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“ Jubilant, thoughtful, startling, and pure, the poems in The Poetry of Impermanence, Mindfulness, and Joy remind us that every poem is a pond, and every pond a poem. Slow

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down. Dip your toes. See the ripples in each reflected moon. Swim a while in the deep brilliance of language, image, and sound. ” -- Dinty W. Moore, author of The Mindful ...

The Poetry of Impermanence, Mindfulness, and Joy: Brehm

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The Poetry of Impermanence, Mindfulness, and Joy edited by John Brehm is a collection of Eastern and Western poets. Brehm was educated at the University of Nebraska and Cornell University. He is the author of Sea of Faith, which won the 2004 Brittingham Prize, and Help Is on the Way (2012), winner of the Four Lakes Prize from the University of Wisconsin Press.

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The desire for sense pleasure: pleasant sights, sounds, smells, tastes, bodily sensations, and mind states. Typically identified as an “ If only . . . ” seductive mentality. “ When a pickpocket meets a saint, the pickpocket sees only the saint ’ s pockets. ”

Mindful Poetry | UCSD Center for Mindfulness

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The Poetry of Impermanence, Mindfulness, and Joy received the Spirituality & Practice Book Award for 50 Best Spiritual Books in 2017 by Spirituality and Practice Website. Product Details Publisher: Wisdom Publications (June 6, 2017)

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The Poetry of Impermanence, Mindfulness, and Joy by John Brehm 9781614293316 (Paperback, 2017). The Buddha once told a disciple that good spiritual friends are the whole of holy life. What these poems have in common, no matter whether they are explicitly Buddhist, is that all reflect the essential truths the Buddha articulated 2,500 years ago.

The Poetry of Impermanence, Mindfulness, and Joy by John

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The Poetry of Impermanence, Mindfulness, and Joy (editor) 2017 “ In his clear and elegant introduction, John Brehm writes that he hopes these poems will come to be spiritual friends—and that seems to me a wonderful way to meet them... Each time you read one of these poems, a path opens to seeing more precisely, feeling more deeply.

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