AN 2.4 — Atapanīya Sutta (Not Leading to Remorse)

English translation by Bhikkhu Candana.

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Text

4. Atapanīya Sutta (Not Leading to Remorse) “Bhikkhus, there are these two things that do not lead to remorse, nor the experiencing of painful regrets. And what are these two?

“Here, Bhikkhus, someone has engaged in good behavior through proper bodily conduct, while also having refused to engage in bad deeds through evil and improper bodily conduct.

“Similarly, someone has engaged in good behavior through proper verbal conduct, while also having refused to engage in bad deeds through evil and improper speech.

“And, someone has engaged in good behavior through proper mental conduct, while also having refused to engage in bad deeds through evil and improper thinking or mental conduct.

“As a result, that person does not experience any regrets, nor does he feel remorse, for he has protected himself by having refused to engage in evil and improper behavior, as he reflects:

‘I have engaged in good bodily actions,’ as a result of which, he does not experience any remorse, especially realizing that he has also abstained from any misconduct, by refusing to engage in evil bodily actions.

“Similarly, he reflects:

‘I have engaged in good verbal actions in my communication,’ as a result of which, he does not experience any remorse, especially realizing that he has also abstained from any verbal misconduct, by refusing to engage in evil speech in his verbal actions.

“Also, he reflects:

‘I have engaged in good mental actions in my thinking,’ as a result of which, he does not experience any remorse, especially realizing that he has also abstained from any mental misconduct, by refusing to engage in evil thoughts in his mental actions.

“Therefore, Bhikkhus, these are the two things that do not lead to remorse, nor the experiencing of painful regrets.”