AN 4.274 — Mindfulness Meditation

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Text

Numbered Discourses 4.274

28. Abbreviated Texts Beginning with Greed

Mindfulness Meditation

“For insight into greed, four things should be developed. What four? Firstly, a mendicant meditates by observing an aspect of the body—keen, aware, and mindful, rid of covetousness and displeasure for the world. They meditate observing an aspect of feelings … mind … principles—keen, aware, and mindful, rid of covetousness and displeasure for the world. For insight into greed, these four things should be developed.”