Iti 12 — Complete Understanding of Anger

English translation by Bhikkhu Sujato.
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Text

So It Was Said 12

The Book of the Ones

Chapter Two

Complete Understanding of Anger

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

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