



"Monks, these eight worldly conditions spin after the world, and the world spins after these eight worldly conditions. Which eight? Gain, loss, status, disgrace, censure, praise, pleasure, and pain.

"For an uninstructed person, there arise these eight worldly conditions.

For a well-instructed disciple of the noble ones, there also arise these eight worldly conditions.

So what difference, what distinction, what distinguishing factor is there between these two groups of persons?"

"When gain arises for an uninstructed person, he does not reflect. 'Gain has arisen for me. It is inconstant, stressful, and subject to change.'

He does not discern it as it actually is.

Similarly, he does not reflect wisely as they actually are when loss, status, disgrace, censure, praise, pleasure, and pain arise. His mind remains consumed with these eight -- worldly conditions.

"He welcomes the arisen gain, status, pleasure, and praise and rebels against the arisen loss, disgrace, censure, and pain.

As he is thus engaged in welcoming and rebelling, he is not released -- from sorrows, lamentations, pains, distresses, or despair. He is not released.

"Now, gain arises for a well-instructed disciple of the noble ones.

He reflects, 'Gain has arisen for me. It is inconstant, stressful, and subject to change.'

He discerns it as it actually is. Similarly, he reflects wisely as they actually are when loss, status, disgrace, censure, praise, pleasure, and pain arise. His mind does not remain consumed with these eight worldly conditions.

"He does not welcome the arisen gain, status, praise, and pleasure, or rebel against the arisen loss, disgrace, censure, and pain. As he thus abandons welcoming and rebelling, he is released from birth, aging, and death; from sorrows, lamentations, pains, distresses, and despair. He is released."

The wise, mindful practitioner ponders the changing nature of the eight worldly conditions.

Desirable things don't charm his mind, and to undesirable ones he brings no resistance.

His mind is unshakable, sorrow-less, free from impurities, and secure. This is the highest blessing.

Make the contemplation of impermanence your refuge. – Sayalay Susilā