AN 4.117 — Guarding

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 4.117

12. With Kesi

Guarding

“Mendicants, in your own way you should practice diligence, mindfulness, and guarding of the mind in four situations. What four?

‘May my mind not be aroused by things that arouse greed.’ In your own way you should practice diligence, mindfulness, and guarding of the mind.

‘May my mind not be angered by things that provoke hate.’ …

‘May my mind not be deluded by things that promote delusion.’ …

‘May my mind not be intoxicated by things that intoxicate.’ …

When a mendicant’s mind is no longer affected by greed, hate, delusion, or intoxication because they’ve got rid of these things, they don’t shake, tremble, quake, or get nervous, nor are they persuaded by the teachings of other ascetics.”