

The Five Remembrances

I am of the nature to grow old.
There is no way to escape growing old.
(bell)

I am of the nature to have ill health.
There is no way to escape having ill health.
(bell)

I am of the nature to die.
There is no way to escape death.
(bell)

All that is dear to me and everyone I love are of the nature to change.
There is no way to escape being separated from them.
(bell)

My actions are my only true belongings.
I cannot escape the consequences of my actions.
My actions are the ground on which I stand.
(3 bells)