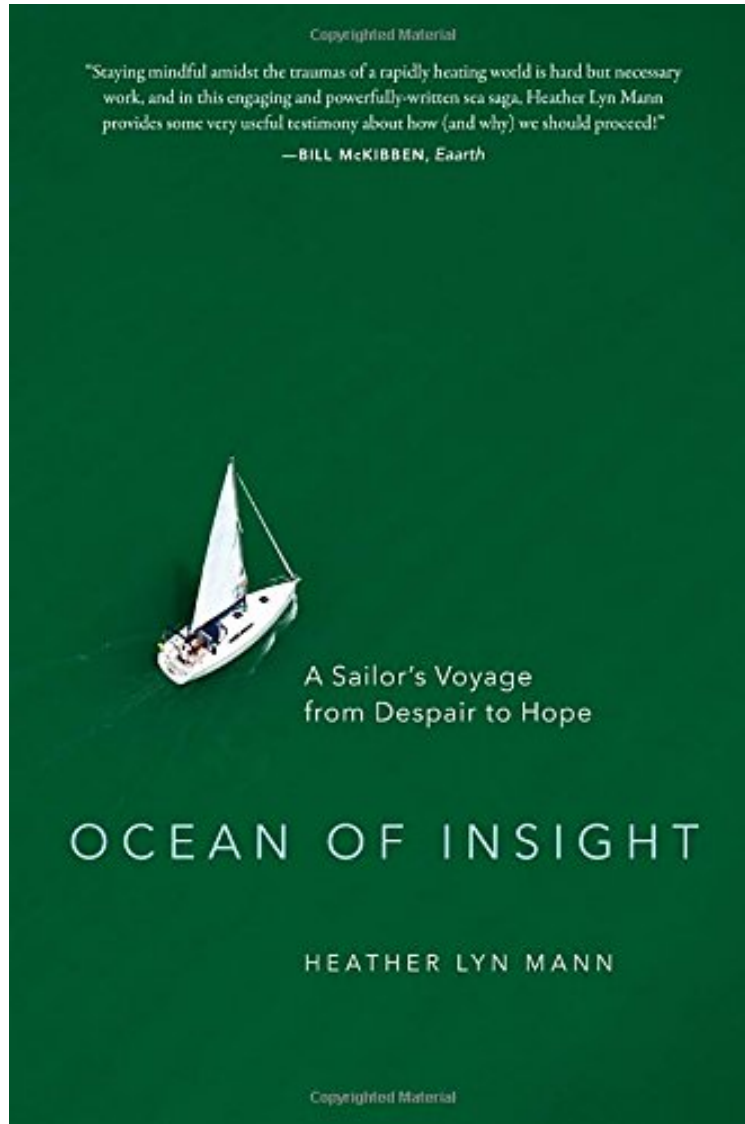


(Mobile ebook) Ocean of Insight: A Sailor's Voyage from Despair to Hope

Ocean of Insight: A Sailor's Voyage from Despair to Hope

Heather Lyn Mann

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#665389 in Books Heather Lyn Mann 2016-11-08 2016-11-08 Original language: English PDF # 1 8.25 x .89 x 5.481, .81 #File Name: 1941529305304 pages Ocean of Insight A Sailor s Voyage from Despair to Hope | File size: 72.Mb

Heather Lyn Mann : Ocean of Insight: A Sailor's Voyage from Despair to Hope before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ocean of Insight: A Sailor's Voyage from Despair to Hope:

2 of 2 people found the following review helpful. Six-year journey on the open sea By Susan Meyers What I most like about reading this book and I'm still happily in the midst of doing so is that it offers more than an engaging memoir of

