SN 52.6 — At Thorny Wood (3rd)

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 52.6

1. In Private

At Thorny Wood (3rd)

At Sāketa. Sāriputta said to Anuruddha:

“What things has Venerable Anuruddha 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? 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.”