Thag 2.26 — Thag 2:26 Puṇṇamāsa

English translation by Ṭhānissaro Bhikkhu.

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Changes: Presentation only: original HTML markup reflowed into plain text; wording, numbering and source repetitions retained. No repetitions expanded.

Completeness: ABBREVIATED. Every source-unit character is preserved, including introductions, notes and verse structure. Thanissaro's collection-level note explicitly states that repetitions were cut: https://www.dhammatalks.org/suttas/about.html. This is evidence about the translation method, not an assertion that every individual unit contains an omission; no repetitions reconstructed.

Text

Thag 2:26 Puṇṇamāsa

Shedding five hindrances1

to reach rest from the yoke,

taking the Dhamma as mirror

my own knowledge & vision,

I reflected on this body—

the whole thing,

inside & out,

my own & others'.

How vain & empty the body appeared!

Note

1. The five hindrances are sensual desire, ill will, sloth & drowsiness, restlessness & anxiety, and uncertainty. See SN 46:51.