SN 47.34 — Developed

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 47.34

4. Not Learned From Anyone Else

Developed

“Mendicants, when these four kinds of mindfulness meditation are developed and cultivated they lead to going from the near shore to the far shore.

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.

When these four kinds of mindfulness meditation are developed and cultivated they lead to going from the near shore to the far shore.”