SN 46.12 — The Simile of the Sun (1st)

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 46.12

2. Sick

The Simile of the Sun (1st)

“Mendicants, the dawn is the forerunner and harbinger of the sunrise. In the same way, for a mendicant good friendship is the forerunner and harbinger of the arising of the seven awakening factors. A mendicant with good friends can expect to develop and cultivate the seven awakening factors.

And how does a mendicant with good friends develop and cultivate the seven awakening factors? It’s when a mendicant develops the awakening factors of mindfulness, investigation of principles, energy, rapture, tranquility, immersion, and equanimity, which rely on seclusion, fading away, and cessation, and ripen as letting go. That’s how a mendicant with good friends develops and cultivates the seven awakening factors.”