

Samādhisutta

AN V 27 Discourse on Immeasurable Meditation

Translated from the Pāli by Bhante Ānanda

Revised Jan 2020 English

*B*hikkhus, being wise and continuously present, develop meditation¹ that is immeasurable².

Bhikkhus, when, being wise and continuously present,
You develop the meditation that is immeasurable,
Five different understandings are known to arise.

What Five?

The understanding arises:

“This present samādhi is happiness and results in future happiness.”

“This samādhi is noble and beyond material.”

“

“This samādhi is not practiced by unrighteous persons.”

“This samādhi is peaceful, sublime,
obtained through calming down, attained by mental unity,
not by forcefully holding back and pushing away.

“I am aware while entering it and aware while emerging from it.

¹ **Samādhi:** Depending on the context, I translate the word “samādhi” as “meditation” or “mental stillness” or “peace of mind.” But since there are no real english word properly fitting, and since its very high importance in the Buddha’s Teaching, I prefer to leave it as it is: Samādhi. Perhaps the word could be added to the English vocabulary.

² **Appamāṇā Samādhi:** The immeasurable Samādhi is usually associated with the Brahmāviharas (Loving-Kindness, Compassion, Joy and Mental Steadiness). It can also be interpreted as the state of a mind without greed, hatred or delusion.

“Greed, hate, and delusion are makers of limits.

*A monk who has made an end of the defilements, has given these up,
cut them off at the root, made them like a palm stump and obliterated them,
so they are unable to arise in the future.*

The unshakable mind release is said to be the best kind of limitless mind release.

That unshakable mind release is empty of greed, hate, and delusion.”

Bhikkhus, being wise and continuously present,
develop meditation that is immeasurable.

Bhikkhus, when, being wise and continuously present,
You develop the meditation that is immeasurable,
These five different understandings are known to arise.

Seventh