

## **THE BUDDHA'S FIVE REMEMBRANCES**

(Thich Nhat Hanh's version)

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

I am of the nature to have ill health.  
There is no way to escape ill health.

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

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

There is no way to escape  
being separated from them.

My actions are my only true belongings.  
I cannot escape the consequences of my actions.

My actions are the ground upon which I stand.

From: The Plum Village Chanting, by Thich Nhat Hanh