

## The Use of Almsfood

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi: ‘neva davāya, na madāya, na maṇḍanāya, na vibhūsanāya, yāvadeva imassa kāyassa ṭhitiyā yāpanāya, vihimsūparatiyā, brahmacariyānuggahāya, iti purāṇaṅca vedanaṃ paṭihaṅkhāmi navaṅca vedanaṃ na uppādessāmi, yātrā ca me bhavissati anavajjatā ca phāsuvihāro cāti.

Reflecting wisely, ♦ I use alms food ♦ neither for amusement nor for intoxication ♦ nor for the sake of physical beauty and attractiveness, ♦ but only for the endurance and continuance of this body ♦ for ending discomfort, ♦ and for assisting the holy life, ♦ considering: ♦ ‘Thus shall I terminate old feelings ♦ without arousing new feelings ♦ and I shall be healthy and blameless ♦ and shall live in comfort.

Excerpt from the Sabbāsava Sutta, Majjhima Nikaya 2 | English Translation by Bhikkhu Bodhi  
Mahamevnawa Bhāvanā Asapuwa

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