Iti 29 — Living in Happiness

English translation by Bhikkhu Sujato.
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Text

So It Was Said 29

The Book of the Twos

Chapter One

Living in Happiness

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

“Mendicants, when a mendicant has two qualities they live happily in this very life—without distress, anguish, and fever— and when the body breaks up, after death, they can expect a good rebirth. What two? Guarding the sense doors and moderation in eating. When a mendicant possesses these two qualities they live happily in this very life—without distress, anguish, and fever— and when the body breaks up, after death, they can expect a good rebirth.”

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

“Eye, ear, nose,

tongue, body, and likewise mind:

a mendicant who makes these

sense doors well guarded—

eating in moderation,

restrained in the sense faculties—

reaps happiness

both physical and mental.

Not burning in body,

not burning in mind,

by day or by night

such a person lives in happiness.”

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