

## Verse 104

*Attā have jitam seyyo  
yā cā'yam itarā pajā  
Attadantassa posassa  
niccam saññatacārino*

Self-conquest is, indeed, far greater  
than the conquest of other people.  
For he who has self-mastery and is  
well-controlled in living ...

### Meaning

<i>attā</i>	oneself
<i>have</i>	indeed
<i>jita</i>	[ pp. of <i>jayati</i> ] conquered, subdued, mastered
<i>seyyo</i>	better; greater
<i>itara</i>	other
<i>pajā</i>	men; beings; people
<i>attadantassa</i>	(he who has) mastered himself
<i>posassa</i>	[ from <i>purisa</i> ] man ⇨ he
<i>niccam</i>	constantly; always
<i>saññata</i>	[ from <i>sañjānāti</i> ] skilled
<i>saññatacārino</i>	skilled in living; well-controlled