AN 5.98 — In the Wilderness

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 5.98

10. With Kakudha

In the Wilderness

“Mendicants, a mendicant practicing mindfulness of breathing who has five things will soon penetrate the unshakable. What five? It’s when a mendicant has few obligations and duties, and is unburdensome and contented with life’s necessities. They eat little, not devoted to filling their stomach. They are rarely drowsy, and are dedicated to wakefulness. They live in the wilderness, in remote lodgings. They review the extent of their mind’s freedom. A mendicant practicing mindfulness of breathing who has these five things will soon penetrate the unshakable.”