Thig 5.4 — Nanda: Nanda's Vision

English translation by Thanissaro Bhikkhu.

Source: https://www.accesstoinsight.org/tipitaka/kn/thig/thig.05.04.than.html

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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

"Sick, putrid, unclean: look, Nanda, at this physical heap. Through contemplation of the foul, develop your mind, make it one, well-centered. As this [your body], so that. As that, so this. It gives off a foul stench, the delight of fools." Considering it thus, untiring, both day & night, I, with my own discernment dissecting it, saw. And as I, heedful, examined it aptly, this body — as it actually is — was seen inside & out. Then was I disenchanted with the body & dispassionate within: Heedful, detached, calmed was I. Unbound.