AN 4.29 — Footprints of the Dhamma

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 4.29

3. At Uruvelā

Footprints of the Dhamma

“Mendicants, these four footprints of the Dhamma are primordial, long-standing, customary, and traditional. They are uncorrupted, as they have been since the beginning. They’re not being corrupted now nor will they be. Sensible ascetics and brahmins don’t look down on them. What four? Contentment, good will, right mindfulness, and right immersion.

These four footprints of the Dhamma are primordial, long-standing, customary, and traditional. They are uncorrupted, as they have been since the beginning. They’re not being corrupted now nor will they be. Sensible ascetics and brahmins don’t look down on them.

You should live with contentment,

and a heart of good will,

mindful, with unified mind,

serene within.”