SN 1.24 — Shielding the Mind

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 1.24

3. A Sword

Shielding the Mind

“Whatever you’ve shielded the mind from

can’t cause you suffering.

So you should shield the mind from everything,

then you’re freed from all suffering.”

“You need not shield the mind from everything,

nor has the mind gained self-control.

The mind need only be shielded

from where the bad things come.”