



Five Subjects for Frequent Recollection

(Hānda mayam abhinha-paccavekkhana-pātham bhaṇāmasa)

[Jarā-dhammomhi] jaram aṇatitā (aṇatīto)

(Men chant shaded text)

I am of the nature to age, I have not gone beyond aging.

Byādhi-dhammomhi byādhim aṇatitā (aṇatīto)

I am of the nature to sicken, I have not gone beyond sickness.

Maraṇa-dhammomhi maraṇam aṇatitā (aṇatīto)

I am of the nature to die, I have not gone beyond dying.

Sabbehi me piyehi maṇāpehi nānābhāvo vīnābhāvo

All that is mine, beloved and pleasing, will become otherwise, will become separated from me.

Kammasakāmi (-komi) kammādāyādā (-dāyādo) kammaṇi kammaṇandhu
kamma-paṭisaṇā (-saṇāno) yaṃ kammaṃ karissāmi kalāṇaṃ vā pāpaṃ vā tassa
dāyādā (dāyādo) bhavissāmi

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, for good or for ill, of that I will be the heir.

Evam amhehi abhinham paccavekkhitabbam

Thus we should frequently recollect.