

# Dhammapada

*The Path of Truth*

Translated by Bhante Suddhāso

## (Ch. 25) Bhikkhu-Vagga

*The Monk Chapter*

(360-361)

**cakkhunā saṃvaro sādhu, sādhu sotena saṃvaro.  
ghānena saṃvaro sādhu, sādhu jivhāya saṃvaro.  
kāyena saṃvaro sādhu, sādhu vācāya saṃvaro.  
manasā saṃvaro sādhu, sādhu sabbattha saṃvaro.  
sabbattha saṃvuto bhikkhu, sabbadukkhā pamuccati.**

*Excellent is restraint of the eye,  
Excellent is restraint of the ear,  
Excellent is restraint of the nose,  
Excellent is restraint of the tongue,  
Excellent is restraint of the body,  
Excellent is restraint of speech,  
Excellent is restraint of the mind,  
Excellent is restraint everywhere.  
A monk who is restrained everywhere is freed from all dissatisfaction.*

(362)

**hatthasaṃyato pādasamyato, vācāsaṃyato saṃyatuttamo.  
ajjhatarato samāhito, eko santusito tamāhu bhikkhuṃ.**

*Hand restrained, food restrained, speech restrained, restrained to the utmost;  
Finding happiness internally, concentrated, such a contented one is called a "bhikkhu."*

(363)

**yo mukhasaṃyato bhikkhu, mantabhāṇī anuddhato.  
atthaṃ dhammañca dīpeti, madhuraṃ tassa bhāsitaṃ.**

*A monk who has a restrained mouth, speaking prudently, unagitated<sup>1</sup>,  
Illuminates the meaning and the Dhamma, and his speech is like honey.*

(364)

**dhammārāmo dhammarato, dhammaṃ anuvicintayaṃ.  
dhammaṃ anussaraṃ bhikkhu, saddhammā na parihāyati.**

*Enjoying the Dhamma, delighting in the Dhamma, investigating the Dhamma,  
Remembering the Dhamma, a monk does not fall away from the true Dhamma.*

(365)

**salābhaṃ nātimaññeyya, nāññesaṃ pihayaṃ care.  
aññesaṃ pihayaṃ bhikkhu, samādhiṃ nādhigacchati.**

*One should not disdain what one has, nor envy what belongs to others.  
A monk who envies what belongs to others does not attain concentration.*

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<sup>1</sup> Anuddhata. This can also mean "not arrogant."

(366)

**appalābhopi ce bhikkhu, salābhaṃ nātimaññati.  
taṃ ve devā pasamsanti, suddhājīvaṃ atanditaṃ.**

*Even if a monk has little, but does not disdain what he has,  
The devas praise him, who lives with purity and diligence.*

(367)

**sabbaso nāmarūpasmim, yassa natthi mamāyitaṃ.  
asatā ca na socati, sa ve “bhikkhū”ti vuccati.**

*When in all of mind and body there is nothing that one considers "mine,"  
And one does not sorrow on account of what is unpleasant,  
Then one is called a "bhikkhu."*

(368)

**mettāvihārī yo bhikkhu, pasanno buddhasāsane.  
adhigacche padaṃ santaṃ, saṅkhārūpasamaṃ sukhaṃ.**

*A monk who lives with loving-kindness and serene faith in the Buddha's teachings,  
Attains the path of peace, and the happiness of complete tranquility.*

(369)

**siṅca bhikkhu imaṃ nāvaṃ, sittā te lahumessati.  
chetvā rāgaṅca dosaṅca, tato nibbānamehisi.**

*Bale out this boat, bhikkhu; when emptied it moves easily.  
Having cut off lust and hatred, go from here to Nibbāna.*

(370)

**pañca chinde pañca jahe, pañca cuttari bhāvaye.  
pañca saṅgātigo bhikkhu, “oghaṭiṇṇo”ti vuccati.**

*When five are cut off and five are discarded, and another five are developed,  
Then a monastic who has gone beyond five attachments  
Is called "one who has crossed the flood."*

(371)

