

The Five Daily Reflections (Anguttara Nikaya 57.7)

Oneself

1. I am subject to old age; I am not exempt from old age.
2. I am subject to illness; I am not exempt from illness.
3. I am subject to death; I am not exempt from death.
4. I must be parted and separated from everyone and everything dear and agreeable to me.
5. I am the owner of my kamma, the heir of my kamma, I have kamma as my origin, kamma as my relative, kamma as my resort; I will be the heir of whatever kamma, good or bad, that I do.

Others

1. I am not the only one who is subject to old age; not exempt from old age.
2. I am not the only one who is subject to illness; not exempt from illness.
3. I am not the only one who is subject to death; not exempt from death.
4. I am not the only one who must be parted and separated from everyone and everything dear and agreeable. All beings that come and go, that pass away and undergo rebirth, must be parted and separated from everyone and everything dear and agreeable.
5. I am not the only one who is the owner of one's kamma, the heir of one's kamma, who has kamma as one's origin, kamma as one's

relative, kamma as one's resort; who will be the heir of whatever kamma, good or bad, that one does.