SN 1.16 — Sleepiness and Sloth

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Text

Linked Discourses 1.16

2. The Garden of Delight

Sleepiness and Sloth

“Sleepiness, sloth, and yawning,

discontent, and grogginess after eating:

because of this the noble path

doesn’t shine for creatures here.”

“Sleepiness, sloth, and yawning,

discontent, and grogginess after eating:

when this is energetically fended off,

the noble path is purified.”