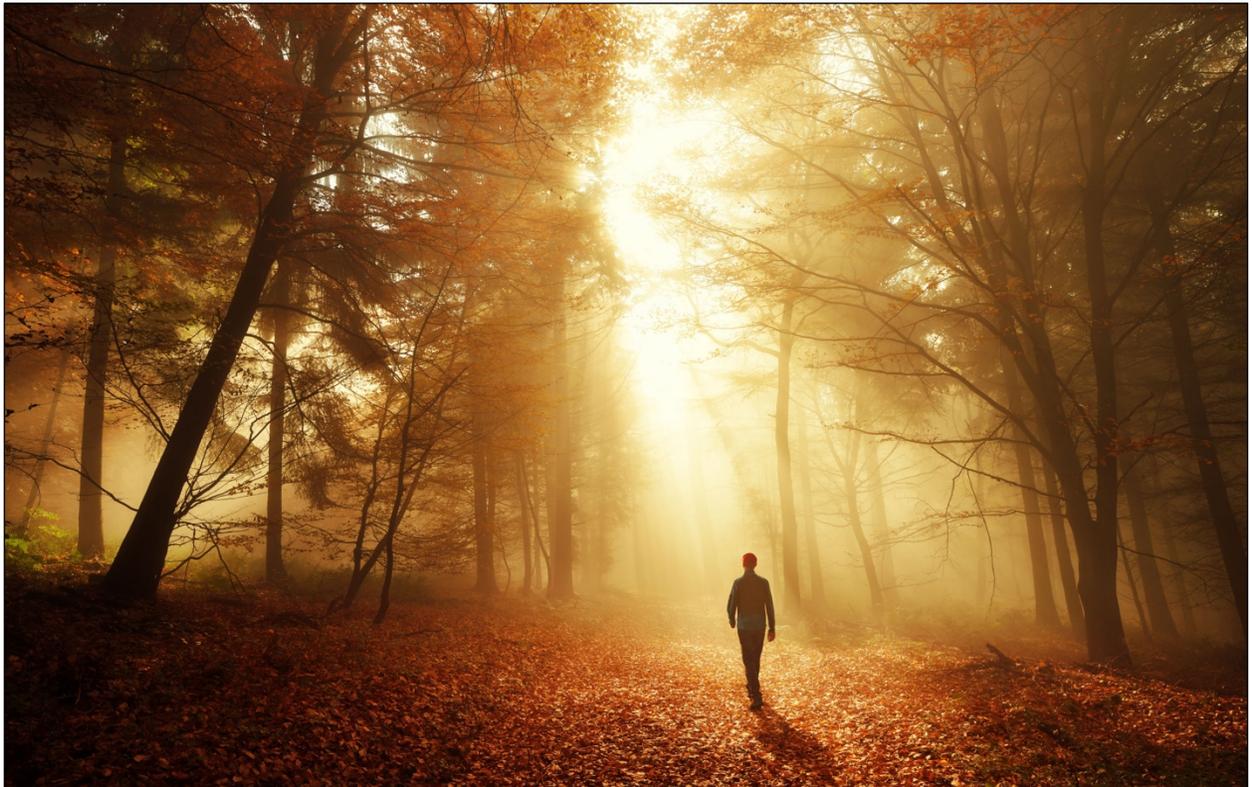


Picking up Me

*How we walked into
the Wheel of Life*



*A Gift of Liberation,
the steps to enlightenment
retreat 30
Guadalajara, Mexico
July 2018*

Picking up Me
*How we walked into
the Wheel of Life*



Gift 30, Meditation #1
My forgotten birth:
head and body crushed
Do I think of keeping others safe?



Gift 30, Meditation #2
Starting over again,
in mind & body
*Am I a living example
of the Four Steps?*



Gift 30, Meditation #3
An hour of yoga,
An hour older
Do I care for the elderly?

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Gift 30, Meditation #4
What I will look like
Do I let small things go?

Gift 30, Meditation #5
The lines on my face:
marked by the Lord of Death
Am I protecting life,
all kinds of life?



Gift 30, Meditation #6
What is waiting
inside my body?
Do I make it a habit
to serve the sick?

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Gift 30, Meditation #7
**Torn from everything
and everyone I have**
*Have I been there
for people in loss?*

Gift 30, Meditation #8
**Is this the last time
that I see you?**
*Do I seek out and help
lonely people?*



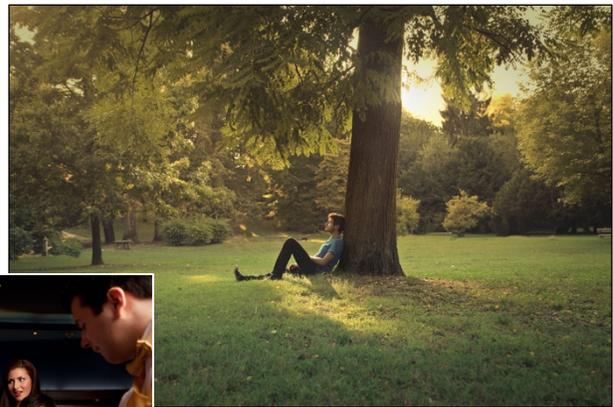
Gift 30, Meditation #9
**The ones
we never wanted
to meet**
*Whenever I am with others,
do I think of what
they need, and want?*

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Gift 30, Meditation #10
The pain of expectation
Do I keep my little promises?

Gift 30, Meditation #11
**Everyone thinks
someone else is happy**
Do I help the ones no one helps?



Gift 30, Meditation #12
**the suffering of not having
and the suffering of having**
Do I share small things I have?

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Gift 30, Meditation #13
The suffering of a single meal
Do I wash the dishes?

Gift 30, Meditation #14
Fellow sufferers for a day
Arguing on the Titanic:
How fast do I let things go?



Gift 30, Meditation #15
Shifting friendships
Can people count on me?

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Gift 30, Meditation #16
A monastery is not happier
Do I help others find some space?

Gift 30, Meditation #17
Neither place nor people
Do I make spaces nice for others?



Gift 30, Meditation #18
Formula for unhappiness:
Comparing ourselves to others
Do I appreciate what I have?



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Gift 30, Meditation #19
Good looks, & then money
Do I look for beauty in others?



Gift 30, Meditation #20
The nature of debit cards
Do I encourage people to reinvest?

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Gift 30, Meditation #21
Be a server, not a consumer
*Am I contributing
to my society?*

Gift 30, Meditation #22
Looking forward to no one looking
*Do I watch for tiny opportunities
to help?*



Gift 30, Meditation #23
Don't get off on the first 8 floors
*Do I pay any attention
to others' meditation?*

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Gift 30, Meditation #24
**Fashion-statement
prayer beads better!**
Do I meditate on the path?

Gift 30, Meditation #25
Eggplant in another package
Do I try to speak the truth?



Gift 30, Meditation #26
Pain waiting to happen
Do I set timebombs?

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Gift 30, Meditation #27

**All the pain we have
is the pain of pain.
All the pleasure we have
is the pain of change.**

*Do I try to remember what's going on?
And fix it?*

Gift 30, Meditation #28
**Pleasure is an old pain getting less,
And a new one taking its time to come.**
Do I encourage others to plant seeds?



Gift 30, Meditation #29
**Freezing in the air conditioning:
A reason for perfection**

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Gift 30, Meditation #30
Laying down the burden
Do I try to see emptiness?