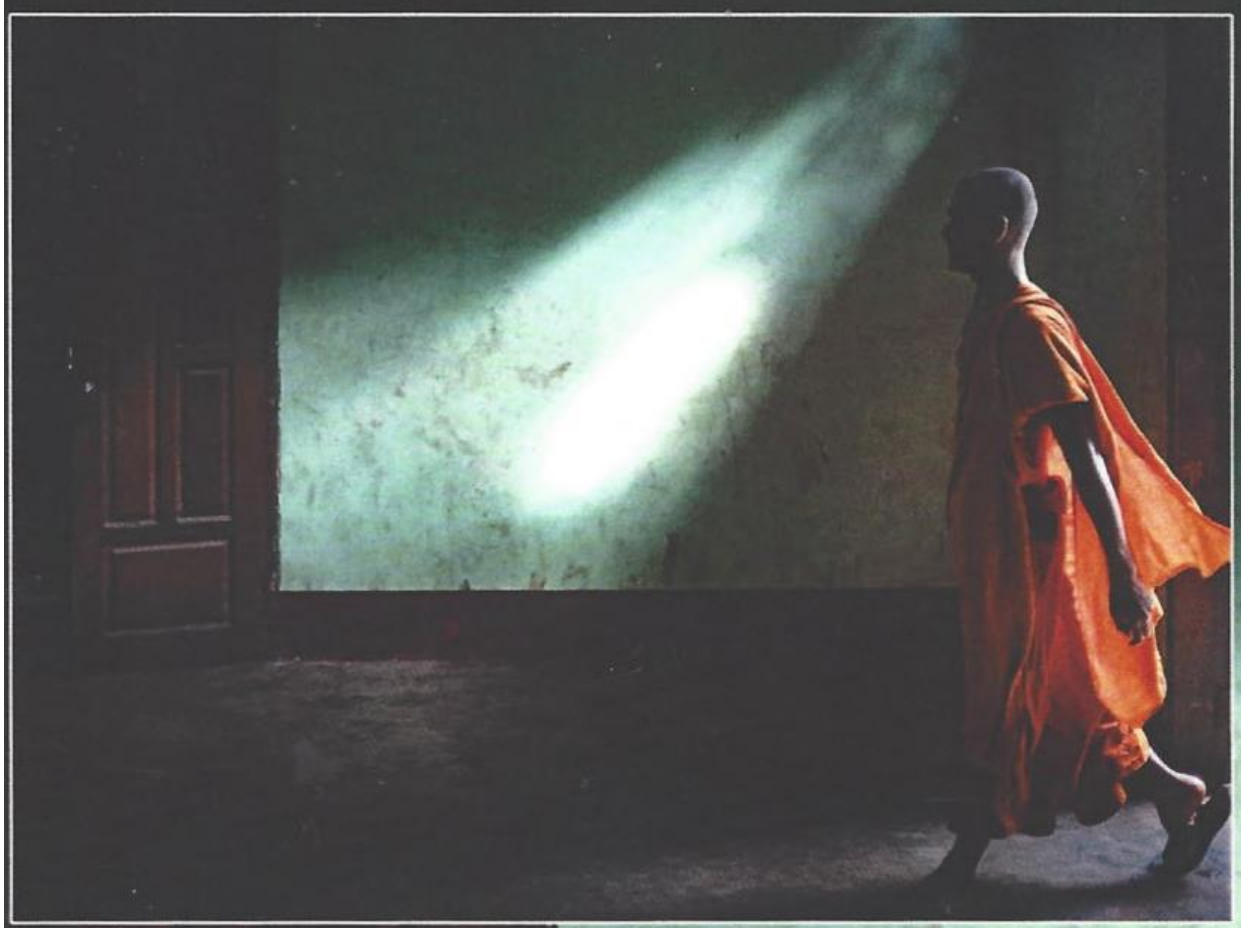
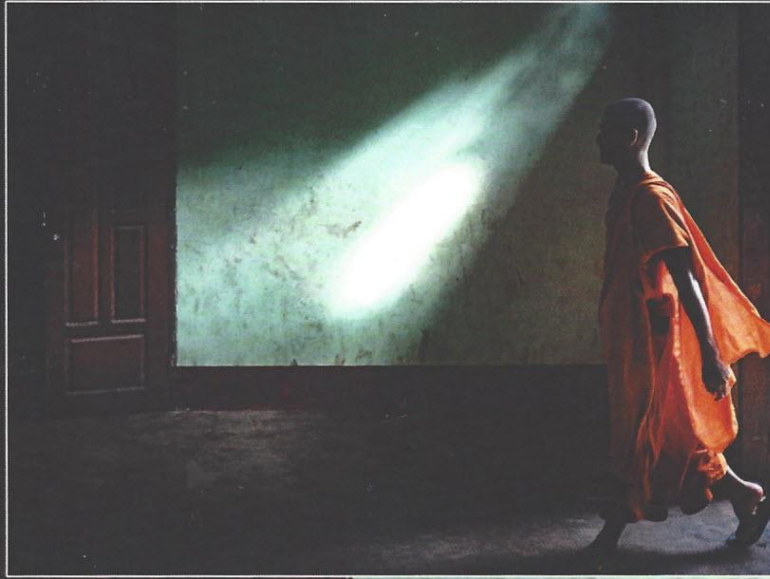


