

## Verse 10

<i>Tapo ca brahmacariyāñ ca Ariyasaccāna dassanam Nibbāna sacchikiriya ca Etam mangala muttamam</i>	Self-control, living a noble life, realizing the Noble Truths and the attainment of Nibbāna; this is Blessing Supreme.
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Meaning

<i>Tapo</i>	Self-discipline; ardour; self-control
<i>brahmacariyāñ</i>	noble way of life
<i>ariya</i>	noble
<i>saccā</i>	truths
<i>dassanam</i>	seeing; realizing
<i>Nibbāna</i>	extinction (of suffering)
<i>sacchikiriya</i>	realization