

Five Remembrances (a version from Thich Nhat Hanh's Plum Village Chanting Book:

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 of 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.

Below are two English translations and the original Pali text of the "five remembrances":

1.

I am sure to become old; I cannot avoid ageing.

I am subject to aging, have not gone beyond aging.

Jarādhammomhi jaraṃ anatīto....

2.

I am sure to become ill; I cannot avoid illness.

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

Vyādhidhammomhi vyāधिṃ anatīto....

3.

I am sure to die; I cannot avoid death.

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

Maraṇadhammomhi maraṇaṃ anatīto....

4.

I must be separated and parted from all that is dear and beloved to me.

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

Sabbehi me piyehi manāpehi nānābhāvo vinābhāvo....

5.

I am the owner of my actions, heir of my actions, actions are the womb (from which I have sprung), actions are my relations, actions are my protection. Whatever actions I do, good or bad, of these I shall become their heir.^[1]

I am the owner of my actions, 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.^[2]

Kammaṣṣakomhi kammadāyādo kammayoni kammabandhū kammaṇṇapaṭisaraṇo yaṃ kammaṃ karissāmi kalyāṇaṃ vā pāpakaṃ vā tassa dāyādo bhavissāmī....^[3]

The Buddha advised: "These are the five facts that one should reflect on often, whether one is a woman or a man, lay or ordained."^[4]

1. Nyanaponika & Bodhi (1999), p. 135. Omitted from these sentences is a translation of the recurring phrase (translated elsewhere by Nyanaponika & Bodhi): "... to be often contemplated upon by everyone — whether man or woman, householder or one gone forth as a monk."

2. AN 5.57 (based on Thanissaro, 1997b). Deleted from these sentences are ellipses (...) meant to signify the recurring phrase: "... one should reflect on often, whether one is a woman or a man, lay or ordained"

3. Bodhgaya News (n.d.), Sutta Pitaka, Anguttara Nikaya, Book 3, BJT pages 108 and 114, retrieved 29 August 2007. Elided from each of the Pali sentences is the phrase *abhiṇhaṃ paccavekkhitabbaṃ itthiyā vā purisena vā gahaṭṭhena vā pabbajitena vā* which Thanissaro (1997b) translates as "one should reflect on often, whether one is a woman or a man, lay or ordained."

4. [a b Thanissaro \(1997b\)](#).