



# *Daily Chants*

*2nd edition*

**Pa-Auk Tawya Meditation Centre**



*"Idha pana, bhikkhave,  
ekacce kulaputtā dhammaṃ pariyāpuṇanti –  
suttaṃ, geyyaṃ, veyyākaraṇaṃ, gāthaṃ, udānaṃ,  
itivuttakaṃ, jātaṃ, abbhutadhammaṃ, vedallaṃ.  
Te taṃ dhammaṃ pariyāpuṇitvā tesaṃ dhammānaṃ paññāya  
atthaṃ upaparikkhanti. Tesaṃ te dhammā paññāya atthaṃ  
upaparikkhataṃ nijjhānaṃ khamanti. Te na ceva upārambhānisamsā  
dhammaṃ pariyāpuṇanti na itivādappamokkhānisamsā ca. Yassa catthāya  
dhammaṃ pariyāpuṇanti tañcassa atthaṃ anubhonti. Tesaṃ te dhammā  
suggahitā dīgharattaṃ hitāya sukhāya samvattanti. Taṃ kissa hetu?  
Suggahitattā bhikkhave dhammānaṃ. (M.1.187, paragraph 239.)*

"Here, bhikkhus, some clansmen learn the Dhamma—discourses, stanzas, expositions, verses, exclamations, sayings, birth stories, marvels, and answers to questions—and having learned the Dhamma, they examine the meaning of those teachings with wisdom. Examining the meaning of those teachings with wisdom, they gain a reflective acceptance of them. They do not learn the Dhamma for the sake of criticising others and for winning in debates, and they experience the good for the sake of which they learned the Dhamma. Those teachings, being rightly grasped by them, conduce to their welfare and happiness for a long time. Why is that? Because of the right grasp of those teachings.



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(Second Edition)



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## Foreword

This edition of the Pāli chanting book is currently being used at Pa Auk Meditation Centre. As in the previous edition, it follows the Sixth Buddhist Council's (Chaṭṭha Saṅgāyanā Tipiṭaka) Pāli text. However, in this edition, more chants or Suttas have been added. Furthermore, all Suttas, with the exception of the last three, have been translated into English.

We rejoice in Venerable Ānandajoti's effort in gathering the Pāli text and then translating them into English. He has meticulously placed the English translation alongside the Pāli text. This will enable the reader to immediately comprehend the meaning of the Sutta as it is being chanted. His effort has made the printing of this chanting book possible.

We also appreciate Venerable Ānandajoti's patience towards both the delay in publication and our request for various changes or edits in the book.

There are many others who have rendered their assistance in getting this book ready for printing. To them, we would also like to express our appreciation by saying "Sādhu, Sādhu, Sādhu".

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*(22<sup>nd</sup> August 2017)*



## Daily Morning Chants

### *Anekajāti Pāḷi*

Through Countless Births Text

*Namo tassa Bhagavato Arahato Sammāsambuddhassa. (3x)*

Reverence to him, the Blessed One, the Worthy One,  
the Perfectly Self-Enlightened One.

**Anekajātisaṃsāraṃ, sandhāvissaṃ anibbisaṃ.**

Through countless births in saṃsāra I have wandered without finding.

**Gahakāraṃ gavesanto: dukkhā jāti punappunaṃ.**

While seeking the housebuilder, (I had received) jāti-dukkhā which is to be born again and again.

**Gahakāraṃ diṭṭhosi! Puna gehaṃ na kāhasi:**

O housebuilder, now you are seen! You will not build the house again:

**sabbā te phāsukā bhaggā, gahakūṭaṃ visaṅkhatam,**

all your rafters have been broken, and the ridgepole has been destroyed,

**visaṅkhāragataṃ cittaṃ, taṇhānaṃ khayamajjhagā.**

my mind has reached the Unconditioned, and craving's end has been achieved.

