AN 2.195-199 — AN 2.195-199

English translation by Bhikkhu Candana.

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Source revision: 95439bcf66d6295a952d574a8501d2d31edc03ca3ed8eb1e5889f079f7b658c9

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Candana source labels: 195, 196, 197, 198, 199. Site text ID: AN 2.195-199.

Text

195. “Bhikkhus, by possessing these two qualities one continues to exist happily. What are these two?

“Becoming released from anger, and liberating the heart from its once bitter resentment.

“These are the two qualities that keep one living in happiness, Bhikkhus.”

196. “Bhikkhus, by possessing these two qualities one continues to exist happily. What are these two?

“Becoming liberated from the push to belittle or vilify others, and living with a heart that is freed from contempt.

“These are the two qualities that keep one living in happiness, Bhikkhus.”

197. “Bhikkhus, by possessing these two qualities one continues to exist happily. What are these two?

“Getting released from living with jealousy, and finally being liberated from stinginess.

“These are the two qualities that keep one living in happiness, Bhikkhus.”

198. “Bhikkhus, by possessing these two qualities one continues to exist happily. What are these two?

“No longer being deceitful, and freedom from sneakiness.

“These are the two qualities that keep one living in happiness, Bhikkhus.”

199. “Bhikkhus, by possessing these two qualities one continues to exist happily. What are these two?

“Possessing wise inner moral shame, and wise moral fear in one’s heart.

“These are the two qualities that keep one living in happiness, Bhikkhus.”