

Dhammapada

The Path of Truth

Translated by Bhante Suddhāso

(Ch. 8) Sahassa-Vagga

The Chapter of Thousands

(100)

sahassamapi ce vācā, anattapadasaṃhitā.

ekaṃ atthapadaṃ seyyo, yaṃ sutvā upasammati.

Compared to a thousand sentences without benefit,

Better is a single beneficial sentence, which brings peace when heard.

(101)

sahassamapi ce gāthā, anattapadasaṃhitā.

ekaṃ gāthāpadaṃ seyyo, yaṃ sutvā upasammati.

Compared to a thousand poems without benefit,

Better is a single beneficial poem, which brings peace when heard.

(102)

yo ca gāthā satam bhāse, anattapadasaṃhitā.

ekaṃ dhammapadaṃ seyyo, yaṃ sutvā upasammati.

One might speak a hundred poems without benefit -

It is better to speak a single sentence of Dhamma, which brings peace when heard.

(103)

yo sahassam sahassena, saṅgāme mānuse jine.

ekaṇca jeyyamattānaṃ, sa ve saṅgāmajuttamo.

One might conquer a million¹ people in battle,

But one who conquers oneself has won the ultimate victory.

(104)

attā have jitaṃ seyyo, yā cāyaṃ itarā pajā.

attadantassa posassa, niccaṃ saññatacārino.

It is better to conquer yourself than other people,

For one who is self-mastered always acts with restraint.

(105)

neva devo na gandhabbo, na māro saha brahmunā.

jitaṃ apajitaṃ kayirā, tathārūpassa jantuno.

No angel or muse², demon or god,

Can turn such a person's victory into defeat.

1 Sahassam sahassena. Lit. "a thousand by a thousand."

2 Gandhabba. A category of low-ranking devas who are particularly focused on music.

(106)

**māse māse sahasena, yo yajetha satam samam.
ekañca bhāvitattānam, muhuttamapi pūjaye.
sāyeva pūjanā seyyo, yañce vassasatam hutam.**

*Every month one might conduct a hundred sacrifices worth thousands,
Or for a single moment one could pay homage to a self-developed person.
That homage is better than a hundred years of sacrifices.*

(107)

**yo ca vassasatam jantu, aggim paricare vane.
ekañca bhāvitattānam, muhuttamapi pūjaye.
sāyeva pūjanā seyyo, yañce vassasatam hutam.**

*One might spend a hundred years tending to a fire in a forest,
Or for a single moment one could pay homage to a self-developed person.
That homage is better than a hundred years of sacrifices.*

(108)

**yam kiñci yittham va hutam va loke, samvaccharam yajetha puññapekkho.
sabbampi tam na catubhāgameti, abhivādanā ujjugatesu seyyo.**

*Whatever in the world is offered or sacrificed in the world,
Over the course of a year by one seeking merit,
All that is not worth a quarter of honoring those who are upright: this is far better.*

(109)

**abhivādanasilissa, niccam vuddhāpacāyino.
cattāro dhammā vadḍhanti, āyu vaṇṇo sukham balam.**

*For one who is virtuous and respectful, and always reverential towards the elderly,
Four things increase: longevity, beauty, pleasure, and strength.*

(110)

**yo ca vassasatam jīve, dussilo asamāhito.
ekāham jīvitam seyyo, sīlavantassa jhāyino.**

*One might live a for a hundred years, immoral and unfocused;
It is better to live for one day as a virtuous meditator.*

(111)

**yo ca vassasatam jīve, duppañño asamāhito.
ekāham jīvitam seyyo, paññavantassa jhāyino.**

*One might live a for a hundred years, foolish and unfocused;
It is better to live for one day as a wise meditator.*

(112)

**yo ca vassasatam jīve, kusīto hīnavīriyo.
ekāham jīvitam seyyo, vīriyamārabhato dalham.**

*One might live for a hundred years, lazy and unenergetic.
It is better to live for one day, energetic and resolute.*

(113)

yo ca vassasataṃ jīve, apassaṃ udayabbayaṃ.

ekāhaṃ jīvitaṃ seyyo, passato udayabbayaṃ.

One might live for a hundred years without seeing arising and ceasing.

It is better to live for one day observing arising and ceasing.

(114)

yo ca vassasataṃ jīve, apassaṃ amataṃ padaṃ.

ekāhaṃ jīvitaṃ seyyo, passato amataṃ padaṃ.

One might live for a hundred years without seeing the path to the deathless.

It is better to live for one day seeing the path to the deathless.

(115)

yo ca vassasataṃ jīve, apassaṃ dhammamuttamaṃ.

ekāhaṃ jīvitaṃ seyyo, passato dhammamuttamaṃ.

One might live for a hundred years without seeing the ultimate truth.

It is better to live for one day seeing the ultimate truth.