

Dhammapada

The Path of Truth

Translated by Bhante Saddhāso

Appamāda-Vagga *The Vigilance Chapter*

(21)

Vigilance¹ is the path of deathlessness; negligence² is the path of death.
The vigilant never die; the negligent are as if already dead.

(22)

Wise people clearly know this about vigilance;
They rejoice in vigilance, enjoying the domain of the noble ones.

(23)

Those who continuously meditate, who always persevere,
Those steadfast ones touch Nibbāna – the unsurpassable safety.

(24)

For those who are energetic, mindful, pure in conduct, considerate in their actions,
Self-restrained, living the Dhamma, and vigilant – glory grows.

(25)

By means of exertion, self-restraint, and training,
The wise make an island which no flood can submerge.

(26)

Foolish, unwise people are devoted to negligence,
Whereas the wise protect vigilance as their greatest treasure.

(27)

Do not commit to negligence; do not get involved in sensual pleasure.
Instead meditate vigilantly, and attain abundant bliss.

(28)

By means of vigilance, a wise person expels negligence.
Ascending in the palace of wisdom, sorrowless amidst a sorrowful generation.
The wise look at the foolish
As one standing on a mountain looks down at those on the ground below.

(29)

Vigilant amidst the negligent, wide awake amidst the sleeping,
Like a strong and rapid horse, the wise leave them behind and move on.

1 *Appamāda*. Lit. “non-negligence.” Often translated “heedfulness.”

2 *Pamāda*. Often translated “heedlessness.” It comes from the root *mad-*, which means “intoxicated.”

(30)

By means of vigilance Maghavā³ become best of the devas.
They praise vigilance, whereas negligence is always criticized.

(31)

A monk who approves of vigilance and sees the danger in negligence
Is like a fire that burns up fetters – small and large.

(32)

A monk who approves of vigilance and sees the danger in negligence
Is incapable of falling way – he is close to Nibbāna.

3 An epithet of Sakka, also know as Inda (Sk. Indra).