SN 47.41 — Amata Sutta — The Deathless

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Text

Once, while in Sāvatthi, The Blessed One addressed the Bhikkhus by saying:

“Bhikkhus, you should develop the mind by diligently practicing the Four Bases of Mindfulness (*Satipaṭṭhāna*).

“Do not let this rare opportunity of beating and overcoming death, once and for all, pass you by!

“And what are these four?

“Here, Bhikkhus, you must dedicate yourself to meditating while being fully attentive and aware of the body; carefully staying with the body, by observing whatever you detect to be *the* most pronounced bodily sensation that is occurring, at the time. Do this, as you train yourself ardently but *without* having any thoughts or attitudes of either longing or resentment towards the world.

“Also, Bhikkhus, you must dedicate yourself to meditating while being fully attentive and aware of feelings; carefully staying with whatever feeling you detect to be *the* most pronounced feeling occurring at the time, mindful of it in all its transitions and everchanging states. Do this, as you train yourself ardently but *without* having any thoughts or attitudes of either longing or resentment towards the world.

“Also, Bhikkhus, you must dedicate yourself to meditating while being fully attentive and aware of whatever state that is occurring in the Heart (*Citta*), carefully staying with whatever you detect to be *the* most pronounced state taking place at the time, within the *Citta*, remaining mindful of it in all its transitions and everchanging states. Do this, as you train yourself ardently but *without* having any thoughts or attitudes of either longing or resentment towards the world.

“And, Bhikkhus, you must dedicate yourself to meditating while being fully attentive and aware of whatever mental phenomena, idea or state *(dhamma),* along with the experiences that are occurring at the time; carefully staying with whatever you detect to be *the* most pronounced mental phenomenon or idea you experience, mindful of them in all their transitions and everchanging states. Do this, as you train yourself enthusiastically but *without* having any thoughts or attitudes of either longing or resentment towards the world.

“Therefore, Bhikkhus, you must develop the mind by diligently practicing the Four Bases of Mindfulness. For in doing so, you *will not* let this rare opportunity of beating and overcoming death, once and for all, pass you by!”

Sādhu Sādhu Sādhu

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