

MAHĀ SAṂVEGA VATTHU

Eight Sorrowful Stages of Life
(The Book of Protection)

1. **Bhāvetvā caturārakkhā
Āvajjeyya anantaraṃ
Mahā saṃvega vatthūni
Aṭṭha aṭṭhita vīriyo**

Having practised this four-fold protective meditation one who has put forth effort should reflect on the eight-fold sorrowful stages (of life).

2. **Jāti jarā vyādhi cutī apāyā
Atīta appattaka vaṭṭa dukkhaṃ
Idāni āhāra gaveṭṭhi dukkhaṃ
Saṃvega vatthūni imāni aṭṭha**

The sorrows pertaining to birth, old age, disease, death, Peta Loka (spirit world), past circle of births, future circle of births and sorrow experienced in search of sustenance in the present life – these are the eight sorrowful stages (of life).

3. **Pāto ca sāyamaṃpiceva imaṃ vidhin yo
Āsevate satata matta hitābhilāsī
Pappoti so ti vipulaṃ hata pāri pantho
Seṭṭhaṃ sukhaṃ munivisiṭṭha matam sukkena cāti**

A person who, desirous of his own welfare and knowing the types of meditation, practises this meditation regularly morning and evening, will destroy the impediments, and happily attain the supreme state of Nibbāna, the Buddha extolled as the highest bliss.