



AN 4.69
Padhāna Sutta
(SA 875–876)

Thus have I heard:

On a certain occasion the Exalted One addressed the monks, saying:

'Monks.'

'Yes, lord,' replied those monks to the Exalted One.

The Exalted One said:

'Monks, there are these four efforts.

What four?

The effort to restrain,

that to abandon,

that to make-become,

and the effort to preserve.

And of what sort, monks, is the effort to restrain?

Herein a monk generates desire for the non-arising of evil, unprofitable states that have not yet arisen; he makes an effort, sets going energy, he lays hold of and exerts his mind (to this end).

This, monks, is called "the effort to restrain."

And of what sort, monks, is the effort to abandon?

Herein a monk generates desire for the abandoning of evil, unprofitable states that have arisen; he makes an effort, sets going energy, he lays hold of and exerts his mind (to this end).

This is called "the effort to abandon."

And of what sort, monks, is the effort to make-become?

Herein he generates desire for the arising of profitable states not yet arisen; he makes an effort, sets going energy, he lays hold of and exerts his mind (to this end).

This is called "the effort to make-become."

And of what sort, monks, is the effort to preserve?

Herein a monk generates desire for the establishing, for the non-confusion, for the more-becoming, for the increase, cultivation and fulfilment of profitable states that have arisen; he makes an effort, sets going energy, he lays hold of and exerts his mind (to this end).

This is called "the effort to preserve."

So these, monks, are the four efforts.

Restraint, leaving, making-become, preserving -

These are the four exertions taught by him,

The Kinsman of the Sun. Herein a monk

Ardently striving makes an end of III."

(Transl: PTS - Woodward)