SN 47.24 — Plain Version

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 47.24

3. Ethics and Duration

Plain Version

At Sāvatthī.

“Mendicants, there are these four kinds of mindfulness meditation. What four? It’s when a mendicant meditates by observing an aspect of the body—keen, aware, and mindful, rid of covetousness and displeasure for the world. They meditate observing an aspect of feelings … mind … principles—keen, aware, and mindful, rid of covetousness and displeasure for the world.

These are the four kinds of mindfulness meditation.”