Iti 46 — The Benefits of Training

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Text

So It Was Said 46

The Book of the Twos

Chapter Two

The Benefits of Training

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

“Mendicants, live with training as benefit, with wisdom as overseer, with freedom as core, and with mindfulness as ruler. A mendicant who lives in this way 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:

“The training fulfilled, not liable to decline,

overseen by wisdom, seer of rebirth’s end;

that sage bears their final body;

they have disposed of Māra, I declare, and gone beyond old age.

Therefore be always enjoying absorption, immersed in samādhi,

energetic, seers of rebirth’s end.

Having overcome Māra and his armies, mendicants,

go beyond birth and death.”

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