

Gary Jaskula's Prayers – August 7<sup>th</sup>, 2016

From the Dhammapada:

“He abused me, mistreated me, defeated me, robbed me.”  
Harboring such thoughts keeps hatred alive.

“He abused me, mistreated me, defeated me, robbed me,”  
Releasing such thoughts banishes hatred for all time.

Animosity does not eradicate animosity.  
Only by loving kindness is animosity dissolved.  
This law is ancient and eternal.

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A single wise word bringing peace to the listener is worth more than a thousand speeches full of empty words.

A single verse full of meaning bringing peace to the listener is worth more than a thousand verses full of empty words.

One may recite a hundred verses full of vain descriptions,  
But a single verse bringing peace to the listener is worth far more.

One may conquer a million men in a single battle;  
However the greatest and best warrior conquers himself

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From the Dhammapada – The Rod (ch. 10)

Everybody fears being struck by a rod.  
Everybody fears death.  
Therefore, knowing this, feeling for others as for yourself,  
Do not kill others or cause others to kill.

Everybody fears being struck by a rod,  
Life being dear to all.  
Therefore, knowing this, feeling for others as for yourself,  
Do not kill or cause others to kill.

If one, pursuing happiness, strikes  
Living beings who also strive to live happily  
With a rod or other instrument,  
He will reap an unwholesome harvest.

If one pursues his own happiness,

While causing no harm to other living beings  
Who also strive to live happily,  
He will reap a wholesome harvest.

Avoid harsh speech.  
Angry words backfire upon the speaker.

By making yourself still as a cracked cymbal,  
Not retaliating, you will achieve nirvana.