AN 6.85 — Coolness

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 6.85

9. Coolness

Coolness

“Mendicants, a mendicant with six qualities can’t realize supreme coolness. What six? It’s when a mendicant doesn’t keep their mind in check when they should. They don’t exert their mind when they should. They don’t encourage the mind when they should. They don’t watch over the mind with equanimity when they should. They have inferior convictions. They delight in substantial reality. A mendicant with these six qualities can’t realize supreme coolness.

A mendicant with six qualities can realize supreme coolness. What six? It’s when a mendicant keeps their mind in check when they should. They exert their mind when they should. They encourage the mind when they should. They watch over the mind with equanimity when they should. They have excellent convictions. They delight in extinguishment. A mendicant with these six qualities can realize supreme coolness.”