the excitement, beauty, and dangers of sailing the open sea. Of even greater impact for me is the insight, the contemplation about the sailing adventure and about life itself. The six-year journey on the sloop Wild Hair turns out to be many layered for Heather Lyn Mann and her husband Dave. What does a person learn along the way on such a journey? Ocean of Insight answers that question. Section by section it first offers a scene from the outer world, with all the drama and ordinariness that are part of experiencing this once-in-a-lifetime adventure. Then it moves to the inner world, offering a meditation with the chance to mull over through careful and deep contemplation what just happened in the outer story. So if you like to experience the world from both an outer and inner perspective and who doesn't? this book is for you. Your guide on the journey is a born storyteller, an environmental advocate, a dharma teacher ordained by Zen Master Thich Nhat Hanh, and obviously a woman who loves the sea. These animals are fearless, Mann says late one morning after watching fish, pelicans, and dolphins in a feeding moment when the fish are prey as the pelicans and dolphins team up as predators. Fearless, yes, that's what I think of this author as she forsakes privacy and opens her life, and herself, to her readers and invites us on board to take the journey with her. 1 of 1 people found the following review helpful. Wild Hair in a Beginner's Mind, by Jackie Weiss By Customer Engaging from the start, "Oceans of Insight: A Sailor's Voyage from Dispair to Hope," tells of life lessons understood a sea during a five year adventure. Active, descriptive passages make the reader feel as if he, too, is physically on board the vessel, "Wild Hair," as it navigates the Caribbean Sea. I appreciated the author's imagery and knowledge of botany and ecology as she recounted the history of the islands she visited. When I finished the book I scanned an earlier page of chapter titles that I had skipped. Even though I am familiar with the teachings of Thich Nhat Hanh I was surprised by the titles: Beginner's Mind, Impermanance, Mindful Action, among others. I was struck with the thought that Thay's teachings, besides informing the author's journey, had also helped organize and clarify the telling of her tale. And the reader is also able to reflect, yet again, on those lessons. 1 of 1 people found the following review helpful. She tells a good adventure story while plumbing the depths of our environmental ... By Customer As someone who grew up on the water in Puget Sound near Seattle, and is now a climate activist and a Buddhist teacher, Ocean of Insight is perfectly pitched for me. Mann writes with passion, experience, wit, and wisdom. She tells a good adventure story while plumbing the depths of our environmental crisis and need for a spiritual grounding. On the environmental information part, she is quite artful in weaving it seamlessly into the story, and powerfully so. It's useful and deep without hitting the reader over the head with it. On the spiritual insights part, it's as if she is giving spiritual teachings throughout the text, again skillfully tethered to the story, but going well beyond. She is a wonderful teacher. I know it's a good book because I found frequently myself laughing out loud or tearing up at the nature beauty she describes, or the very human foibles she admit to, or the insights she so kindly offers up. A beautiful book. Highly recommended.

Heather Lyn Mann was a battleweary environmental advocate in Madison, Wisconsin, struggling over what to do about climate change when she and her husband decided to explore the Atlantic on a small sloop. This memoir of six years living afloat is a chronological unfolding of disasters and discoveries: life-threatening storms, the boredom of isolation, societies on the brink of extinction, sinking ships, colorful Caribbean characters, near collisions, a pirate scare, and more. Throughout, the ocean becomes Mann's teacher, transforming her with uncompromising lessons on how to harmonize with natural order, the exact moments and ways to let in fearlessness, resilience, happiness, impermanence, balance, compassion, skillful action, and beginner's mind. Her suspenseful, sometimes hilarious, and always heartwarming journey of body and mind, shaped by ancient Buddhist teachings, entertains as it charts reality's depths and danger zones so armchair adventurers, spiritual seekers, and the climate concerned can navigate tumultuous waters and arrive together on the shore of planetary wellbeing.

About the Author Spiritual Ecologist Heather Lyn Mann is a practitioner of Buddhism, sailing, and mindful advocacy. Mann founded and led the not-for-profit Center for Resilient Cities an organization mobilizing innercity residents to restore natural beauty and function in damaged neighborhood landscapes. She also co-edited Touching the Earth: A Newsletter of Earth Holding Actions in the Plum Village Tradition. In 2007, together with her husband and cat, Mann set sail on a 15,000 nautical mile, six year voyage. Excerpt. Reprinted by permission. All rights reserved. 1. FEAR Tilloo Cay, Abaco Islands Bahamas December 31, 2008 I look upon the jagged shore to calculate the time until impact. It's difficult to know exactly because the anchors scrape the ocean floor, slowing our approach. The storm is building. Waves slam against the bow and drive us backward. The ship's engine picked this moment to stop functioning, so Dave and I are suddenly, inexplicably, without power. The sun is slipping low and soon we will be without light. I sailed my ship, Wild Hair, to this spot because I wanted lobster from the reef for a New Years dinner. But this is a place of peril in a gale especially with a busted throttle cable. Now I am exposed, disabled, at risk of losing my ship, and maybe my life. A primal panic starts simmering at the base of my spine. It wraps my intestines. My limbs feel thick as logs and my thoughts are slow; they roll into consciousness with the speed of old movie credits. Usually, I'm a quick thinker with good judgment, but fear is turning me into a sluggish animal a bear sliding into hibernation. Wind, please stop blowing, I whisper. A cold blast strong enough to make me stagger in place is the answer. Wishful thinking is my problem. The promise of buttered seafood seduced me into believing the wind and sea wouldn't turn foul until late in

the evening, the storm would come more from the northeast, and this lobster-peppered harbor would remain flat. In reality, the fifty-four-degree cold front textures my flesh with goose bumps and shoves the boat toward ruin. The sky and ocean froth in a matching Soviet color palette. I dont know what to do.