The LAGUNA BEACH ANTHOLOGY *of*
POETRY & SHORT FICTION



LITLAGUNA

Supporting the literary arts in Laguna Beach

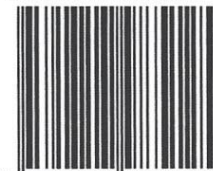


*A collection of art-inspired writings on
Jeff Rovner's photograph: Yangon Monastery Myanmar.*

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SUMMER 2018



THE SHAPIRO FAMILY

Linked verse in linked family: Johanna and Deane traveled for a year in Asia, including time at the Zen Daitokuji monastery in Kyoto, and a Chan monastery in Taroko Gorge, Taiwan after they married (ah, just celebrated their 48th anniversary!). During that time, they wrote a small book of poetry, including haiku. They noted that “It was wonderful to reconnect to that part of ourselves again, and to invite our (now adult) children Shauna, Jena, Josh (all of whom grew up in Laguna, attending Top of the World, Thurston, and Laguna Beach High School) to join us. We joke linked verse and linked family in love and poetry.”

(Individual bios on page following poem.)

FROM, IN, AND TOWARD LIGHT

The Shapiro Family

Deane, Johanna, Jena, Josh, Shauna

Monk in a hurry
walks right past Enlightenment
Too bad he missed it

Coming from light, orange
diaphanous robe sways past
light, doors ajar wait

Drawn to the light,
Encouraged to move forward,
Possibilities

Heading towards future,
trusting all will be okay,
Where does it lead me?

Beauty everywhere
But only if you see it
Light and shadow both

Between dark and light
Lock left open; world at risk
Superhero monk!

SUMMER 2018

THE SHAPIRO FAMILY

Deane, Johanna, Jena, Josh, Shauna

***Johanna** is a professor in the Department of Family Medicine and Director of the Program in Medical Humanities & Arts at UC Irvine School of Medicine, and has published over 200 articles, including the book *The Inner World of Medical Students: Listening to Their Voices in Poetry*. She and her husband have lived in Laguna since 1979, and their kids (Shauna, Jena, and Josh) grew up here. Her favorite place is Heisler Park, where she walks every week and is always inspired by the natural beauty and the happy families gathered from all over the world.*

***Deane** is a long-term (nearly 50 year) meditator and yoga practitioner, a professor of psychology emeritus in the Department of Psychiatry and Human Behavior, UCI, and previously served several years on the clinical faculty at Stanford University Medical School. He has devoted his professional life (and much of his personal life) to exploring how individuals can gain and regain a positive sense of control in their lives, and is the author/editor of several books on meditation, control, self-control and psychological health. He enjoys playing tennis at the Festival of the arts canyon courts, golfing at ben browns with the deer, and doing tai chi at montage/treasure island park with Johanna.*

THE LAGUNA BEACH ANTHOLOGY OF POETRY & SHORT FICTION

Shauna is a professor, author and internationally recognized expert in mindfulness and compassion, including the Ted Talk: "Mindfulness Meditation: What you practice Grows Stronger (with over three-quarter million views). She lives in Mill Valley with her son Jackson. Her favorite things to do besides dancing are swimming in the ocean with her mom, hiking in nature with her sister, doing Tai Chi at sunrise with her father, and laughing hysterically with her brother.

