SN 4.4 — Māra’s Snares (1st)

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Text

Linked Discourses 4.4

1. Lifespan

Māra’s Snares (1st)

So I have heard. At one time the Buddha was staying near Varanasi in the deer park at Isipatana. There the Buddha addressed the mendicants, “Mendicants!”

“Venerable sir,” they replied. The Buddha said this:

“Mendicants, I have attained and realized supreme freedom through rational application of mind and rational right effort. You too should attain and realize supreme freedom through rational application of mind and rational right effort.”

Then Māra the Wicked went up to the Buddha and addressed him in verse:

“You’re bound by Māra’s snares,

both human and heavenly.

You’re bound by Māra’s bonds:

you won’t escape me, ascetic!”

“I’m freed from Māra’s snares,

both human and heavenly.

I’m freed from Māra’s bonds.

You’re beaten, terminator!”

Then Māra … vanished right there.