

## *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 of change.  
There is no way to escape being separated from them.**

**My deeds are my closest companions.  
My deeds flow on without limit.  
My deeds are the ground on which I stand.**