

Dhammapada

The Path of Truth

Translated by Bhante Suddhāso

(Ch. 12) Atta-Vagga

The Self Chapter

(157)

Attānañce piyaṃ jaññā, rakkheyya naṃ surakkhitaṃ;

Tiṇṇaṃ aññataraṃ yāmaṃ, paṭijaggeyya paṇḍito.

One who values oneself would guard oneself well;

A wise person would be alert during any of the three parts of the night.

(158)

Attānameva paṭhamam, patirūpe nivesaye;

Athaññāmanusāseyya, na kilisseyya paṇḍito.

First establish oneself in what is suitable,

Then one may instruct others – a wise person does not inflict self-harm.

(159)

Attānaṃ ce tathā kayirā, yathaññāmanusāsati;

Sudanto vata dametha, attā hi kira duddamo.

One should act the same way that one instructs others to act;

One who is well-trained can train others – for it is truly hard to train oneself.

(160)

Attā hi attano nātho, ko hi nātho paro siyā;

Attanā hi sudantena, nāthaṃ labhati dullabhaṃ.

One is one's own protector – how could another protect you?

One who is self-trained well has gained a rare protector.

(161)

Attanā hi kataṃ pāpaṃ, attajaṃ attasambhavaṃ;

Abhimatthati [abhimantati (sī. pī.)] dummedhaṃ, vajiraṃ vasmamayaṃ

[vajiraṃva'mhamayaṃ (syā. ka.)] maṇiṃ.

Harm is done by oneself, born from oneself, produced by oneself;

In this way a fool destroys himself, as a diamond cuts through a lesser gem.

(162)

Yassa accantadussīlyaṃ, māluvā sālamiṇḍitaṃ;

Karoti so tathattānaṃ, yathā naṃ icchatī diso.

One who is excessively immoral, like a tree overgrown by vines,

Does to oneself what one would wish for an enemy.

(163)

Sukarāṇi asādhūni, attano ahitāni ca;

Yaṃ ve hitaṇca sādhuṇca, taṃ ve paramadukkaraṃ.

It is easy to do things that are worthless and unbeneficial;

But to do what is beneficial and worthwhile is extremely difficult.

(164)

Yo sāsanaṃ arahataṃ, ariyānaṃ dhammajīvaṇaṃ;

Paṭikkosati dummedho, diṭṭhiṃ nissāya pāpikaṃ;

Phalāni kaṭṭhakasseva, attaghātāya phallati.

A foolish person who, based on a harmful perspective,

Reviles the teachings of the Worthy One,

Brings forth his own destruction,

Like a monocarpic¹ plant.

(165)

Attanāva kataṃ pāpaṃ, attanā saṃkilissati;

Attanā akataṃ pāpaṃ, attanāva visujjhati;

Suddhī asuddhi paccattaṃ, nāññamañño visodhaye.

It is just oneself that harms and defiles oneself;

It is just oneself that benefits and purifies oneself.

Purity and impurity depend on oneself – no one can purify another.

(166)

Attadatthaṃ paratthena, bahunāpi na hāpaye;

Attadatthamabhiññāya, sadatthapasuto siyā.

One should not abandon one's own goal² for the goals of others, even if manifold;

Having understand one's own goal, one should be intent upon one's goal.

1 A category of plants that die immediately after producing seeds.

2 *Attha*. This has several meanings: goal, benefit, welfare.