Iti 4 — Anger

English translation by Bhikkhu Sujato.
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Text

So It Was Said 4

The Book of the Ones

Chapter One

Anger

This was said by the Buddha, the Perfected One: that is what I heard.

“Mendicants, give up one thing and I guarantee you non-return. What one thing? Anger is the one thing. Give it up, and I guarantee you non-return.”

The Buddha spoke this matter. On this it is said:

“When overcome by anger

beings go to a bad place.

Having rightly understood that anger,

the discerning give it up.

Once they’ve given it up,

they never return to this world.”

This too is a matter that was spoken by the Blessed One: that is what I heard.