**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.