

## Verses on the Four Thoughts that Turn the Mind

This free and well-favoured human form is difficult to obtain.  
Now that you have the chance to realize the full human potential,  
If you don't make good use of this opportunity,  
How could you possibly expect to have such a chance again?  
~ Shantideva, The Way of the Bodhisattva

This existence of ours is as transient as autumn clouds.  
To watch the birth and death of beings is like looking  
at the movement of a dance.  
A lifetime is like a flash of lightning in the sky,  
Rushing by, like a torrent down a steep mountain.  
~ The Play Sutra (Lalitavistara Sutra)

When his time has come, even a king has to die,  
And neither his friends nor his wealth can follow him.  
So for us—wherever we stay, wherever we go—  
Karma follows us like a shadow.  
~ Sutra of Instructions to the King (Rajavavadaka Sutra)

Because of craving, attachment and ignorance,  
Men, gods, animals, hungry ghosts and hell-beings  
Foolishly go round,  
Like the turning of a potter's wheel.  
~ The Play in Full Sutra (Lalitavistara Sutra)

Source: [Brief Version of the Four Thoughts](#) from Rigpa Wiki