

**Anūpavādo anūpaghāto,
Pātimokkhe ca saṃvaro,
Mattaññutā ca bhattasmiṃ,
Panthañca sayanāsaṇaṃ,
Adhicitte ca āyogo,
Etaṃ Buddhāna sāsanaṃ.** (Dhp. V. 185)

“Not reviling, not harming (others), practising restraint according to pātimokkha, moderation in respect of food, (taking residence) in secluded abodes and fixing one’s mind towards lofty thoughts.” – this is the Buddha’s teaching.