**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*](http://en.wikipedia.org/wiki/Khuddaka_Nikaya)of the Pali canon and was preached at [Jetavana](http://en.wikipedia.org/wiki/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].

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| 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 |  |

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|  |  |  |  | **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. |
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 Also, http://www.buddhanet.net/e-learning/ethics\_m.htm and http://en.wikipedia.org/wiki/Mangala\_Sutta