



Haiku Journey Explorations

Hello Friends!

How wonderful to have you spending time with yourself, nature and haiku poetry together. You are embarking on a journey, with these explorations as your guide.

I invite you to begin by writing a haiku about what you feel and think when looking at this picture. All you need is 5, 7, 5 syllables for each line. Maybe hopping in a boat, walking on the grass, venturing into the forest, flying with the birds or sitting by the edge of the water will feel best. I would love to hear about your adventures!

~ *Maria* (2mariablon@gmail.com)

Doodles

Read this poem and draw some doodles which represent what the poem brings up for you. Have fun and don't worry about what the sketches look like. There are no right or wrong responses, only possibilities to explore!

*nature inspires
creativity in us
to begin anew*

Feel the words in your body

Read this poem out loud, noticing what you feel in your body. Write about your experience.

*an arm, leg and nose
hang off branch, no worries there
relaxed, not a care*

Act Out

Read this poem, then play around with acting it out. Don't worry about how you look or what people might think if they saw you. Pretend you are a child and allow yourself to be silly for a bit. Write about how this is for you.

*so much to do do
what's important to you you?
have some fun, woo hoo!*

Share

Read and discuss this poem with a friend. Notice similarities and differences in how you each experience the poem, writing observations below.

*under cloudy skies
the full moon watches and waits
to shine on your path*
(by T. Blon)

Write a similar haiku

Notice the feeling of this haiku in your body, then write down a few descriptive words. Following the haiku structure of lines that have 5, 7 and 5 syllables, write your own haiku with a similar feeling.

*noticing beauty
happiness arises now
if we are right here*

Write an opposite feeling haiku

Notice the feeling of this haiku in your body, and write down a few descriptive words. Then, consider what feeling might be the opposite and write a haiku with this opposite feeling.

*forgiveness is like
finding a magical path
through boulders, we're free*

Write a springboard haiku

Read this poem and select one element of it to inspire your own unique poem.

*orange trumpet calls
hummingbird sips, zips, fights, rests
bold fierce grace abounds*

Creator's choice

You have explored different ways to connect with haiku poems so far. Now you have the opportunity to choose how you would like to respond to this poem. Maybe through song, dance, reading to a group, painting, going on a walk and finding similar scenes in nature. The possibilities are endless.

*twitter, fly, swoop, chase
celebrating in treetops
robins spring party*

From picture to haiku

Write a haiku based on this picture:

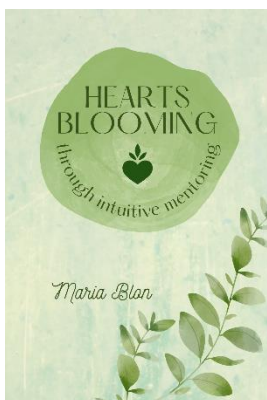


About Maria

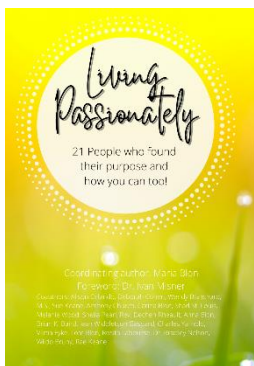


Maria Blon is an intuitive author and mentor, who helps writers feel supported, inspired and motivated to share their creations with confidence. She began her professional life as a math and yoga teacher at the college level, using hands-on, interactive learning techniques and reflective writing. All funds raised by Hearts Blooming are donated directly to the HEART in Haiti School, which was started by her family in 2010. Visit Maria's website for more information about writing retreats and programs: HeartsBlooming.org.

Also by Maria



Welcoming all brave hearts to join Maria, Rose, B.D. and David on many hilarious, sometimes heart-breaking, always inspiring adventures where we all discover we can be more than we ever imagined. Join in on the fun and contemplation during your own healing journey to mentor yourself, as you are invited to awaken in ways you never thought possible. Calling all spiritual seekers, mentors, and parents to explore the hearts blooming tools which focus on your own self-understanding after each engaging story. These tools allow you to view challenges as opportunities for growth that provide an inspired perspective on your life.



This collection contains true stories of people making a difference—both for others and for themselves.

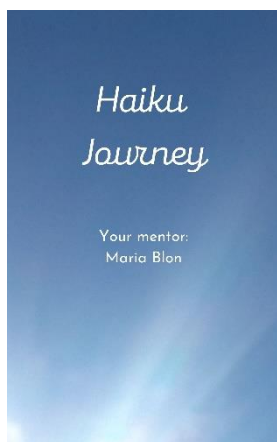
At the heart of *Living Passionately* is a simple truth: when you focus on what matters to you—your passion—you can really come alive and change the world. Maria and the 21 authors in this book share how they have found their passions and Maria poses thought-provoking questions at the end of each chapter helping to guide the reader effortlessly through a mental journey that too few take the time or energy to navigate on their own. The result? An opportunity to reflect and find your true ultimate passion. To come alive. To change the world.



Deep down, each and every one of us wants to live a life we love, yet it is not always easy or as fun doing this on our own. Intuitive mentor Maria Blon guides us to deeply connect with ourselves and others in creative ways. Drawing from her thirty-five years of mentoring adults, Maria does this through:

- playful practices
- relatable stories
- inspiring poems with nature pictures
- guidelines for nurturing relationships with yourself and others

You will receive a variety of uplifting tools to infuse your life with more joy, with encouragement from a community of friends. Reading and interacting with this book is like receiving deeply nourishing hugs from wisdom herself. We would love to have you join us!



Brimming with wisdom and playfulness, *Haiku Journey* is a poetry anthology which invites readers to open up their own creative reflections, take a breath, pause, doodle, write, and rekindle your soul's yearnings through a loving mentorship with Maria and Tom's poems and interactive prompts.

journey into soul
haiku takes us there quickly
truth and joy abound