

**VERSE 1**  
**= Sn 143**

**karanīyam atthakusalena**  
**yan tam santam padam abhisamecca:**  
**sakko ujū ca sūjū ca**  
**suvaco c' assa mudu anati mānī**

- Saddhatissa: He who is skilled in welfare, who wishes to attain that calm state [Nibbāna], should act thus: he should be able, upright, perfectly upright, of noble speech, gentle and humble.
- Norman: This is what is to be done by one who is skilful in respect of the good, having attained the peaceful state. He should be capable, straight, and very upright, easy to speak to, gentle and not proud,
- Basham: This a man should do who knows what is good for him,  
Who understands the meaning of the Place of Peace [i.e. Nibbāna]—  
He should be able, upright, truly straight,  
Kindly of speech, mild, and without conceit.
- Rahula: He who is skilled in good and who wishes to attain that state of Calm should act (thus):  
He should be able, upright, perfectly upright, compliant, gentle, and humble.
- Woodward: This must be done by him who is wise to know what is good for him, by him who hath grasped the meaning of the Place of Peace.  
He must be able and upright and truly straight: gentle of speech and mild, not having vain conceit of self.
- Ñānamoli:  
(1) What should be done by one with skill in good,  
The State of Peace to have attained is this.  
He would be able, right, upright,  
And meek and gentle and not proud,
- Ñānamoli:  
(2) This should be done by one with skill in good  
In order to attain the State of Peace.  
Let him be able, upright, straight,  
And meek and gentle and not proud.
- Dhammayut: This is to be done by one skilled in aims  
Who wants to break through to the state of peace:  
Be capable, upright, & straightforward,  
Easy to instruct, gentle, & not conceited,
- Gunaratana: One skilled in good, wishing to attain  
that state of peace should act thus:  
one should be able, straight, upright,  
obedient, gentle, and humble.
- Khantipalo: What should be done by one who's skilled in wholesomeness  
to gain the State of Peacefulness is this:  
One must be able, upright, straight and not proud,  
easy to speak to, mild
- Aronson: What should the person skilled in profitable practices do  
When he becomes aware of the peaceful state?  
He should be capable, honest, straightforward,  
Receptive, flexible, humble,
- Narada: He who is skilled in his good and who wishes to attain that state of calm should act [thus]:  
He should be efficient, upright, perfectly upright, obedient, gentle and humble.
- New Translation: