Thag 5.4 — Sumana (1st)

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/thag5.4/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Verses of the Senior Monks 5.4

The Book of the Fives

Chapter One

Sumana (1st)

My mentor helped me to learn,

hoping I would practice those teachings.

Aspiring to freedom from death,

I've done what had to be done.

I've realized the Dhamma,

witnessing it for myself, not based on legends.

With purified knowledge, free of doubt,

I declare it in your presence.

I know my past lives,

my clairvoyance is purified,

I've realized my heart's goal,

and fulfilled the Buddha's instructions.

Being diligent in the training,

I learned your teachings well.

All my defilements are ended;

now there'll be no more future lives.

You advised me in noble observances;

sympathetic, you helped teach me.

Your instruction was not in vain—

I, your pupil, am fully trained.