SN 47.28 — The World

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 47.28

3. Ethics and Duration

The World

The same setting. “Reverend Anuruddha, what things have you developed and cultivated to attain great direct knowledge?”

“Reverend, I attained great direct knowledge by developing and cultivating the four kinds of mindfulness meditation.

What four? It’s when I meditate observing an aspect of the body—keen, aware, and mindful, rid of covetousness and displeasure for the world. I meditate observing an aspect of feelings … mind … principles—keen, aware, and mindful, rid of covetousness and displeasure for the world. I attained great direct knowledge by developing and cultivating these four kinds of mindfulness meditation.

And it’s because of developing and cultivating these four kinds of mindfulness meditation that I directly know the thousandfold galaxy.”