

# Life's 38 Blessings

A Presentation By  
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# Desirable Personal Attributes

- Being good and decent
- Being ready to do good deeds
- Being capable and productive
- Being able to provide a loving and stable home environment
- Being considerate and generous

# The Ten Groups of Life's 38 Blessings

- The first group teaches us to be a good person by staying away from fools; by being around wise people; and by respecting those who should be respected.
- The second group teaches us to do good deeds by living in a civilized area; by having past merit; and by having a good life-goal.

# The Ten Groups of Life's 38 Blessings

- The third group teaches us to be capable and productive by being scholarly; by being creative; by having self-discipline; and by speaking truth.
- The fourth group teaches us to provide for our family by caring for our aging parents; by providing for our children, by supporting our spouse; and by not procrastinating.

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- The fifth group teaches us to practice altruism by being charitable; by conducting wholesome deeds; by helping our relatives and friends; and by doing work which benefits the public.
- The sixth group teaches us to begin training our mind by abstaining from all unwholesome deeds; by abstaining from alcohol; and by performing virtuous deeds.

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- The seventh group teaches us to pursue fundamental virtues by being respectful; by being humble; by being content; by being grateful; and by listening to Dhamma lectures.
- The Eighth group teaches us to pursue higher virtues by cultivating patience, by not being stubborn, by knowing virtuous monks, and by learning from them.

# The Ten Groups of Life's 38 Blessings

- The ninth group teaches us to remove all of our defilements by cultivating austerity; by practicing chastity; by practicing meditation; and by penetrating Nibbana.
- The tenth group teaches us about the fruits of freedom from defilements which include equanimity, joy, purity, and bliss.