

## Exploring the Ancient Path in the Buddha's Own Words

### Lesson 1.4.4 Araññasuttaṃ Serene Dwelling in the Forest



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<b>Araññasuttaṃ</b>	<b>Serene Dwelling in the Forest</b>
Sāvattihinidānaṃ. Ekamantaṃ ̥hitā kho sā devatā bhagavantaṃ gāthāya ajjhabhāsi–	This was explained in Savatthi. Standing at one side a certain Devatā addressed the Bhagavā in verses thus:
“Araññe viharantānaṃ, santānaṃ brahmacāriṇaṃ; ekabhataṃ bhuñjamānānaṃ, kena vaṇṇo pasīdati”ti.	“Dwelling in the forest and living the life of saints, a holy life, Living only on one meal, but how can their facial features be so shining?”
“Atītaṃ nānusocanti, nappajappanti nāgataṃ; paccuppannaena yāpentī, tena vaṇṇo pasīdati.	“They do not worry about the past, they do not crave for the future. In the present moment they do dwell, that is why their facial features are so shining.
Anāgatappajappāya, atītasānusocanā; etena bālā sussanti, naḷova harito luto”ti.	Craving for the future, worrying about the past, Thus the foolish people wither away like the green weed being cut off.”