

Ariya Sutta

SN V 51.3 Discourse on the Wise Mental Masteries

Translated by Bhante Ānanda

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*B*hikkhus,

*These four mental masteries,
When developed and cultivated,
are worthy and liberating.¹*

*They lead those who train in them
to the Complete Calming of Tension.*

What four?

A Bhikkhu

- (1) Develops samādhi based on desire, obtained by willful striving,*
- (2) Develops samādhi based on vigor, obtained by willful striving,*
- (3) Develops samādhi based on mind, obtained by willful striving,*
- (4) Develops samādhi based on exploration, obtained by willful striving.*

*Bhikkhus,
These four mental masteries,
when developed and cultivated,
are wise and liberating.*

*They lead those who train in them
to the Complete Calming of Tension.*

¹ *Ariyā niyyānikā niyyanti*



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