AN 4.161 — In Brief

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 4.161

17. Practice

In Brief

“Mendicants, there are four ways of practice. What four?

Painful practice with slow insight,

painful practice with swift insight,

pleasant practice with slow insight, and

pleasant practice with swift insight.

These are the four ways of practice.”