

Frontispiece: the calligraphy in Chinese characters by Ven Thích Huyền-Vi reads:

*Contemplating the unpleasant things,
living well controlled in his senses,
and knowing moderation in eating,
having faith, putting forth energy,
him indeed Māra does not overcome,
as the wind does not overcome a rocky mountain.*

Dhammapada I v.8 (tr. K R Norman)
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THE ARAHANT

Translated by John D. Ireland

Happy are the Perfected Ones,
In them no craving's found;
The 'I'-concept is rooted out,
Delusion's net burst through

Attained to freedom from craving,
For them the heart is pure.
They in the world are unsullied,
Become holy and free of taints.

True men worthy of praise are they,
Own sons of the Awakened One;
They wander about great heroes,
With fear and dread both gone.

Endowed with all good qualities,
Great beings calm of mind,
These in the world are chief,
In them no craving's found.

Knowing that training's completed
And this body is their last;
What is the essence of the holy life, —
For that they rely not on another.

Undisturbed by any conceit,
Freed from further becoming,
Attained the stage of self-mastery,
They are, in the world, victorious.

Above, across, below — for them
No pleasure there is found.
They delight in the Lion's roar:
'The Buddhas in the world are unsurpassed!'

Saṃyutta Nikāya XXII 76 (abbreviated)