

The Five Daily Recollections:

- 1. I am of the nature to grow old; I cannot avoid ageing.**
- 2. I am of the nature to become ill or injured; I cannot avoid illness or injury**
- 3. I am of the nature to die; I cannot avoid death.**
- 4. All that I hold dear and delightful will change and pass away.**
- 5. I alone am responsible for my thoughts, words, and deeds.**