Iti 10 — Complete Understanding of Hate

English translation by Bhikkhu Sujato.
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Text

So It Was Said 10

The Book of the Ones

Chapter One

Complete Understanding of Hate

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

“Mendicants, without directly knowing and completely understanding hate, without dispassion for it and giving it up, you can’t end suffering. By directly knowing and completely understanding hate, having dispassion for it and giving it up, you can end suffering.”

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

“When overcome by hate

beings go to a bad place.

Having rightly understood that hate,

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.