

## SALLA SUTTA

The Shaft of Grief (The Arrow)  
(Sutta Nipāta)

- 1. Animitta manaññātaṃ  
Maccānaṃ idha jīvitaṃ  
Kasiraṃ ca parittaṃ ca  
Taṃ ca dukkhena saṅyutaṃ**

The life of mortals in this world, brief and beset by woes, can neither be calculated nor gauged.

- 2. Nahi so upakkamo atthi  
Yena jātā na mīyare  
Jaraṃpi patvā maranaṃ  
Evaṃ dhammāhi pāṇino**

There is no device by which one who is born, can escape death. Having attained old age, death is inevitable.

- 3. Phalānamiva pakkānaṃ  
Pāto patanato bhayaṃ  
Evaṃ jātāna maccānaṃ  
Niccaṃ maraṇato bhayaṃ**

Just as fruits having ripen must fall, even so mortals who are born must always have the fear of death.

- 4. Yathāpi kumbhakārassa  
Katā mattika bhājanā  
Sabbe bhedana pariyaṅtā  
Evaṃ maccāna jīvitaṃ**

Just as earthen ware vessels a potter makes are destined to break, even so the life of mortals is destined to fall apart.

- 5. Daharā ca mahantā ca  
Ye bālā ye ca paṇḍitā  
Sabbe maccu vasaṃ yanti  
Sabbe maccu parāyanā**

Grown-ups and the young, the wise and the foolish – all these come under the spectre of death.

- 6. Tesāṃ maccu paretānaṃ  
Gacchataṃ paralokato  
Napiṭā tāyate puttaṃ**

## **Ñātivā pana ñātake**

No father can save his son, no relative can save his relatives, when they are going to depart from this world.

- 7. Pekkhatam yeva ñātīnam  
Passa lāla patam puthu  
Ekamekova maccānam  
Govajjho viya nīyati**

While relatives stand watching and lamenting, see how beings are led to death, like cattle to a slaughter house.

- 8. Evamabbhāhato loko  
Maccunā ca jarāya ca  
Tasmā dhīrā na socanti  
Viditvā loka pariyāyam**

Since beings are thus assailed by death and old age, the wise, knowing the nature of this world do not grieve.

- 9. Yassa maggam na jānāsi  
Āgatassa gatassa vā  
Ubho ante asampassam  
Nirattham paridevasi**

It is in vain that you lament over the dead, since you do not know whence they came nor whither they go.

- 10. Paridevaya māno ce  
Kañcidattham udabbahe  
Sammūlho hinsa matthānam  
Kayirā cetam vicakkhano**

If wailing will heal the mourner's shafts of sorrow, only then let the wise wail.

- 11. Nahi ruṇṇena sokena  
Santiṃ pappoti cetaso  
Bhiyyussuppajjate dukkham  
Sarīram cupa haññati**

Peace of mind is not attained by wailing. It only bring grief and hurt to the body.

- 12. Kiso vivaṇṇo bhavati  
Hiṃsa mattāna mattanā  
Na tena petā pārenti**

### **Niratthā paridevanā**

Mourning only makes the mourner emaciated and pale. It does not help the departed. Therefore, mourning is meaningless.

- 13. Soka mappā jahaṃjantūṃ  
Bhiyyo dukkhaṃ nigacchati  
Anutthunanto kālakataṃ  
Sokassa vasamanvagu**

By not forsaking sorrow, he proceeds to greater pain. He only goes deeper into the realm of sorrow.

- 14. Aññepi passa gāmino  
Yathā kammupage nare  
Maccuno vasamāgamma  
Phandante vidha pāṇino**

Observe how others born into this world accordingly to their Kamma, must tremble under the spectre of death.

- 15. Yena yenahi maññanti  
Tato taṃ hoti aññathā  
Etādiso vinā bhāvo  
Passa lokassa pariyāyaṃ**

In whichever manner people think of things, things turn out to be otherwise. Such is the opposite nature of things. Observe, thus, the nature of the world.

- 16. Api ce vassa sataṃ jīve  
Bhiyyo vā pana mānavo  
Ñāti saṅghā vinā hoti  
Jahāti idha jīvitāṃ**

Even if a man were to live a hundred years or more, he must still yield his life, at last bereft of friends and relatives.

- 17. Tasmā arahato sutvā  
Vineyya paridevitaṃ  
Petaṃ kālakataṃ dīsvā  
Na so labbhā mayā iti**

Therefore, listening to the wise and the holy and seeing a person departed, control your weeping. Reflect on the departure of your beloved ones by thinking that separation is natural.

**18. Yathā saraṇamādittam  
Vārinā parinibbaye  
Evampi dhīro sappañño  
Paṇḍito kusalo naro  
Khippamuppatitam Sokaṃ  
Vāto thūlam va dhaṃsaye**

Just as one would douse a burning house with water, even so let a steadfast and wise man remove grief, as quickly as the wind (a handful of) cotton.

**19. Paridevaṃ pajappañ ca  
Domanassañ ca attano  
Attano sukha mesāno  
Abbahe salla mattano**

Let a person, desirous of his own welfare, pluck out the shafts of wails and grief he himself planted.

**20. Abbūha sallo asito  
Santiṃ pappuyya cetaso  
Sabba sokaṃ atikkanto  
Asoko hoti nibbuto ti.**

Having plucked out these shafts and having attained mental peace, he becomes blessed and free from grief, overcoming all sorrows.