

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.
Whatever actions I do,
Both wholesome and unwholesome,
Skillful and unskillful,
Of these I shall become the heir.

**NUMERICAL DISCOURSES OF THE BUDDHA - AN ANTHOLOGY OF SUTTAS FROM
THE ANGUTTARA NIKAYA, V, 57 (Nyanaponika Thera and Bhikku Bodki, trans.);
and as conveyed in the teachings of Ayya Khema.*

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