Ud 8.4 — Ud 8:4 Unbinding (4) | Nibbāna Sutta

English translation by Ṭhānissaro Bhikkhu.

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Text

Ud 8:4 Unbinding (4) (Nibbāna Sutta)

I have heard that on one occasion the Blessed One was staying near Sāvatthī at Jeta’s Grove, Anāthapiṇḍika’s monastery. And on that occasion the Blessed One was instructing, urging, rousing, & encouraging the monks with Dhamma-talk concerned with unbinding. The monks–receptive, attentive, focusing their entire awareness, lending ear–listened to the Dhamma.

Then, on realizing the significance of that, the Blessed One on that occasion exclaimed:

One who is dependent has wavering. One who is independent has no wavering. There being no wavering, there is calm. There being calm, there is no yearning. There being no yearning, there is no coming or going. There being no coming or going, there is no passing

away or arising. There being no passing away or arising, there is neither a here nor a there nor a between-the-two. This, just this, is the end of stress.1

Note

1. In MN 144 and SN 35:87, Ven. Cunda quotes this passage as a teaching of the Buddha and tells Ven. Channa to keep it firmly in mind.

Publisher references (not part of the sutta)

See also: MN 140; SN 22:53