SN 8.4 — SN 8:4 Ānanda (Instructions to Vaṅgīsa) | Ānanda Sutta

English translation by Ṭhānissaro Bhikkhu.

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Text

Ānanda (Instructions to Vaṅgīsa)

Ānanda Sutta (SN 8:4)

On one occasion Ven. Ānanda was staying near Sāvatthī in Jeta's Grove, Anāthapiṇḍika's monastery. Then early in the morning, having adjusted his lower robe and taking his bowl & outer robe, he went into Sāvatthī for alms with Ven. Vaṅgīsa as his attendant monk. Now at that time dissatisfaction (with the celibate life) had arisen in Ven. Vaṅgīsa. Lust invaded his mind. So he addressed Ven. Ānanda with this verse:

"With sensual lust I burn.

My mind is on fire.
Please, Gotama, from compassion,
tell me how
to put it out.”

Ven. Ānanda:
“From distorted perception
your mind is on fire.
Shun the theme of the beautiful
accompanied by lust.
See mental fabrications as other,
as stress,
& not-self.
Extinguish your great lust.
Don’t keep burning again & again.
Develop the mind
—well-centered & one—
in the foul,
through the foul.
Have your mindfulness
immersed in the body.
Be one who pursues
disenchantment.
Develop the theme-less.1
Cast out conceit.
Then, from breaking through
conceit,
you will go on your way,
at peace.”

Note

1. The themeless concentration of awareness. See MN 121 and SN 41:7.

Publisher references (not part of the sutta)

See also: MN 119; AN 4:163