Thig 5.4 — Nanda: Nanda's Vision

English translation by Hellmuth Hecker & Sister Khema.

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Text

Sick, impure and foul as well, Nanda, see this congeries With the unlovely, develop mind Well-composed to singleness. As is that, thus will this likewise be. Exhaling foulness, evil smells, A thing it is enjoyed by fools. Diligently considering it, By day and night thus seeing it, With my own wisdom having seen, I turned away, dispassionate. With my diligence, carefully I examined the body And saw this as it really is — Both within and without. Unlusting and dispassionate Within this body then was I: By diligence from fetters freed, Peaceful was I and quite cool.