AN 3.155 — Pubbaṇha Sutta (At the Crack of Dawn)

English translation by Bhikkhu Candana.

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Text

154. Pubbaṇha Sutta (At the Crack of Dawn) Bhikkhus, all those sentient beings who engage in good bodily actions, in good speech and verbal actions, and in good thought and mental actions at the crack of dawn, will already start experiencing and having genuine happiness, even at the crack of dawn.

All those sentient beings who engage in good bodily actions, in good verbal actions, and in good mental actions at noon time, will start experiencing genuine happiness even from midday.

All those sentient beings who engage in good bodily actions, in good verbal actions, and in good mental actions while the sun is already setting at the end of the day, will start experiencing genuine happiness even from the moment the sun begins to set.

‘At the auspicious time, Rising joyfully with the radiant light at the crack of dawn, Greeting with a grateful smile, Applying oneself fully and leading the Holy Life; With each moment being the right moment, Making the most of this precious life, in all its phases.

Dedicating himself to pure and wholesome actions; Behaving in bodily actions, that are virtuous and pure; In his communication and speech, remaining virtuous and pure, And behaving in thought and all that is contemplated, In ways that are truly virtuous and pure.

‘In this manner doing what is upright While also gaining the countless benefits it brings, He easily attains to the lofty aims, While growing in The Buddha’s Dispensation, Experiencing safety, joy and happiness, along with all his relatives too.’