# AN 1.45 — AN 1.45

English translation by Bhikkhu Candana.

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## Text

45. “Imagine, Bhikkhus, a stirred up, murky, and clouded lake, which had within it many schools of fish swimming about, along with the pebbles and rocks at its bottom, as well as the plant life

living beneath it. Meanwhile, there was a man standing on its shore, who kept looking down into the water, but was unable to see even a single thing.

“And what is the reason for this?

“It is because the lake is, in fact, murky and very clouded.

“In the same manner, Bhikkhus, when the Bhikkhu has a heart that is clouded with defilements, they obstruct him from either knowing or understanding as to what is truly beneficial for him or serves him best. He would not know nor understand as to what is truly beneficial to others either, or what may serve them best. Furthermore, he would not know or understand as to what is truly beneficial to both himself and others, or what may best serve them both, either. But especially, that Bhikkhu would not see things as they truly are by not being able to realize it for himself, with the knowledge and vision that is a quality of the Noble Ones.

“And what is the reason for this?

“It is because such a Bhikkhu has a heart that is clouded with defilements.”