

Five Daily Recollections: (AN V.57)

1. I am of the nature to grow old; I am not exempt from ageing.
2. I am of the nature to become diseased; I am not exempt from disease.
3. I am of the nature to die; I am not exempt from death.
4. All that is mine, dear and delightful, will change and vanish.
5. I am the owner of my karma; I am born of my karma; I live supported by my karma; I will inherit my karma; whatever I do, whether good or evil, that I will inherit.

Five things to do at the start of a sitting:

1. Gratitude
2. Why am I doing this (what's my motivation?)
3. Work up some determination
4. Metta - always for yourself, for others as well if you wish
5. "Breathing in I calm body and mind, breathing out I smile."

Five things to do at the end of a sitting:

1. Recapitulation - what did I do and how did I get there?
2. Impermanence - these high, but mundane, states are now gone
3. Insights - did I get any; what were they?
4. Dedicate the merit from this sitting for the liberation of all beings
5. Resolve to be mindful as I get up and go about my activities