Dhp 157-166 — Chapter on Self

English translation by Bhante Suddhāso.
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Text

Collection of Minor Texts

Verses of Dhamma

Chapter on Self

If one values oneself,

then one should guard oneself well;

during any of the three phases of the night,

a wise person should remain alert.

First one should settles oneself

in what is proper,

then one may instruct others;

a wise person should not become defiled.

One should act the same way

that one instructs others to act;

one who is well-trained can train others -

for it is truly hard to train oneself.

One is one’s own protector -

how could another protect you?

One who has trained oneself well

has acquired a protector that is truly hard to acquire.

Evil is done by oneself,

born from oneself, produced by oneself;

in this way a fool self-destructs,

like a diamond cutting through stone.
One who is excessively immoral,
like a tree overgrown by vines,
does to oneself
what an enemy wants.
It is easy to do things that are worthless
and of no benefit to oneself;
but to do what is beneficial and worthwhile
is extremely difficult.
A foolish person who,
based on a harmful perspective,
reviles the teachings
of the Worthy One,
brings about their own destruction
like a monocarpic plant.
By oneself evil is done,
by oneself one becomes defiled;
by oneself evil is not done,
by oneself one becomes purified;
purity and impurity depend on oneself -
no one can purify another.
One should not abandon one’s own welfare
for the sake of others, no matter how many;
having understood one’s own welfare,
one should be intent upon it.