

Mitta Sutta

SN V 56.26 To your Friends
Translated by Bhante Ānanda
June 2020

"To those you have compassion for,

*To those you think would listen and understand--
To your friends and family,
Acquaintances and relatives,*

*They should be encouraged, explained and helped
to directly understand reality
by way of the four awakened understandings.*

What four?

- (1) The awakened understanding of tension,*
- (2) The awakened understanding of the increase of tension,*
- (3) The awakened understanding of the release from tension,*
- (4) The awakened understanding of the way to release tension.*

*To those you have compassion for,
To those you think would listen and understand--
To your friends and family,
Acquaintances and relatives,*

*They should be encouraged, explained and helped
to directly understand reality
by way of the four awakened understandings.*

Bhikkhus,

- (1) One should continually discern: 'This is Tension'¹*
- (2) One should continually discern: 'This is the increase of tension'*
- (3) One should continually discern: 'This is the release from tension'*
- (4) One should continually discern: 'This is how to release tension.'*

¹ Tasmātiha, bhikkhave, 'idaṃ dukkhaṃ' ti yogo karaṇīyo ...



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