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Essence of Dhammapada
08.02.1995

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| A. With hate none can win the hate.
With love any one can win the hate. | B. Amongst careless, alert be you
Amongst sleeping, awake be you. |
| C. Bow maker straightens, mends the bow
Straighten your mind, mend the glow | D. Be like a bee amongst flowers, move with charm
Collect the essence without doing harm. |
| E. Knowing what you know not, you are
not a fool
Not knowing what you know not,
you are a fool. | F. Observe yourself and improve first
Observe others and advise next. |
| G. In mind and speech be positive and pure
In actions, conduct be positive and pure | H. Winning the thousand wars is good
Winning own-self is ultimate good |
| I. Even one ill deed binds the man
In its after effects, struggles the man | J. Cow-herd follows the cows, strikes in a flick
Death follows man, strikes in a flick. |
| K. Body depreciates with age, loses the light
Principles appreciate with age and shine bright. | L. Depend on self, let ego go
As own master you ever glow. |
| M. Moon out of clouds is pleasant and bright
Man out of ignorance is excellent, bright | N. Do not do evil, good ever do
Purify mind and become better you. |
| O. Health, happiness, trust are great gains,
Losing the ego is best of the gains. | P. Being with truth, you behave well
Everyone will respect you, all be well. |
| Q. Without anger, anger you win,
With truth, falsehood you win. | R. Without washing; body is impure
Without good will, mind is impure |
| S. “What is right?” and “What is not right?”
Considering this way, you be right | T. Four way truth and Eight fold path
Non-attachment, insight are right path. |
| U. Short range pleasures are pain at the end
Joy beyond pleasures is the end of end. | V. Seeing correct and incorrect with clarity sight
Concluding with complete vision is path of light. |
| W. From mud pond how elephant comes out
With determination from material world
you come out | X. Craving is the root of all grief
Avoiding craving is liberation in brief. |
| Y. How creeper drops dry flowers, all
Oh! Sages! You drop desires hating, all. | Z. Pure in mind, speech and action is who
He is Brahmin, the awakened is who. |

THIS IS THAT
THIS (STEPS) ARE THAT (SUPREME)