

## The Five Subjects for Daily Recollection

("by woman or man, householder or monk")

There are other recollections which one can make and which help one to appreciate the state of a human being. People tend to hide away from decay, disease and death while greatly attached to sentient beings and insentient objects. Some people try also to ignore moral responsibility for their actions. The recollections below bring all these subjects out into the light and make us face them squarely. Therefore, the Buddha has said that they should be recollected by everyone daily.

1. I am of the nature to decay.  
I have not got beyond decay.

2. I am of the nature to be diseased.  
I have not got beyond disease.

3. I am of the nature to die.  
I have not got beyond death.

4. All that is mine, beloved and pleasing, will change and vanish.

5. I am the owner of my *kamma*,  
heir to my *kamma*,  
born of my *kamma*,  
related to my *kamma*,  
abide supported by my *kamma*.  
Whatever *kamma* I shall do, whether good or evil, of that I shall be the heir.

This recollection is especially good for arousing mentally vigorous states and for getting rid of laziness and drowsiness. Repeated every day, these recollections make one value this life so that one makes the best use of it.

**How to cite this document** (one suggested style): "Lay Buddhist Practice: The Shrine Room, Uposatha Day, Rains Residence", by Bhikkhu Khantipalo. *Access to Insight*, 7 June 2010, <http://www.accesstoinsight.org/lib/authors/khantipalo/wheel206.html> . Retrieved on 20 December 2012.

## ***Five Subjects for Frequent Recollection*** \_

*Jarā-dhammomhi jaraṃ anatīto.*

I am subject to aging. Aging is unavoidable.

*Byādhi-dhammomhi byādhiṃ anatīto.*

I am subject to illness. Illness is unavoidable.

*Maraṇa-dhammomhi maraṇaṃ anatīto.*

I am subject to death. Death is unavoidable.

*Sabbehi me piyehi manāpehi nānā-bhāvo vinā-bhāvo.*

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

*Kammassakomhi kamma-dāyādo kamma-yoni kamma-bandhu  
kamma-paṭisaraṇo.*

I am the owner of my actions, heir to my actions, born of my actions, related through my actions, and live dependent on my actions.

*Yaṃ kammaṃ karissāmi kalyāṇaṃ vā pāpakaṃ vā tassa dāyādo  
bhavissāmi.*

Whatever I do, for good or for evil, to that will I fall heir.

*Evaṃ amhehi abhiṇhaṃ paccavekkhitabaṃ.*

We should often reflect on this.