

The “Heartfelt Sayings” (Udāna) consists of eighty short discourses in mixed prose and verse that are inspiring, accessible, and epigrammatic. It forms an ideal introduction to the Buddha’s teachings, a combination of simple, catchy, and profound that remains as popular today as it has ever been. The collection speaks of meditation, wisdom, and freedom in the context of stories that are dramatic and sometimes quirky, finding meaning in small personal events.

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*The wisdom of the Buddha has been preserved in a vast ocean of ancient texts. SuttaCentral offers fresh translations of these texts in the world’s languages. Setting aside the boundaries of language and tradition, we let the Buddha speak for himself.*



# Heartfelt Sayings

An uplifting translation of the Udāna.

*translated by*  
**Bhikkhu Sujato**

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