

Dhammapada

The Path of Truth

Translated by Bhante Suddhāso

Citta-Vagga *The Mind Chapter*

(33)

The mind is unstable and unsteady, difficult to protect and control.
The wise rectify it, as a fletcher straightens an arrow.

(34)

As a fish pulled from its home and thrown on land,
The mind thrashes around – struggling to escape Māra’s realm.

(35)

The mind is fast-moving and hard to subdue, landing wherever it wishes;
It is good to train it – a trained mind brings happiness.

(36)

The mind is very subtle and hard to observe, landing wherever it wishes;
The wise protect it – a guarded mind brings happiness.

(37)

The mind travels far, wanders alone, is incorporeal and self-sheltered;
Those who restrain it will be free from Māra’s prison.

(38)

One whose mind is unsettled, who does not understand the true Dhamma,
And whose clarity¹ is disturbed – will not reach the fulfillment of wisdom.

(39)

One whose mind is pure and unafflicted,
Who has abandoned both good and evil² – has no fear of wakefulness.

(40)

Having understood that this body is like a clay pot, fortify the mind like a city,
Combat Māra using the weapon of wisdom, and protect the victory without attachment.

(41)

Before long this body will lie on the ground,
Discarded and devoid of consciousness, like a useless log.

1 *Pasāda*. This can also mean “faith” or “joy”.

2 *Puñña-pāpa*. That is, both good karma and bad karma, and the corresponding results of each.

(42)

Whatever an enemy might do to an enemy, or one hostile person to another,
A wrongly directed mind can do far more harm.

(43)

Whatever a mother or father might do, or any other relative,
A rightly directed mind can do far more benefit.