AN 5.161 — Getting Rid of Resentment (1st)

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Text

Numbered Discourses 5.161

17. Resentment

Getting Rid of Resentment (1st)

“Mendicants, a mendicant should use these five ways to completely get rid of resentment when it has arisen toward anyone. What five?

You should develop love for an individual you resent. That’s how to get rid of resentment for that individual.

You should develop compassion for an individual you resent. …

You should develop equanimity for an individual you resent. …

You should disregard an individual you resent, paying no attention to them. …

You should focus on the ownership of deeds regarding that individual: ‘This venerable is the owner of their deeds and heir to their deeds. Deeds are their womb, their relative, and their refuge. They shall be the heir of whatever deeds they do, whether good or bad.’ That’s how to get rid of resentment for that individual.

A mendicant should use these five ways to completely get rid of resentment when it has arisen toward anyone.”