The Mind Made Safe

Therigatha 355-359

I will secure you, mind,
    As I would an elephant to a little post.

I will not urge you on to cause harm,
    You net of desire born of the body.

Secured, like an elephant in front of an open gate,
    You will not go through.

You, malevolent mind, will not wander out again and again
    Delighting in harm.

Just as someone with a prod turns back an untrained, unwilling elephant,
    I will turn you back.

Just as a noble horseman, skilled in training horses, tames a thoroughbred,
    So I, firm in the five strengths[1], will train you.

Restrained myself,
    I will secure you with mindfulness.

Curbed by the yoke of effort,
    You, mind, will not go far from here.

Translated by Gil Fronsdal

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[1] Faith, Energy, Mindfulness, Concentration, and Wisdom