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 Bodhi, trans.);
and as conveyed in the teachings of Ayya Khema.
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   We cannot avoid aging.

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   and beloved to us.

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