

## Mitta Sutta

SN V 56.26 To your Friends  
Transl. by Bhante Ānanda  
June 2020

*To those for who you have compassion,*

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

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

*What four?*

*The awakened understanding of unwholesomeness,  
The awakened understanding of the increase of unwholesomeness,  
The awakened understanding of the release from unwholesomeness,  
The awakened understanding of the practice leading to the release from unwholesomeness.*

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

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

*Bhikkhus,  
One should continually discern: 'This is unwholesome' <sup>1</sup>  
One should continually discern: 'This is the increase of unwholesomeness'  
One should continually discern: 'This is the release from unwholesomeness'  
One should continually discern: 'This is the practice leading to the release from unwholesomeness'*

*Sixth.*

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<sup>1</sup> *Tasmātiha, bhikkhave, 'idaṃ dukkhan'ti yogo karaṇīyo ...*