AN 3.55 — Quenched

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 3.55

6. Brahmins

Quenched

Then the brahmin Jānussoṇi went up to the Buddha, bowed, sat down to one side, and said to him:

“Worthy Gotama, they say that ‘extinguishment is apparent in the present life’. In what way is extinguishment apparent in the present life, immediately effective, inviting inspection, relevant, so that sensible people can know it for themselves?”

“A greedy person, overcome by greed, intends to hurt themselves, hurt others, and hurt both. They experience mental pain and sadness. When greed has been given up, they don’t intend to hurt themselves, hurt others, and hurt both. They don’t experience mental pain and sadness. This is how extinguishment is apparent in the present life.

A hateful person …

A deluded person, overcome by delusion, intends to hurt themselves, hurt others, and hurt both. They experience mental pain and sadness. When delusion has been given up, they don’t intend to hurt themselves, hurt others, and hurt both. They don’t experience mental pain and sadness. This, too, is how extinguishment is apparent in the present life.

When you experience the ending of greed, hate, and delusion without remainder, that’s how extinguishment is apparent in the present life, immediately effective, inviting inspection, relevant, so that sensible people can know it for themselves.”

“Excellent, worthy Gotama! Excellent! … From this day forth, may the worthy Gotama remember me as a lay follower who has gone for refuge for life.”