



superconnection
CREATING HEALTH, HARMONY & BALANCE

The Tibetan Book of Living and Dying **Sogyal Rinpoche**

CHAPTER 1

I walk down the street.

There is a deep hole in the sidewalk. I fall in.

I am lost ... I am hopeless.

It isn't my fault.

It takes forever to find a way out.

CHAPTER 2

I walk down the same street.

There is a deep hole in the sidewalk. I pretend I don't see it.

I fall in again.

I can't believe I'm in the same place. But it isn't my fault.

CHAPTER 3

I walk down the same street.

There is a deep hole in the sidewalk. I see it is there.

I still fall in ... it's a habit.

My eyes are open

I know where I am.

It is my fault.

I get out immediately.

CHAPTER 4

I walk down the same street.

There is a deep hole in the sidewalk. I walk around it.

CHAPTER 5

I walk down a different street.