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A Face So Calm

Samyutta Nikaya 1:10

Devatā:

araññe viharantānaṃ
santānaṃ brahmacāriṇaṃ
ekabhataṃ bhujjamaṇānaṃ
kena vaṇṇo pasīdati ti

Those who abide in the forest,
Peaceful, living the holy life;
Those who eat but a single meal;
—Why is it their face is so calm?

Buddha:

atītaṃ nānusocanti
nappaṭṭhanti nāgataṃ
paccuppanna yaṅanti
tena vaṇṇo pasīdati

They do not grieve over the past,
Nor do they yearn for the future;
They live only in the present
—That is why their face is so calm.

anāgatappaṭṭhāpāya
atītaṃ nānusocanti
etena bālā sūyanti
naḷo va harito luto ti

It's from yearning for the future,
And from grieving over the past;
This is how fools become withered
—Like a fresh reed that's been hacked down.

—A. Olendzki

