SN 1.10 — Wilderness

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 1.10

1. A Reed

Wilderness

At Sāvatthī.

Standing to one side, that deity addressed the Buddha in verse:

“Living in the wilderness,

peaceful spiritual practitioners

eat just one meal a day:

so why is their complexion so clear?”

“They don’t grieve for the past,

nor do they pray for the future;

they feed on whatever comes that day,

that’s why their complexion’s so clear.

Because they pray for the future,

and grieve for the past,

fools wither away,

like a green reed mowed down.”