An Auspicious Day

translated by Gil Fronsdal

from the Bhaddekaratta Sutta (Middle Length Discourse 131)

The Buddha said,

Don’t chase the past
Or long for the future.
The past is left behind;
The future is not yet reached.

Right where it is, have insight
Into whatever phenomena is present;
Not faltering and not agitated,
By knowing it one develops the mind.

Ardently do what should be done today –
who knows, death may come tomorrow.
There is no bargaining with Mortality
And his great army.

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