SN 56.37 — The Simile of the Sun (1st)

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn56.37/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Linked Discourses 56.37

4. In a Rosewood Forest

The Simile of the Sun (1st)

“Mendicants, the dawn is the forerunner and harbinger of the sunrise.

In the same way, for a mendicant right view is the forerunner and harbinger of truly comprehending the four noble truths. That mendicant can expect to truly understand: ‘This is suffering’ … ‘This is the origin of suffering’ … ‘This is the cessation of suffering’ … ‘This is the practice that leads to the cessation of suffering’.

That’s why you should practice meditation …”