

THE FOUR REMINDERS

Precious Human Birth

First, contemplate the preciousness of being free and well-favored.
This is difficult to gain, easy to lose; now I must do something meaningful.

Death and Impermanence

Second, the whole world and its inhabitants are impermanent
In particular, the life of beings is like a bubble.
Death comes without warning this body will be a corpse.
At that time, the dharma will be my only help
I must practice it with exertion.

Karmic Cause and Effect

Third, when death comes, I will be helpless.
Because I create karma, I must abandon evil deeds
And always devote my time to virtuous actions.
Thinking this, every day I will examine myself.

Faults of Samsara

Fourth, the homes, friends, wealth, and comforts of samsara
Are the constant torment of the three sufferings,
Just like a feast before the executioner leads you to your death.
I must cut desire and attachment and attain enlightenment through exertion.