

Reality of Karma Retreat

业力的实相 静修营

Meditations for Gift of Liberation Retreat #26

掌中解脱静修营#26 冥想

Gift 26 Meditation #1

Three Steps for a Refuge Meditation:

I am there.

I have the seeds.

I have a shelter.

冥想 #1

冥想皈依三步骤：

我在那儿。

我有种子。

我有庇护。





Gift 26 Meditation #2
Knowledge is Not Enough:
Am I washing the dishes?
 冥想#2
 光有知识还不够：
 我有洗碗吗？

Gift 26 Meditation #3 冥想#3
A View to Match your Emptiness
& Meditation
Have I been going to the prison?
 冥想#3
 和你的空性&冥想匹配的见解
 我去过监狱吗？



Gift 26 Meditation #4 冥想#4
You Get What You Give:
What will I get from what I gave, today?
 给出什么，得到什么：
 我今天给出去的会得到什么？

Gift 26 Meditation #5
The Grapes Don't Help:
Where do I have hot chilis inbetween?
冥想#5
葡萄帮不上忙：
中间哪里有辣椒？



Gift 26 Meditation #6
Misplaced Confidence:
What will come from mixed karmas?
冥想#6
错位的信心：
混合业力会有什么结果？

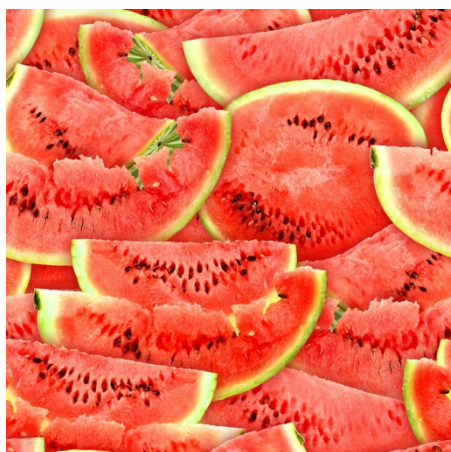
Gift 26 Meditation #7
Boiling Robes:
I can be seen all wrong
冥想#7
烹煮中的僧袍：
我可能全被看错





Gift 26 Meditation #8
Ten Trillion Cells:
Don't raise your hand
 冥想#8
 十兆亿细胞：
 不要举起你的手

Gift 26 Meditation #9
All the Troubles I Have Had:
From the tiniest of words
 冥想#9
 我有过的所有的麻烦：
 来自最微小的词



Gift 26 Meditation #10
Watermelons, seeds on seeds:
How many grandchildren?
 冥想#10
 西瓜，种子的种子：
 多少子孙？

\$Gift 26 Meditation #11
The Smallest Good:
What 3 things in the next hour?

冥想#11：
最小的善行：
接下来一小时哪三件事？



Gift 26 Meditation #12
The One Who Dodges the Bullet:
The rain stops on the way to your car

冥想#12
躲过子弹的人：
雨在你走向车的路上停止了

Gift 26 Meditation #13
No Expiration Date:
*Diamond seeds waiting
in my mind for Coffee Meditation*

冥想#13
没有过期日：
钻石种子在我意识里
等待着咖啡冥想





Gift 26 Meditation #14

The Fly and the Cowpie:

Everyone has the seeds

冥想#14

苍蝇与牛粪：

每个人都有种子

Gift 26 Meditation #15
Nagarjuna & the Ant:
Clean and bind even the smallest
 冥想#15

龙树菩萨& 蚂蚁
 哪怕是最小的都要清理与束缚



Gift

26 Meditation #16

The Opposite Way of the World:

Have I followed it so far, today?

在全世界之道上逆行：

今天到目前为止我跟随得如何？

Gift 26 Meditation #17
Review Meditation on the Ten:

How many songs do you know?

冥想#17

关于笔的复习冥想：

你知道多少首歌？



Gift 26 Meditation #18 冥想#18

**The Four Steps for a Karmic Path;
Which one am I working on this
month?**

Shi, sampa, jorwa, tartuk

Goal, choice, help, coffee

业道四步骤；

这个月我做哪一个？

目标，选择，帮助，咖啡

Gift 26 Meditation #19
Feeling
You & the Old Lady
Gratitude: Who's helping whom?

