SN 47.44 — Mindful

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn47.44/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Linked Discourses 47.44

5. Freedom From Death

Mindful

“Mendicants, a mendicant should live mindfully. This is my instruction to you.

And how is a mendicant mindful? 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. That’s how a mendicant is mindful. A mendicant should live mindfully. This is my instruction to you.”