AN 5.210 — AN 5:210 Muddled Mindfulness | Muṭṭhassati Sutta

English translation by Ṭhānissaro Bhikkhu.

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Completeness: ABBREVIATED. Every source-unit character is preserved, including introductions, notes and verse structure. Thanissaro's collection-level note explicitly states that repetitions were cut: https://www.dhammatalks.org/suttas/about.html. This is evidence about the translation method, not an assertion that every individual unit contains an omission; no repetitions reconstructed.

Text

Muddled Mindfulness

Muṭṭhassati Sutta (AN 5:210)

"Monks, there are these five drawbacks for one who falls asleep unalert & with muddled mindfulness. Which five?

"One sleeps badly, wakes up badly, dreams evil dreams. The devas don't protect one. Semen is emitted.

"These, monks, are the five drawbacks for one who falls asleep unalert & with muddled mindfulness.

“There are these five rewards for one who falls asleep alert & with mindfulness established. Which five?

“One sleeps easily, wakes up easily, dreams no evil dreams. The devas protect one. Semen is not emitted.

“These, monks, are the five rewards for one who falls asleep alert & with mindfulness established.”

Publisher references (not part of the sutta)

See also: AN 5:56; AN 6:17; AN 11:16; Dhp 29; Dhp 325; Sn 2:10; Thag 1:84; Thag 2:37