

FIVE SUBJECTS FOR FREQUENT RECOLLECTION

(Hānda mayam abhinha-paccavekkhaṇa-pāṭham bhaṇāmase)

[Jarā-dhammomhi] jaram aṇatīto¹

I am of the nature to age, I have not gone beyond ageing.

Byādhi-dhammomhi byādhiṃ aṇatīto²

I am of the nature to sicken, I have not gone beyond sickness.

Maṇaṇa-dhammomhi maṇaṇam aṇatīto³

I am of the nature to die, I have not gone beyond dying.

Sabbhehi me piyehi maṇāpehi nānābhāvo viṇābhāvo

All that is mine, beloved and pleasing, will become otherwise, will become separated from me.

Kammassaṅkamhi⁴ kammādāyādo⁵ kammaṇi kammaṇandhu kamma-ṭṭisāraṇo.⁶

Yaṃ kammaṃ kaṛissāmi kalyāṇam vā pāpakaṃ vā tassa dāyādo⁷ bhāvissāmi
I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma. Whatever kamma I shall do, for good or for ill, of that I will be the heir.

Evaṃ amhehi abhinham paccavekkhitabham

Thus we should frequently recollect.

¹ Women chant aṇatītā.

² Women chant aṇatītā.

³ Women chant aṇatītā.

⁴ Women chant Kammassaṅkāmhi.

⁵ Women chant kammādāyādā.

⁶ Women chant ṭṭisāraṇā.

⁷ Women chant dāyādā.