



CLASS TWO: OBSTACLES TO JOYFUL EFFORT (Guide 7.3-11)

अव्यापारसुखास्वादनिद्रापाश्रयतृष्णया ।

avyāpārasukhāsvādanidrāpāśrayatrṣṇayā ।

संसारदुःखानुद्वेगादालस्यमुपजायते ॥३

samsāraduḥkhānudvegādālasyamupajāyate ॥3

**What promotes the feeling of laziness
Is sloth—the sweet enjoyment of
Some pleasure—as well as a craving
For time spent sleeping, all leading to
A failure to feel a sense of disgust
For the pain of the circle of life. (3)**

क्लेशवागुरिकाघ्रातः प्रविष्टो जन्मवागुराम् ।

kleśavāgurikāghrātaḥ praviṣṭo janmavāgurām ।

किमद्यापि न जानासि मृत्योर्वदनमागतः ॥४

kimadyāpi na jānāsi mṛtyorvadanamāgataḥ ॥4

Lured by the kleshas,
You have been entrapped in rebirth.
Why don't you realize
You have entered the jaws of death?

स्वयूथ्यान्मार्यमाणांस्त्वं क्रमेणैव न पश्यसि ।

svayūthyānmāryamāṇāṁstvaṁ krameṇaiva na paśyasi ।

तथापि निद्रां यास्येव चण्डालमहिषो यथा ॥५

tathāpi nidrāṁ yāsyeva caṇḍālamahiṣo yathā ॥5

**Haven't you even got eyes to see
How those in the world with you
Have gone steadily to the slaughter?
To sit here still and enjoy your sleep**



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**Is just the same as the oxen
Waiting for the butcher.**

यमेनोद्वीक्ष्यमाणस्य बद्धमार्गस्य सर्वतः ।

yamenodvīkṣyamāṇasya baddhamārgasya sarvataḥ ।

कथं ते रोचते भोक्तुं कथं निद्रा कथं रतिः ॥६

katham te rocate bhoktum katham nidra katham ratiḥ ॥6

When you are under observation by Death,
With escape routes blocked off on all sides,
How can you enjoy eating, sleeping, and fornicating?

यावत्संभृतसंभारं मरणम् शीघ्रमेष्यति ।

yāvatsambhṛtasambhāraṁ maraṇam śīghrameṣyati ।

संत्यज्यापि तदालस्यमकाले किं करिष्यसि ॥७

santyajyāpi tadālasyamakāle kiṁ kariṣyasi ॥7

**Death is coming to take you, moving
At incredible speed; in the time
You have left, try to amass good karma.
When the moment arrives it's true you may
Give up your laziness, but what good
Can it do at a time so wrong?**

इदं न प्राप्तमारब्धमिदमर्धकृतं स्थितम् ।

idaṁ na prāptamārabdhamidamardhakṛtaṁ sthitam ।

अकस्मान्मृत्युरायातो हा हतोऽस्मीति चिन्तयन् ॥८

akasmānmṛtyurāyāto hā hato'smīti cintayan ॥8

**You haven't got to this just yet,
The other's just started, and yet another
Has half still left to do.
Suddenly then does the Lord of Death
Make his arrival, and in your mind
You can only cry, "He kills me!"**



शोकवेगसमुच्छूनसाश्रुरक्तेक्षणानान् ।

śokavegasamucchūnasāśruraktekṣaṇānanān |

बन्धून् निराशान् संपश्यन् यमदूतमुखानि च ॥९

bandhūn nirāśān sampāśyan yamadūtamukhāni ca ||9

Seeing one's relatives so despondent they can't eat,
Their faces red and swollen from crying,
In intense anguish and sorrow,
And also seeing the faces of Death's emissaries,

स्वपापस्मृतिसंतप्तः शृण्वन्नादांश्च नारकान् ।

svapāpasmṛtisantaptaḥ śṛṇvannādāmaśca nārakān |

त्रासोच्चारविलिप्ताङ्गो विह्वलः किं करिष्यसि ॥१०

trāsocchāraviliptāṅgo vihvalaḥ kiṁ kariṣyasi ||10

**What is it that you imagined you'd do
At that moment, tormented by the memory
Of the wrongs you've done, and with the roar
Of the hell realms in your ears bringing
Such terror that you cover your body in shit,
And reach the depths of insanity?**

जीवमत्स्य इवास्मीति युक्तं भयमिहैव ते ।

jivamatsya ivāsmīti yuktaṁ bhayamihaiva te |

किं पुनः कृतपापस्य तीव्रान्नरकदुःखतः ॥११

kiṁ punaḥ kṛtapāpasya tivrānnarakaduḥkhataḥ ||11

You're right to be afraid here and now,
Thinking, "I'm like a fish wriggling on the line."
How much more when because of the wrong deeds you've done
You suffer the intense pains of hell?