0.0.1 Overcoming Suffering (excerpt)

Just like an excellent horse
touched by the whip, 144
be ardent, enculturate a
hightened sense of urgency;
by faith, virtue and effort,
by samadhi and by the investigation of the dhamma;
endowed with knowledge
and conduct, being self-aware,
you will abondon this limitless suffering.

daṇḍavaggo (excerpt)

asso yathā bhadro kasāniviṭṭho, 144
ātāpino saṃvegino bhavātha;
saddhāya sīlena ca vīriyena ca,
samādhinā dhammavinicchayena ca;
sampannavijjācaraṇā patissatā,
pahassatha dukkhamidaṃ anappakaṃ.