Iti 86 — Practicing In Line With the Teaching

English translation by Bhikkhu Sujato.
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Text

So It Was Said 86

The Book of the Threes

Chapter Four

Practicing In Line With the Teaching

This was said by the Buddha, the Perfected One: that is what I heard.

“Regarding a mendicant practicing in line with the teaching, it is in line with the teaching to declare that this is what it means to practice in line with the teaching. When speaking, they speak on the teaching, not against it. When thinking, they think on the teaching, not against it. And rejecting both, they meditate staying equanimous, mindful and aware.”

The Buddha spoke this matter. On this it is said:

“Delighting in the teaching, enjoying the teaching,

contemplating the teaching,

a mendicant who recollects the teaching

doesn’t fall away from the true teaching.

Whether walking or standing,

sitting or lying down,

with mind collected inside,

they attain only peace.”

This too is a matter that was spoken by the Blessed One: that is what I heard.