

# 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**  
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**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?*



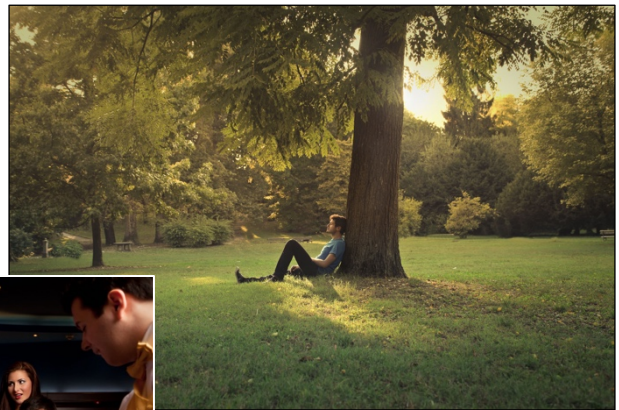
**Gift 30, Meditation #9**  
**The ones  
we never wanted  
to meet**  
*Whenever I am with others,  
do I think of what  
they need, and want?*

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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?*



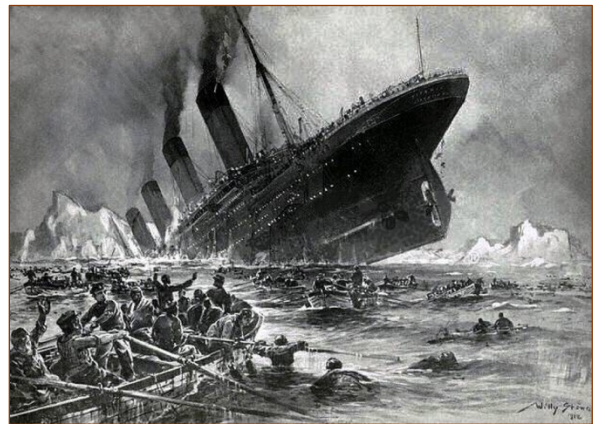
**Gift 30, Meditation #12**  
**the suffering of not having  
and the suffering of having**  
*Do I share small things I have?*

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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?*