

The 4 Thoughts That Turn the Mind

1) Fortunate Human Rebirth:

This life's freedoms and favorable conditions are very hard to attain

Having obtained this opportunity to accomplish beings' welfare,

If I do not bring about this benefit

how will I ever get these excellent circumstances again?

2) Impermanence:

The three realms are ephemeral like autumnal clouds

Observing the flux of being's births and deaths resembles watching a dance.

Beings lives pass like flashes of lightening,

rushing as quickly as a steep mountain waterfall

3) Cause and Result

When his time comes, even an emperor must go;

his possessions and kith and kin will not follow after him.

Wherever beings abide, wherever beings wander,

their karma trails them like a shadow

4) Suffering of Samsara

Under the power of attachment, becoming and ignorance,

all beings: humans, gods, and the beings of the three lower realms

mindlessly go round and round among the five classes of beings

like a potter's wheel spins