Thag 1.99 — Uttiya (3rd)

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Monks 1.99

The Book of the Ones

Chapter Ten

Uttiya (3rd)

When you hear a sound, mindfulness is lost

as you focus on a pleasant feature.

Experiencing it with a mind full of desire,

you keep clinging to it.

Your defilements grow,

leading to transmigration.