Iti 45 — Retreat

English translation by Bhikkhu Sujato.
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Text

So It Was Said 45

The Book of the Twos

Chapter Two

Retreat

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

“Enjoy retreat, mendicants, love retreat. Be committed to inner serenity of the heart, don’t neglect absorption, be endowed with discernment, and frequent empty huts. A mendicant who enjoys retreat can expect one of two results: enlightenment in this very life, or if there’s residue left behind, non-return.”

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

“With minds at peace, alert,

mindful and meditative,

they rightly discern the Dhamma,

unconcerned for sensual pleasures.

Delighting in diligence, peaceful,

seeing fear in negligence,

such a one can’t decline,

and has drawn near to extinguishment.”

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