

Anicca (Impermanence):

Suttas:

[Dhammapada 277 The Path](#)

[Anicca Sutta](#) Impermanence

Dhamma talks:

[Ajahn Nissarano - Anicca \(Impermanence \)](#)

Reviews the essence of Anicca and how the experience of impermanence can free us from suffering.

<https://www.youtube.com/watch?v=nBYGBi80OK8>

Pema Chodron; Relaxing with Impermanence. A reflection on fearlessness.

Article:

[Riding the Waves of Change by Anna Douglas](#)

Reflections on including impermanence as an object in our awareness practice and how our own mind's equanimity when riding the waves of change can become our refuge.

Dana:

If you wish to offer Dana to Kristina, please do so by visiting:

<http://www.kristinabare.com/contact-and-booking.html>