Thig 5.4 — Thig 5:4 Nandā’s Vision

English translation by Ṭhānissaro Bhikkhu.

Source: https://www.dhammatalks.org/suttas/KN/Thig/thig5_4.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

Thig 5:4 Nandā’s Vision

“Sick, putrid, unclean:

look, Nandā, 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.