

## The 5 recollections

[http://buddhanet.net/mp3/mbdc/09\\_mbdc.mp3](http://buddhanet.net/mp3/mbdc/09_mbdc.mp3)

*Jarādhammomhi*

I am of the nature to age

*Jaraṃ anatīto*

I have not gone beyond decay

*Vyādhidhammomhi*

I am of the nature to be diseased

*Vyādhiṃ anatīto*

I have not gone beyond disease

*Maraṇadhammomhi*

I am of the nature to die

*Maraṇaṃ anatīto*

I have not gone beyond death

*Sabbehi me piyehi manāpehi*

all that is mine, dear and delightful

*Nānābhāvo vinābhāvo*

will change and vanish

*Kammasakomhi*

I am the owner of my actions

*kammadāyādo*

heir to my actions

*kammayoni*

born of my actions

*kammabandhū*

related to my actions

*kammaṭṭisaraṇo*

abide supported by my actions

*yaṃ kammaṃ karissāmi*

whatever actions I shall do

*kalyāṇaṃ vā pāpakaṃ vā*

whether good or evil

*tassa dāyādo bhavissāmī*

of that I shall be the heir

*Evaṃ amhehi abhiṇhaṃ paccavekkhitabbaṃ*

Thus by us should these be frequently recollected