

## **The Four Thoughts That Turn the Mind**

### **Begin by cultivating a sense of delight in the qualities of the freedoms and riches: Precious Human Existence**

Seeing its many wonderful qualities, I rejoice and delight in this human life.

### **Next, contemplate the impermanent nature of phenomena: Impermanence**

Like waves in the ocean, all things are impermanent. I will accept whatever happens and make it my friend.

### **Contemplate the interdependence of causes and conditions: Karma**

When causes and conditions come together, a result is sure to follow, So I will do my best to help others and engage in positive deeds.

### **Contemplate the dreamlike quality of the suffering of samsara: the Defects of Samsara**

The suffering of beings is mainly produced by the mind. I must free myself from my self-created bonds.

## **The Four Thoughts That Turn the Mind**

### **Begin by cultivating a sense of delight in the qualities of the freedoms and riches: Precious Human Existence**

Seeing its many wonderful qualities, I rejoice and delight in this human life.

### **Next, contemplate the impermanent nature of phenomena: Impermanence**

Like waves in the ocean, all things are impermanent. I will accept whatever happens and make it my friend.

### **Contemplate the interdependence of causes and conditions: Karma**

When causes and conditions come together, a result is sure to follow, So I will do my best to help others and engage in positive deeds.

### **Contemplate the dreamlike quality of the suffering of samsara: the Defects of Samsara**

The suffering of beings is mainly produced by the mind. I must free myself from my self-created bonds.