

おのれこそ
おのれによるべ
おのれを^お措きて
誰によるべぞ
よくととのへし
おのれにこそ
まことえがたき
よるべをぞ獲ん

Self is the refuge of self : for who else could refuge be?
By a fully controlled self one obtains a refuge which is hard to gain.