AN 3.49 — Ātappakaraṇīya Sutta (Ardent Energy)

English translation by Bhikkhu Candana.

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Text

49. Ātappakaraṇīya Sutta (Ardent Energy) Bhikkhus, ardent energy should be roused in the following three instances. What three?

In order to stop the arising of un-arisen unwholesome, evil, and damaging behavior through the body, speech, and mind.

To bring forth the arising of the yet un-arisen wholesome, good, and constructive behaviors through the body, speech, and mind.

And to be able to endure sharp, painful, rough, troublesome, and excruciating feelings experienced in the body, that may even cause one to seek the ending of one’s life.

In these three instances, Bhikkhus, ardent energy should especially be roused.

And when, Bhikkhus, the Bhikkhu rouses ardent energy in order to stop the arising of un-arisen unwholesome, evil, and damaging behavior through the body, speech, and mind; when he rouses within him the ardent energy to bring forth the arising of un-arisen wholesome, good, and constructive behavior through the body, speech, and mind; and when he rouses ardent energy that is certainly needed to endure sharp, painful, rough, troublesome, and excruciating feelings experienced in the body that may even cause one to seek the ending of one’s life, then, he is certainly called a Bhikkhu who is ardently energetic, persevering, dedicated, and established in mindfulness firmly enough, to completely end all suffering.