**The Five Reflections**

I am subject to ageing: I will grow old.

I am subject to sickness: I will grow sick.

I am subject to death: I will die.

I must be parted from whatever I love and is dear to me.

I am the owner of my actions, heir to my actions, actions are the womb from which I have sprung, actions are my companions, and actions are my protection. Whatever I do for good or for evil, of that I will be the heir.