Snp 2.10 — Get Up!

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Text

Anthology of Discourses 2.10

Get Up!

Get up and meditate!

What's the point in your sleeping?

How can the afflicted slumber

when inflicted by an arrow strike?

Get up and meditate!

Train hard for peace!

The King of Death has caught you heedless—

don't let him fool you under his sway.

Needy gods and humans

are held back by clinging:

get over it.

Don't let the moment pass you by.

For if you miss your moment

you'll grieve when sent to hell.

Negligence is always dust;

dust follows right behind negligence.

Through diligence and knowledge,

pluck out the dart from yourself.