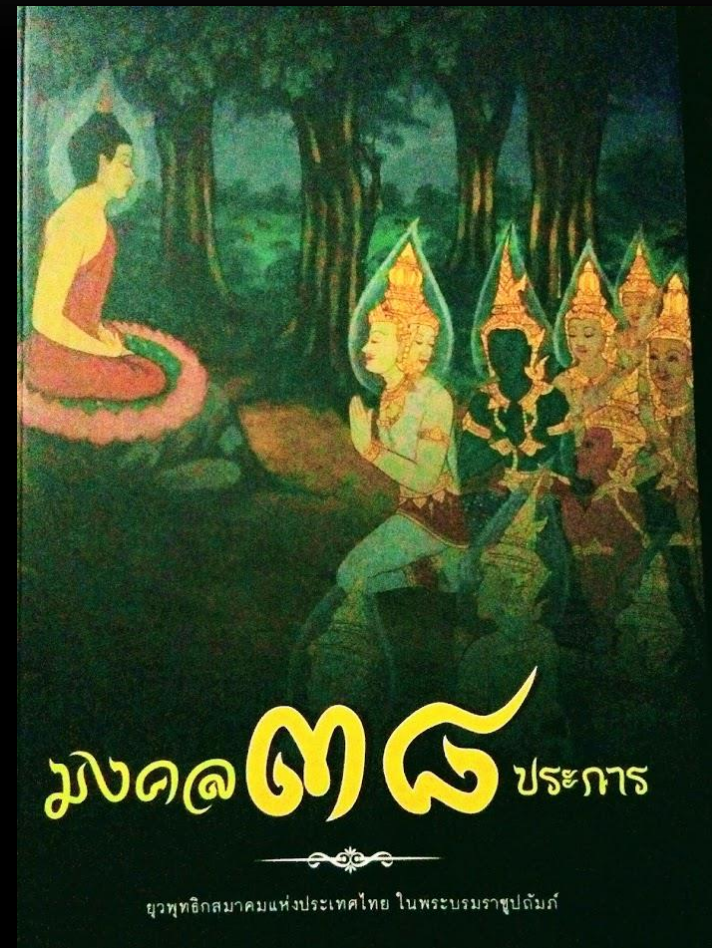
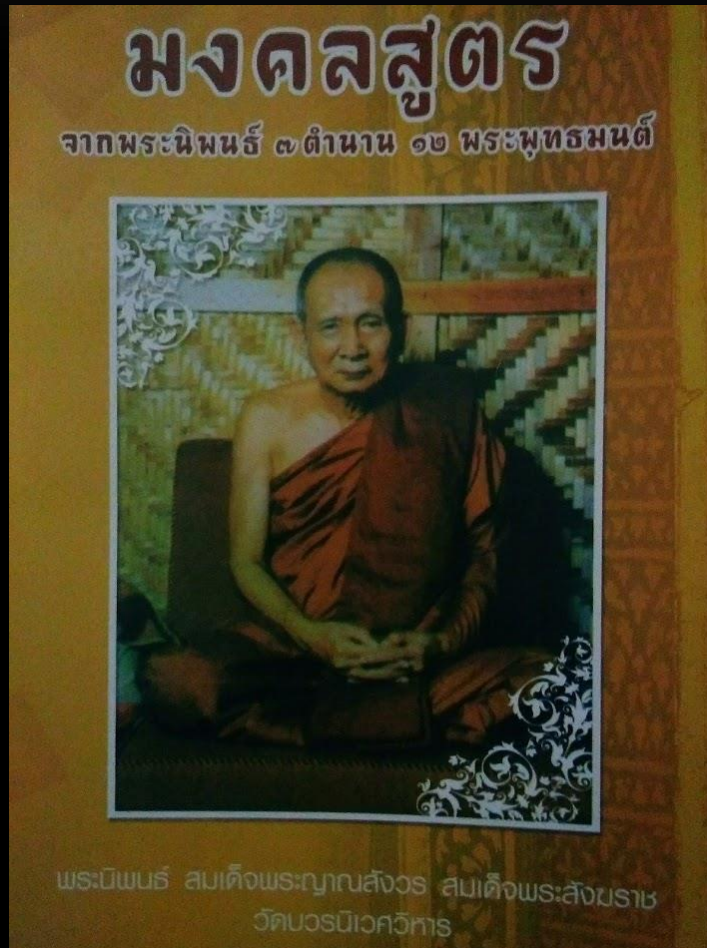


สนุกกับภาษา

มงคลชีวิต ๑๐

มงคลชีวิต ๑๐

Highest Blessings



มงคลชีวิต (คาถาที่ ๕)

