

Excerpts from Buddha's *The Dhammapada*
Excerpts selected by April Lawson

Cultivate Humility and Generosity of Spirit

“Look to your own faults,
What you have done or left undone.
Overlook the faults of others.”
--Buddha, Dhammapada

“The fool who knows he is a fool
Is that much wiser.
The fool who thinks he is wise
Is a fool indeed.”
--Buddha, Dhammapada

“But the fool in his mischief forgets
And he lights the fire
Wherein one day he must burn.”
--Buddha, Dhammapada

“How easy it is to see your brother's faults,
How hard to face your own.
You winnow his in the wind like chaff,
But yours you hide,
Like a cheat covering up an unlucky throw.
Dwelling on your brother's faults
Multiplies your own.
You are far from the end of your journey.
The way is not in the sky.
The way is in the heart.”
--Buddha, Dhammapada

Reduce Anger and Judgmentalism

“We are what we think. All that we are arises with our thoughts.
With our thoughts we make the world.
Speak or act with an impure mind and trouble will follow you,
as the wheel follows the ox that draws the cart...
‘Look how he abused me and beat me,
How he threw me down and robbed me.’
Live with such thoughts and you will live in hate.
‘Look how he abused me and beat me,
How he threw me down and robbed me.’
Abandon such thoughts and live in love.
In this world, hate never yet dispelled hate.

Only love dispels hate. This is the law,
Ancient and inexhaustible.
You too shall pass away.
Knowing this, how can you quarrel?”
--Buddha (Dhamapada, xx trans)

“One who thinks oneself equal to others, or distinguished, or low, for that very reason disputes;
but one who is unmoved under those three conditions, for that very person the notions equal and
distinguished do not exist.”
--Buddha (Dhamapada, xx trans)

“Never speak harsh words
For they will rebound upon you.
Angry words hurt
And the hurt rebounds.”
--Buddha, Dhammapada

On How to Deal with Conflict

“Conquer the angry one by not getting angry; conquer the wicked by goodness; conquer the
stingy by generosity, and the liar by speaking the truth.”
--Buddha, *The Dhammapada*, verse 223

“Let go of anger.
Let go of pride.
When you are bound by nothing
You go beyond sorrow.
Anger is like a chariot careering wildly.
He who curbs his anger is the true charioteer.
Others merely hold the reins.
With gentleness overcome anger.
With generosity overcome meanness.
With truth overcome deceit.”
--Buddha, Dhammapada

Self-Examination & Self-Mastery

“An unreflecting mind is a poor roof.
Passion, like the rain, floods the house.
But if the roof is strong, there is shelter.”
--Buddha, Dhammapada

“As a silversmith sifts dust from silver,
Remove your own impurities
Little by little.
Or as iron is corroded by rust

Your own mischief will consume you.
Neglected, the sacred verses rust.
For beauty rusts without use
And unrepaired the house falls into ruin,
And the watch, without vigilance, fails.”
--Buddha, Dhammapada

“The tamed elephant goes to battle.
The king rides him.
The tamed man is the master.
He can endure hard words in peace.
Better than a mule
Or the fine horses of Sindh
Or mighty elephants of war
Is the man who has mastered himself.
Not on their backs
Can he reach the untrodden country,
But only on his own.”
--Buddha, Dhammapada

“It is better to do nothing
Than to do what is wrong.
For whatever you do, you do to yourself.
Like a border town well guarded,
Guard yourself within and without.
Let not a single moment pass
Lest you fall into darkness.”
--Buddha, Dhammapada

“Love yourself and watch—
Today, tomorrow, always.
First establish yourself in the way,
Then teach,
And so defeat sorrow.
To straighten the crooked
You must first do a harder thing—
Straighten yourself.
You are your only master.
Who else?
Subdue yourself,
And discover your master.”
--Buddha, Dhammapada

“The wind cannot shake a mountain.
Neither praise nor blame moves the wise man.”
--Buddha, Dhammapada

Be quick to do good.
If you are slow,
The mind, delighting in mischief,
Will catch you.
Turn away from mischief.
Again and again, turn away,
Before sorrow befalls you.
Set your heart on doing good.
Do it over and over again,
And you will be filled with joy.
A fool is happy
Until his mischief turns against him.
And a good man may suffer
Until his goodness flowers.
Do not make light of your failings,
Saying, "What are they to me?"
A jug fills drop by drop.
So the fool becomes brimful of folly.
Do not belittle your virtues,
Saying, "They are nothing."
A jug fills drop by drop.
So the wise man becomes brimful of virtue."
--Buddha, Dhammapada

"There is no fire like passion,
No crime like hatred,
No sorrow like separation,
No sickness like hunger,
And no joy like the joy of freedom."
--Buddha, Dhammapada

"Greater in battle
than the man who would conquer
a thousand-thousand men,
is he who would conquer
just one —
himself.
Better to conquer yourself
than others.
When you've trained yourself,
living in constant self-control,
neither a deva nor gandhabba,
nor a Mara banded with Brahmas,
could turn that triumph

back into defeat.”

--Buddha, Dhammapada

“Better than a thousand hollow words
Is one word that brings peace.
Better than a thousand hollow verses
Is one verse that brings peace.
Better than a hundred hollow lines
Is one line of the law, bringing peace.
It is better to conquer yourself
Than to win a thousand battles.
Then the victory is yours.
It cannot be taken from you,
Not by angels or by demons,
Heaven or hell.
Better than a hundred years of worship,
Better than a thousand offerings,
Better than giving up a thousand worldly ways
In order to win merit,
Better even than tending in the forest
A sacred flame for a hundred years—
Is one moment’s reverence
For the man who has conquered himself.”

--Buddha, Dhammapada

“The farmer channels water to his land.
The fletcher whittles his arrows.
The carpenter turns his wood.
And the wise man masters himself.”

--Buddha, Dhammapada

“Nothing can harm you as much as your own thoughts unguarded.”

--Buddha, Dhammapada

“Purity or impurity depends on oneself,
No one can purify another.”

--Buddha, Dhammapada

“Happiness or sorrow—
Whatever befalls you,
Walk on
Untouched, unattached.”

--Buddha, Dhammapada

Grace

“An untroubled mind,
No longer seeking to consider
What is right and what is wrong,
A mind beyond judgments,
Watches and understands.
Know that the body is a fragile jar,
And make a castle of your mind.
In every trial
Let understanding fight for you
To defend what you have won.”
--Buddha, Dhammapada

“See yourself in others. Then whom can you hurt? What harm can you do? He who seeks happiness by hurting those who seek happiness will never find happiness. For your brother is like you. He wants to be happy. Never harm him and when you leave this life you too will find happiness.”
--Buddha, Dhammapada

Miscellaneous

“If you are happy
At the expense of another man’s happiness,
You are forever bound.”
--Buddha, Dhammapada

Non-Dhammapada Buddhist quotes:

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”
--Buddha

“You will not be punished for your anger; you will be punished by your anger.”
--Buddha

“Those who are free of resentful thoughts surely find peace.”
--Buddha

“Holding onto anger is like drinking poison and expecting the other person to die.”
--Buddha

“Every morning we are born again. What we do today is what matters most.”
--Buddha