

## **The Five Remembrances**

1. I am subject to aging. No way to avoid aging.
2. I am subject to ill health. No way to avoid illness.
3. I am going to die. No way to avoid death
4. Everyone and thing I love will change and be separated from me.
5. Only true possessions are my actions, I cannot escape their consequences.

Do not suppress knowledge of our frailty, impermanence and fears that lie in the depths of our consciousness.

To be free of these fears invite the Remembrances into our consciousness and stop seeing them as enemies.

***Thich Nhat Hanh, Understanding Our Mind***