

Impermanent Meditation

To practice impermanent meditation, listen silently, and think in this way...

1. Eye

Eye is	impermanent, impermanent, impermanent.
Eye is	not I am, not mine, not myself.
Forms are	impermanent, impermanent, impermanent.
Forms are	not I am, not mine, not myself.
Consciousness of eye is	impermanent, impermanent, impermanent.
Consciousness of eye is	not I am, not mine, not myself.
Contact of eye is	impermanent, impermanent, impermanent.
Contact of eye is	not I am, not mine, not myself.
Feeling born of eye-contact is	impermanent, impermanent, impermanent.
Feeling born of eye-contact is	not I am, not mine, not myself.
Perception of forms is	impermanent, impermanent, impermanent.
Perception of forms is	not I am, not mine, not myself.
Volition regarding forms is	impermanent, impermanent, impermanent.
Volition regarding forms is	not I am, not mine, not myself.
Craving for forms is	impermanent, impermanent, impermanent.
Craving for forms is	not I am, not mine, not myself.

2. Ear

Ear is	impermanent, impermanent, impermanent.
Ear is	not I am, not mine, not myself.
Sounds are	impermanent, impermanent, impermanent.
Sounds are	not I am, not mine, not myself.
Consciousness of ear is	impermanent, impermanent, impermanent.
Consciousness of ear is	not I am, not mine, not myself.
Contact of ear is	impermanent, impermanent, impermanent.
Contact of ear is	not I am, not mine, not myself.
Feeling born of ear-contact is	impermanent, impermanent, impermanent.
Feeling born of ear-contact is	not I am, not mine, not myself.
Perception of sounds is	impermanent, impermanent, impermanent.
Perception of sounds is	not I am, not mine, not myself.
Volition regarding sounds is	impermanent, impermanent, impermanent.
Volition regarding sounds is	not I am, not mine, not myself.
Craving for sounds is	impermanent, impermanent, impermanent.
Craving for sounds is	not I am, not mine, not myself.

3. Nose

Nose is	impermanent, impermanent, impermanent.
Nose is	not I am, not mine, not myself.
Smells are	impermanent, impermanent, impermanent.
Smells are	not I am, not mine, not myself.
Consciousness of nose is	impermanent, impermanent, impermanent.
Consciousness of nose is	not I am, not mine, not myself.
Contact of nose is	impermanent, impermanent, impermanent.
Contact of nose is	not I am, not mine, not myself.
Feeling born of nose-contact is	impermanent, impermanent, impermanent.
Feeling born of nose-contact is	not I am, not mine, not myself.
Perception of smells is	impermanent, impermanent, impermanent.
Perception of smells is	not I am, not mine, not myself.
Volition regarding smells is	impermanent, impermanent, impermanent.
Volition regarding smells is	not I am, not mine, not myself.
Craving for smells is	impermanent, impermanent, impermanent.
Craving for smells is	not I am, not mine, not myself.

4. Tongue

Tongue is	impermanent, impermanent, impermanent.
Tongue is	not I am, not mine, not myself.
Tastes are	impermanent, impermanent, impermanent.
Tastes are	not I am, not mine, not myself.
Consciousness of tongue is	impermanent, impermanent, impermanent.
Consciousness of tongue is	not I am, not mine, not myself.
Contact of tongue is	impermanent, impermanent, impermanent.
Contact of tongue is	not I am, not mine, not myself.
Feeling born of tongue-contact is	impermanent, impermanent, impermanent.
Feeling born of tongue-contact is	not I am, not mine, not myself.
Perception of tastes is	impermanent, impermanent, impermanent.
Perception of tastes is	not I am, not mine, not myself.
Volition regarding tastes is	impermanent, impermanent, impermanent.
Volition regarding tastes is	not I am, not mine, not myself.
Craving for tastes is	impermanent, impermanent, impermanent.
Craving for tastes is	not I am, not mine, not myself.

5. Body

Body is	impermanent, impermanent, impermanent.
Body is	not I am, not mine, not myself.
Tangibles are	impermanent, impermanent, impermanent.
Tangibles are	not I am, not mine, not myself.
Consciousness of body is	impermanent, impermanent, impermanent.
Consciousness of body is	not I am, not mine, not myself.
Contact of body is	impermanent, impermanent, impermanent.
Contact of body is	not I am, not mine, not myself.
Feeling born of body-contact is	impermanent, impermanent, impermanent.
Feeling born of body-contact is	not I am, not mine, not myself.
Perception of tangibles is	impermanent, impermanent, impermanent.
Perception of tangibles is	not I am, not mine, not myself.
Volition regarding tangibles is	impermanent, impermanent, impermanent.
Volition regarding tangibles is	not I am, not mine, not myself.
Craving for tangibles is	impermanent, impermanent, impermanent.
Craving for tangibles is	not I am, not mine, not myself.

6. Mind

Mind is	impermanent, impermanent, impermanent.
Mind is	not I am, not mine, not myself.
Thoughts are	impermanent, impermanent, impermanent.
Thoughts are	not I am, not mine, not myself.
Consciousness of mind is	impermanent, impermanent, impermanent.
Consciousness of mind is	not I am, not mine, not myself.
Contact of mind is	impermanent, impermanent, impermanent.
Contact of mind is	not I am, not mine, not myself.
Feeling born of mind-contact is	impermanent, impermanent, impermanent.
Feeling born of mind-contact is	not I am, not mine, not myself.
Perception of thoughts is	impermanent, impermanent, impermanent.
Perception of thoughts is	not I am, not mine, not myself.
Volition regarding thoughts is	impermanent, impermanent, impermanent.
Volition regarding thoughts is	not I am, not mine, not myself.
Craving for thoughts is	impermanent, impermanent, impermanent.
Craving for thoughts is	not I am, not mine, not myself.