

## **Life's Highest Blessings**

### **Stanza I**

The Buddha was asked: What are the highest blessings in life?

The Blessed One replied: The Supreme Blessings are:

### **Stanza II**

1. Not associating with fools.
2. Associating with the wise.
3. Reverencing those worthy of respect.

### **Stanza III**

4. Residence in a suitable locality.
5. Having made merit in the past.
6. One's mind properly directed.

### **Stanza IV**

7. Profound learning.
8. Proficiency in one's work.
9. Well-learned moral discipline
10. Gracious kindly speech.

### **Stanza V**

11. Giving support to parents.
12. Cherishing wife and children.
13. Business pursuits, peaceful and free from conflicts.

### **Stanza VI**

14. Acts of giving.
15. Conduct according to the Dhamma.
16. Helping one's relatives.
17. Blameless actions.

### **Stanza VII**

18. Shunning evil.
19. Abstaining from evil.

20. Refraining from intoxicants.
21. Diligence in practice of what is Dhamma.

### **Stanza VIII**

22. Reverence.
23. Humility.
24. Contentment.
25. Gratefulness.
26. Timely hearing of the Dhamma.

### **Stanza IX**

27. Patience
28. Meekness when corrected.
29. Meeting (seeing) monks.
30. Discussing the Dhamma at the proper time.

### **Stanza X**

31. Energetic self-restraint.
32. Holy and chaste life.
33. Insight into the Noble Truths.
34. Realization of Nibbaana.

### **Stanza XI**

35. A mind unshaken by the ups and downs of life.
36. Freedom from sorrow.
37. Freedom from defilements of passion.
38. Perfect security.

### **Stanza XII**

Those who have acted in this way cannot be defeated and always live in safety.

**Source:** "Life's Highest Blessings: The Maha Mangala Sutta", translation and Commentary by Dr. R.L. Soni, revised by Bhikkhu Khantipalo. Access to Insight, 1 December 2012, <http://www.accesstoinsight.org/lib/authors/soni/wheel254.html> . Retrieved on 7 August 2013.