**jhāya bhikkhu mā pamādo, mā te kāmaguṇe bhamessu cittaṃ.  
mā lohaguḷaṃ gilī pamatto, mā kandi “dukkhamidan”ti dayhamāno.**

*Meditate, bhikkhu, do not be negligent, do not let your mind swirl in sensuality,  
Do not negligently swallow a metal ball, do not wail "This is painful!" as you burn.*

(372)

**natthi jhānaṃ apaññassa, paññā natthi ajhāyato.  
yamhi jhānaṅca paññā ca, sa ve nibbānasantike.**

*There is no Jhāna<sup>2</sup> for one who has no wisdom,  
There is no wisdom for one who does not reach Jhāna.  
One who has both Jhāna and wisdom is close to Nibbāna.*

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2 The word "jhāna" most commonly refers to states of deep concentration attained during meditation; however, sometimes it simply means "meditation" in a more general sense.

(373)

**suññāgāraṃ pavitṭhassa, santacittassa bhikkhuno.  
amānusi rati hoti, sammā dhammaṃ vipassato.**

*One who has entered an empty hut, a monastic with a peaceful mind,  
Delights in the absence of humans, and sees the Dhamma clearly and correctly.*

(374)

**yato yato sammasati, khandhānaṃ udayabbayaṃ.  
labhati pītipāmojjaṃ, amataṃ taṃ vijānataṃ.**

*When one directly touches<sup>3</sup> the rise and fall of the components of being,  
One gains euphoria and gladness, cognizing that which is beyond death.*

(375)

**tatrāyamādi bhavati, idha paññassa bhikkhuno.  
indriyagutti santuṭṭhi, pātimokkhe ca saṃvaro.**

*This is the starting-point for a wise monastic:  
Guarding one's faculties, contentment, and restraint according to the Pātimokkha.*

(376)

**mitte bhajassu kalyāṇe, suddhājīve atandite.  
paṭisanthāravutyassa, ācāraṃ siyā.  
tato pāmojjabahulo, dukkhassantaṃ karissati.**

*Let one associate with good spiritual friends who diligently live a pure life,  
Let one be polite in speech and wholesome in conduct,  
Then one will have abundant gladness, and will put an end to dissatisfaction.*

(377)

**vassikā viya pupphāni, maddavāni pamuñcati.  
evaṃ rāgañca dosañca, vippamuñcetha bhikkhavo.**

*Just as a jasmine plant lets go of its withered flowers,  
In the same way, monks, let go of your lust and aversion.*

(378)

**santakāyo santavāco, santamano samāhito.  
vantalokāmisso bhikkhu, "upasanto"ti vuccati.**

*Peaceful in body, peaceful in speech, peaceful in mind, and concentrated,  
A monastic who has discarded the world's bait<sup>4</sup> is called "completely peaceful."*

(379)

**attanā codayattānaṃ, paṭimaṃsetha attanā.  
so attagutto satimā, sukhaṃ bhikkhu vihāhisi.**

*Admonish yourself, investigate yourself;  
A monastic who is self-protected and mindful lives happily.*

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3 Sammasati. From *saṃ* (thoroughly, all-around) + *masati* (touches). Not to be confused with *sammā-sati* (right mindfulness).

4 Vantalokāmisa. A more literal translation could be "vomited the world's meat."

**(380)**

**attā hi attano nātho, attā hi attano gati.**

**tasmā saṃyamamattānaṃ, assaṃ bhadraṃva vāṇijo.**

*For you are your own protector; you are your own destiny.*

*Therefore restrain yourself, as a merchant an excellent horse.*

**(381)**

**pāmojjabahulo bhikkhu, pasanno buddhasāsane.**

**adhigacche padaṃ santaṃ, saṅkhārūpasamaṃ sukhaṃ.**

*A monastic with abundant gladness and serene faith in the Buddha's teachings*

*Attains the path of peace, and the happiness of complete tranquility.*

**(382)**

**yo have daharo bhikkhu, yuñjati buddhasāsane.**

**somaṃ lokaṃ pabhāseti, abbhā muttova candimā.**

*A young monastic who makes a sincere effort in practicing the Buddha's teachings*

*Brightens this world, like the moon emerging from clouds.*