AN 6.78 — Joy and Happiness

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/an6.78/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Numbered Discourses 6.78

8. Perfection

Joy and Happiness

“Mendicants, when a mendicant has six things they’re full of joy and happiness in this very life, and they have laid the groundwork for ending the defilements. What six? It’s when a mendicant enjoys the teaching, meditation, giving up, seclusion, kindness, and non-proliferation. When a mendicant possesses these six things they’re full of joy and happiness in this very life, and they have laid the groundwork for ending the defilements.”