



# Eight Thoughts of a Great Man

When Venerable Anuruddha was meditating in seclusion, the first seven thoughts occurred to him spontaneously. Knowing his thoughts, the Buddha appeared before him, sat on the prepared seat, and taught him the Eight Thoughts of a Great Man.

- 1 This Dhamma is for one who wants little, not for one who wants much.
- 2 This Dhamma is for the contented, not for the discontented.
- 3 This Dhamma is for the secluded, not for one fond of society.
- 4 This Dhamma is for the energetic, not for the lazy.
- 5 This Dhamma is for the mindful, not for the unmindful.
- 6 This Dhamma is for the composed, not for the uncomposed.
- 7 This Dhamma is for the wise, not for the unwise.
- 8 This Dhamma is for one who is free from impediments, not for one who delights in impediments.

(Gradual Sayings, iv. 227)

