Iti 94 — Examination

English translation by Bhikkhu Sujato.
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Text

So It Was Said 94

The Book of the Threes

Chapter Five

Examination

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

“A mendicant should examine in whatever way such that, while examining, consciousness would neither be scattered nor diffused externally, nor stuck internally, and they would not be anxious because of grasping. When consciousness is neither scattered nor diffused externally, nor stuck internally, and they are not anxious because of grasping, there is no coming to be of the origin of suffering—of rebirth, old age, and death in the future.”

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

“For one who has given up seven chains,

a mendicant who has cut the cord,

transmigration through births is finished,

there’ll be no more future lives for them.”

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