

Samatho Vipassanā

*AN II 31 Tranquility and Observation
Translated by Ānanda
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*B*hikkhus, there are two things conducive to knowledge.

Which two?

- (1) Tranquility and*
- (2) Wise Observation.¹*

What is the purpose of undertaking the development of Tranquility?

The mind comes to be developed.

What is the purpose of developing the mind?

One's tension² comes to be abandoned.

What is the purpose of developing Wise Observation?

Wisdom comes to be developed.

What is the purpose of developing wisdom?

One's lack of awareness comes to be abandoned.

Soiled by greed bhikkhus,

The mind is not released,

Soiled by ignorance,

Wisdom is not developed.

Thus bhikkhus,

By the undoing of craving,

There is mind-release.

By the undoing of ignorance,

There is wisdom-release.

¹ *These two always come together. See MN 149 Mahāsaḷāyatana Sutta: "Tassime dve dhammā yuganandhā vattanti— samatho ca vipassanā ca."*

² *Craving*



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