FIVE DAILY RECOLLECTIONS

I am of the nature to age and decay
I have not gone beyond aging and decay

I am of the nature to become ill or injured
I have not gone beyond illness or injury

I am of the nature to die
I have not gone beyond death

All that is mine, dear and delightful, will change and vanish

I am the owner of my actions
I am born of my actions
I am related to my actions
I am supported by my actions
Any thoughts, words or deeds I do, good or evil, those I will inherit

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