



# Seeds From a Birch Tree: Writing Haiku and the Spiritual Journey

*Clark Strand*

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A respected Zen Buddhist presents haiku--a seventeen-line poem arranged in three lines of five, seven, and five syllables--as a writing meditation and spiritual path which opens the reader to the experience of nature. Divided into three parts, the book follows the author's passage from haiku novice to a place of understanding haiku and himself.

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