SN 36.12 — In the Atmosphere (1st)

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Text

Linked Discourses 36.12

2. In Private

In the Atmosphere (1st)

“Mendicants, various winds blow in the atmosphere. Winds blow from the east, the west, the north, and the south. There are winds that are dusty and dustless, cool and warm, weak and strong.

In the same way, various feelings arise in this body: pleasant, painful, and neutral feelings.

There are many and various

winds that blow in the atmosphere.

From the east they come, also the west,

the north, and then the south.

They are dusty and dustless,

cool and sometimes warm,

strong and weak;

these are the different gales that blow.

So too, in this body

feelings arise,

pleasant and painful,

and those that are neutral.

But when a mendicant is keen,

not neglecting situational awareness,

that astute person

understands all feelings.

Completely understanding feelings,

they’re without defilements in this very life.

That knowledge master is firm in principle;

when their body breaks up, they can’t be reckoned.”