Ud 4.9 — With Upasena

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Text

Heartfelt Sayings 4.9

With Upasena

So I have heard. At one time the Buddha was staying near Rājagaha in the Bamboo Grove, the squirrels' feeding ground. Then as Venerable Upasena son of Vaṅgantā was in private retreat this thought came to his mind: "I'm so fortunate, so very fortunate! My Teacher is the Blessed One, perfected, a fully awakened Buddha. Well explained is the teaching and training in which I have gone forth from the lay life to homelessness. My spiritual companions are ethical and of good character. I have fulfilled the precepts. My mind is unified and serene. I am a perfected one who has ended the defilements. I am of great might and power. My life has been good, and my death will be good."

Then, knowing that Venerable Upasena's train of thought, on that occasion the Buddha expressed this heartfelt sentiment:

"One who has no guilt in life,

nor grief at facing death:

that attentive one who has seen the truth,

grieves not among the grieving.

For the mendicant with peaceful mind,

who has cut off craving for continued existence,

transmigration through births is finished,

there'll be no more future lives for them."