SN 43.44 — The Final Haven

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn43.44/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Linked Discourses 43.44

Chapter Two

The Final Haven

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

And what is the final haven? The ending of greed, hate, and delusion. This is called the final haven.

And what is the path that leads to the final haven? Mindfulness of the body. This is called the path that leads to the final haven.

So, mendicants, I’ve taught you the final haven and the path that leads to the final haven. 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.”

(Tell in full as in the unconditioned.)

The Linked Discourses on the unconditioned are complete.