

# 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.  
The fruits of all my actions,  
Both wholesome and unwholesome,  
Skillful and unskillful,  
I will inherit.

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

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