

**From Dennis Hunter, *The Four Reminders***

The First Reminder:  
Appreciate your life.  
Do something meaningful with it.

The Second Reminder:  
Life is short (and then you die).  
Don't waste time.

The Third Reminder:  
You create your own reality.  
Make sure it's a good one.

The Fourth Reminder:  
Going in circles is pointless.  
Wake up!

***Four Thoughts that Turn the Mind to the Dharma***  
***The Four General Preliminaries***

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

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

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

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.