AN 2.74 — AN 2.74

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Source revision: 95439bcf66d6295a952d574a8501d2d31edc03ca3ed8eb1e5889f079f7b658c9

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Text

74. “Bhikkhus, happiness is of two types. What two?

“The happiness that results from using spiritual joy as one’s object of meditation, and the happiness that does not rely on using spiritual joy as one’s object of meditation.

“And among these two, Bhikkhus, the happiness that no longer relies on using spiritual joy as one’s object of meditation is indeed the greatest.”