

THE PALIVERSE PROJECT

The Universe of Buddha's Wisdom

The Triple Canon (Tipiṭaka)

The Canon of Discourses (Sutta Piṭaka)

5. The Collection of Minor Texts (5. Khuddaka Nikāya)

02. The Teaching in Verses (02. Dhammapadapāḷi)

12. The Chapter on the Self (12. Attavaggo)

[Dhp 157-166, PTS 24-25]



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5. The Collection of Minor Texts

02. The Teaching in Verses

12. The Chapter on the Self

- 157.** If one should know oneself as dear, one should protect it well-protected;
During one of the three watches, the wise person should look after himself.
- 158.** One should first establish oneself in what is proper;
Then one may instruct others - a wise person would not be defiled.
- 159.** If one would make oneself as one instructs others;
Well tamed indeed, one would tame, for the self is truly difficult to tame.
- 160.** Indeed, oneself is one's own protector, for who else could be a protector?
Indeed, with oneself well tamed, one obtains a protector difficult to obtain.
- 161.** Indeed, evil done by oneself, self-born, arising from oneself;
Crushes the fool, as a diamond does a stone-made gem.
- 162.** Whose perpetual immorality, like a creeper spread over a sal tree;
He makes himself thus, as an enemy wishes for him.
- 163.** Easy to do are unwholesome things, and harmful to oneself;
But what is indeed beneficial and good, that indeed is supremely difficult to do.
- 164.** Whoever protests against the teaching of the Worthy Ones, the noble ones
living righteously;
The imprudent one, relying on an evil view;
Like the fruits of the bamboo tree, he bears fruit for his own destruction.
- 165.** Indeed, evil done by oneself, by oneself one becomes defiled;
Evil not done by oneself, by oneself one becomes pure;
Purity and impurity are individual, no one can purify another.
- 166.** One should not neglect one's own welfare for another's welfare, even for
much;
Having understood one's own welfare, one should be devoted to one's own
good.

The Chapter on the Self is concluded as twelfth.



ABOUT THIS TRANSLATION

This translation is part of the PaliVerse Project - the first complete, unified English translation of the Pāli Canon together with its Commentaries (Aṭṭhakathā) and Subcommentaries (Ṭīkā), accompanied by interactive study tools. PaliVerse is an ongoing project. The AI translations are continuously improved through experts' revisions and feedback. This text is the latest translation as of the date of download.

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