

# **The Five Reflections**

I am of the nature to grow old.

I cannot escape old age.

I am of the nature to have ill health.

I cannot escape illness.

I am of the nature to die.

I cannot escape death.

All that is dear to me and everyone that I love is of the nature to change.

I cannot escape being parted and separated from them all.

My actions are my only true possessions.

I cannot escape the consequences of my actions.

My actions are the ground upon which I stand.

## **Intention**

May I act towards myself, towards others and all beings, with discernment,  
wisdom, and great compassion.