

Self and Personal Style

157:

If you hold yourself dear
then guard, guard yourself well.
The wise person would stay awake
 nursing himself
in any of the three watches of the night,
 the three stages of life.

158:

 First
he'd settle himself
in what is correct,
 only then
teach others.
He wouldn't stain his name
 : he is wise.

159

If you'd mold yourself
the way you teach others,
then, well-trained,
go ahead & tame —
 for, as they say,
what's hard to tame is you
 yourself.

160:

Your own self is
your own mainstay,
for who else could your mainstay be?
With you yourself well-trained
you obtain the mainstay
hard to obtain.

161:

The evil he himself has done
— self-born, self-created —
grinds down the dullard,
as a diamond, a precious stone.

162:

When overspread by extreme vice —
like a sal tree by a vine —
you do to yourself
what an enemy would wish.

163

They're easy to do —
things of no good
& no use to yourself.
What's truly useful & good
is truly harder than hard to do.

164:

The teaching of those who live the Dhamma,
worthy ones, noble:
whoever maligns it
 — a dullard,
 inspired by evil view —
bears fruit for his own destruction,
like the fruiting of the bamboo.

165:

Evil is done by oneself

by oneself is one defiled.
Evil is left undone by oneself

by oneself is one cleansed.
Purity & impurity are one's own doing.
 No one purifies another.
 No other purifies one.

166:

Don't sacrifice your own welfare
for that of another,
no matter how great.
Realizing your own true welfare,
be intent on just that.

320:

I -- like an elephant in battle,
enduring an arrow shot from a bow --
will endure a false accusation,
for the mass of people
have no principles.

Compiled by: B. Matthews, September 1999

Source: Bhikkhu, T. (1997). Dhammapada: A translation. Barre, MA: Dhamma Dana Publications. Retrieved September 1999, from <http://www.accesstoinsight.org/canon/khuddaka/dhp/index.html>

URL: <http://www.science-religion.org/religion/buddhism/brilstar/02self.pdf>