

These... things, householder, are welcome, agreeable, pleasant, and hard to obtain in the world:

Long life is welcome, agreeable, pleasant, and hard to obtain in the world.

Beauty is welcome, agreeable, pleasant, and hard to obtain in the world.

Happiness is welcome, agreeable, pleasant, and hard to obtain in the world.

Status is welcome, agreeable, pleasant, and hard to obtain in the world.

Now, I tell you, these... things are not to be obtained by reason of prayers or wishes. If they were to be obtained by reason of prayers or wishes, who here would lack them? It's not fitting for the disciple of the noble ones who desires long life to pray for it or to delight in doing so. Instead, the disciple of the noble ones who desires long life should follow the path of practice leading to long life. In so doing, he will attain long life. Something to think about in these trying moments