

## Verse 160

*Attā hi attano nātho  
ko hi nātho paro siyā  
Attanā'va sudantena  
nātham labhati dullabham*

Oneself indeed is one's protector,  
for what other protector could there be?  
With oneself well-controlled,  
one obtains a refuge difficult to gain.

### Meaning

<i>attā</i>	oneself
<i>hi</i>	indeed
<i>attano</i>	(is) one's
<i>nātho</i>	protector; refuge
<i>ko</i>	who
<i>paro</i>	other
<i>siyā</i>	there be
<i>attanā'va</i>	[ <i>attanā + eva</i> ] with oneself
<i>sudantena</i>	well-controlled
<i>nātham</i>	a refuge; protector
<i>labhati</i>	(one) gains; obtains
<i>dullabham</i>	hard to gain / obtain