

The Four Reminders that Turn the Mind Toward Dharma

1. Joyful to have such a human birth, difficult to find, free and well favored.
2. Death is real, comes without warning. This body will be a corpse.
3. Unalterable are the laws of karma; cause and effect cannot be escaped.
4. Samsara is an ocean of suffering, unendurable, unbearable intense.