

The Buddha's Discourse on Blessings

It is a great blessing:

- ◆ To spend time in the company of wise people and to honor those who are worthy.
- ◆ To live in a place that is good for you, to do good deeds, and to keep yourself going in the right direction.
- ◆ To be well-educated, to develop your skills, train yourself in discipline, and to use words carefully and beautifully.
- ◆ To take good care of your mother and father, to cherish your partner and children, and to engage in a livelihood that is harmless.
- ◆ To give generously to others, to live with integrity, to care for everyone you consider your family.
- ◆ To avoid doing harm, to be careful with intoxicants, and to develop wholesome states of mind.
- ◆ To be respectful, humble, content and grateful, and to regularly bring spiritual teachings into your life.
- ◆ To be patient, open to learning, to be in touch with people on a spiritual path, and to discuss spiritual teachings.
- ◆ To live simply and in a holy way, to understand the deepest truth, and to realize the highest freedom and happiness.
- ◆ To have a mind that is steady, even in face of the crazy ways of the world, free of sorrow and shame, and at peace.

Those who act in these ways cannot be dragged down. Everywhere they go, they find well-being.

—Adaptation by Shoshana Alexander of the Buddha's
Mangalam Sutta for the book *Awakening Joy* by
James Baraz and Shoshana Alexander