

Five remembrances

- I am sure to become old; I cannot avoid aging. I am subject to aging, have not gone beyond aging. ...
- I am sure to become ill; I cannot avoid illness. ...
- I am sure to die; I cannot avoid death. ...
- I must be separated and parted from all that is dear and beloved to me.
- I am the owner of my actions, heir to my actions, born of my actions, related through my actions, and have my actions as my arbitrator. Whatever I do, for good or for evil, to that will I fall heir.