AN 4.138 — Retreat

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/an4.138/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Numbered Discourses 4.138

14. Individuals

Retreat

“Mendicants, these four individuals are found in the world. What four?

One is on retreat in body, but not mind;

one is on retreat in mind, but not body;

one is on retreat in neither body nor mind; and

one is on retreat in both body and mind.

And how is an individual on retreat in body, but not mind? It’s when an individual frequents remote lodgings in the wilderness and the forest. But they think sensual, malicious, and cruel thoughts. That’s how an individual is on retreat in body, but not mind.

And how is an individual on retreat in mind, but not body? It’s when an individual doesn’t frequent remote lodgings in the wilderness and the forest. But they think thoughts of renunciation, good will, and harmlessness. That’s how an individual is on retreat in mind, but not body.

And how is an individual on retreat in neither body nor mind? It’s when an individual doesn’t frequent remote lodgings in the wilderness and the forest. And they think sensual, malicious, and cruel thoughts. That’s how an individual is on retreat in neither body nor mind.

And how is an individual on retreat in both body and mind? It’s when an individual frequents remote lodgings in the wilderness and the forest. And they think thoughts of renunciation, good will, and harmlessness. That’s how an individual is on retreat in both body and mind.

These are the four individuals found in the world.”