

Fourth profitable direction

Sukhā ca paṭipadā khippābhiññā	
Pleasant way with quick realisation	

catutthaṃ jhāna	
Fourth Meditation	

catutthañca satipaṭṭhāna	Dhammānupassanā
Mindfulness regarding the doctrine	Mindfulness regarding suffering, arising of suffering and passing away of suffering.

catuttho ca vihāro	arūpasamāpattiyo āneñjavihārā
The fourth abiding	Formless concentration

Anger, untruth and doubts, these states arise merely because of the existence of this duality.
Let a doubter **train** himself by way of knowledge-path to understand these states as taught by the Recluse."

Train by higher morality (adhisīlasikkhā), train by higher thought (adhicittasikkhā), train by higher wisdom (adhipaññāsikkhā)

catutthañca sammappadhāna	Uppannānaṃ kusalānaṃ dhammānaṃ ṭhitiyā asamosāya ...
The fourth right endeavour	He rouses his will, makes an effort, stirs up energy, exerts his mind and strives to maintain wholesome mental states that have arisen, not to let them fade away, to bring them to greater growth, to the full perfection of development
	Protect path and fruits of attainment. This includes Preservation (anurakkhaṇāpadhāna - samādhinimittaṃ anurakkhati)

catuttho ca acchariyō abbhuto dhammo	
The fourth wonderful and marvellous idea	The Noble Eightfold path

upasamādhittāna	rāgadosamohānaṃ upasamo
The fourth determination	The highest determination for calm

vīmaṃsāsamādhi	
Concentration due to investigation	Seeing as impermanent, suffering, not self

sabbanissaggo	
Relinquishment of all	All – eye and the sight object etc. Give up all

upekkhā appamāṇaṃ	
Measureless state of equanimity	Equanimity about all volitional formations