

**Manopubbaṅgamā dhammā,
Manoseṭṭhā manomayā,
Manasā ce pasannena,
Bhāsati vā karoti vā,
Tato naṃ sukhamanveti,
Chāyāva anapāyinī.**

(Dhp. V. 2)

All phenomena (originating from a sentient being) dhamma – are preceded by (the activity of) the mind, have as their chief agent the mind; and are made up of the mind. If one were to speak or act with a pure mind, happiness follows one as a consequence, even as the shadow that never leaves one.