

PAY RESPECT TO YOUR MOTHER

Metta Class: November 18, 2018

By Sureka Hapuarachchi



Dasa Mase Ure Kathva

Posesi Vuddhi-karanam

Ayu Deegham Vassa Satam

Matu Padam Namamaham

Meaning:

Loving mother, you carried me inside your body for ten months.

You gave birth to me and raised me.

I worship you at your feet and wish you a long life of one hundred years.

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Things you can do to make your mother happy

- ❖ Respect her
- ❖ Always be thankful
- ❖ Follow rules
- ❖ Practice good manners
- ❖ Be honest
- ❖ Spend time with her
- ❖ Show your love and tell that you love her
- ❖ Pay attention to what she is saying
- ❖ Do not interrupt her while she is talking
- ❖ Do not talk back or do not raise your voice at her
- ❖ Do not laugh at her faults or mistakes
- ❖ Choose your words carefully when you speak with her
- ❖ Use kind words like "Thank you", "Yes, please", "No, thank you" when you talk to her
- ❖ Wish her good health
- ❖ Help with house chores
- ❖ Remember the good things she did
- ❖ Remember how much she loves you



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