AN 3.130 — Dutiya Anuruddha Sutta (The Venerable Anuruddha – Part 2)

English translation by Bhikkhu Candana.

Source: https://www.mindreleased.com/s/Book-3_Anguttara-Nikya-A-New-Translation.pdf#page=261

Source revision: ee5230c458ad6c1566f518d5909916ad92d12aebf1240750c5357dd9b5699f30

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Candana source labels: 129. Site text ID: AN 3.130.

Text

129. Dutiya Anuruddha Sutta (The Venerable Anuruddha – Part 2) Once, the Venerable Anuruddha approached the Venerable Sāriputta, and after exchanging friendly greetings with him, he sat to one side and said to the Venerable Sāriputta:

“Friend Sāriputta, with the Divine Eye, which is purified and far surpasses that of a human, I see clearly the thousand-fold world systems and galaxies.

“I also know that my energy is strong and not slacking, at all. In addition, I see that my mindfulness is firmly established while remaining un-fluttered. So, I do experience the body being tranquil and without any disturbances. Furthermore, my one-pointed mind is brought to a perfect state of collected stability (samādhi).

“But for some reason, friend, my heart is not yet released from the contaminants (āsavas); hence, it still remains quite shackled and thus unreleased from no longer gripping onto anything.”

Then, the Venerable Sāriputta said:

“Friend Anuruddha, when you reflect thus:

‘With the Divine Eye, which is purified and far surpasses that of a human, I see clearly the thousand-fold world systems and galaxies.’

“Well, this itself shows that conceit is still strongly present in you.

“And when you reflect thus, friend Anuruddha, by saying:

‘I also know that my energy is strong and not slacking, at all. In addition, I see that my mindfulness is firmly established while remaining un-fluttered. So, I do experience the body being tranquil and without any disturbances. Furthermore, my one-pointed mind is brought to a perfect state of collected stability (samādhi).’

“This shows that there is still quite a bit of restlessness in you.

“And when, friend Anuruddha, you ruminate while thinking:

‘But for some reason, friend, my heart is not yet released from the contaminants (āsavas); hence, it still remains quite shackled and thus unreleased from no longer gripping onto anything.’

“Well, this shows that worry and remorse are therefore still haunting you.

“So, it would be best, friend Anuruddha, if you could just push aside and shun all these three negative mental states, altogether. And by no longer paying any attention to these three, just have your focus be with, settled upon, and seeing nothing other than ‘that which is undying’ (Amatāya dhātuyā) within the heart.”

Then, after some time had passed, the Venerable Anuruddha abandoned, pushed aside, and shunned those three negative mental states altogether. And by no longer paying any attention to those three, as advised by his friend, the Venerable Sāriputta, he kept on resolutely practicing while having his focus be with, settled upon, and seeing nothing other than ‘that which is undying’ (Amatāya dhātuyā) within the heart.”

Thus, by staying resolute and through persistent effort, as he kept training on this Path, the Venerable Anuruddha, while striving alone and secluded from the crowds, with his careful heedfulness and diligence, before long, was able to realize for himself and through his own efforts, the very Goal of the Holy Life, for the attainment of which good sons of families rightfully leave the household life and become homeless, seeking that noble end of the holy life.

It was in this same manner, that the Venerable Anuruddha also realized for himself and through his own efforts, in this very birth, the Release of the Heart, that is indeed True Freedom through Wisdom, as he too entered upon and dwelled in it.

Thus, the Venerable Anuruddha thoroughly understood, by knowing directly for himself, and with certainty unparalleled, that:

‘Birth is now finally destroyed, The Holy Life has been fully lived. What had to be done, is now done and complete. There is no more coming back to any state of being.’

In this way, the Venerable Anuruddha became one of The Arahants.