

abhikkante

walking forwards

anusāsanī

instruction,  
advise

asite

taking food,  
eating

jāgarite

awaken

khāyite

chewing

nisinne

sitting

pasārite

stretching,  
moving forward

paṭikkante

walking  
backwards

pīte

drinking

samiñjite

bending

sampajānakārī

with full  
understanding +  
performing

saṅghāṭi-  
pattacīvaradhāraṇe

upper  
garment+bowl+lower  
garment+taking

sāyite

savouring

sutte

sleeping

tuṅhībhāve

being silent

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uccārapassāvakamme

faeces+urine+attending  
to

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