



*Respectful behaviour towards elders confers long life, beauty, joy and strength.*

109. *Abhivādanasīlissa  
niccaṃ vaḍḍhāpacāyīnō  
cattārō dhammā vaḍḍhanti  
āyu vaṇṇō sukhaṃ balaṃ. (8:10)*

For one of respectful nature  
who ever the elders honours,  
long life and beauty, joy and strength,  
these qualities increase.

SPONSORED BY MR. THAN MYINT & YI YI  
IN LOVING MEMORY OF THE LATE MR. U PYO TIN