Iti 37 — Happiness

English translation by Bhikkhu Sujato.
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Text

So It Was Said 37

The Book of the Twos

Chapter One

Happiness

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

“Mendicants, when a mendicant has two qualities they’re full of joy and happiness in this very life, and they have laid the groundwork for ending the defilements. What two? Being inspired at inspiring places, and making a suitable effort when inspired. When a mendicant possesses these two qualities they’re full of joy and happiness in this very life, and they have laid the groundwork for ending the defilements.”

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

“At inspiring places

an astute person should be inspired;

a keen and alert mendicant

should examine with wisdom.

A mendicant living like this, with keen energy,

peaceful not restless,

devoted to serenity of heart,

attains the ending of suffering.”

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