

THE DHAMMAPADA

Translated from Pāli by U. D. Jayasekera
(Khuddaka Nikāya)

**Manopubbaṅgamā dhammā,
Manoseṭṭhā manomayā,
Manasā ce paduṭṭhena,
Bhāsati vā karoti vā,
Tato naṃ dukkhamanveti,
Cakkaṃ'va vahato padaṃ.** (Dhp. V. 1)

All phenomena (originating from a sentient being) dhamma – are preceded by (the activity of) the mind, have as their chief agent, the mind; and are made up of the mind. If one were to speak or act with a polluted mind, sorrow follows one as a consequence, even as the cart-wheel follows the foot of the ox (that draws the cart).