

Verse 144

*Asso yathā bhadro kasānivittho
ātāpino saṅvegino bhavātha
Saddhāya sīlena ca viriyena ca
samādhinā dhamma-vinicchayena ca
Sampanna-vijjācaranā patissatā
jahissatha dukkham idam anappakam*

Like a thoroughbred horse, touched by the whip,
even so one who is ardent and strenuous
should develop urgency.
By confidence, virtue, energetic effort, concentration,
investigation of the Truth;
by being endowed with knowledge and conduct,
and by being mindful, abandon this great suffering.

Meaning

<i>asso bhadro</i>	a thoroughbred horse
<i>yathā</i>	just as
<i>kasā</i>	a whip
<i>kasā-nivittho</i>	touched by a whip
<i>ātāpino</i>	one who is ardent and strenuous
<i>saṅvegino</i>	sense of urgency (to practise Dhamma)
<i>bhavātha</i>	develop
<i>saddhāya</i>	with faith / confidence
<i>sīlena</i>	with virtue
<i>ca</i>	and
<i>viriyena</i>	by energetic effort
<i>samādhinā</i>	with concentration
<i>dhamma-vinicchayena</i>	by investigating the Dhamma
<i>sampanna</i>	endowed with
<i>vijjā caranā</i>	knowledge and (good) conduct
<i>patissatā</i>	mindful
<i>jahissatha</i>	abandon
<i>dukkham</i>	suffering
<i>idam</i>	this
<i>anappakam</i>	not little; great; considerable