AN 2.3 — Tapanīya Sutta (Leading to Remorse)

English translation by Bhikkhu Candana.

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Text

3. Tapanīya Sutta (Leading to Remorse) “Bhikkhus, there are these two things that lead to remorse, as one experiences painful regret. And what are these two?

“Here, Bhikkhus, someone has engaged in wrong behavior through improper bodily conduct, while also not having done good deeds through good and proper bodily conduct.

“Similarly, someone has engaged in wrong behavior through improper verbal conduct, while also not having done good deeds through good and proper speech.

“And, someone has engaged in wrong behavior through improper thinking and mental conduct, while also not having done good deeds through good and proper thinking and mental conduct.

“As a result, that person experiences much regret, feeling remorse for having missed the opportunity to behave in a beneficial and proper manner, as he reflects:

‘Alas, I have engaged in bad bodily actions,’ as he experiences much remorse, especially realizing that he has not tried making up for them by doing their opposite, to at least engage in good bodily actions.

“Similarly, he reflects:

‘Alas, I have engaged in bad verbal actions in my communications,’ as he experiences much remorse, especially realizing that he has not tried making up for them by doing their opposite, to at least engage in good speech in his verbal actions.

“And also, he reflects:

‘Alas, I have engaged in bad mental actions through my thinking,’ as he experiences much remorse, especially realizing that he has not tried making up for them by doing their opposite, to at least engage in good mental actions.

“Therefore, Bhikkhus, these are the two things that lead to remorse, as one experiences painful regret.”