

Verse 35: Control Your Mind (Mind – Citta Vagga)

Dunniggahassa *lahuno*
Difficult to control swift

yattha kāmanipātino
focusing on whatever target it wishes

Cittassa *damatho* *sādhu*
Of the mind taming (is) good

cittam *dantam* *sukhavaham*
mind tamed brings bliss

Translation: The mind is very hard to check and swift, it falls on what it wants. The training of the mind is good; a mind so tamed brings happiness

Significance: The mind is exceedingly subtle and is difficult to be seen. By guarding the mind it brings bliss. With mindfulness, mental defilements would not arise that easily.

Story: The Buddha spoke this verse at Jetavana Monastery with reference to a certain monk who expressed his fear of being detected for any impure thoughts by a lay-devotee that has the ability of thought-reading.

- During a rainy season, 60 monks went to the village of Matika after obtaining a meditation subject from the Buddha
- Matikamata, the mother of village headman offered dana to the monks and even built a monastery for their stay
- They taught her the practice of meditation, in particular the mindfulness of 32 parts of the body, leading to the decay and dissolution of the body
- Matikamata practised diligently and so attained to the stage of anagami with analytical insight and mundane supernatural powers, including the ability of thought-reading
- With her divine eye, she knew that the monks had not attained any Maggas yet and need proper food to attain arahatship
- The 60 monks soon attained arahatship having fed on proper food and with right effort. They informed the Buddha after their return at the end of rainy season that they are in good health and Matikamata who are aware of their thoughts offered them their wish choice of food
- A certain monk overheard the conversation and decided to go to the village after getting a meditation topic from Buddha
- He soon realised that Matikamata can read people's thoughts as whatever he wished for was sent to him. Terrified of her, he returned to tell the Buddha that he was afraid that she would know any impure thoughts of his
- The Buddha asked him to control his mind and think only of his meditation object
- The monk returned to Matika and practised as per the Buddha's advice. Matikamata offered him good food and shortly, he too attained arahatship