

Maha Mangala Sutta

The ***Maha Mangala Sutta*** is a discourse of the Buddha on the subject of blessings. The Buddha describes blessings that are wholesome personal pursuits or attainments, identified in a progressive manner from the mundane to the ultimate spiritual goal. It is recorded in the *Khuddaka Nikaya* of the Pali canon and was preached at Jetavana Temple in answer to a question as to which things in this world could truly be considered blessings (*mangalāni*). The sutta describes thirty-eight blessings in ten sections, as shown in the table below. The 38 blessings are an unfailing guide for life's journey, leading to peace and harmony. Starting with "avoidance of bad company" which is basic to moral and spiritual progress, the blessings culminate in the achievement of a passion-free mind, unshakable in its serenity. To follow the ideals set forth in these verses would be a sure way to harmony and progress for the individual as well as for society, nation, and humankind. The 38 blessings can be organized under moral culture (*sila*) [21], mental culture (*samadhi*) [9], and wisdom culture (*pana*) [8].

Group 1	Not associating with fools	Associating with the wise	Expressing respect to those worthy of respect		
Group 2	Living in an amenable location – that is, residence in a suitable locality	Having meritorious deeds in one's past – having made merit in the past	Setting oneself up properly in life – one's mind properly directed		
Group 3	Learnedness	Proficiency in one's work	Self-discipline – well-learned moral discipline	Artful speech – gracious, kindly speech	
Group 4	Giving support to parents	Cherishing one's children and spouse	Business pursuits that are peaceful and free from conflicts		
Group 5	Generosity – acts of giving	Dhamma practice – conduct according to the Dhamma	Caring for extended family – helping one's relatives	Blameless actions and work	
Group 6	Avoiding unwholesomeness – shunning evil	Abstaining from evil	Refraining from and not drinking intoxicants	Diligence in practicing the Dhamma	
Group 7	Respect – reverence	Humility	Contentment	Gratitude	Listening regularly to Dhamma teachings – timely hearing of the Dhamma
Group 8	Patience	Openness to criticism – meekness when corrected	Meeting (seeing) monks	Discussing the Dhamma at the proper time	
Group 9	Practising austerities – energetic self-restraint	Holy and chaste life	Insight into the Four Noble Truths	Realization of Nibbana	
Group 10	Mind free of worldly vicissitudes – a mind unshaken by the ups and downs of life	Freedom from sorrow – sorrowlessness	Freedom from defilements of passion	Perfect security – blissful mind	

Sources: "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.

Also, http://www.buddhanet.net/e-learning/ethics_m.htm and http://en.wikipedia.org/wiki/Mangala_Sutta