

## Verse 7

*Ārati virati pāpā  
Majjapānā ca samyamo  
Appamādo ca dhammesu  
Etam mangala muttamam*

To cease and abstain from evil,  
forbearance with respect to intoxicants  
and steadfastness in virtue;  
this is Blessing Supreme.

Meaning

<i>Ārati</i>	Not delighting; refraining
<i>virati</i>	abstaining (from)
<i>pāpā</i>	evil deeds
<i>majjapānā</i>	intoxicating drinks
<i>samyamo</i>	refraining; forbearing
<i>appamādo</i>	diligence; mindful; not heedless; not careless
<i>dhammesu</i>	(with) the Dhamma