(3 Times)

**Iti imasmim̐ sati idaṃ hoti; imassuppādā idaṃ uppajjati,**

This being so, that is; from the arising of this, that arises,

**yadidaṃ: avijjāpaccayā saṅkhārā,**

that is to say: with ignorance as condition there are (volitional) formations,

**saṅkhārapaccayā viññāṇaṃ,**

with (volitional) formations as condition: consciousness,

**viññāṇapaccayā nāmarūpaṃ,**

with consciousness as condition: mind and body,

**nāmarūpapaccayā saḷāyatanaṃ,**

with mind and body as condition: the six sense bases,

**saḷāyatanapaccayā phasso,**

with the six sense bases as condition: contact,

**phassapaccayā vedanā,**

with contact as condition: feeling,

**vedanāpaccayā taṇhā,**

with feeling as condition: craving,

**taṇhāpaccayā upādānaṃ,**

with craving as condition: attachment,

**upādānapaccayā bhavo,**

with attachment as condition: continuation,

**bhavapaccayā jāti,**

because of (kamma) becoming, birth (upapatti-bhava = aggregates which arise dependent on jāti),

because of becoming (kamma-bhava), birth (upapatti-bhava = aggregates which arise dependent on jāti),

**jātipaccayā jarāmaraṇaṃ,**

with birth as condition: old age, death,

**sokaparidevadukkhadomanassupāyāsā sambhavanti.**

grief, lamentation, pain, sorrow, and despair (all) arise,

**Evametassa kevalassa dukkhakkhandhassa samudayo hoti.**

and so there is an origination of this whole mass of suffering.

**Yadā have pātubhavanti dhammā,**

When (the nature of) things becomes really manifest

**ātāpino jhāyato brāhmaṇassa.**

to the ardent meditating brāhmaṇa,

**Athassa kaṅkhā vapayanti sabbā,**

then all his doubts disappear,

**yato pajānāti sahetudhammaṃ.**

since he knows (the nature of a) thing and its cause.

**Iti imasmim̐ asati idaṃ na hoti; imassa nirodhā idaṃ  
nirujjhati,**

This not being so, that is not; from the ceasing of this, that ceases,

**yadidaṃ: avijjānirodhā saṅkhāranirodho,**

that is to say: from the cessation of ignorance, there is the cessation of  
(volitional) formations,

**saṅkhāranirodhā viññāṇanirodho,**

from the cessation of (volitional) formations: the cessation of  
consciousness,

**viññāṇanirodhā nāmarūpanirodho,**

from the cessation of consciousness: the cessation of mind and body,

**nāmarūpanirodhā saḷāyatānanirodho,**

from the cessation of mind and body: the cessation of the six sense bases,

**saḷāyatānanirodhā phassanirodho,**

from the cessation of the six sense bases: the cessation of contact,

**phassanirodhā vedanānirodho,**

from the cessation of contact: the cessation of feeling,

**vedanānirodhā taṇhānirodho,**

from the cessation of feeling: the cessation of craving,

**taṇhānirodhā upādānanirodho,**

from the cessation of craving: the cessation of attachment,

**upādānanirodhā bhavanirodho,**

from the cessation of attachment: the cessation of continuation,

**bhavanirodhā jātinirodho,**

from the cessation of (kamma) becoming: the cessation of birth  
(upapatti-bhava = aggregates which arise dependent on jāti),

from the cessation of becoming (kamma-bhava): the cessation of birth  
(upapatti-bhava = aggregates which arise dependent on jāti),

**jātinirodhā jarāmaraṇaṃ,**

from the cessation of birth: old age, death,

**sokaparidevadukkhadomanassupāyāsā nirujjhanti.**

grief, lamentation, pain, sorrow, and despair (all) cease,

**Evametassa kevalassa dukkhakkhandhassa nirodho hoti.**

and so there is a cessation of this whole mass of suffering.

**Yadā have pātubhavanti dhammā,**

When (the nature of) things becomes really manifest

**ātāpino jhāyato brāhmaṇassa.**

to the ardent meditating brāhmaṇa,

**Athassa kaṅkhā vapayanti sabbā,**

then all his doubts disappear,

**yato khayam paccayānam avedi.**

since the destruction of causes has been understood.

