



Buddha Meditation Centre
Winnipeg
Mahamevnawa Buddhist Monastery

BuddhistWinnipeg.org
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2610 St Mary's Rd
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Anicca Bhavana:

Impermanent Meditation



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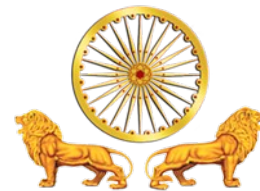
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Anicca Bhavana:

Impermanent Meditation



Eye

Eye is ...
**impermanent, impermanent,
impermanent.
Subject to change.**

Eye is ...
**not I am, not mine,
not myself.**

Forms are ...
Consciousness of eye is ...
Contact of eye is ...
Feeling born of eye-contact is ...
Perception of forms is ...
Volition regarding forms is ...
Craving for forms is ...

Mind

Mind is ...
**impermanent, impermanent,
impermanent.
Subject to change.**

Mind is ...
**not I am, not mine,
not myself.**

Thoughts are ...
Consciousness of mind is ...
Contact of mind is ...
Feeling born of mind-contact
is ...
Perception of thoughts is ...
Volition regarding thoughts is ...
Craving for thoughts is ...

Eye

Eye is ...
**impermanent, impermanent,
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Subject to change.**

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Thoughts are ...
Consciousness of mind is ...
Contact of mind is ...
Feeling born of mind-contact
is ...
Perception of thoughts is ...
Volition regarding thoughts is ...
Craving for thoughts is ...

Body

Body is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

Body is ...
**not I am, not mine,
not myself.**

Tangibles are ...
Consciousness of body is ...
Contact of body is ...
Feeling born of body-contact is ...
...
Perception of tangibles is ...
Volition regarding tangibles is ...
Craving for tangibles is ...

Ear

Ear is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

Ear is ...
**not I am, not mine,
not myself.**

Sounds are ...
Consciousness of ear is ...
Contact of ear is ...
Feeling born of ear-contact is ...
Perception of sounds is ...
Volition regarding sounds is ...
Craving for sounds is ...

Body

Body is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

Body is ...
**not I am, not mine,
not myself.**

Tangibles are ...
Consciousness of body is ...
Contact of body is ...
Feeling born of body-contact is ...
...
Perception of tangibles is ...
Volition regarding tangibles is ...
Craving for tangibles is ...

Ear

Ear is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

Ear is ...
**not I am, not mine,
not myself.**

Sounds are ...
Consciousness of ear is ...
Contact of ear is ...
Feeling born of ear-contact is ...
Perception of sounds is ...
Volition regarding sounds is ...
Craving for sounds is ...

Body

Body is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

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

Ear

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Sounds are ...
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Feeling born of ear-contact is ...
Perception of sounds is ...
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Nose

Nose is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

Nose is ...
**not I am, not mine,
not myself.**

Smells are ...
Consciousness of nose is ...
Contact of nose is ...
Feeling born of nose-contact
is...
Perception of smells is ...
Volition regarding smells is ...
Craving for smells is ...

Tongue

Tongue is ...
**impermanent, impermanent,
impermanent.**
Subject to change.

Tongue is ...
**not I am, not mine,
not myself.**

Tastes are ...
Consciousness of tongue is ...
Contact of tongue is ...
Feeling born of tongue-
contact is ...
Perception of tastes is ...
Volition regarding tastes is ...
Craving for tastes is ...

Nose

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Subject to change.

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Smells are ...
Consciousness of nose is ...
Contact of nose is ...
Feeling born of nose-contact
is...
Perception of smells is ...
Volition regarding smells is ...
Craving for smells is ...

Tongue

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Tastes are ...
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