



**I am of the nature to grow old.
There is no way to escape growing old.**

**I am of the nature to have ill health.
There is no way to escape ill health.**

**I am of the nature to die.
There is no way to escape death.**

**All that is dear to me and everyone I love are of the nature to change.
There is no way to escape being separated from them.**

**My actions are my only true belongings.
I cannot escape the consequences of my actions.**

My actions are the ground upon which I stand.