Mindful Raft
over Troubled Waters

MITCHELL D. GINSBERG

Wisdom Moon Publishing
2015
MINDFUL RAFT OVER TROUBLED WATERS

Copyright © 2015 Mitchell D. Ginsberg

All rights reserved. Tous droits réservés.
No part of this work may be copied, reproduced, recorded, stored, or translated, in any form, or transmitted by any means electronic, mechanical, or other, whether by photocopy, fax, email, internet group postings, or otherwise, without written permission from the copyright holder, except for brief quotations in reviews for a magazine, journal, newspaper, broadcast, podcast, etc., or in scholarly or academic papers, when quoted with a full citation to this work.

Published by Wisdom Moon Publishing LLC
San Diego, CA, USA

Wisdom Moon™, the Wisdom Moon logo™, Wisdom Moon Publishing™, and WMP™ are trademarks of Wisdom Moon Publishing LLC.

Front cover artwork based on a scroll painting (1914) entitled Tiānfēnghǎitāo 天風海濤 Winds of Heaven and Waves of the Sea by Liú Liúcìng 劉立清 (1876-1920).
Back cover artwork digitally adapted from a 1976 photograph of the Reclining Buddha at the Ajanta Caves, taken by Jacques Rutzky.

ISBN 978-1-938459-51-1 (eBook)
LCCN 2015931458
CONTENTS

Dedication page - - - - - - ix
In acknowledgment - - - - - - ix
A word to the reader - - - - - - x
Preface - - - - - - xi
The Space of Silence - - - - - - xiv
The Taste of Mindfulness in Practice - - - - xv
Uparujjhati uddhaccaṃ — Restlessness ceases - - xvi
Conversation - - - - - - xviii
On the far shore - - - - - - xix
To Ms. Kitty - - - - - - 1
Vipassanā in Munich - - - - - - 2
Pick one technique and stick to it - - - - - 3
All paths - - - - - - 4
The far shore’s under your feet - - - - - 5
Compassionate insight - - - - - - 8
The Buddhist peacock - - - - - - 9
Spiritual development - - - - - - 12
The reclining Buddha - - - - - - 14
Love and respect - - - - - - 15
The flower - - - - - - 17
The discourse on freedom through good companionship - 18
Your anger - - - - - - 20
I see no limits - - - - - - 20
Active patience - - - - - - 21
Making war on ego - - - - - - 22
We want not to see - - - - - - 24
Posing dilemmas - - - - - - 25
Nuts   - - - - - -             27
Emptiness for the distracted mind   - - - - -             28
Mind clouds   - - - - - -             29
The desire for freedom   - - - - -             35
Vipassanā šmipassanā   - - - - -             39
Do what teaches   - - - - -             41
Recollections   - - - - - -             41
Where’s the love in vipassanā?   - - - - -             42
Growth through love   - - - - -             43
Spiritual relationship   - - - - -             44
Shiva friendship   - - - - -             45
Cutting some slack (practical caring compassion)   - - -             46
Forgiving and recognizing new horizons   - - - -             49
Troubles in relationship   - - - - -             52
Liberating relationship, spiritual love, pārasamgate   - - -             55
I love you   - - - - -             61
Nāga-Buddha-rūpa   - - - - -             62
To the belovèd   - - - - -             63
Heart-felt thinking   - - - - -             64
As you breathe in   - - - - -             64
Anger and ill will   - - - - -             65
Living through fear   - - - - -             67
From fear to open friendship   - - - -             69
The peacemakers   - - - - -             71
Digging, discovering   - - - - -             72
We’re angry   - - - - -             74
We can be feeling   - - - - -             74
The passionate Buddhist (beyond boredom)   - - -             75
Digging and digging   - - - - -             77
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The heart pulls us on</td>
<td>80</td>
</tr>
<tr>
<td>The stingy heart</td>
<td>81</td>
</tr>
<tr>
<td>The bitter heart</td>
<td>83</td>
</tr>
<tr>
<td>The envious heart</td>
<td>84</td>
</tr>
<tr>
<td>The jealous heart</td>
<td>85</td>
</tr>
<tr>
<td>Soft are your ways</td>
<td>86</td>
</tr>
<tr>
<td>Physical love</td>
<td>87</td>
</tr>
<tr>
<td>Death-canal life-throws</td>
<td>88</td>
</tr>
<tr>
<td>Memory in the present</td>
<td>89</td>
</tr>
<tr>
<td>The past</td>
<td>90</td>
</tr>
<tr>
<td>The dross of sad pasts not yet gone</td>
<td>95</td>
</tr>
<tr>
<td>Turning poison into nectar</td>
<td>96</td>
</tr>
<tr>
<td>Power of the now, prison of the now</td>
<td>98</td>
</tr>
<tr>
<td>The mouse</td>
<td>100</td>
</tr>
<tr>
<td>Glossary</td>
<td>101</td>
</tr>
<tr>
<td>Further readings</td>
<td>107</td>
</tr>
<tr>
<td>Buddhist meditation centers</td>
<td>110</td>
</tr>
<tr>
<td>About the author</td>
<td>114</td>
</tr>
</tbody>
</table>