AN 4.27 — Contentment

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 4.27

3. At Uruvelā

Contentment

“Mendicants, these four trifles are easy to find and are blameless. What four? Rag-robes … A lump of almsfood … Lodgings at the root of a tree … Rancid urine as medicine …

These four trifles are easy to find and are blameless. When a mendicant is content with trifles that are easy to find, they have one of the factors of the ascetic life, I say.

When you’re content with what’s blameless,

trifling, and easy to find,

you don’t get upset

about lodgings, robes,

food, and drink,

and you’re not obstructed anywhere.

These qualities are said to be

integral to the ascetic life.

They’re mastered by one who trains,

content and diligent.”