

0.0.1 One who sees in accordance with foulness

1. This indeed was said by the Auspicious One, said by the Arahant, as heard by me:

2. O Bhikkhus, dwell seeing in accordance with the foulness of the body. Let mindfulness of breathing be inwardly well established on the entire field of perception. Dwell as ones who see in accordance with impermanence in all sankharas.

3. For those who dwell seeing in accordance with the foulness of the body, the tendency to lust with regard to the element of beauty is abandoned. When mindfulness of breathing is inwardly well established on the entire field of perception, the tendencies of extraneous thoughts that cause vexation of mind remain no more. For those who dwell seeing in accordance with the impermanence in all sankharas, ignorance is abandoned and true knowledge arises.

4. This is the meaning of what the Auspicious One said. Thus, this was said there:

“One who sees in accordance with foulness of
the body,
being mindful of in-and-out breathing;
Ever ardent and seeing clearly,
The stilling of all sankharas.

Indeed that bhikkhu who sees rightly,
From which he is thereby well released;
The peaceful one accomplished in knowledge,
That sage has overcome all bonds.”

5. “This too is the meaning of what was said by the
Auspicious One. Thus was heard by me”.