# SN 3.17 — Appamada Sutta: Heedfulness

English translation by Thanissaro 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

At Savatthi. As he was sitting to one side, King Pasenadi Kosala said to the Blessed One: "Is there, lord, any one quality that keeps both kinds of benefit secure — benefits in this life & benefits in lives to come?"

"There is one quality, great king, that keeps both kinds of benefit secure — benefits in this life & benefits in lives to come."

"But what, lord, is that one quality...?"

"Heedfulness, great king. Just as the footprints of all living beings with legs can be encompassed by the footprint of the elephant, and the elephant's footprint is declared to be supreme among them in terms of its great size; in the same way, heedfulness is the one quality that keeps both kinds of benefit secure — benefits in this life & benefits in lives to come."

That is what the Blessed One said. Having said that, the One Well-Gone, the Teacher, said further:

For one who desires long life, health, beauty, heaven, & noble birth, — lavish delights, one after another — the wise praise heedfulness in performing deeds of merit. When heedful, wise, you achieve both kinds of benefit: benefits in this life, & benefits in lives to come. By breaking through to your benefit, you're called enlightened, wise.

See also: SN 55.40; SN 48.56 AN 4.37; Dhp 21-32; Dhp 315; Sn 2.10.