

## **Exploring the Ancient Path in the Buddha's Own Words**

## Lesson 3.3.0 sammāsaṅkappo Right Thoughts



sammāsaṅkappo	Right Thoughts
Manopubbaṅgamā dhammā,	Mind precedes all phenomena,
manoseṭṭhā	mind matters most,
manomayā;	Everything is mind-made,
manasā ce paduṭṭhena,	If based in impure mind,
bhāsati vā karoti vā;	whatever one says or does,
tato naṃ dukkhamanveti, cakkaṃva vahato padaṃ.	Suffering is bound to follow, As the cartwheel follows the hoof of a draught animal.
Manopubbaṅgamā dhammā, manoseṭṭhā manomayā;	Mind precedes all phenomena, mind matters most,
	Everything is mind-made,
manasā ce pasannena,	If based in pure mind,
bhāsati vā karoti vā;	whatever one says or does,
tato naṃ sukhamanveti,	Happiness is bound to follow,
chāyāva anapāyinī	As a shadow that never departs.