Ud 3.5 — With Mahāmoggallāna

English translation by Bhikkhu Sujato.
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Text

Heartfelt Sayings 3.5

With Mahāmoggallāna

So I have heard. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapiṇḍika's monastery. Now at that time Venerable Mahāmoggallāna was sitting not far from the Buddha, cross-legged, with his body straight and mindfulness of the body well-established in himself. The Buddha saw him meditating there.

Then, understanding this matter, on that occasion the Buddha expressed this heartfelt sentiment:

"With mindfulness of the body established,

restrained in the six fields of contact,

a mendicant always immersed in samādhi

would know extinguishment in themselves."