SN 1.10 — SN 1:10 The Wilderness | Araññña Sutta

English translation by Ṭhānissaro Bhikkhu.

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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

The Wilderness

Araññña Sutta (SN 1:10)

Standing to one side, a devatā addressed the Blessed One with a verse:

“Living in the wilderness,

staying peaceful, remaining chaste,

eating just one meal a day:

why are their faces

so bright & serene?”

The Buddha:

“They don’t sorrow over the past,

don’t long for the future.

They survive on the present.

That’s why their faces

are bright & serene.

From longing for the future,

from sorrowing over the past,

fools wither away

like a green reed cut down.”

Publisher references (not part of the sutta)

See also: AN 3:35; Ud 2:10; Thag 1:14; Thag 1:41; Thag 1:49; Thag 18