

manopubbaṅgamā  
 dhammā  
 manoseṭṭhā mano-  
 mayā 1  
 manasā ce paduṭṭhena  
 bhāsati vā karoti vā  
 tato naṃ dukkhaman-  
 veti  
 cakkam'va vahato pa-  
 daṃ.

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Mind precedes phenomena  
 created by mind, ruled by mind 2  
 If one speaks or acts  
 with a pure mind  
 from that pleasure follows one  
 like the shadow, that never leaves. manopub-  
 baṅgamā dhammā  
 manoseṭṭhā manomayā 2  
 manasā ce pasannena  
 bhāsati vā karoti vā  
 tato naṃ sukhamanveti  
 chāyā'va anapāyinī.