ทานนุจ

รู้จักให้ เพื่อแผ่แบ่งปัน

ธมฺมจริยา จ

ประพฤติธรรม

ญาตกานนุจ สงฺคโห

สงเคราะห์ญาติ

อนวชฺชานิ กมฺมานิ

การงานที่ไม่มีโทษ

เอตมฺมงฺกลมุตฺตมํ

นี้เป็นมงคลอันอุดม

Highest Blessings

- **What are the Highest Blessings in life?**
 - **Charity / Generosity**
 - **Righteous conduct**
 - **Rendering aid to relations**
 - **Blameless actions**
-

Highest Blessings

- **Charity / Generosity**
 - **Giving** makes people happy and **happiness** promotes giving.
 - **Children have a deeply rooted instinct to share and to help others.**
-

Highest Blessings

- **Charity / Generosity**
 - *A giver of food provides strength.*
 - *A giver of clothing provides beauty.*
- *A giver of a vehicle provides convenience.*
 - *A giver of a light provides eyesight.*
- *He who gives lodging is a provider of all.*

Highest Blessings

- *Giving Dhamma excels all other gifts.*
 - *The gift of the Dhamma excels all other gifts.*
 - *Be harmonious and kindly to one another.*
 - *He who teaches the Dhamma is called a provider of what is deathless.*
-

พจนานุกรมพุทธศาสตร์
ฉบับประมวลธรรม

Dictionary of
BUDDHISM

พระราชวรมณี
(ประยูรค์ ปยุตโต)



มหาจุฬาลงกรณราชวิทยาลัย



Highest Blessings

- **Bases of meritorious action**
 - 1. Merit acquired by **giving**
 - 2. by observing the precepts or **moral behaviour**
 - 3. by **mental development**
 - *A giver endears himself to others.*

Highest Blessings

- **Bases of meritorious action**
 - 4. Merit acquired by **humility or reverence**
 - 5. by **rendering services**
 - 6. by **sharing or giving out merit**
 - 7. by **rejoicing in others' merit**
-

Highest Blessings

- Bases of meritorious action
- 8. by listening to the Doctrine or right teaching
- 9. by teaching the Doctrine or showing truth
- 10. by straightening one's views or forming correct views

Righteous conduct

- In practising the Dhamma we are cultivating virtue, which first arises in ourselves.
 - That virtue can then extend to others, even without our knowing about it.
 - **We are cultivating virtue, concentration and wisdom.**
-

Righteous conduct

- The Buddha's teaching is like a handbook of medicines. Some of the medicines are for specific illnesses.
- For example, the cultivation of good-will, is for treating the disease of anger, which we call *dosa*.

Righteous conduct

- Or one can use compassion, to counteract, destructive thoughts, or use wisdom, to brighten the mind, making it light and clear.
 - There are many different types of Dhamma medicine, and one must use them appropriately.
 - *“Helping Yourself to Help Others”*
-

- **Rendering aid to relations**

- **relation** (n.) connection or similarity, friendship, a member of your family
 - **relative** (n.) a member of your family
 - All her **relatives** came to the wedding.
 - The wedding was attended by friends and **relations**.
-

Highest Blessings

- **Rendering aid to relations**
 - *It is good to have many relatives and friends like there being many trees in the forest.*
 - *A lone tree, however well-grown and huge, can be blown down by the wind.*
-

Highest Blessings

- **Blameless work**
 - **work, job, career, occupation**
 - **full-time, part-time, regular, permanent, temporary, well-paid, voluntary**
 - **physical, mental**
-

ขนมปังเทวดา รับฝากเพื่อแผ้วคนยาก

โดย ไทยรัฐฉบับพิมพ์ 6 ม.ค. 2561 05:01



Health

New guidelines for healthier food donations



- She **donated** one million dollars to the charity.
 - **Donations** of food and clothing are gratefully accepted.
 - All **donations** are welcome.
 - A small **donation** can do a lot of good.
 - I am a blood **donor**.
-

Spiritual steps to save a material world

Recent climate change forum claims that solutions must start with adjusted mindset



12 Mar 2018 at 04:30  1,013 viewed  1 comments

NEWSPAPER SECTION: LIFE | WRITER: LAUREN MCNAMARA



Spiritual steps to save a material world

Recent climate change forum claims that solutions must start with adjusted mindset

- **spiritual** (adj.) of one's spirit or soul, or of one's religious beliefs
- **spiritual happiness / sensual happiness**
- **mindset** (n.) a person's way of thinking and their opinions

5 Must-Know Beauty Companies That Make Cruelty-Free Products

No animals were harmed in the making of these products



- “Cruelty-free” which refers to products that have not been tested on animals and “paraben-free” which means a product is void of a common group of preservative called parabens, which has been found to be a potent carcinogen.
 - www.goodnet.org
 - **carcinogen** = a substance that causes cancer
-

5 Companies That Embrace the Concept of a Circular Economy

There are tons of ways to be a part of a circular economy! Whether its through ride-sharing or car-sharing apps, recycled fashion, or biodegradable products- each time we opt-in, we're encouraging more companies to go circular.

