



CLASS THREE: MAKING THE MOST OF THIS LIFE (Guide 7. 12-24)

स्पृष्ट उष्णोदकेनापि सुकुमार प्रतप्यसे ।

spr̥ṣṭa uṣṇodakenāpi sukumāra pratapyase ।

कृत्वा च नारकं कर्म किमेवं स्वस्थमास्यते ॥१२

kṛtvā ca nārakaṁ karma kimevaṁ svasthamāsyate ॥12

O delicate one, you are tormented even at the touch of hot water.
When you have produced the karma that leads you to hell,
How will you then stay contented?

निरुद्यमफलाकाङ्क्षिन् सुकुमार बहुव्यथ ।

nirudyamaphalākāṅkṣin sukumāra bahuvyatha ।

मृत्युग्रस्तोऽमराकार हा दुःखित विहन्यसे ॥१३

mṛtyugrasto'marākāra hā duḥkhita vihanyase ॥13

**You set your hopes on results, unwilling
To make any effort; sufferings shower
Down on those least able to bear them.
Already in the embrace of death, you imagine
Yourself an immortal, cry out
When sufferings come to destroy you.**

मानुष्यं नावमासाद्य तर दुःखमहानदीम् ।

mānuṣyaṁ nāvamāsādya tara duḥkhamahānadīm ।

मूढ कालो न निद्राया इयं नौर्दुर्लभा पुनः ॥१४

mūḍha kālo na nidrāyā iyaṁ naurdurlabhā punaḥ ॥14

**You must make use of this boat,
The human life you have, to cross over
The great river of suffering.
The boat is hard to find again later;
Do not sit then, ignorant one,
At this moment there asleep.**



मुक्त्वा धर्मरतिं श्रेष्ठामनन्तरतिसंततिम् ।

muktvā dharmaratiṁ śreṣṭhāmanantaratisantatim ।

रतिरौद्धत्यहास्यादौ दुःखहेतौ कथं तव ॥१५

ratirauddhatyahāsyādau duḥkhaḥetau katham tava ॥15

**You give up the highest kind of pleasure,
The holy Dharma, infinite numbers
Of causes that bring you pleasure.
Why is it you are attracted so much
To being distracted by causes for pain,
To busyness and the like?**

अविषादबलव्यूहतात्पर्यात्मविधेयता ।

aviṣādabalavyūhatātparyātmavidheyatā ।

परात्मसमता चैव परात्मपरिवर्तनम् ॥१६

parātmāsamatā caiva parātmaparivartanam ॥16

**Never feel discouraged, assemble the forces,
Engage yourself gladly, come to find
Complete command of yourself,
See yourself and other people
As equal, and finally exchange
Yourself and others as well.**

नैवावसादः कर्तव्यः कुतो मे बोधिरित्यतः ।

naivāvasādaḥ kartavyaḥ kuto me bodhirityataḥ ।

यस्मात्तथागतः सत्यं सत्यवादीदमुक्तवान् ॥१७

yasmāttathāgataḥ satyam satyavādīdamuktavān ॥17

**Never allow yourself the feeling
Of being discouraged, of having the thought
"How could I ever become enlightened?"
About this Those Who have Gone Thus,
The Ones who speak the truth, have spoken
The following words of truth:**



तेऽप्यासन् दंशमशका मक्षिकाः कृमयस्तथा ।

te'pyāsan daṁśamaśakā makṣikāḥ kṛmayastathā ।

यैरुत्साहवशात् प्राप्ता दुरापा बोधिरुत्तमा ॥१८

yairutsāhavaśāt prāptā durāpā bodhiruttamā ॥18

**Those beings who are flies and gnats,
Or bees, and even those
Who live as worms as well
Can reach unmatched enlightenment,
So difficult to reach,
If they develop the force of effort.**

किमुताहं नरो जात्या शक्तो ज्ञातुं हिताहितम् ।

kimutāhaṁ naro jātyā śakto jñātum hitāhitam ।

सर्वज्ञनीत्यनुत्सर्गाद्बोधिं किं नाप्नुयामहम् ॥१९

sarvajñanītyanutsargādbodhiṁ kiṁ nāpnuyāmaham ॥19

**Someone like me, someone born
As a member of human kind,
Can tell what helps or hurts.
Assuming then that I never give up
The bodhisattva's way of life,
Why shouldn't I reach enlightenment?**



अथापि हस्तपादादि दातव्यमिति मे भयम् ।

athāpi hastapādādi dātavyamiti me bhayam ।

गुरुलाघवमूढत्वं तन्मे स्यादविचारतः ॥२०

gurulāghavamūḍhatvaṁ tanme syādavicārataḥ ॥20

**Now suppose you say, "But I feel a fear
For the act of having to give away
My arms and legs and such,"
But it's nothing more than ignorance,
A failure to judge what's really heavy
Or light that makes you afraid.**

छेत्तव्यश्चास्मि भेत्तव्यो दाह्यः पाटयोऽप्यनेकशः ।

chettavyaścāsmi bhettavyo dāhyaḥ pātyo'pyanekaśaḥ ।

कल्पकोटीरसंख्येया न च बोधिर्भविष्यति ॥२१

kalpakoṭīrasaṅkhyeyā na ca bodhirbhaviṣyati ॥21

**Over countless millions of eons
Infinite times your body's been sliced,
Or stabbed or scorched with fire,
Or chopped up into pieces;
Yet still you were not able then
To reach to enlightenment.**

इदं तु मे परिमितं दुःखं संबोधिसाधनम् ।

idaṁ tu me parimitaṁ duḥkhaṁ sambodhisādhanam ।

नष्टशल्यव्यथापोहे तदुत्पादनदुःखवत् ॥२२

naṣṭaśalyavyathāpohe tadutpādanaduḥkhavat ॥22

**The sufferings now that I must bear
To reach enlightenment
Are something that has a limit.
They are like the pain that one endures
When a cut is made to stop
Some agony spreading inside the chest.**



सर्वेऽपि वैद्याः कुर्वन्ति क्रियादुःखैररोगताम् ।

sarve'pi vaidyāḥ kurvanti kriyāduḥkhairarogatām ।

तस्माद्बहूनि दुःखानि हन्तुं सोढव्यमल्पकम् ॥२३

tasmādbahūni duḥkhāni hantum soḍhavyamalpakam ॥23

**Every doctor as well makes use
Of treatments that cause discomfort
To cure some greater illness.
I should then learn to bear some minor
Hurt for the sake of bringing destruction
Upon a multitude of pains.**

क्रियामिमामप्युचितां वरवैद्यो न दत्तवान् ।

kriyāmimāmapyucitām varavaidyo na dattavān ।

मधुरेणोपचारेण चिकित्सति महातुरान् ॥२४

madhureṇopacāreṇa cikitsati mahāturān ॥24

**The Supreme Physician does not perform
His treatments in a way that's like
Those other, ordinary ones.
He cures the massive and infinite ills
Using a particular kind of technique
That's gentle in the extreme.**