AN 7.48 — Perceptions in Brief

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 7.48

5. A Great Sacrifice

Perceptions in Brief

“Mendicants, these seven perceptions, when developed and cultivated, are very fruitful and beneficial. They have freedom from death as their objective and culmination.

What seven? The perceptions of ugliness, death, repulsiveness of food, dissatisfaction with the whole world, impermanence, suffering in impermanence, and not-self in suffering. These seven perceptions, when developed and cultivated, are very fruitful and beneficial. They have freedom from death as their objective and culmination.”