

dhammapada

Francis Booth after the Buddha

1. buddham saranam gacchami

buddham saranam gacchami
dhammam saranam gacchami
sangham saranam gacchami
I take refuge in the buddha
I take refuge in the buddha's teaching
I take refuge in the community of monks

2. homage

homage to the blessed one
the worthy one
the self-awakened one

3. dhammapada 1

evil follows evil thoughts as
oxen pull the farmer's cart
happiness will always shadow
those with pure thoughts in their heart

in this world of pain and sorrow
hate through hate will not subside
ageless wisdom shows the world how
only love can pacify

when we see we all must die
then we all see eye to eye

monsoon rains will find the gaps if
any roof betrays neglect
seal the heart from lust and passion
calmly let the mind reflect

mindful while the world is sleeping
wise men boldly race ahead
as the weak horse falls behind them
by the strong the race is led

restless mind must be restrained
like an archer taking aim

when the mind travels far
without form and alone
then the wise man will tame
it and keep it at home

as a bee helps the flowers
by bringing them fruit
so the master will wander without taking root

the lotus blooms on rubbish left behind
so true disciples shine among the blind

the fool makes wisdom always go to waste
the spoon holds soup
but never knows the taste

4. dhammapada 2

evil actions bring reactions
slowly like a smouldering flame
builds into a raging furnace
and will burn the one to blame

like the mountains so the wise ones
wind can never bend or shake
praise or blame will not disturb them
calm as water on the lake

mindful ones fly free of care
leave the world like swans in air

longing for the world released
then the mind can be at peace

though a thousand words spoken
may bring no release
yet one word of the truth
may bring quiet and peace

though a victor may conquer
a thousand in war
yet to conquer oneself is a thousand times
more

to live one day in wisdom and be kind
is worth a hundred years with feeble mind

as drops of water slowly fill the pot
the evil doer slowly finds his lot

every evil returns to the ones who have sinned
just as dust will return when it's thrown to the
wind

in the sky in the ocean in mountainous caves
there is no place on earth to escape from the
grave

5. dhammapada 3

everyone fears punishment
loves life as you do
never cause another's death
evil will accrue

pleasing words bring happiness
all the world will gain
angry words bring bitterness
and return in pain

nirvana will be realised by one
who stays as silent as a broken gong

as farmers drive their cattle death drives life
retribution burns who cause strife

ten punishments will soon be sent
to those who hurt the innocent
pain and suffering loss of health
sickness madness
persecution family lost
lightning hell will be the cost

as the farmer guides water to nourish the land
and a fletcher makes arrows fly true
as a carpenter fashions the wood with his
hands
so the wise teach their minds to renew

why laugh when all is burning with desire
illuminate the dark with wisdom's fire

the make up and the jewels hide decay
but fragile bones will soon be thrown away

the city made of bones of flesh and blood
will rot away and slowly turn to dust
the chariots of gold, the wealth of kings
will melt away and slowly turn to rust

through countless lives I searched and
searched in vain
to find the builder of my house of sin
but free now from rebirth and earthly pain
the rafters and the beams are broken in

the self is mastered by the self alone
sin crushes it as diamond crushes stone

as creeping vines destroy the sala tree
so evil chokes the deer by degree

6. dhammapada 4

the world is like a bubble on a pond
though people still are blind and vain and
proud
but one who sees the truth and goes beyond
is like the moon appearing through the clouds

if golden coins fell from the sky like rain
if even heaven's pleasures would be tried
desire will only ever lead to pain
enlightened ones have put desire aside

who takes refuge in the buddha
sees the dhamma as the law
who takes refuge in the sangha
sees the noble truths are four

everything on earth must suffer
suffering comes from desire
end desire and suffering ceases
the eightfold path we should aspire

in a world full of hatred we live without hate
in a world full of sickness how happy our state

in a world full of envy we live without greed
in a world of possessions we live without need

pleasure only leads to sorrow
lust and longing lead to fear
freedom only comes to those who
master holding nothing dear

those who practise for perfection
like a fish that swims upstream
in the next world will be welcomed
like a friend in high esteem

7. dhammapada 5

never give in to your pride and your greed
give to those people in need
overcome anger and evil with love
answer all lies with the truth

never abuse or cause anyone harm
passion can be overcome
body and mind can be mastered and tamed
worry and death left behind

like a yellow withered leaf
standing at death's door
unprepared to face the road
reach the other shore

make an island of yourself
beacon in the night
free of blemish free of pain
shining like a light

like a silversmith polishing silver with care
so no tarnish will ever remain
thus the wise blow their blemishes into the air
and so slowly remove all their stains

as the rust eats the iron, no evil is spared
so the texts not recited will fade
as the homage not said and the house not
repaired
so will evil make beauty decay

passion rages like a fire
hatred like a trap will close
ignorance entangles all things
lust moves like a river flows

speech and mind and body tempered
wise ones purify all three
false desires are like a forest
fell them all not just one tree

as lust will bind us like a suckling calf
as floods will wash away a sleeping town
distracted by the world in death we drown
so quickly clear away nirvana's path

nor wood nor rope nor iron are what bind
but precious jewels gold and sons and wives
the wise put these aside and free their lives
the spider's web of life they leave behind

truth is the sweetest of all our delights
fools fool themselves with their wealth
weeds choke the fields as we ruin ourselves
with evil delusion and lust

men who restrain all the body's affairs
mind and the tongue and the eyes
quietly teaching the dhamma to all
they can be called truly wise

8. meditation on the four sublime states

may all living creatures
share loving kindness
show true compassion
keep their good fortune
know their own khamma