0.0.1 Guarding

1. There are four themes, O bhikkhus, by means of which one seeking his own welfare should be vigilant in guarding the mind with mindfulness. What four?

2. "Let my mind not be tainted amidst things that taint." One seeking his own welfare should be vigilant in guarding the mind with mindfulness.

3. "Let my mind not arouse hatred amidst things that provoke hate." One seeking his own welfare should be vigilant in guarding the mind with mindfulness.

4. "Let my mind not be deluded amidst things that cause delusion." One seeking his own welfare should be vigilant in guarding the mind with mindfulness.

5. "Let my mind not be intoxicated amidst things that cause intoxication." One seeking his own welfare should be vigilant in guarding the mind with mindfulness.

6. "When, O bhikkhus, a bhikkhu's mind does not become tainted amidst things that taint, [attained to] freedom from lust; his mind does not arouse hatred amidst things that provoke hate, [attained to] freedom from hatred; his mind does not become deluded amidst things that cause delusion, [attained to] freedom from delusion;

his mind does not become intoxicated amidst things that cause intoxication, [attained to] freedom from intoxication; he is unruffled, unshaken, unperturbed, fearless, and does not act on account of a samana's bidding."