

# *Samādhi Sutta*

SN V 45.28 Discourse on Wise Meditation

Translated by Ānanda

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nce, in Sāvatti.

*Ariyan, is this wise meditation<sup>1</sup> that I will teach you, monks,  
With its supports and requirements.*

*Hear this.*

*And what is this Ariyan wise meditation monks,  
with its supports and requirements?<sup>2</sup>*

*It is,  
Wise Understanding  
Wise Attitude  
Wise Speech  
Wise Action  
Wise Living  
Wise Undertaking  
Wise Presence*

*Monks,  
This tranquility of the mind,  
Supported by these seven components;  
That, is called Ariyan wise meditation,  
With its supports and requirements.*

*Eighth*



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<sup>1</sup> Ariyaṃ vo, bhikkhave, sammāsamādhiṃ...

<sup>2</sup> Ariyo sammāsamādhi saupaniso saparikkhāro