**Iti imasmim sati idaṃ hoti, imassuppādā idaṃ uppajjati,**

This being so, that is; from the arising of this, that arises,

**imasmim asati idaṃ na hoti, imassa nirodhā idaṃ nirujjhati,**

this not being so, that is not; from the ceasing of this, that ceases,

**yadidaṃ: avijjāpaccayā saṅkhārā,**

that is to say: with ignorance as condition there are (volitional)  
formations,

**saṅkhārapaccayā viññānaṃ,**

with (volitional) formations as condition: consciousness,

**viññānapaccayā nāmarūpaṃ,**

with consciousness as condition: mind and body,

**nāmarūpapaccayā saḷāyatanam,**

with mind and body as condition: the six sense bases,

**saḷāyatanapaccayā phasso,**

with the six sense bases as condition: contact,

**phassapaccayā vedanā,**

with contact as condition: feeling,

**vedanāpaccayā taṇhā,**

with feeling as condition: craving,

**taṇhāpaccayā upādānam,**

with craving as condition: attachment,

**upādānapaccayā bhavo,**

with attachment as condition: continuation,

**bhavapaccayā jāti,**

because of (kamma) becoming, birth (upapatti-bhava = aggregates which arise dependent on jāti),

because of becoming (kamma-bhava), birth (upapatti-bhava = aggregates which arise dependent on jāti),

**jātipaccayā jarāmaraṇam,**

with birth as condition: old age, death,

**sokaparidevadukkhadomanassupāyāsā sambhavanti.**

grief, lamentation, pain, sorrow, and despair (all) arise,

**Evametassa kevalassa dukkhakkhandhassa samudayo hoti.**

and so there is an origination of this whole mass of suffering.

**Avijjāya tveva asesavirāganirodhā saṅkhāranirodho,**

But from the complete fading away and cessation of ignorance, there is the cessation of (volitional) formations,

**saṅkhāranirodhā viññāṇanirodho,**

from the cessation of (volitional) formations: the cessation of consciousness,

**viññāṇanirodhā nāmarūpanirodho,**

from the cessation of consciousness: the cessation of mind and body,

**nāmarūpanirodhā saḷāyatananirodho,**

from the cessation of mind and body: the cessation of the six sense bases,

**saḷāyatananirodhā phassanirodho,**

from the cessation of the six sense bases: the cessation of contact,

**phassanirodhā vedanānirodho,**

from the cessation of contact: the cessation of feeling,

**vedanānirodhā taṇhānirodho,**

from the cessation of feeling: the cessation of craving,

**taṇhānirodhā upādānanirodho,**

from the cessation of craving: the cessation of attachment,

**upādānanirodhā bhavanirodho,**

from the cessation of attachment: the cessation of continuation,

**bhavanirodhā jātinirodho,**

from the cessation of (kamma) becoming: the cessation of birth  
(upapatti-bhava = aggregates which arise dependent on jāti),

from the cessation of becoming (kamma-bhava): the cessation of birth  
(upapatti-bhava = aggregates which arise dependent on jāti),

**jātinirodhā jarāmaṇaṃ,**

from the cessation of birth: old age, death,

**sokaparidevadukkhadomanassupāyāsā nirujjhanti.**

grief, lamentation, pain, sorrow, and despair (all) cease,

**Evametassa kevalassa dukkhakkhandhassa nirodho hoti.**

and so there is a cessation of this whole mass of suffering.

**Yadā have pātubhavanti dhammā,**

When (the nature of) things becomes really manifest

**ātāpino jhāyato brāhmaṇassa.**

to the ardent meditating brāhmaṇa,

**Vidhūpayam tiṭṭhati Mārasenam,**

he dwells dispelling Māra's army,

**suriyova obhāsayamantalikkham.**

as the sun (dwells) lighting up the firmament.