Jena trained as a Montessori teacher and taught first through third graders in Arizona. She received a Masters in School Psychology and currently works as a school psychologist in Arizona. She has been published in O, the Oprah magazine, and The Encyclopedia of Psychology on psychological health. Although Jena currently resides in Arizona, her heart and her home will always be in Laguna Beach, and she gets so much joy returning for family reunions. Her favorite places in Laguna are Heisler Park, Crescent Bay, and Montage.

Dr. Josh Shapiro is the Executive Director of The Center for Applied Research and Evaluation at UC San Diego Extension. Before that he worked in the Conflict Resolution field, was a public school teacher, and built homes with Habitat for Humanity. Dr. Shapiro lives in La Jolla with his wife Desiree, their daughter Skyla, and soon to be baby boy. Whenever they get a chance they enjoy traveling up the coast to Laguna Beach to be with family and enjoy all that Laguna has to offer.

COMMENTARY on the Shapiro Family Linked Verse ☺

When mom and I were in Asia, we heard stories of the Seven Sages of the Bamboo grove in ancient China, a group of individuals who would meet regularly to discuss philosophy and read and write poetry. We loved that image! Flash forward 48 years, and we're now sitting drinking coffee (decaf!) at the Grove (on forest) preparing for this evening's Shabbat, when mom will light the candles (bringing forth more light—internal and external) and then sing in her angelic voice. We're looking over the just published copy of our family's linked verse and the church bells strike 5, with five "awakening" gongs and then a rendition of the Quaker spiritual "It's a gift to be simple." Really, could life be any better than this moment!

I had an "ah hah" about our linked verse—I thought, great, Talmudic (and Zen) commentary, of course! When we first wrote these poems, I saw these linked haiku as "Chinese linked verse"—i.e., there was a linked theme in each of the poems regarding light (enlightenment), shadow, dark); and a linked temporal theme: past, present, future.. I also saw the haiku as a "Rorschach" in that each of us brought our own perspective to the poem, creating different "shadings" and nuances of understanding.

But during the meditative bell chiming, I had a third "grouping" of our linkage. I think this comes from the way I view "Rorschachs"—my perceptual style. I take the "pieces" and see a "holistic picture." So, what I began to see here, organically, was a "narrative arc." It begins with "un-enlightenment"—a lower level of consciousness, not seeing the "light" and beauty that exists in the world (poem 1, with a nod to mom's cutely humorous view.) The second poem has hope: we come "from light" we are surrounded by light, but there is still "dust on the mirror" and a journey to take, and the doors for that journey await. (Ah, Dad's life as journey toward greater wisdom, compassion).

Poems three and four, Jena's two self-linked contributions, continue this theme of the journey, there is a sense of being drawn forward, trust that all will be ok, yet a sense of wonder—where is this leading. Poem five comes from an altered state, "one without a second, the oneness that sees and goes beyond "light and dark". The person, who lives in the here and now mindful moment, (the wise person ---Arahat,) who has "attained" enlightenment, "awakened" (the arc from poem 1). Thank you, Shauna. . Poem 6 completes the circle. It comes after the "enlightenment" experience of poem 5 and is like the Zen "Ox-herding pictures" in which the "person, after chasing the "bull" (one's mind, emotions) learns to tame it, become enlightened, - the Bodhisattva, (our Superhero monk) r(Thank you Josh and Skyla) and returns to the world to continue to make "good choices" (cleaning one's own dust with wisdom and compassion) which in turn helps bring more light, compassion, and wisdom to help others who are in darkness and suffering.

What a journey, and how great to take it with you all, Precious Family. !:) love love poppers, part of the web of a family linked by love and light on so many levels, and with a wee bit of the cosmic chuckle. ☺

