

### 0.0.1 Rise Up

333. “Rise up! Sit up! What benefit is there  
in sleeping for you?

What sleep is there for the afflicted, oppressed  
by the pierce of a dart?

334. Rise up! Sit up! Firmly train yourselves  
for peace;

Do not be among the negligent ones,  
the king of death having known, [can] not  
subject you to delusion here.

335. Indeed cross this adhesion, let not this  
opportunity escape you;

For devas and humans desirous of attachments  
stand still.

Having missed the opportunity, they indeed  
grieve when consigned to hell.

336. Soiled by negligence, the heedless one is  
oppressed by the stain of inaction;

by vigilance for the noble knowledge, [the vig-  
ilant one] pulls out the dart by himself.”

### 0.0.1 uṭṭhānasuttaṃ

333. uṭṭhahatha nisīdatha ko attho supitena  
vo;  
āturānaṃ bhi kā niddā sallaviddhāna ruppa-  
taṃ.

334. uṭṭhahatha nisīdatha daḷhaṃ sikkha-  
tha santiyā;  
mā vo pamatte viññāya,  
maccurājā amohayitthavasānuhe.

335. yāya devā manussa ca sitā tiṭṭhanti at-  
thikā;  
tarathetaṃ<sup>1</sup>visattikaṃ khaṇo vo<sup>1</sup> mā upac-  
cagā;  
khaṇātītā hi socanti nirayambhi samappitā.

336. pamādo rajo pamādo<sup>2</sup> pamādānupa-  
titā rajo;  
appamattena vijjāya abbahe sallamattanoti.

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<sup>1</sup>ve - simu.

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<sup>2</sup>pamādā - simu.