AN 2.230-279 — AN 2.230-279

English translation by Bhikkhu Candana.

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Text

AN II

Suttas 230-279

Akusalapeyyālam “Abbreviated Section on the Harmful and Damaging”

230. “Bhikkhus, there are these two harmful and damaging qualities that lead to ruin. Which two?

“Anger, and a heart that is clouded with bitter resentment.

“These are the two harmful and damaging qualities that lead to ruin, Bhikkhus.”

231. “Bhikkhus, there are these two harmful and damaging qualities that lead to ruin. Which two?

“Belittling while vilifying others, and living with contempt in one’s heart.

“These are the two harmful and damaging qualities that lead to ruin, Bhikkhus.”

232. “Bhikkhus, there are these two harmful and damaging qualities that lead to ruin. Which two?

“Living with jealousy, and being stingy.

“These are the two harmful and damaging qualities that lead to ruin, Bhikkhus.”

233. “Bhikkhus, there are these two harmful and damaging qualities that lead to ruin. Which two?

“Being deceitful, and sneaky.

“These are the two harmful and damaging qualities that lead to ruin, Bhikkhus.”

234. “Bhikkhus, there are these two harmful and damaging qualities that lead to ruin. Which two?

“Not having any sense of wise inner moral shame, nor wise moral fear in one’s heart.

“These are the two harmful and damaging qualities that lead to ruin, Bhikkhus.”

235. “Bhikkhus, there are these two beneficial qualities that lead to growth. Which two?

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

“These are the two beneficial qualities that lead to growth, Bhikkhus.”

236. “Bhikkhus, there are these two beneficial qualities that lead to growth. Which 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 beneficial qualities that lead to growth, Bhikkhus.”

237. “Bhikkhus, there are these two beneficial qualities that lead to growth. Which two?

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

“These are the two beneficial qualities that lead to growth, Bhikkhus.”

238. “Bhikkhus, there are these two beneficial and good merit-making qualities that lead to growth. Which two?

“No longer being deceitful, and freedom from sneakiness.

“These are the two beneficial and good merit-making qualities that lead to growth, Bhikkhus.”

239. “Bhikkhus, there are these two beneficial and good merit-making qualities that lead to growth. Which two?

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

“These are the two beneficial and good merit-making qualities that lead to growth, Bhikkhus.”

240. “Bhikkhus, these two qualities make you blameworthy. What are these two?

“Anger, and a heart that is clouded with bitter resentment.

“These two qualities make you blameworthy, Bhikkhus.”

241. “Bhikkhus, these two qualities make you blameworthy. What are these two?

“Belittling while vilifying others, and living with contempt in one’s heart.

“These two qualities make you blameworthy, Bhikkhus.”

242. “Bhikkhus, these two qualities make you blameworthy. What are these two?

“Living with jealousy, and being stingy.

“These two qualities make you blameworthy, Bhikkhus.”

243. “Bhikkhus, these two qualities make you blameworthy. What are these two?

“Being deceitful, and sneaky.

“These two qualities make you blameworthy, Bhikkhus.”

244. “Bhikkhus, these two qualities make you blameworthy. What are these two?

“Neither having wise inner moral shame, nor wise moral fear in one’s heart.

“These two qualities make you blameworthy, Bhikkhus.”

245. “Bhikkhus, these two qualities keep you blameless. What are these two?

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

“These two qualities keep you blameless, Bhikkhus.”

246. “Bhikkhus, these two qualities keep you blameless. 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 two qualities keep you blameless, Bhikkhus.”

247. “Bhikkhus, these two qualities keep you blameless. What are these two?

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

“These two qualities keep you blameless, Bhikkhus.”

248. “Bhikkhus, these two qualities keep you blameless. What are these two?

“No longer being deceitful, and freedom from sneakiness.

“These two qualities keep you blameless, Bhikkhus.”

249. “Bhikkhus, these two qualities keep you blameless. What are these two?

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

“These two qualities keep you blameless, Bhikkhus.”

250. “Bhikkhus, these two qualities only produce suffering as their outcome. What are these two?

“Anger, and a heart that is clouded with bitter resentment.

“Therefore, Bhikkhus, these two qualities only produce suffering as their outcome.”

251. “Bhikkhus, these two qualities only produce suffering as their outcome. What are these two?

“Belittling while vilifying others, and living with contempt in one’s heart.

“Therefore, Bhikkhus, these two qualities only produce suffering as their outcome.”

252. “Bhikkhus, these two qualities only produce suffering as their outcome. What are these two?

“Living with jealousy, and being stingy.

“Therefore, Bhikkhus, these two qualities only produce suffering as their outcome.”

253. “Bhikkhus, these two qualities only produce suffering as their outcome. What are these two?

“Being deceitful, and sneaky.

“Therefore, Bhikkhus, these two qualities only produce suffering as their outcome.”

254. “Bhikkhus, these two qualities only produce suffering as their outcome. What are these two?

“Neither having wise inner moral shame, nor wise moral fear in one’s heart.

“Therefore, Bhikkhus, these two qualities only produce suffering as their outcome.”

