



## Inner *Sanctuary* Haiga

Like acrostics, haiku poems are also short and concise. When we pair haiku with illustration, it becomes a form of haiga, a Japanese art form that combines haiku with simple illustrative paintings. Haiku have a specific structure: They contain three lines. The first and third lines contain five syllables each, and the second line contains seven syllables.

For this exercise, you'll first visualize a special place (your inner sanctuary). Next, you'll write a haiku about your sanctuary and then create a drawing that further expresses your poem.

To start, get comfortable and take a deep breath. Next, imagine a beautiful, safe, and restorative place - any place that you wish: an enchanted forest, a chapel, a cabin beside a lake, a garden....anywhere, inside or outside, that feels good, safe, and nourishing for you now. This can be a place that really exists or one that you make up. Take a few moments in silence to connect with your sanctuary. Go there in your imagination. While visiting, use your inner senses to see, hear, smell, taste, and feel all that you can.

Next, write your haiku poem from the point of view of your inner sanctuary. What does it wish to express? Allow your imagination to lead the way and have fun! I've given you space to write two versions of your poem. Feel free to write more, if you'd like.

Finally, draw and color an image that illustrates and expresses the meaning of your haiku.



Inner *Sanctuary* Haiku (version 1):

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Inner *Sanctuary* Haiku (version 2):

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# Inner *Sanctuary* Haiga Drawing

Incorporate your haiku text into the drawing.

# Inner *Sanctuary* Haiga Journal

1. How did it feel to journey to your inner sanctuary?
2. How does your sanctuary exist in your life? Is it an imagined destination or an actual place?
3. How do you benefit from visiting your sanctuary? How does it make you feel and what can you take with you when you leave?
4. How can you incorporate your sanctuary's qualities into other facets of your life? How would you benefit from doing this?