

## Verse 7 & 8

*Subhānupassim viharantam  
indriyesu asamvutam  
Bhojanamhi amattaññum  
kusitam hīnavīriyam  
Tam ve pasahati māro  
vāto rukkham'va dubbalam*

Whoever lives contemplating things  
as pleasant, with senses unrestrained,  
immoderate in consuming food,  
lazy and indolent,  
him verily Māra overcomes,  
as the wind (overthrows) a weak tree.

*Asubhānupassim viharantam  
indriyesu susamvutam  
Bhojanamhi ca mattaññum  
saddham āradhāvīriyam  
Tam ve nappasahati māro  
vāto selam'va pabbatam*

Whoever lives contemplating  
“the Impurities”, with senses restrained,  
in food moderate,  
full of faith and sustained effort,  
him Māra overcomes not,  
as the wind (does not overthrow) a rocky mountain.

### Meaning

<i>subhānupassim</i>	[ From <i>subha</i> + <i>anupassati</i> ] contemplating things as pleasant
<i>viharantam</i>	(whoever) lives
<i>indriyesu</i>	with senses
<i>asamvutam</i>	unrestrained, unguarded, uncontrolled
<i>bhojanam</i>	(in consuming) food
<i>amattaññum</i>	not knowing the right measure, immoderate
<i>kusitam</i>	indolent, inert, inactive
<i>hīnavīriyam</i>	lazy, devoid of zeal, not energetic
<i>tam ve</i>	he is verily
<i>pasahati</i>	overcomes
<i>māro</i>	<i>Māra</i> , the ‘evil one’
<i>vāto</i>	wind
<i>rukkham [eva]</i>	[ just as ] a tree
<i>dubbalam</i>	weak
<i>asubhānupassim</i>	contemplating foulness
<i>susamvutam</i>	well-retrained, guarded, controlled
<i>ca</i>	and
<i>mattaññum</i>	knowing the right measure, moderate
<i>saddham</i>	(with) faith
<i>āradha</i>	[ pp. of <i>ārabhati</i> ] to undertake
<i>āradhāvīriyam</i>	to practise with zeal, sustained effort
<i>na pasahati</i>	not overcome
<i>selam [eva]</i>	[ just like ] rock(y)
<i>pabbatam</i>	mountain