# AN 7.45 — Prerequisites for Immersion

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## Text

Numbered Discourses 7.45

5. A Great Sacrifice

Prerequisites for Immersion

“Mendicants, there are these seven prerequisites for immersion. What seven? Right view, right purpose, right speech, right action, right livelihood, right effort, and right mindfulness. Unification of mind with these seven factors as prerequisites is what is called noble right immersion ‘with its vital conditions’ and also ‘with its prerequisites’.”