

Verse 1 & 2

*Mano pubbangamā dhammā
manosethhā manomayā
Manasā ce padutthena
bhāsati vā karoti vā
Tato nam dukkhamanveti
cakkam'va vahato padam*

Mind is the forerunner of all states.
Mind is chief;
mind-made are they.
If one speaks or acts with wicked mind,
because of that, suffering follows one,
even as the wheel follows the hoof of the draught-ox.

*Mano pubbangamā dhammā
manosethhā manomayā
Manasā ce pasannena
bhāsati vā karoti vā
Tato nam sukhamanveti
chāyā'va anapāyinī*

Mind is the forerunner of all states.
Mind is chief;
mind-made are they.
If one speaks or acts with pure mind,
because of that, happiness follows one,
even as one's shadow that never leaves.

Meaning

<i>mano</i>	mind
<i>pubbangama</i>	preceding; coming before; forerunner
<i>dhammā</i>	states (of existence)
<i>manoseththa</i>	led by the mind
<i>manomaya</i>	produced by mind
<i>manasa</i>	[Adj.] having a mind
<i>padutthena</i>	with wickedness
<i>bhāsati</i>	(he) speaks
<i>vā</i>	or
<i>karoti</i>	(he) acts
<i>tato nam</i>	because of that
<i>dukkhamanveti</i>	suffering follows one
<i>cakkam [eva]</i>	[just as] the wheel
<i>vahato</i>	leading
<i>padam</i>	foot [here meaning the hoof of an ox]
<i>pasannena</i>	with clear, bright, pious (mind)
<i>sukhamanveti</i>	happiness follows one
<i>chāyā [eva]</i>	[just as] shadow
<i>anapāyinī</i>	(that) does not leave