Thag 2.19 — Nanda

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thag2.19/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Verses of the Senior Monks 2.19

The Book of the Twos

Chapter Two

Nanda

Because of focusing on the wrong things,

I was addicted to ornamentation.

I was vain, fickle,

racked by desire for pleasures of the senses.

But with the help of the Buddha,

the Kinsman of the Sun, so skilled in means,

I practiced rationally and extracted

attachment to continued existence from my mind.