Dhp 221-234 — The Anger Chapter

English translation by Bhante Suddhāso.
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Text

Collection of Minor Texts

Verses of Dhamma

The Anger Chapter

Abandon anger, discard conceit,

completely transcend the fetter;

Not adhering to mind and body,

possessing nothing, one does not fall into suffering.

When anger arises,

one who stops it like a runaway cart -

That is the one I call a charioteer;

other people just hold the reins.

By means of non-anger one defeats anger,

by means of excellence one defeats non-excellence,

by means of generosity one defeats stinginess,

by means of truth one defeats lies.

Speak the truth, do not get angry,

and give - even just a little bit - when asked;

by means of these three things

you will enter the presence of the angels.

Those sages who are harmless,

who are always physically restrained,

go to the undying state

where they do not sorrow.
When one is always wakeful,
training day and night,
and intent upon Nibbāna,
their defilements disappear.
This is an incomparably ancient truth,
not just the way it is today:
they criticize those who are silent,
they criticize those who speak a lot,
they criticize those who speak moderately;
there is no one in the world who is not criticized.
It has not been, it will not be,
and it is not now the case
that anyone is exclusively criticized
or exclusively praised.
The discerning praise one who,
when observed day after day,
is known to have impeccable conduct, intelligence,
wisdom, morality, and concentration.
Such a person is like a gold coin -
who would be worthy to criticize them?
Even the angels praise such a person;
even Brahmā praises such a person.
Protect yourself from manifesting anger physically;
practice physical self-restraint.
Having relinquished physical misconduct,
practice good conduct with the body.
Protect yourself from manifesting anger verbally;
practice verbal self-restraint.

Having relinquished verbal misconduct,

practice good conduct with speech.

Protect yourself from manifesting anger mentally;

practice mental self-restraint.

Having relinquished mental misconduct,

practice good conduct with the mind.

The steadfast are self-restrained physically,

verbally,

and mentally;

they are well-restrained in every way.