Iti 87 — Destroyers of Sight

English translation by Bhikkhu Sujato.
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Text

So It Was Said 87

The Book of the Threes

Chapter Four

Destroyers of Sight

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

“Mendicants, these three unskillful thoughts are destroyers of sight, vision, and knowledge. They block wisdom, they’re on the side of distress, and they don’t lead to extinguishment. What three? Thoughts of sensuality, malice, and cruelty. These are the three unskillful thoughts that are destroyers of sight, vision, and knowledge. They block wisdom, they’re on the side of distress, and they don’t lead to extinguishment.

These three skillful thoughts are creators of sight, vision, and knowledge. They grow wisdom, they’re on the side of solace, and they lead to extinguishment. What three? Thoughts of renunciation, good will, and harmlessness. These are the three skillful thoughts that are creators of sight, vision, and knowledge. They grow wisdom, they’re on the side of solace, and they lead to extinguishment.”

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

“Think the three skillful thoughts,

and get rid of the unskillful.

Quelling such thoughts and considerations,

like rain on the dust,

with a heart calmed of thought,

you’ll touch the state of peace right here.”

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