

Four Thoughts That Turn the Mind



*Precious human birth, with freedom and endowments,
is gained but once and rare to find.*

Life is impermanent; it is uncertain when death will arrive.

All birth within samsara causes suffering.

*Happiness and suffering are the certain fruit of virtuous
and non-virtuous karma.*

Held in the buddha's grace, may I find the path of liberation.

—adapted from Anam Thubten