

### 0.0.1 Morning

1. “Indeed O bhukkhuss, whichever beings perform good conduct by body, good conduct by speech and good conduct by mind in the morning time, those beings truly have a good morning.

2. Indeed O bhukkhuss, whichever beings perform good conduct by body, good conduct by speech and good conduct by mind in the afternoon time, those beings truly have a good afternoon.

3. Indeed O bhukkhuss, whichever beings perform good conduct by body, good conduct by speech and good conduct by mind in the evening time, those beings truly have a good evening.

A lucky sign, a good omen,  
a happy daybreak, a pleasant arising;  
a joyful opportunity and a jubilant moment,  
is what is well bestowed upon those in the life  
of purity.

Auspicious bodily actions,  
auspicious verbal actions;  
auspicious mental actions,  
is the auspicious prayer.

Having done what is auspicious,  
one gains auspicious benefits;

Those happy ones who have gained such benefits,  
grow in the Buddha's instructions;  
May you and all your relatives,  
be healthy and happy.”