SN 47.42 — Samudaya Sutta — The Arising

English translation by Bhikkhu Candana.

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Source revision: f121626c744f032b8acc50bdcf7b063003d768283f7b76a2732b2a036e19bf81

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Original document heading: SN 47.42 Saṁyutta Nikāya The Connected Discourses Mahāvagga Saṁyutta (Connected Discourses on the Great Section) Satipaṭṭhāna Saṁyutta (Connected Discourses on the Establishments of Mindfulness) Amata Vagga (The Section on The Deathless) Samudaya Sutta “The Arising” Translated by Bhikkhu Candana Copyright © Bhikkhu Candana 2024

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Text

“Bhikkhus, I will now teach you the arising and the very ending of each of the Four Bases of Mindfulness Practice.

“So, listen and pay careful attention to what I shall say.”

“Yes, Bhante!”

1. “Now what, Bhikkhus, is the arising, the very cause of the body?

“Because of the nourishment one receives from consuming edible food, the body manifests. Hence, the food one continues to eat is the very condition, because of which the body arises.

“But, with the ending of the nourishment received from edible food, the body itself comes to an end and ceases.

2. “As for feelings, because of the nourishment one receives from making contact, feelings manifest. Hence, it is by continuously making contact with the world, that feelings arise.

“But, with the ending of contact received from the world, feelings themselves come to an end, and cease.

3. “As it relates to the Citta and the various states of mind it undergoes, because of the presence of name and form (nāmarūpa), the mind becomes manifest, along with its various fluctuating states. Hence, it is by the continuous engagement with name and form, that the mind, along with its various states, arises.

“But, with the ending of name and form (nāmarūpa), the Citta itself, together with its various states, comes to an end, and ceases.

4. “As for the various dhammā or mind objects, because of the mental attention one gives to them, the various dhammā (or mind objects) manifest. After all, it is attention itself that turns them into ‘objects.’

“But, it is when you stop tolerating and giving attention to the mental objects appearing in the mind, that they can finally come to their end and cease.”

Sādhu Sādhu Sādhu