**The Highroad of Blessings: The Thirty-Eight 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. *Asevanaa ca baalaana.m:* Not associating with fools.

2. *Pan.ditaana~n ca seyanaa:* Associating with the wise.

3. *Puujaa ca puujaniiyaana.m:* Reverencing those worthy of respect.

**Stanza III**

4. *Patiruupadesavaaso:* Residence in a suitable locality.

5. *Pubbe ca katapu~n~nataa:* Having made merit in the past.

6. *Attasammaapa.nidhi:* One's mind properly directed.

**Stanza IV**

7. *Bahusacca~n:* Profound learning.

8. *Bahusippa~n:* Proficiency in one's work.

9. *Vinayo ca susikkhito:* Well-learned moral discipline

10. *Subhaasitaa ca yaa vaacaa:* Gracious kindly speech.

**Stanza V**

11. *Maataapitu upa.t.thaana.m:* Giving support to parents.

12. *Puttadaarassa sa"ngaho:* Cherishing wife and children.

13. *Anaakulaa ca kammantaa:* Business pursuits, peaceful and free from conflicts.

**Stanza VI**

14. *Daana:* Acts of giving.

15. *Dhammacariyaa:* Conduct according to Dhamma.

16. *Naatakaana~n ca sa"ngaho:* Helping one's relatives.

17. *Anavajjaani kammaani:* Blameless actions.

**Stanza VII**

18. *AArati paapaa:* Shunning evil.

19. *Virati paapaa:* Abstaining from evil.

20. *Majjapaanaa ca sa~n~namo:* Refraining from intoxicants.

21. *Appamaado ca dhammesu:* Diligence in practice of what is Dhamma.

**Stanza VIII**

22. *Gaaravo:* Reverence.

23. *Nivaato:* Humility.

24. *Santu.t.thi:* Contentment.

25. *Kata~n~nutaa:* Gratefulness.

26. *Kaalena dhammasavana.m:* Timely hearing of the Dhamma

**Stanza IX**

27. *Khantii:* Patience

28. *Sovacassataa:* Meekness when corrected.

29. *Sama.naana~n ca dassana.m:* Meeting (seeing) monks.

30. *Kaalena dhammasaakacchaa:* Discussing the Dhamma at the proper time.

**Stanza X**

31. *Tapo:* Energetic self-restraint.

32. *Brahmacariyaa:* Holy and chaste life.

33. *Ariyasaccaana dassana.m:* Insight into the Noble Truths.

34. *Nibbaana sacchikiriyaa:* Realization of Nibbaana.

**Stanza XI**

35. *Phu.t.thassa lokadhammehi citta.m yassa na kampati:* A mind unshaken by the ups and downs of life.

36. *Asoka.m:* Freedom from sorrow.

37. *Viraja.m:* Freedom from defilements of passion.

38. *Khema.m:* Perfect security.

**Stanza XII**

*Etaadisaani katvaana sabbattham-aparaajitaa sabbattha sotthi.m gacchanti:* 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.