AN 9.70 — Higher Fetters

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 9.70

7. Mindfulness Meditation

Higher Fetters

“Mendicants, there are five higher fetters. What five? Desire for rebirth in the realm of luminous form, desire for rebirth in the formless realm, conceit, restlessness, and ignorance. These are the five higher fetters.

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