Ud 3.10 — The World

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Text

Heartfelt Sayings 3.10

The World

So I have heard. At one time, when he was first awakened, the Buddha was staying in Uruvelā at the root of the tree of awakening on the bank of the Nerañjarā River. There the Buddha sat cross-legged for seven days without moving, experiencing the bliss of freedom.

When seven days had passed, the Buddha emerged from that state of immersion and surveyed the world with the eye of a Buddha. He saw sentient beings tormented with many torments, and burning with many fevers born of greed, hate, and delusion.

Then, understanding this matter, on that occasion the Buddha expressed this heartfelt sentiment:

“This world, born in torment,

overcome by contact, speaks of disease as the self.

For however you imagine it,

it turns out to be something else.

The world is attached to continued existence, overcome by continued existence,

taking pleasure only in continued existence, yet it becomes something else.

What it enjoys, that is the fear;

what it fears, that is the suffering.

But this spiritual life is led

in order to give up continued existence.

Of the ascetics and brahmins who say that through continued existence one is freed from continued existence, none are themselves freed from continued existence, I say. Of the ascetics and brahmins who say that through nonexistence one escapes from existence, none have themselves escaped from existence, I say.

For this suffering originates dependent on all attachment. With the ending of all grasping there is no origination of suffering. Just look at this world! Mired in many ways by

ignorance, beings in love with being are not released from continued existence. Whatever states of continued existence there are—everywhere, all over—all are impermanent, suffering, and perishable.

One who sees truly like this,

with right wisdom,

gives up craving for continued existence,

while not looking forward to nonexistence.

Extinguishment comes from the ending of all cravings;

fading away and cessation no residue left behind.

There is no further existence

for that mendicant extinguished by not grasping.

Victorious in battle, such a one has defeated Māra;

they've gone beyond all states of existence."