FIVE DAILY RECOLLECTIONS*

1. I am of a nature to grow old;  
   I cannot avoid aging.

2. I am subject to illness and infirmity;  
   I cannot avoid illness and infirmity.

3. I am of a nature to die;  
   I cannot avoid death.

4. I will be parted from all that is dear  
   and beloved to me.

5. I am the owner of my actions and heir to my actions.  
   Actions are the womb from which I have sprung.  
   My actions are my relations; my actions are my protection.  
   The fruits of all my actions,  
   Both wholesome and unwholesome,  
   Skillful and unskillful,  
   I will inherit.

*NUMERICAL DISCOURSES OF THE BUDDHA – AN ANTHOLOGY OF SUTTAS FROM  
THE ANGUTTARA NIKAYA, (Nyanaponika Thera and Bhikku Bodki, trans.);  
and as conveyed in the teachings of Ayya Khema.
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