AN 9.92 — Shackles of the Heart

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 9.92

9. Bases of Psychic Power

Shackles of the Heart

“Mendicants, there are these five shackles of the heart. What five? Firstly, a mendicant isn’t free of greed for sensual pleasures. … These are the five shackles of the heart.

To give up these five shackles of the heart you should develop the four bases of psychic power. What four? It’s when a mendicant develops the basis of psychic power that has immersion due to enthusiasm, and active effort. They develop the basis of psychic power that has immersion due to energy, and active effort. They develop the basis of psychic power that has immersion due to mental development, and active effort. They develop the basis of psychic power that has immersion due to inquiry, and active effort. To give up these five shackles of the heart you should develop these four bases of psychic power.”