

AN 4.170 Yuganaddha Sutta: In Tandem

On one occasion Ven. Ananda was staying in Kosambi, at Ghosita's monastery. There he addressed the monks, "Friends!"

"Yes, friend," the monks responded.

Ven. Ananda said: "Friends, whoever, monk or nun, declares the attainment of Arahantship in my presence, they all do so by means of one or another of four paths. Which four?

"There is the case where a meditator has developed insight preceded by tranquillity. As they develop insight preceded by tranquillity, the path is born. They follow that path, develop it and pursue it. As they follow that path, developing it & pursuing it, their fetters are abandoned, their obsessions destroyed.

"Then there is the case where a meditator has developed tranquillity preceded by insight. As they develop tranquillity preceded by insight, the path is born. They follow that path, develop it and pursue it. As they follow that path, developing it & pursuing it, their fetters are abandoned, their obsessions destroyed.

"Then there is the case where a meditator has developed tranquillity in tandem with insight. As they develop tranquillity in tandem with insight, the path is born. They follow that path, develop it, pursue it. As they follow that path, developing it & pursuing it, their fetters are abandoned, their obsessions destroyed.

"Then there is the case where a meditator's mind has restlessness concerning the Dhamma well under control. There comes a time when their mind grows steady inwardly, settles down, and becomes focussed & unified. In them the path is born. They follow that path, develop it, pursue it. As they follow that path, developing it & pursuing it, their fetters are abandoned, their obsessions destroyed.

"Whoever — monk or nun — declares the attainment of Arahantship in my presence, they all do so by means of one or another of these four paths."

