Iti 30 — Mortifying

English translation by Bhikkhu Sujato.
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Text

So It Was Said 30

The Book of the Twos

Chapter One

Mortifying

This was said by the Buddha, the Perfected One: that is what I heard.

“These two things, mendicants, are mortifying. What two? It’s when someone hasn’t done good and skillful things that keep them safe, but has done bad things, violence and sin. Thinking, ‘I haven’t done good things’, they’re mortified. Thinking, ‘I have done bad things’, they’re mortified. These are the two things that are mortifying.”

The Buddha spoke this matter. On this it is said:

“Having done bad things

by way of body,

speech, and mind,

and whatever else is corrupt;

not having done good deeds,

and having done many bad,

when their body breaks up, that witless person

is reborn in hell.”

This too is a matter that was spoken by the Blessed One: that is what I heard.