

**Sabbapāpassa akaraṇaṃ,  
Kusalassa upasampadā,  
Sacittapariyodapanā,  
Etaṃ Buddhāna sāsanaṃ.** (Dhp. V. 183)

The Buddha's teaching is: "abstain from doing all evil, cultivate virtue, and purify your mind."