AN 9.30 — Getting Rid of Resentment

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Text

Numbered Discourses 9.30

3. Abodes of Sentient Beings

Getting Rid of Resentment

“Mendicants, there are these nine ways to get rid of resentment. What nine? Thinking: ‘They harmed me, but what can I possibly do?’ you get rid of resentment. Thinking: ‘They are harming me …’ … ‘They will harm me …’ … ‘They harmed someone I love …’ … ‘They are harming someone I love …’ … ‘They will harm someone I love …’ … ‘They helped someone I dislike …’ … ‘They are helping someone I dislike …’ … Thinking: ‘They will help someone I dislike, but what can I possibly do?’ you get rid of resentment. These are the nine ways to get rid of resentment.”