

CATURĀRAKKHĀ BHĀVANĀ

Four Protective Meditations
(The Book of Protection)

**Buddhānussati mettā ca – Asubhaṃ maraṇassati
Iti imā caturārakkhā – Bhikkhu bhāveyya sīlavā**

A virtuous disciple should practise the following four-fold protective contemplations, namely, reflection on the Buddha, on compassion, on the loathsome nature of everything, and on the nature of death.