

AHIMSĀ MANTRA (SANSKRIT/ENGLISH)

[dhammo mangalam ukkittham ahimsā samyamo tavo
deva vi tarn namamssanti jassa dhamme saya mano] 2x

What is the most superior dharma?

Ahimsā is the most superior dharma.

For those who establish themselves in ahimsā

Even the heavenly beings salute them.