

DESTINATION



I will teach the destination and the path leading to the destination. Listen to what I say.

What is the destination?

The eradication of infatuation, the eradication of hostility, and the eradication of delusion is what is called the destination.

And what is the path leading to the destination?

Present-moment awareness directed toward the body. This awareness is what is called the path leading to the destination.

In this way, I have taught to you the destination and the path leading to the destination. That which should be done out of compassion by a caring teacher who desires the welfare of his students, I have done for you.

There are secluded places. Meditate, do not be negligent! Don't have regrets later!

This is my instruction to you.