

## THE FOUR THOUGHTS

*Begin by cultivating a sense of delight in the qualities of the freedoms and riches:*

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

*Next, contemplate the impermanent nature of phenomena:*

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:*

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

From: Nectar of the Path, *A Reminder for Daily Practice*, by Yongey Mingyur Rinpoche