POETRY OF PRESENCE

An Anthology of Mindfulness Poems

Mindfulness poems invite us to bring our whole self to whatever moment we’re in, and truly live it. They encourage us to be more present, more attentive and compassionate, in the living of our days. They grant us a taste of being good enough, just as we are, in this world, just as it is.

Poetry of Presence is a collection of more than 150 mindfulness poems, mostly by contemporary or recent poets. These poems call us to the Here and Now, and help us to dwell there. The Here and Now is all that truly belongs to us, and as the poets say, it’s enough.

A book for the times we live in

An inspiring read for lovers of beautiful, accessible poetry, it’s also a valuable resource for literature teachers, spiritual directors, meditators, interfaith clergy, mindfulness trainers, social workers, counselors, poetry therapists, hospice and grief workers, and medical personnel.

Anthologized poets include Yehuda Amichai • Margaret Atwood • Ellen Bass • Wendell Berry • Robert Bly • Billy Collins • Mahmoud Darwish • Thich Nhat Hanh • Joy Harjo • Tony Hoagland • Miroslav Holub • Marie Howe • Erica Jong • Kabir • Galway Kinnell • Ted Kooser • Howard Nemerov • Kathleen Norris • Mary Oliver • Rainer Maria Rilke • Rumi • May Sarton • William Stafford • David Wagoner • Alice Walker … and many more.

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