

An Auspicious Day

translated by Gil Fronsdal

from the Bhaddekaratta Sutta Middle Length Discourse 131

An Auspicious Day

Don't chase the past.
Have no expectations for the future.
The past is left behind,
The future not yet reached.

Clearly see phenomena
As they arise, here and there.
Knowing this—undefeated and unshaken—
Develop the mind.

Ardently do what should be done today—
who knows, death may come tomorrow.
There is no bargaining with mortality
And death's great army.

Whoever lives thus ardent,
— active day and night—
Is, says the peaceful sage,
One who has an auspicious day.

(Majjhima Nikāya 131-134)