SN 46.32 — Skillful (2nd)

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 46.32

4. Hindrances

Skillful (2nd)

“Mendicants, whatever qualities are skillful, part of the skillful, on the side of the skillful, all of them are rooted in rational application of mind and meet at rational application of mind, and rational application of mind is said to be the best of them. A mendicant accomplished in rational application of mind can expect to develop and cultivate the seven awakening factors.

And how does a mendicant with rational application of mind 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 rational application of mind develops and cultivates the seven awakening factors.”