

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. *Patirupadesavaaso*: 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.accesstoinight.org/lib/authors/soni/wheel254.html> . Retrieved on 7 August 2013.