SN 1.10 — Araññña Sutta: A Face So Calm

English translation by Andrew Olendzki.

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Changes: Presentation only: original HTML markup reflowed into plain text; wording, numbering and source repetitions retained. No repetitions expanded.

Completeness: UNKNOWN. Entire protected source unit, including notes and verses, preserved; canonical completeness has not been independently established.

Text

[Devata:]

Those who abide in the forest, Peaceful, living the holy life; Those who eat but a single meal; — why is it their face is so calm?

[The Buddha:]

They do not grieve over the past, Nor do they yearn for the future; They live only in the present — That is why their face is so calm. It's from yearning for the future, And from grieving over the past; This is how fools become withered — Like a fresh reed that's been hacked down.