

Verse 36

*Sududdasam sunipunam
yatthakāma nipātinam
Cittam rakkhetha medhāvī
cittam guttam sukhāvaham*

The mind is very hard to perceive,
extremely subtle, it flits to wherever it desires.
Let the wise person guard it;
a well-guarded mind is conducive to happiness.

Meaning

<i>sududdasam</i>	very difficult to see / perceive
<i>sunipunam</i>	[<i>su + nipuna</i>] very subtle
<i>yattha</i>	wherever
<i>kāma</i>	it desires
<i>nipātinam</i>	flits quickly
<i>cittam</i>	the mind
<i>rakkhetha</i>	guard
<i>medhāvī</i>	those who are wise; wise ones
<i>guttam</i>	guarded, protected
<i>sukhāvaham</i>	conducive to happiness