# SN 45.11 — Meditation (1st)

English translation by Bhikkhu Sujato.
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## Text

Linked Discourses 45.11

2. Meditation

Meditation (1st)

At Sāvatthī.

“Mendicants, I wish to go on retreat for a fortnight. No-one should approach me, except the one who brings my almsfood.”

“Yes, sir,” replied those mendicants. And no-one approached him, except the one who brought the almsfood.

Then after a fortnight had passed, the Buddha came out of retreat and addressed the mendicants:

“Mendicants, I’ve been practicing part of the meditation I practiced when I was first awakened. I understand that there’s feeling conditioned by wrong view and feeling conditioned by right view. … There’s feeling conditioned by wrong immersion, and feeling conditioned by right immersion.

There’s feeling conditioned by desire. There’s feeling conditioned by thought. There’s feeling conditioned by perception. As long as desire, thought, and perception are not stilled, there is feeling conditioned by that. When desire, thought, and perception are stilled, there is feeling conditioned by that.

There is effort to attain the unattained. When that state has been attained, there is also feeling conditioned by that.”