The Use of Almsfood

Paṭisaṅkhā yoniso piṇḍapātām paṭisevāmi: ‘neva dāvāya, na madāya, na maṇḍanāya, na vibhūsanāya, yāvadeva imassa kāyassa ṭhiṭiyā yāpanāya, vihiṁsūparatiyā, brahmacariyānuggahāya, iti purāṇaṅca vedanaṁ paṭihankhāmi navaṅca vedanaṁ na uppādessāmi, yātṛā ca me bhavissatī anavajjatā ca phāsuviḥāro 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
Middle Length Discourses of the Buddha, Wisdom Publications

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