



The Moving World

Michael Heald

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Through the practice of Vipassana meditation, the Australian poet Michael Held explores a different form of consciousness and attempts to distill philosophies into a minimalist form of poetry. Utilizing familiar poetic devices, such as the richness of metaphor and clever language play, this compilation demonstrates how the poet sheds each layer of externality in the quest for contemplative stillness and the ability to live in the moment.

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