# SN 45.23 — Practice (1st)

English translation by Bhikkhu Sujato.
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## Text

Linked Discourses 45.23

3. The Wrong Way

Practice (1st)

At Sāvatthī.

“Mendicants, I will teach you the wrong practice and the right practice. Listen …

And what’s the wrong practice? It is wrong view, wrong purpose, wrong speech, wrong action, wrong livelihood, wrong effort, wrong mindfulness, and wrong immersion. This is called the wrong practice.

And what’s the right practice? It is right view, right purpose, right speech, right action, right livelihood, right effort, right mindfulness, and right immersion. This is called the right practice.”