

Peace and War and Peace

The Heart in Transformation

Second Edition

Mitchell D. Ginsberg



Wisdom Moon Publishing

2015

Peace and War and Peace

The Heart in Transformation

I. Peace and War and Peace

Peace and war and peace	3
Yearning for transformation: psychospirituality	4
Psychospiritual companionship	6
Transformation: through darkness to light	7
On appreciating transformations of the heart	8



II. Life and Death and Life

We are creatures	11
Life and death and life	12
What a joy	14
I can't let go	15
In this world	16
We learn to close off	17
This is the dharma	18
We are rich within ourselves	19
Torn from my land	20
We can watch our worthlessness	22
Wisdom is not cocky	23
The day has drawn to a close	24
At the entrance	25
Cast your net wide	26

Fly, my dears	27
How I long for your truth	28



III. Through the Faces of Rage

When we are struggling	31
Harassed	32
Shame swirling into viciousness	33
Why are you yelling at me?	34
Between insult and counter-attack	36
Waltzing around pain	37
How powerful thoughts are	38
Where did that thought come from?	39
Shame closing or opening	40
Guilt	41
Anger	42
Petty anger	43
Why, when we want	44
Stripped	45
My rage	46
Women and men of rage, unite!	47
In the cards	48
The challenge to go deeper	49
Beyond vengefulness	50
Our anger in its impotence and beyond	51
I get you to be angry	52
Shame	53
Ignorance	54
Bitterness	55
The absurdity of ridicule	56
A fish flails about	57
You invite me into a pit	58
A most dark enigma	59
Gandhi would have turned over in his grave	60
We're angry	61
Seeking compassion	62
Violence against children	63
Slipping into moral judgments	64
The shrapnel of my rage	65
What's so hard about apologizing?	66

What's so hard about expressing thanks?	67
I apologize for it all, after it all	68
Private problems, group aggression	70



IV. Faces of War

The realities of war	73
Defensive wars	74
The sands	75
Hiding, denying, disregarding the toll of war	76
J'ai le cœur déchiré	78
War between the lines	79
Wars start with bellophilia	80
Civil war	81
Here I am and the nation honors its war dead	82
Peace between wars	83
It has been said	84
I think of his earlier tortures	85
A parent's torment	86
Daily in times of darkness	87
We learn from our elders	88
The innocent and the mighty	89
Backroom Tweedledum politics	90
Broken mugs, broken minds	92
Let's get serious	94
Descent into civilization	95
A man once	96



V. There is a Goodness

There is a goodness	99
My father's prayer	100
In a moment of impasse	101
She looks out into the world	102
Imagine this world busy with all beings	103
The most valuable gift of our teachers	104
I knew them	105
Home	106

At the dawn	107
I was awakened during the night	108
Joy	109
We think of the world in a metaphor	110
Methodological yearning	111
Mind grown small	112
The great hall	113
Moon floating on the pond	114
When the short-sighted perspective	115
Crawling out of a small box	116
Reaching out	117
Power of the now, prison of the now	118



VI. Restlessness Ceases

Restlessness ceases	121
To Ms. Kitty	122
All paths	123
The flower	124
Your anger	125
I see no limits	126
Active patience	127
We want not to see	128
Do what teaches	129
Recollections	130
Extended families	131
Record-player needle	132
Snuggle bunnies not so long ago	133
I love you where there is no language	134
To the beloved	135
I love you, I mean	136
The simple and the simplistic	137
Through the seasons	138



VII. Understanding Within and Without

Understanding within and without	141
The heart pulls us on	142

If only I could, I would	143
We can be feeling	144
We can see our pain	145
Pornography and sacred sex	146
Samsāra for men and women	147
The dross of sad pasts not yet gone	148
Through the many years, if most fortunate	149
Soft are your ways	150
Indra's net	151
Full circle	152
We know the path	153
Needs	154
Emergencies ~ the emerging of urgent needs	156
Kindly aware	157
Natural compassion	158
Simple boredoms	159
Thin is the line; nearby lies a new dimension	160
Physical love	161
Love	162



Index of Poems by Title and First Line	163
--	-----



Index of Names	171
----------------	-----



About the Author	177
------------------	-----