

Selected quotes from *The Dhammapada*  
A Translation by Ajahn Munindo

With an image of liberation as the goal  
the wise abandon darkness and cherish light,  
leave petty security behind  
and seek freedom from attachment.  
To pursue such release is difficult and rare,  
yet the wise will seek it,  
detaching themselves from obstructions,  
purifying heart and mind.

v.87-88

The Buddha offers images that illustrate the goal, uplifting and supporting us in our effort to let go of that which obstructs and limits us. If we hold too tightly to the images, we may lose perspective on the here and now element of the journey; instead of actually doing the practice, we are imagining it. If we fail to give right emphasis to the goal, we may become lost in the distraction of sense objects – agreeable and disagreeable. The pursuit of true freedom is difficult but consider how much suffering comes if we don't practise. With wise reflection we find we can endure the dark and difficult times. When the light returns, we cherish it and discover how to love truth more fully.

Live your life well in accord with the Way –  
avoid a life of distraction.  
A life well-lived leads to contentment,  
both now and in the future.

v.169

With a heart of contentment as our foundation, we can tackle the tasks that confront us. There are times when we need to be brave warriors battling with the forces of delusions to avoid their taking control of our hearts and minds. At other times we need to be like a parent, nurturing and caring for the goodness that is already here. Agility is a great spiritual virtue. Recognising the beauty inherent in a contented heart, we will naturally be drawn towards it. We only seek distraction because we don't know contentment. Right practice liberates energy previously consumed by compulsiveness. This same energy can also manifest as vitality and enthusiasm.

Just as a sweet scented and beautiful lotus  
can grow from a pile of discarded waste,  
the radiance of a true disciple of the Buddha  
outshines dark shadows cast by ignorance.

v.58-59

It is wisdom  
that enables letting go  
of a lesser happiness  
in pursuit of a happiness  
which is greater.

v.290

As a stormy wind cannot move  
a mountain of rock,  
so one who contemplates the reality of the body,  
who develops faith and energy,  
is unmoved by Mara.

v.8

Self-mastery is the supreme victory –  
much more to be valued  
than winning control over others.  
It is a victory that no other being whatsoever  
can distort or take away.

v.104-5

There are those who awaken from heedlessness.  
They bring light into the world  
like the moon  
emerging from clouds.

v.172

Better than ruling the whole world,  
better than going to heaven,  
better than lordship over the universe,  
is an irreversible commitment to the Way.

v.178

Only blessings can arise  
from seeking the company of wise  
and discerning persons,  
who skilfully offer both admonition and advice  
as if guiding one to hidden treasure.

v.76

Having performed a wholesome act  
it is good to repeat it.  
Enjoy the pleasure of its memory.  
The fruit of goodness is contentment.

v.118

Let go of that which is in front,  
let go of that which has already gone,  
and let go of in-between.  
With a heart that takes hold nowhere  
you arrive at the place beyond all suffering.

v.348

As water slides from a lotus leaf,  
so sensual pleasures  
do not cling  
to a great being.

v. 401

Never by hatred is hatred conquered,  
but by readiness to love alone.  
This is eternal law.

v.5

There are those who discover  
they can leave behind confused reactions  
and become patient as the earth;  
unmoved by anger,  
unshaken as a pillar,  
unperturbed as a clear and quiet pool.

v. 95

Even those who live wholesome lives  
can experience suffering so long as their acts  
have not yet borne direct fruits.  
However, when the fruits of their actions ripen  
the joyful consequences cannot be avoided.

v. 120

Alert to the needs of the journey,

those on the path of awareness,  
like swans, glide on,  
leaving behind their former resting places.

v. 91

Those who speak much  
are not necessarily possessed of wisdom.  
The wise can be seen to be at peace with life  
and free from all enmity and fear.

v. 258

On hearing true teachings,  
the hearts of those who are receptive  
become serene, like a lake,  
deep, clear and still.

v. 82

One who transforms old and heedless ways  
into fresh and wholesome acts  
bring light into the world  
like the moon freed from clouds.

v. 173

Not in great wealth is there contentment,  
nor in sensual pleasure,  
gross or refined.  
But in the extinction of craving  
is joy to be found by a disciple of the Buddha.

v.186-187

(These verses are inspired by the Dhammapada verses indicated. However, for a translation see *The Dhammapada, A New Translation of the Buddhist Classic*, by Gil Fronsdal)