SN 43.1 — Mindfulness of the Body

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn43.1/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Linked Discourses 43.1

Chapter One

Mindfulness of the Body

At Sāvatthī.

“Mendicants, I will teach you the unconditioned and the path that leads to the unconditioned. Listen …

And what is the unconditioned? The ending of greed, hate, and delusion. This is called the unconditioned. And what is the path that leads to the unconditioned? Mindfulness of the body. This is called the path that leads to the unconditioned.

So, mendicants, I’ve taught you the unconditioned and the path that leads to the unconditioned. Out of sympathy, I’ve done what a teacher should do who wants what’s best for their disciples. Here are these roots of trees, and here are these empty huts. Practice absorption, mendicants! Don’t be negligent! Don’t regret it later! This is my instruction to you.”