AN 9.68 — Places of Rebirth

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 9.68

7. Mindfulness Meditation

Places of Rebirth

“Mendicants, there are five destinations. What five? Hell, the animal realm, the ghost realm, humanity, and the gods. These are the five destinations.

To give up these five destinations you should develop the four kinds of mindfulness meditation. …”