

Akusalavitakka Sutta

SN I 9.11 Unwholesome Thoughts

Translated by Ānanda

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Once,

A monk was living in some remote forest grove of Kosala.

He was spending his days going about,
Thinking unbeneficial, unwholesome thoughts:¹

- (1) Thoughts of selfish desires,
- (2) Thoughts of dislike
- (3) And restless thoughts.²

That forest grove was also inhabited by a devatā.
Desiring the welfare of that monk, out of compassion,
With the intention of stirring him³
She approached and spoke to him these verses:

“Careless in mind,
You are devoured by your thoughts;
Break the dependence on careless ruts,
Uplift your mind with loving thoughts.”⁴

Remember the Teacher, the Dhamma
The Saṅgha and your own virtue,⁵
Gladness will arise and so will you
Be joyful, happy; unconfused too;⁶

With that gladness made your fill,
Make an end of tension, you will.”⁷

Because of that devatā,
the monk was moved to practice earnestly.⁸

¹ pāpake akusale vitakke vitakketi, seyyathidaṃ—

² kāmavitakkaṃ, byāpādavitakkaṃ, vihiṃsāvitakkaṃ.

³ saṃvejetukāmā

⁴ “Ayoniso manasikārā, so vitakkehi khajjasi; Ayoniso paṭinissajja, yoniso anucintaya.

⁵ Sathhāraṃ dhammamārabbha, saṅghaṃ sīlāni attano;

⁶ Adhigacchasi pāmojjaṃ, pītisukhamasaṃsayāṃ;

⁷ Tato pāmojjabahulo, dukkhassantaṃ karissasī”ti.

⁸ Atha kho so bhikkhu tāya devatāya saṃvejito saṃvegamāpādīti.



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