



Sacramento Insight Meditation

The Five Daily Recollections

I am of the nature to age and grow old.

There is no way to escape aging and growing old.

I am subject to ill-health and infirmity.

There is no way to escape ill-health and infirmity.

I am of the nature to die.

There is no way to escape death.

Everyone and everything dear to me is subject to change and will disappear.

There is no way to escape being separated from them.

I am the heir of my intentions, thoughts and actions.

There is no way to escape the consequences of them.