Snp 4.1 — Sensual Pleasures

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Text

Anthology of Discourses 4.1

Sensual Pleasures

If a mortal desires sensual pleasure
and their desire succeeds,
they definitely become elated,
having got what they want.
But for that personage in the throes of pleasure,
aroused by desire,
when those pleasures fade,
it inflicts them like an arrow strike.
One who, being mindful,
avoids sensual pleasures
like side-stepping a snake's head,
transcends attachment to the world.
There are many objects of sensual desire:
fields, lands, and gold; cattle and horses;
slaves and servants; women and relatives.
When a man lusts over these,
the weak overpower him
and adversities crush him.
Suffering follows him
like water in a leaky boat.
That's why a personage, ever mindful,

should avoid sensual pleasures.

Give them up and cross the flood,

as a bailed-out boat reaches the far shore.