Thag 4.12 — Mudita

English translation by Bhikkhu Sujato.
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Text

Verses of the Senior Monks 4.12

The Book of the Fours

Chapter One

Mudita

I went forth to save my life.

But I embraced faith

after receiving full ordination.

I strove, strong in effort:

Gladly, let this body be broken!

Let this scrap of meat disintegrate!

Let both my legs fall off

at the knees!

I won’t eat, I won’t drink,

I won’t leave my dwelling,

nor will I lie down on my side,

until the dart of craving is plucked.

As I meditate like this,

see my energy and vigor!

I’ve attained the three knowledges

and fulfilled the Buddha’s instructions.