

May the Blessed One receive me as his lay-disciple, as one who has taken his refuge in him from this day forth as long as life endures.'

(*Dīgha-Nikāya*, No. 31)

THE WORDS OF TRUTH

Selections from

THE *DHAMMAPADA*.

1

All (mental) states have mind as their forerunner, mind is their chief, and they are mind-made. If one speaks or acts, with a defiled mind, then suffering follows one even as the wheel follows the hoof of the draught-ox.

2

All (mental) states have mind as their forerunner, mind is their chief, and they are mind-made. If one speaks or acts, with a pure mind, happiness follows one as one's shadow that does not leave one.

3

'He abused me, he beat me, he defeated me, he robbed me': the hatred of those who harbour such thoughts is not appeased.

5

Hatred is never appeased by hatred in this world; it is appeased by love. This is an eternal Law.

24

Whosoever is energetic, mindful, pure in conduct, discriminating, self-restrained, right-living, vigilant, his fame steadily increases.

25
By endeavour, diligence, discipline, and self-mastery, let the wise man make (of himself) an island that no flood can overwhelm.

26
Fools, men of little intelligence, give themselves over to negligence, but the wise man protects his diligence as a supreme treasure.

27
Give not yourselves unto negligence; have no intimacy with sense pleasures. The man who meditates with diligence attains much happiness.

33
This fickle, unsteady mind, difficult to guard, difficult to control, the wise man makes straight, as the fletcher the arrow.

35
Hard to restrain, unstable is this mind; it flits wherever it lists. Good it is to control the mind. A controlled mind brings happiness.

38
He whose mind is unsteady, he who knows not the Good Teaching, he whose confidence wavers, the wisdom of such a person does not attain fullness.

42
Whatever harm a foe may do to a foe, or a hater to another hater, a wrongly-directed mind may do one harm far exceeding these.

43
Neither mother, nor father, nor any other relative can do a man such good as is wrought by a rightly-directed mind.

47
The man who gathers only the flowers (of sense pleasures),

what is important to theravada buddhisms?

① List of all ^{aspects} essential

& how they're related to 3 Jewels

• enlightenment

• suffering

• NO self

• Spiritual economics

transaction
→ karma

• 3 Jewels

→ Buddha

→ Dharma

→ Sangha (made out of what)

• Nirvana



explain

• 8 fold path

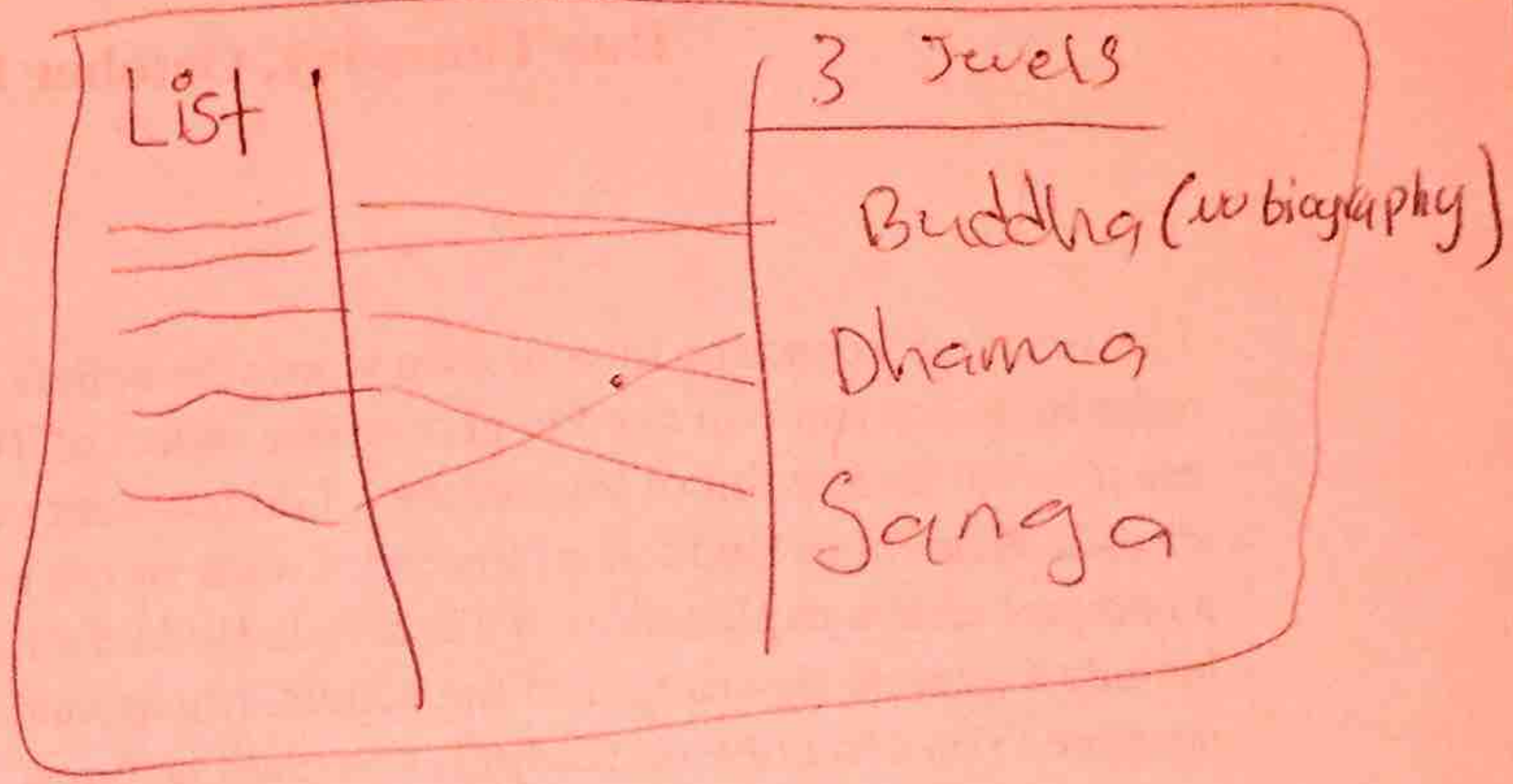
note truth

1st paragraph (introduce in first paragraph)

explain Nirvana

• NO opinion

why important
(general)
↓



* from lecture notes *

* NO wikipedia *

