



Gautama Buddha

The Dhammapada: A Collection of Verses

Being One of the Canonical Books of the Buddhists

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TABLE OF CONTENTS

<u>Chapter I: The Twin-Verses</u> <u>Chapter II: On Earnestness</u>

<u>Chapter III: Thought</u> <u>Chapter IV: Flowers</u> <u>Chapter V: The Fool</u>

<u>Chapter VI: The Wise Man (Pandita)</u> <u>Chapter VII: The Venerable (Arhat)</u>

Chapter VIII: The Thousands

Chapter IX: Evil

Chapter X: Punishment

Chapter XI: Old Age

Chapter XII: Self

Chapter XIII: The World

<u>Chapter XIV: The Buddha (The Awakened)</u>

Chapter XV: Happiness
Chapter XVI: Pleasure
Chapter XVIII: Anger

<u>Chapter XVIII: Impurity</u> <u>Chapter XIX: The Just</u> <u>Chapter XX: The Way</u>

Chapter XXI: Miscellaneous

Chapter XXII: The Downward Course

Chapter XXIII: The Elephant

Chapter XXIV: Thirst

<u>Chapter XXV: The Bhikshu (Mendicant)</u> <u>Chapter XXVI - The Brahmana (Arhat)</u>

Chapter I: The Twin-Verses

Table of Contents

- ¹ All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage.
- ² All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.
- ³ "He abused me, he beat me, he defeated me, he robbed me,"--in those who harbour such thoughts hatred will never cease.
- ⁴ "He abused me, he beat me, he defeated me, he robbed me,"--in those who do not harbour such thoughts hatred will cease.
- ⁵ For hatred does not cease by hatred at any time: hatred ceases by love, this is an old rule.
- ⁶ The world does not know that we must all come to an end here;--but those who know it, their quarrels cease at once.
- ⁷ He who lives looking for pleasures only, his senses uncontrolled, immoderate in his food, idle, and weak, Mara (the tempter) will certainly overthrow him, as the wind throws down a weak tree.
- ⁸ He who lives without looking for pleasures, his senses well controlled, moderate in his food, faithful and strong,

him Mara will certainly not overthrow, any more than the wind throws down a rocky mountain.

- ⁹ He who wishes to put on the yellow dress without having cleansed himself from sin, who disregards temperance and truth, is unworthy of the yellow dress.
- ¹⁰ But he who has cleansed himself from sin, is well grounded in all virtues, and regards also temperance and truth, he is indeed worthy of the yellow dress.
- ¹¹ They who imagine truth in untruth, and see untruth in truth, never arrive at truth, but follow vain desires.
- ¹² They who know truth in truth, and untruth in untruth, arrive at truth, and follow true desires.
- ¹³ As rain breaks through an ill-thatched house, passion will break through an unreflecting mind.
- ¹⁴ As rain does not break through a well-thatched house, passion will not break through a well-reflecting mind.
- ¹⁵ The evil-doer mourns in this world, and he mourns in the next; he mourns in both. He mourns and suffers when he sees the evil of his own work.
- ¹⁶ The virtuous man delights in this world, and he delights in the next; he delights in both. He delights and rejoices, when he sees the purity of his own work.
- ¹⁷ The evil-doer suffers in this world, and he suffers in the next; he suffers in both. He suffers when he thinks of the evil he has done; he suffers more when going on the evil path.
- ¹⁸ The virtuous man is happy in this world, and he is happy in the next; he is happy in both. He is happy when he thinks of the good he has done; he is still more happy when going on the good path.