

Dhammapada Gil Fronsdal's Translation and Lama Jigme's Adaptation
chapter 7 – The Arahant

Gil Fronsdal's translation
and Lama Jigme's adaptation

Dhammapada

chapter 7 – The Arahant

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90 For someone
at the journey's end,
freed from sorrow,

liberated in all ways,
release from all bonds,
NO fever exists.

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91 The mindful apply themselves;
they do NOT amuse themselves
in any abode.

Like swans flying from a lake,
they abandon home after home.

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92 Like the path of birds in the sky,
it is hard to trace the path
of those who do NOT hoard,

who are judicious with their food,
and whose field is the freedom
of emptiness and signlessness.

*Emptiness could infer letting go
of hating and craving
whereas signlessness could infer letting go
of hyper-analysis*

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93 Like the path of birds in the sky,
it is hard to trace the path
of those who have destroyed
their defilements,

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who are unattached to food,
and whose field is the freedom
of emptiness and signlessness.

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94 Even the gods cherish
those who are without defilements,
who have abandoned conceit,

and whose senses are calm,
like horses well tamed by a charioteer.

*The context infers
that pride and debauchery
are defilements*

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95 For a person
who, like the earth,
is untroubled,

who is well practiced,
who is as imperturbable
as a pillar of Indra,

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who is like a lake without mud,
there is NO more of Sam-sa-ra's
habitual resistance.

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96 Calm in mind,
speech, and action
and released though
right understanding,

such a person
is fully at peace.

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97 The person who:
has gone beyond faith,
has unmade his resistance,
has severed the link...

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has destroyed the potential [for rebirth],
and has eliminated clinging
is the ultimate person.

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98 In village, in forest,
in low land, in high land:
delightful is the place
where the A-ra-hant dwells.

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99 Delightful are forests
where the public does NOT delight.
There the passion-free delight,
NOT seeking sensual pleasure.



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