255. “Bhikkhus, these two qualities only produce happiness as their outcome. What are these two?

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

“Therefore, Bhikkhus, these two qualities only produce happiness as their outcome.”

256. “Bhikkhus, these two qualities only produce happiness as their outcome. What are these two?

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

“Therefore, Bhikkhus, these two qualities only produce happiness as their outcome.”

257. “Bhikkhus, these two qualities only produce happiness as their outcome. What are these two?

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

“Therefore, Bhikkhus, these two qualities only produce happiness as their outcome.”

258. “Bhikkhus, these two qualities only produce happiness as their outcome. What are these two?

“No longer being deceitful, and freedom from sneakiness.

“Therefore, Bhikkhus, these two qualities only produce happiness as their outcome.”

259. “Bhikkhus, these two qualities only produce happiness as their outcome. What are these two?

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

“Therefore, Bhikkhus, these two qualities only produce happiness as their outcome.”

260. “Bhikkhus, by possessing these two qualities, one experiences suffering as a result. What are these two qualities?

“Anger, and a heart that is clouded with bitter resentment.

“Therefore, Bhikkhus, by possessing these two qualities, one experiences suffering as a result.”

261. “Bhikkhus, by possessing these two qualities, one experiences suffering as a result. What are these two qualities?

“Belittling while vilifying others, and living with contempt in one’s heart.

“Therefore, Bhikkhus, by possessing these two qualities, one experiences suffering as a result.”

262. “Bhikkhus, by possessing these two qualities, one experiences suffering as a result. What are these two qualities?

“Living with jealousy, and being stingy.

“Therefore, Bhikkhus, by possessing these two qualities, one experiences suffering as a result.”

263. “Bhikkhus, by possessing these two qualities, one experiences suffering as a result. What are these two qualities?

“Being deceitful, and sneaky.

“Therefore, Bhikkhus, by possessing these two qualities, one experiences suffering as a result.”

264. “Bhikkhus, by not possessing these two qualities, one experiences suffering as a result. What are these two qualities?

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

“Therefore, Bhikkhus, by not possessing these two qualities, one experiences suffering as a result.”

265. “Bhikkhus, by possessing these two qualities, one experiences happiness as a result. What are these two qualities?

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

“Therefore, Bhikkhus, by possessing these two qualities, one experiences happiness as a result.”

266. “Bhikkhus, by possessing these two qualities, one experiences happiness as a result. What are these two qualities?

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

“Therefore, Bhikkhus, by possessing these two qualities, one experiences happiness as a result.”

267. “Bhikkhus, by possessing these two qualities, one experiences happiness as a result. What are these two qualities?

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

“Therefore, Bhikkhus, by possessing these two qualities, one experiences happiness as a result.”

268. “Bhikkhus, by possessing these two qualities, one experiences happiness as a result. What are these two qualities?

“No longer being deceitful, and freedom from sneakiness.

“Therefore, Bhikkhus, by possessing these two qualities, one experiences happiness as a result.”

269. “Bhikkhus, by possessing these two qualities, one experiences happiness as a result. What are these two qualities?

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

“Therefore, Bhikkhus, by possessing these two qualities, one experiences happiness as a result.”

270. “Bhikkhus, these two qualities cause so much pain and torment. What are these two qualities?

“Anger, and a heart that is clouded with bitter resentment.

“Therefore, Bhikkhus, these two qualities cause so much pain and torment.”

271. “Bhikkhus, these two qualities cause so much pain and torment. What are these two qualities?

“Belittling while vilifying others, and living with contempt in one’s heart.

“Therefore, Bhikkhus, these two qualities cause so much pain and torment.”

272. “Bhikkhus, these two qualities cause so much pain and torment. What are these two qualities?

“Living with jealousy, and being stingy.

“Therefore, Bhikkhus, these two qualities cause so much pain and torment.”

273. “Bhikkhus, these two qualities cause so much pain and torment. What are these two qualities?

“Being deceitful, and sneaky.

“Therefore, Bhikkhus, these two qualities cause so much pain and torment.”

274. “Bhikkhus, these two qualities cause so much pain and torment. What are these two qualities?

“Neither having wise inner moral shame, nor any wise moral fear in one’s heart.

“Therefore, Bhikkhus, these two qualities cause so much pain and torment.”

275. “Bhikkhus, these two qualities bring so much relief. What are these two qualities?

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

“Therefore, Bhikkhus, these two qualities bring so much relief.”

276. “Bhikkhus, these two qualities bring so much relief. What are these two qualities?

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

“Therefore, Bhikkhus, these two qualities bring so much relief.”

277. “Bhikkhus, these two qualities bring so much relief. What are these two qualities?

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

“Therefore, Bhikkhus, these two qualities bring so much relief.”

278. “Bhikkhus, these two qualities bring so much relief. What are these two qualities?

“No longer being deceitful, and freedom from sneakiness.

“Therefore, Bhikkhus, these two qualities bring so much relief.”

279. “Bhikkhus, these two qualities bring so much relief. What are these two qualities?

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

“Therefore, Bhikkhus, these two qualities bring so much relief.”