

## **The Four Reminders**

Life has inevitable difficulties. No one can control it all.

This body is impermanent. Death is certain.

The karma I create shapes the course of my life.

This human birth is precious, an opportunity to awaken.

These four reminders expose my pre-occupations. Things that at death will mean nothing to me.

This life I must know as the tiny splash of a raindrop. A thing of beauty that disappears, even as it comes into being.

Therefore I recall my inspiration and aspiration. I resolve to make use of every day and night, wherever I am, to realize it.

Reference: <https://thebuddhistcentre.com/features/morning-puja-four-reminders-three-terrible-oaths>