AN 2.185-189 — AN 2.185-189

English translation by Bhikkhu Candana.

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Text

185. “Bhikkhus, there are these two qualities. Which two?

“Becoming released from anger, and liberating the heart from its once bitter resentment.

“These are the two qualities, Bhikkhus.”

186. “Bhikkhus, there are these two qualities. Which two?

“Becoming liberated from the push to belittle or vilify others, and living with a heart that is freed from contempt.

“These are the two qualities, Bhikkhus.”

187. “Bhikkhus, there are these two qualities. Which two?

“Getting released from living with jealousy, and finally being liberated from stinginess.

“These are the two qualities, Bhikkhus.”

188. “Bhikkhus, there are these two qualities. Which two?

“No longer being deceitful, and freedom from sneakiness.

“These are the two qualities, Bhikkhus.”

189. “Bhikkhus, there are these two qualities. Which two?

“Possessing wise inner moral shame (hirī), and wise moral fear (ottappa) in one’s heart.

“These are the two qualities, Bhikkhus.”