394-1481) is a collection of profound and enigmatic poems that offer a glimpse into the essence of Zen Buddhism. Ikkyu's poems remind us of the importance of mindfulness, the impermanence of all things, and the interconnectedness of all life. They continue to inspire and guide readers on their own spiritual journeys, offering a timeless and invaluable source of wisdom.

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