

Samādhīparikkhāra Sutta

AN VII 45 The Requisites of Meditation

Translated by Bhante Ānanda

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"Monks,

There seven things that make up¹ meditation.

What seven?

- (1) Wise Understanding*
- (2) Wise Attitude*
- (3) Wise Speech*
- (4) Wise Action*
- (5) Wise Living*
- (6) Wise Practice*
- (7) And Wise Presence.*

Monks,

Tranquility of mind

Made-up² of these seven supports;

This is called Ariyan Wise meditation

With its causes³ and conditions.

¹ "Sattime, bhikkhave, samādhīparikkhārā.

² Parikkhata² [pp. of *parikkharoti; cp. Sk. pariṣkṛta] made up, prepared, endowed with, equipped, adorned.

³ Upanisā



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