

Namo Tassa Bhagavato Arahato Samma Sambuddhassa !  
Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !

Nanda Sutta - The Discourse about Venerable Nanda.

The Numerical Discourses of the Buddha. – Translated from Pali by Ven. Bhikkhu Bodhi Thero.

Just as rain breaks through a poorly roofed house,  
Lust penetrates the mind.....,  
That has not been developed  
By calming and insight meditations.

Just as rain does not break through a well roofed house,  
Lust never penetrates the mind.....,  
That has been well developed  
By calming and insight meditations.

- Dhammapada - Verses in Pairs.

" Monks, this is how Nanda guards the doors of the sense faculties: If he needs to look to the east, he does so after he has fully considered the matter and clearly comprehends it thus: 'When I look to the east, bad unwholesome states of longing and dejection will not flow in upon me.' If he needs to look to the west ... to the north ... to the south ... to look up ... to look down ... to survey the intermediate directions, he does so after he has fully considered the matter and clearly comprehends it thus: 'When I look to the intermediate directions, bad unwholesome states of longing and dejection will not flow in upon me.' That is how Nanda guards the doors of the sense faculties.

"This is how Nanda observes moderation in eating: Here, reflecting carefully, Nanda consumes food neither for amusement nor for intoxication nor for the sake of physical beauty and attractiveness, but only for the support and maintenance of this body, for avoiding harm, and for assisting the spiritual life, considering: 'Thus I shall terminate the old feeling and not arouse a new feeling, and I shall be healthy and blameless and dwell at ease.' That is how Nanda observes moderation in eating.

"This is how Nanda is intent on wakefulness: During the day, while walking back and forth and sitting, Nanda purifies his mind of obstructive qualities. In the first watch of the night, while walking back and forth and sitting, he purifies his mind of obstructive qualities. In the middle watch of the night he lies down on the right side in the lion's posture, with one foot overlapping the other, mindful and clearly comprehending, after noting in his mind the idea of rising. After rising, in the last watch of the night, while walking back and forth and sitting, he purifies his mind of obstructive qualities. That is how Nanda is intent on wakefulness.

"This is Nanda's mindfulness and clear comprehension: Nanda knows feelings as they arise, as they remain present, as they disappear; he knows perceptions as they arise, as they remain present, as they disappear; he knows thoughts as they arise, as they remain present, as they disappear.

"How else, monks, could Nanda lead the complete and pure spiritual life unless he guarded the doors of the sense faculties, observed moderation in eating, was intent on wakefulness, and possessed mindfulness and clear comprehension?"

#### The Verses of Arahant Nanda.

Those days I followed a wrong thinking pattern.  
I was addicted to decorating my body.  
My mind was not peaceful  
as it was filled with obsession and sensual lust.  
I was conceited.  
But the Supreme Buddha,  
The kinsman of the sun, is very strategic.  
With the help of the Buddha,  
I started to wisely investigate the truth.  
I was firm in the practice.  
My mind was drowning in existence: I pulled it out. I  
lifted my mind towards Nirvana.

Saadu ! Saadu !! Saadu !!!