AN 10.48 — Ten Regular Reflections for a Renunciate

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Text

Numbered Discourses 10.48

5. Abuse

Ten Regular Reflections for a Renunciate

“Mendicants, one who has gone forth should often review these ten things. What ten?

One who has gone forth should often review this: ‘I have secured freedom from class.’

‘My livelihood is tied up with others.’

‘My behavior should be different.’

‘I hope there’s no reason to blame myself when it comes to ethical conduct?’

‘I hope that, after examination, sensible spiritual companions don’t reproach any aspect of my ethics?’

‘I must be parted and separated from all I hold dear and beloved.’

‘I am the owner of my deeds and heir to my deeds. Deeds are my womb, my relative, and my refuge.

I shall be the heir of whatever deeds I do, whether good or bad.’

‘As the days and nights pass by, what sort of person am I becoming?’

‘Do I love to stay in empty huts?’

‘Do I have any superhuman distinctions in knowledge and vision worthy of the noble ones, so that when my spiritual companions question me on my deathbed I will not be embarrassed?’

One who has gone forth should often review these ten things.”