**Hetupaccayo, ārammaṇapaccayo, adhipatipaccayo,**  
Root condition, object condition, predominance condition,

**anantarapaccayo, samanantarapaccayo,**  
preceding condition, prior condition,

**sahajātapaccayo, aññamaññapaccayo,**  
arising together condition, mutuality condition,

**nissayapaccayo, upanissayapaccayo,**  
support condition, strong support condition,

**purejātapaccayo, pacchājātapaccayo, āsevanapaccayo,**  
arising before condition, arising later condition, habitual condition,

**kammaṇapaccayo, vipākaṇapaccayo,**  
(intentional) deed condition, result condition,

**āhārapaccayo, indriyapaccayo,**  
nutriment condition, faculty condition,

**jhānapaccayo, maggapaccayo,**  
absorption condition, path condition,

**sampayuttapaccayo, vippayuttapaccayo,**  
association condition, disassociation condition,

**atthipaccayo, natthipaccayo,**  
presence condition, absence condition,

**vigatapaccayo, avigatapaccayoti.**  
disappearance condition, non-disappearance condition

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## *Jayaparittam*

### The Success Safeguard

**Jayanto Bodhiyā mūle, Sakyānaṃ nandivuḍḍhano -**

Succeeding at the root of the Bodhi tree he furthered the Sakyans' joy -

**evameva jayo hotu, jayassu jayamaṅgale.**

so may you be successful, may you succeed with the blessing of success!

**Aparājitapallaṅke, sīse puthuvipukkhaḷe,**

On the undefeated seat at the top of the world which is the most sacred earth,

**abhiseke sabbaBuddhānaṃ, aggapatto pamodati.**

which was consecrated by all Buddhas, he rejoices in the highest attainment.

**Sunakkhattaṃ sumaṅgalaṃ, suppabhātaṃ suhuṭṭhitaṃ,**

(May there be) good planets, good blessings, good daybreaks, good waking up,

**sukhaṇo sumuhutto ca, suyiṭṭhaṃ brahmacārisu.**

good moments, good instants and good offerings made to the Noble Ones,

**Padakkhiṇaṃ kāyakammaṃ, vācākammaṃ padakkhiṇaṃ,**

(May there be) favourable body-actions, favourable speech-actions,

**padakkhiṇaṃ manokammaṃ, paṇidhi te padakkhiṇe.**

favourable mind-actions, and favourable aspiration for you.

**Padakkhiṇāni katvāna, labhantatthe padakkhiṇe,**

And after making these favourable things, (may there be) favourable gains,

**te atthaladdhā sukhitā, viruḷhā Buddhasāsane,**

and (with these) favourable gains (may there be) for you happy growth in the Buddha's Dispensation,

**arogā sukhitā hotha, saha sabbehi ñātibhi.**

may you be well and happy, together with all your relatives!

**Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,**  
May there be every blessing, and may all of the gods protect you,

**sabbaBuddhānubhāvena, sadā sukhī bhavantu te.**  
by the power of all the Buddhas may you be well forever!

**Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,**  
May there be every blessing, and may all of the gods protect you,

**sabbaDhammānubhāvena, sadā sukhī bhavantu te.**  
by the power of all that is Dhamma may you be well forever!

**Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,**  
May there be every blessing, and may all of the gods protect you,

**sabbaSaṃghānubhāvena, sadā sukhī bhavantu te.**  
by the power of the whole Sangha may you be well forever!

**Sādhu! Sādhu! Sādhu!**

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## *Paccavekkhaṇā*

The Reflections on the Four Requisites  
(Robes, Almsfood, Lodgings and Medicine)

### 01. Paṭisaṅkhā yoniso cīvaram paṭisevāmi,

With proper discernment I make use of the robe,

**yāvadeva sītassa paṭighātāya, uṇhassa  
paṭighātāya,**

only to ward off the cold, to ward off the heat,

**ḍaṃsa-makasa-vātātapa-sarīsapa-samphassānaṃ  
paṭighātāya,**

to ward off contact with gadflies, mosquitoes, wind, the heat  
(of the sun), and creeping things,

**yāvadeva hirikopīnappaṭicchādanattham.**

only as a cover for the shameful parts.