冥想#19

感受

你&老太太

感恩：谁在帮谁？





Gift 26 Meditation #20

Motivation

When You Touch the Door:

A choice of motivations

冥想#20

动机

当你触碰到门时：

动机的选择

Gift 26 Meditation #21

Conception

An angel's fingersnap

冥想#21

受孕

天使的一弹指



Gift 26 Meditation #22

The Cry of the Dying:

The barbarity of meat;

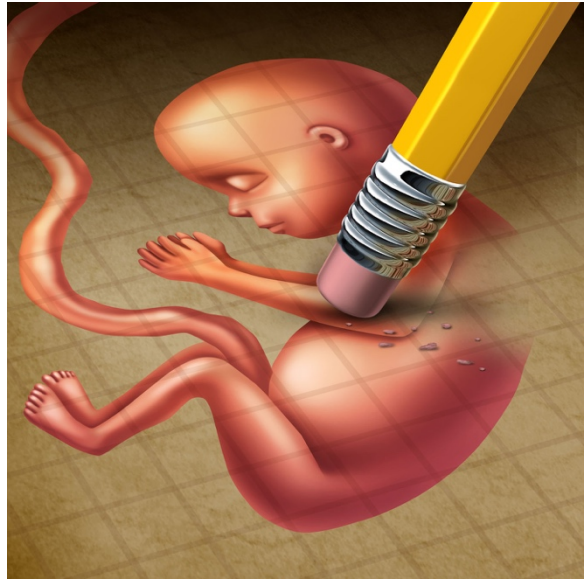
Things our parents got wrong

垂死的哭泣：

肉食的残暴；

我们父母弄错的事情

Gift 26 Meditation #23
Killing Babies:
Sometimes legal isn't right
 冥想#23
 杀掉婴儿：
 有时合法的并不是正确的



Gift 26 Meditation #24
The Phone in Your Car:
Killing for a text message
 冥想#24
 车里的电话：
 因一条短信而杀害

Gift 26 Meditation #25
Karma and the General:
Pay your taxes,
but let somebody know
 冥想#25
 业力和将军：
 纳税，
 但要让人知道





Gift 26 Meditation #26

Twice as Bad

Be careful what you say & do

冥想#26

两倍糟糕

小心你所说所做的

Gift 26 Meditation #27 The Opposite of Coffee:

*Clean and give up owning—
this is NOT who I am*

冥想#27

咖啡的相反

清理及放弃拥有

这不是我



Gift 26 Meditation #28

The morality of loans:

Have I borrowed anything lately?

Or not so lately?

冥想#28

借贷的道德:

我近来有借过任何东西吗?

或不是最近借的?

Gift 26 Meditation #29
The Foolishness of Adultery
*Setting up hundreds of
disappointments*

冥想#29
通奸的愚蠢
导致了許多失望



Gift 26 Meditation #30
The Challenge of Speaking True:
Shooting for matching impressions

冥想#30
讲实话的挑战：
争取匹配印象

Gift 26 Meditation #31
**The Danger of
Accidental Dividing**
*Learning not to say
what comes to mind*

冥想#31
意外离间的危险
学习不要说
意识里出现的





Gift 26 Meditation #32

Words that Hurt by Accident

Did I first exchange them and myself?

冥想#32

意外伤害的词语

我是否有首先把自己跟他们交换？



Gift 26 Meditation #33

A Good Day

for Happy Silence

The art of congenial mauna

冥想 #33

开心静默的美好一日

友好的沉默艺术



Gift 26 Meditation #34

Counting Our Blessings:

Today,

consciously happy with what I have

冥想#34

数数我们的幸福：

今天，

有觉知地为自己拥有的而开心

Gift 26 Meditation #35
Random Thoughts of Not-So-Sad
Fellow sufferers for a day
冥想#35
“没那么糟”的随意念头
做一天同受苦的人



Gift 26 Meditation #36
One in a Hundred Million
Have I appreciated myself today?
冥想#36
亿分之一
我今天欣赏自己了吗?