Apr 15, 2018

The **circular economy** is a system of **production** and **consumption** based on **reusable** and **sustainable** design. It seeks to eliminate waste from the current linear production system, also known as “take-make-waste” - where raw materials are extracted from the ground, and not long after getting thrown in the trash.

- www.goodnet.org

- A circular, or closed-loop, system, develops products and services in a way that is **regenerative**, **restorative**, or **reusable**. This typically means using recycled materials and ensuring that at the end of the product's use, it can once again be **recycled**, or happily **decompose** back to nature.
 - **regenerative** (adj.) making things better
 - **decompose** (v.) to decay, to break into smaller parts
-

- This type of a **sustainable economy** is **incredibly** important as more and more people around the world become **consumers**.
- Research shows that if every country **consumed** the number of raw materials that the United States does, we would need eight planets to provide all those resources!
- www.goodnet.org

- **sustainable** (adj.) causing little or no damage to the environment and therefore able to continue for a long time
 - **incredibly** (adv.) difficult to believe, extremely
 - **consume** (v.) use resource, destroy
 - **consumer** (n.) someone who buys goods or services **consumption** = the amount of goods and services used
-

Reduce Reuse Recycle



- Pharrell Williams has joined the **circular economy** with his clothing line RAW for the Oceans, which recovers plastic found on the shoreline into **wearable fashion**, such as jeans, graphic t-shirts, and even kimonos! This is done by breaking down plastics and turning it into a weavable clothing fiber called Bionic Yarn.
 - www.goodnet.org
-

Commentary: We need a breakthrough in the conversation on labour rights for foreign domestic workers

In order to truly advance the conversation on foreign domestic workers (FDWs), we must break away from the current stereotypes of FDWs that sustain the inequality, say two psychology experts from the National University of Singapore.

- **breakthrough** (n.) an important discovery or event that helps to solve a problem
- **labour rights** (n.)
- **domestic worker** (n.) someone paid to help with work that needs to be done in a house, such as cleaning and washing clothes

Highest Blessings

- **What are the Highest Blessings in life?**
 - **Charity / Generosity**
 - **Righteous conduct**
 - **Rendering aid to relations**
 - **Blameless actions**
-

มงคลชีวิต (คาถาที่ ๕)

ทานนุจ

รู้จักให้ เพื่อแผ่แบ่งปัน

ธมฺมจริยา จ

ประพฤติธรรม

ญาตกานนุจ สงฺคโห

สงเคราะห์ญาติ

อนวชฺชานิ กมฺมานิ

การงานที่ไม่มีโทษ

เอตมฺมงฺกลมุตฺตมํ

นี้เป็นมงคลอันอุดม

แนะนำติชมรายการได้ที่

ผู้ช่วยศาสตราจารย์ภาวิณี อุ๋นวัฒนา

คณะศิลปศาสตร์ มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

เลขที่ ๘๖ ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ ๑๐๓๐๐

E-mail: pawinee.o@rmutp.ac.th

เป็นมนุษย์หรือเป็นคน

- เป็นมนุษย์เป็นได้เพราะใจสูง เหมือนหนึ่งยังมีดีที่แววชน
- ถ้าใจต่ำเป็นได้แต่เพียงคน ย่อมเสียที่ที่ตนได้เกิดมา
- ใจสะอาดใจสว่างใจสงบ ถ้ามีครบควรเรียกมนุษย์
- เพราะทำถูกพูดถูกทุกเวลา เปรมปรีดาคืนวันสุขสันต์จริง

เป็นมนุษย์หรือเป็นคน

- ใจสกปรกมืดมัวและร้อนรุ่ม ใครมีเข้าควรเรียกว่าผีสิง
 - เพราะพูดผิดทำผิดจิตประเวิง แต่ในสิ่งนำตัวกลัวอบาย
 - คิดดูเถิดถ้าใครไม่อยากตก จงรีบยกใจตนรีบชวนขวาย
 - ให้อใจสูงเสียดีก่อนตัวตาย ก็สมหมายที่เกิดมาอย่าเชื่อนเอย ๆ
- พระธรรมโกศาจารย์ พุทธทาสภิกขุ