

## Verse 21

*Appamādo amatapadam  
pamādo maccuno padam  
Appamattā na mīyanti  
ye pamattā yathā matā*

Heedfulness is the path to the deathless,  
heedlessness is the path to death.  
The heedful do not die,  
the heedless are like the dead.

### Meaning

<i>appamādo</i>	being heedful, heedfulness
<i>amata</i>	deathless
<i>padam</i>	path
<i>pamādo</i>	being heedless, heedlessness
<i>maccuno</i>	death
<i>appamattā</i>	(those who are) mindful; diligent
<i>na</i>	do not
<i>mīyanti</i>	[ From <i>marati</i> ] die
<i>(ye) pamattā</i>	(those who are) negligent; unmindful; indolent
<i>yathā</i>	just like; are as if
<i>matā</i>	dead