

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 person who has conquered the self.

To rever such a person,
One old in virtue and holiness,
Is to have victory over life itself,
And beauty, strength and happiness.

Better than a hundred years of mischief
Is one day spent in contemplation.

Better than a hundred years of ignorance
Is one day spent in reflection.

Better than a hundred years of idleness
Is one day spent in determination.

Better to live one day
Wondering
How all things arise and pass away.

Better to live one hour

Seeing
The one life beyond the way.

Better to live one moment
In the moment
Of the way beyond the way.

THE DHAMMAPADA
The Sayings of the Buddha