

The Five Remembrances

I am of the nature to grow old.
There is no way to escape growing old.

I am of the nature to have ill-health.
There is no way to escape having ill-health.

I am of the nature to die.
There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.

My actions are my only true belongings.
I cannot escape the consequences of my actions.
My actions are the ground on which I stand.