

Paṭisankhā yoniso pindapātaṃ paṭisevāmi, neva davāya na
madāya, na mandanāya, na vibhūsanāya, yavadeva imassa
kāyassa ṭhitiya, yāpanāya, vihiṃsuparatiyā,
brahmācariyānuggahāya, iti purāṇaṅca vedanaṃ
paṭihāṅkhāmi, navaṅca vedanaṃ na uppādessāmi, yātrā ca me
bhavissati anavajjatā ca phāsuvihāro cā 'ti.



Wisely reflecting, I use alms-food; not for fun, not for
pleasure, not for fattening, not for beautification, only for the
maintenance and nourishment of this body, for keeping it
healthy, for helping with the Holy Life; thinking thus, 'I will
allay hunger without overeating, so that I may continue to
live blamelessly and at ease.'