

*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 ...

# *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 ...

# *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 ...

# *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 ...

# *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 ...



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