

**Khantī paramaṃ tapo titikkhā,
Nibbāṇaṃ paramaṃ vadanti Buddhā,
Na hi pabbajito parūpaghāti,
Samaṇo hoti paraṃ viheṭṭhayanto. (Dhp. V. 184)**

Patience is the highest form of asceticism and Buddhas declare nibbāna to be the highest (attainment), (for), a recluse does, indeed, no harm to another, and a samana does not oppress another.