AN 9.16 — Perceptions

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 9.16

2. The Lion’s Roar

Perceptions

“Mendicants, these nine perceptions, when developed and cultivated, are very fruitful and beneficial. Their objective and culmination is freedom from death. What nine? The perceptions of ugliness, death, repulsiveness of food, dissatisfaction with the whole world, impermanence, suffering in impermanence, not-self in suffering, giving up, and fading away. These nine perceptions, when developed and cultivated, are very fruitful and beneficial. Their objective and culmination is freedom from death.”