

The Five Reflections: The Adult Facts of Life Sacramento Insight Meditation January 9, 2020

Five subjects for frequent contemplation

"There are these five facts that one should reflect on often, whether one is a woman or a man, lay or ordained. Which five?

'I am subject to aging, have not gone beyond aging.' This is the first fact that one should reflect on often,

'I am subject to illness, have not gone beyond illness.' ...

'I am subject to death, have not gone beyond death.' ...

'I will grow different, separate from all that is dear and appealing to me.' ...

'I am the owner of my actions,[1] 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.' ...

These are the five facts that one should reflect on often, whether one is a woman or a man, lay or ordained."

"Upajjhatthana Sutta: Subjects for Contemplation" (AN 5.57), translated from the Pali by Thanissaro Bhikkhu. Access to Insight (BCBS Edition), 30 November 2013, <http://www.accesstoinsight.org/tipitaka/an/an05/an05.057.than.html>

Five Daily Recollections

I am of the nature to grow old; I cannot avoid aging.

I am of the nature to become ill or injured; I cannot avoid illness or injury.

I am of the nature to die; I cannot avoid death.

All that is mine, dear and delightful, will change and vanish.

I am the owner of my actions; I am born of my actions; I am related to my actions; I am supported by my actions; Any thoughts, words or deeds I do, good or evil, those I will inherit.

InsightMeditationCenter.org, Dharma Lists, Gil Fronsdal

Five Reflections

I am of the nature to age, I have not gone beyond aging.

I am of the nature to sicken, I have not gone beyond sickness.

I am of the nature to die, I have not gone beyond dying.

All that I hold to be mine, beloved and pleasing, will become otherwise; it will become separated from me. I have not gone beyond impermanence.

I am the owner of my actions and the heir to my actions. My happiness or unhappiness depends on my actions, not on my wishes for myself. I have not gone beyond karma.