The Japanese Garden of Portland, Oregon
Present

David Rosen
(Haiku Poet, Physician, Jungian Analyst, and
Professor of Analytical Psychology
at Texas A&M University)
&
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(Haiku Poet, digital artist, literary critic,
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at Portland State University)

Co-authors of The Healing Spirit of Haiku
with illustrations by Arthur Okamura

The Healing Spirit of Haiku
Lecture & Workshop
Saturday, October 30, 2004

Part I
9:00am – Noon
Presentation (by David Rosen)
Haiku, Zen and Jung’s Psychology
Haiku is a treasure that Japan has given the world. These short poems offer us extraordinary moments of insight about ordinary things. Haiku, linked to Zen embodies egolessness, aloneness, acceptance, universality, humor, silence, awakening, love and death. Haiku usually concerns nature and an image is created out of a few words. Haiku is a spiritual art form that promotes healing. As the poet W.H. Auden said (quoting his father, who was a physician) “Healing is the intuitive art of wooing nature.”

Lunch
Noon – 1:00pm

Part II
1:00pm – 4:00pm
Group participation (co-led by David Rosen & Joel Weishaus)
East meets West: Haiku as Active Imagination
After a brief introduction to haiku and how to write them, there will be a meditation exercise to promote relaxation. Then participants will partake in an active imagination process and write haiku. The workshop takes place in an aesthetic and peaceful place, which provides a natural setting conducive to writing haiku. There will then be a discussion of the created haiku and its meaning, spirit, and healing value.