Snp 2.10 — Uṭṭhāna Sutta — Rise Up!

English translation by Bhikkhu Candana.
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Layout: Physical wraps reflowed; proven printed folios omitted; source wording retained.
Review: Full automatic text-layer comparison plus visual samples; not a complete human proofread.

Text

Snp. 2.10

Uṭṭhāna Sutta

“Rise Up!”

331. “Rise up and meditate! Sit up and stop wasting more time! For how is spending your time sleeping, really going to help you? When the heart is shot with the poisoned arrow, experiencing dreadful pain day and night, how could anyone have time for sleep?

332. “Rise up and meditate! Sit up and stop wasting more time! Train hard and be persistent until you understand how to attain peaceful abiding. Do not be negligent! Know that the King of Death has you in his sight, so, no time for you to be heedless and get caught in his grasp!

333. “Cross over this hurdle, and stop loitering; being stuck like most Devas and humans, nailed down in their attachment to the promise of pleasure! Do not miss the rare opportunity of this moment; otherwise you will surely regret it, once you land in hell!

334. “Being negligent or heedless will always gather dirt, making you sullied. This, because becoming defiled is none other than the outcome of procrastination and negligence.

“However, when you are diligent in your practice, very soon you will come to knowledge and understanding that are unprecedented, and with direct wisdom gained, you will be able to pull out that arrow from your heart, once and for all.”