### 02. Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi,

With proper discernment I make use of almsfood,

**neva davāya na madāya na maṇḍanāya na vibhūsanāya,**

not for sport, or for showing off, not for ornament, or for  
adornment,

**yāvadeva imassa kāyassa ṭhitiyā yāpanāya,**

but only to maintain this body, and to carry on,

**vihimsūparatiyā brahmacariyānuggahāya,**

to inhibit annoyance, and to assist in the spiritual life,

**īti purāṇaṅca vedanaṃ paṭihaṅkhāmi,**

and so I will get rid of any old feeling,

**navaṅca vedanaṃ na uppādessāmi,**

and not produce any new feeling,

**yātrā ca me bhavissati, anavajjatā ca**

**phāsuvihāro ca.**

and I will carry on, being blameless, and living comfortably.

**03. Paṭisaṅkhā yoniso senāsanam paṭisevāmi,**

With proper discernment make use of a dwelling,

**yāvadeva sītassa paṭighātāya, uṇhassa  
paṭighātāya,**

only to ward off the cold, to ward off the heat,

**ḍaṃsa-makasa-vātātapa-sarīsapa-samphassānam  
paṭighātāya,**

to ward off contact with gadflies, mosquitoes, wind, the heat  
(of the sun), and serpents,

**yāvadeva**

**utuparissayavinodanapaṭisallānārāmattham.**

only to dispel the trouble of the (varying) seasons, and so as to  
delight in seclusion.

**04. Paṭisaṅkhā yoniso gilānapaccaya-bhesajja-  
parikkhāram paṭisevāmi,**

With proper discernment I make use of the requisite of  
medicine for support when sick,

**yāvadeva uppannānam veyyābādhikānam  
vedanānam paṭighātāya**

only to ward off oppressive feelings that have arisen

**abyāpajjaparamatāya.**

and at least be free from oppression.

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## Reflection upon Four Requisites in Myanmar Language

01. **Chan puu go phyet chin mhet lay nay kin mwe lhwe  
thon hiri gon go kon zay tat swar ko in gar go, lon  
bar zay lo ko go san pae sin pyin mae hu, seit wae  
ma than ee thin gan go phon lhwan thon song bar  
tha dee.**

With proper discernment I make use of the robe, only to ward off the cold, to ward off the heat, to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and creeping things, only as a cover for the shameful parts.

02. **Ee thi sar bhwe a mae mae go myuu yea man jwa  
hla pa ye(yei) sin pyei phyo chin nghan ma thon bar  
buu, lay phyar dat song ee ko gaung thee shay  
aung tee leyat a thet myha tan ma mo pan nyar,  
phayar thar tha nar jint nhet phyar go jint bar naing  
zay vay da nar how thit ma phyt say ya, yar pai  
(pike) myha lit khat thein pyit ko ma pyit lay aung  
cham myei aung hu thon song mhe wae bar tha dee.**

With proper discernment I make use of almsfood, not for sport, or for showing off, not for ornament, or for adornment, but only to maintain this body, and to carry on, to inhibit annoyance, and to assist in the spiritual life, and so I will get rid of any old feeling, and not produce any new feeling, and I will carry on, being blameless, and living comfortably.

03. **Chan puu go phyet chin mhet lay nay, king mwe  
wae(way) mhu utu bay byam ma than kin sin, seit  
jee lin jyaung nay yar jaung go kein aung mhe kho  
bar tha dee.**

With proper discernment I make use of a dwelling, only to ward off the cold, to ward off the heat, to ward off contact with gadflies, mosquitoes, wind, the heat (of the sun), and serpents, only to dispel the trouble of the (varying) seasons, and so as to delight in seclusion.

**04. Jin nar khan khet nheit set phi see phyit pyee phyit  
lar vay da nar go, sont khwar pae lyin sin yea kin  
yuwei luu min myat swar thar tha nar go, jee thar  
shwin lan jint phyeit swan naing bo yee mhan thon  
soug bar tha dee.**

With proper discernment I make use of the requisite of medicine for support when sick, only to ward off oppressive feelings that have arisen and at least be free from oppression.

