Iti 101 — Easy to Find

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Text

So It Was Said 101

The Book of the Fours

The Chapter on the Brahmin's Offering of the Teaching

Easy to Find

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

"Mendicants, these four trifles are easy to find and are blameless. What four? Rag-robes … A lump of almsfood … Lodgings at the root of a tree … Rancid urine as medicine … These four trifles are easy to find and are blameless. When a mendicant is content with trifles that are easy to find, they have one of the factors of the ascetic life, I say."

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

"When one is content with what's blameless,

trifling, and easy to find,

they don't get distressed

about lodgings, robes,

food, and drink,

and they're not obstructed anywhere.

These qualities are said to be

integral to the ascetic life.

They're mastered by a mendicant,

content and diligent."

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