

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, to 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, unswayed by the ups and downs of life, 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
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