SN 52.7 — The Ending of Craving

English translation by Bhikkhu Sujato.
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Text

Linked Discourses 52.7

1. In Private

The Ending of Craving

At Sāvatthī.

There Venerable Anuruddha addressed the mendicants: “Reverends, mendicants!”

“Reverend,” they replied. Anuruddha said this:

“Reverends, when these four kinds of mindfulness meditation are developed and cultivated they lead to the ending of craving. What four? It’s when a mendicant meditates by observing an aspect of the body … feelings … mind … principles—keen, aware, and mindful, rid of covetousness and displeasure for the world. When these four kinds of mindfulness meditation are developed and cultivated they lead to the ending of craving.”