AN 3.107 — Ruṇṇa Sutta (Lamentation)

English translation by Bhikkhu Candana.

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Text

106. Ruṇṇa Sutta (Lamentation) Bhikkhus, in The Noble One’s Discipline, to engage in singing is considered the same as tearful lamenting, while dancing is seen as pure insanity.

Bhikkhus, in The Noble One’s Discipline, it is considered childish to laugh too much, where one keeps showing one’s teeth.

Therefore, cut the cord and give up singing and dancing altogether, and go on delighting in the beauty of The Dhamma instead, through the joyful expression of a simple smile.