

Dhammapada II

Heedfulness

Translated from the Pali by Thanissaro Bhikkhu.
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21-24*:

Heedfulness: the path to the Deathless.
Heedlessness: the path to death.
The heedful do not die.
The heedless are as if
already dead.

Knowing this as a true distinction,
those wise in heedfulness
rejoice in heedfulness,
enjoying the range of the noble ones.

The enlightened, constantly
absorbed in jhana,
persevering,
firm in their effort:
they touch Unbinding,
the unexcelled rest
from the yoke.

Those with initiative,
mindful,
clean in action,
acting with due consideration,
heedful, restrained,
living the Dhamma:
their glory
grows.

25:

Through initiative, heedfulness,
restraint, & self-control,
the wise would make
an island
no flood

can submerge.

26:

They're addicted to heedlessness
-- dullards, fools --
while one who is wise
cherishes heedfulness
as his highest wealth.

27:

Don't give way to heedlessness
or to intimacy
with sensual delight --
for a heedful person,
absorbed in jhana,
attains an abundance of ease.

28:

When the wise person drives out
heedlessness
with heedfulness,
having climbed the high tower
of discernment,
sorrow-free,
he observes the sorrowing crowd --
as the enlightened man,
having scaled
a summit,
the fools on the ground below.

29:

Heedful among the heedless,
wakeful among those asleep,
just as a fast horse advances,
leaving the weak behind:
so the wise.

30:

Through heedfulness, Indra won
to lordship over the gods.

Heedfulness is praised,
heedlessness censured --
always.

31-32:

The monk delighting in heedfulness,
seeing danger in heedlessness,
advances like a fire,
burning fetters
great & small.

The monk delighting in heedfulness,
seeing danger in heedlessness
-- incapable of falling back --
stands right on the verge
of Unbinding.

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<http://www.accesstoinsight.org/canon/sutta/kbuddaka/dbp/02.html>