



Sokukoji Buddhist Temple Monastery

Order of Immediate Light

The Four Reminders

that turn the Mind toward the Dharma

First, contemplate the preciousness of being free and well favored. This is difficult to gain, easy to lose; now I must do something meaningful.

Second, the world and its inhabitants are impermanent. In particular, the life of beings is like a bubble. Death comes without warning, this body will be a corpse. At that time, the dharma (the truth) will be my only help. I must practice with exertion.

Third, when death comes, I will be helpless. Because I create karma, I must abandon harmful deeds and always devote my time to virtuous actions. Thinking this everyday I will examine myself.

Fourth, the homes, friends, wealth, and comforts of samsara are the constant torment of the three sufferings. Just like a feast before the executioner leads you to your death, I will cut (Sokuzan says “observe”) desire and attachment, and attain enlightenment through exertion.

Sokuzan recommends that you read, say and memorize these four reminders the first thing upon awakening in the morning and/or just before each meditation practice session. Contemplate the meaning of each word carefully.

Revised by Sokuzan at SokukoJi 2013