Thag 4.2 — Bhagu

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thag4.2/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Verses of the Senior Monks 4.2

The Book of the Fours

Chapter One

Bhagu

Overwhelmed by drowsiness,

I left my dwelling.

Stepping up to the path for walking meditation,

I fell to the ground right there.

I rubbed my limbs, and again

I stepped up on the path for walking meditation.

I walked meditation up and down the path,

serene inside myself.

Then the realization

came upon me—

the danger became clear,

and I grew firmly disillusioned.

Then my mind was freed—

behold the clear rightness of the teaching!

I've attained the three knowledges,

and fulfilled the Buddha's instructions.