# SN 1.17 — Hard to Do

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## Text

Linked Discourses 1.17

2. The Garden of Delight

Hard to Do

“Hard to do, hard to endure,

is the ascetic life for the inept,

for it has many narrow passes

where the fool founders.”

“How many days could an ascetic live

without controlling the mind?

They’d founder with each step,

under the sway of thoughts.

A mendicant should collect their thoughts

as a tortoise draws its limbs into its shell.

Independent, not disturbing others,

quenched: they wouldn’t blame anyone.”