AN 1.13 — AN 1.13

English translation by Bhikkhu Candana.

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Text

13. “Bhikkhus, I do not know of even a single thing that is more destructive in its nature, triggering the arising of drowsiness and procrastination that have not yet arisen, and flaring up the drowsiness and procrastination that have already arisen in the heart, than that which bears the quality of being discontented, careless, disinterested, lazy, or not wanting to do anything or engage in any work, as in becoming lethargic and sluggish after a heavy meal.

“Therefore, it is no surprise, Bhikkhus, that whoever allows himself to become sluggish and lethargic, will surely experience the triggering of drowsiness and procrastination that were not there, which now arise, and the flaring up of the drowsiness and procrastination that have already arisen.”