Ud 5.10 — With Cūḷapanthaka

English translation by Bhikkhu Sujato.
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Text

Heartfelt Sayings 5.10

With Cūḷapanthaka

So I have heard. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapiṇḍika's monastery. Now at that time Venerable Cūḷapanthaka was sitting not far from the Buddha, cross-legged, his body set straight, and mindfulness brought to the present.

The Buddha saw him meditating there.

Then, understanding this matter, on that occasion the Buddha expressed this heartfelt sentiment:

"Steady in body, steady in mind,

standing, sitting or lying down:

a mendicant focusing on this mindfulness

gains an ever higher distinction.

And when they have done so,

they vanish from the King of Death."