SN 46.8 — With Upavāṇa

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/sn46.8/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
License: CC0-1.0 — https://creativecommons.org/publicdomain/zero/1.0/

Text

Linked Discourses 46.8

1. Mountains

With Upavāṇa

At one time the venerables Upavāṇa and Sāriputta were staying near Kosambī in Ghosita's monastery. Then in the late afternoon, Venerable Sāriputta came out of retreat, went to Venerable Upavāṇa and exchanged greetings with him. When the greetings and polite conversation were over, he sat down to one side and said to Upavāṇa:

"Reverend Upavāṇa, can a mendicant know that by investigating inside themselves, the seven awakening factors have been properly implemented so that they lead to living at ease?"

"They can, Reverend Sāriputta.

As a mendicant rouses up the awakening factor of mindfulness, they understand: 'My mind is well freed. I've eradicated dullness and drowsiness, and eliminated restlessness and remorse. My energy is roused up, and my mind is sharply focused, not sluggish.' …

As they rouse up the awakening factor of equanimity, they understand: 'My mind is well freed. I've eradicated dullness and drowsiness, and eliminated restlessness and remorse. My energy is roused up, and my mind is sharply focused, not sluggish.'

That's how a mendicant can know that by investigating inside themselves, the seven awakening factors are properly implemented so that they lead to living at ease."