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Nota di contenuto	TABLE OF CONTENTS; ACKNOWLEDGMENTS; HAIKU DISAPPEARING; APPENDIX; OTHER BOOKS BY THE AUTHOR; ABOUT THE AUTHOR
Sommario/riassunto	In Haiku, the Gentle Art of Disappearing, a renowned Irish poet shows us how haiku may be used as a powerful tool for spiritual interpenetration. This implies that we divest ourselves of the ever-chattering mind, shed the voracious ego and enjoy momentary glimpses of unity with natural phenomena. In the companion volume, Haiku Enlightenment, he further explores these thoroughly delightful experiences and invites us to disappear! Haiku is dynamically focussed on the present, from season to se...