**Thardhu! Thardhu! Thardhu!  
Sādhu! Sādhu! Sādhu!**

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## Daily Evening Chants

### *Mahānamakkāra Pāḷi* The Great Reverence Text

*Namo tassa Bhagavato Arahato Sammāsambuddhassa. (3x)*

Reverence to him, the Blessed One, the Worthy One,  
the Perfectly Self-Enlightened One.

**01. Sugataṃ sugataṃ seṭṭhaṃ, kusalaṃkusalaṃ jaham,**

The one who speaks only what is true and beneficial, who is the well-gone (to Nibbāna) and excellent, who has given up wholesome and unwholesome deeds,

**Amataṃ amataṃ santaṃ, Asamaṃ Asamaṃ dadaṃ,**

Who is deathless, who found the Deathless (Nibbāna), who is peaceful, who is unrivalled, and gives the Matchless (Nibbāna) (to others),

**Saraṇaṃ saraṇaṃ lokaṃ, araṇaṃ araṇaṃ karaṃ,**

Who is the refuge (for men and gods), who knows the world, the one without passions, who makes the passions fade,

**Abhayaṃ abhayaṃ ṭhānaṃ nāyakaṃ: Nāyakaṃ name.**

The one without fear, who leads to that fearless place: I will revere (Lord Buddha), the Leader.

**02. Nayanasubhagakāyaṅgaṃ,**

Having body and limbs lovely to the eyes,

**Madhuravarasaropetaṃ,**

Endowed with a noble and sweet voice,

**Amitaguṇagaṇādhāraṃ:**

The receptacle of many measureless virtues:

**Dasabalamatulaṃ vande.**

I worship that incomparable One who has Ten Powers.



**03. Yo Buddho dhitimāññadhārako,**

He who is Buddha, the bearer of steadfast knowledge,

**Sāmsāre anubhosi kāyikaṃ**

Who underwent in the continual round of existence, both bodily

**Dukkhāṃ cetasikañca lokato:**

And mental suffering for the sake of the world:

**Taṃ vande naradevamaṅgalam.**

I worship Him, who is a blessing for men and gods.

**04. Bāttimsatilakkhaṇacitradeham,**

He who has the thirty-two beautiful marks on his body,

**Dehajjutiniggatapajjalantaṃ,**

Whose body shines with an effulgence of light,

**Paññādhitisīlaguṇoghavindaṃ:**

Who possesses an ocean of wisdom, steadfastness, morality and virtue:

**Vande Munimantimajātiyuttaṃ.**

I worship that Sage who is in his final birth.

**05. Pātodayaṃ bāladvākaraṃva,**

Like a fresh sun rising in the morning,

**Majjhe yatīnaṃ lalitaṃ sirīhi,**

With charming grace in the midst of those who strive,

**Puṇḍindusaṅkāsamukhaṃ, anejaṃ:**

Having a face like a full moon, lust-free:

**Vandāmi sabbaññumahaṃ Munindaṃ.**

I worship the omniscient Lord of Sages.

**06. Upetapuñño, varabodhimūle**

Endowed with merit, at the root of the Bodhi tree

**Sasenamāraṃ Sugato jinitvā,**

The Fortunate One, after defeating Māra and his army,

**Abojji Bodhiṃ aruṇodayamhi:**

Awoke to Wisdom as the dawn broke:

**Namāmi Taṃ mārajināṃ abhaṅgaṃ.**

I revere Him, the unbroken one, who defeated the (five) deaths.

**07. Rāgādichedāmalaññākhaggaṃ,**

That one having the sword of undefiled knowledge that cuts off passion and so on,

**Satisamaññāphalakābhigāhaṃ,**

Who holds up the shield known as mindfulness,

**Silohalaṅkāravibhūsitāṃ: Taṃ**

Who is adorned with the decoration of an ocean of morality: Him

**Namāmibhiññāvaramiddhupetaṃ.**

I revere, the one endowed with noble knowledge and psychic power.

**08. Dayālayaṃ sabbadhi dukkaraṃ karaṃ,**

That abode of sympathy, who (overcoming) difficulties everywhere,

**Bhavaṇṇavātikkamamaggataṃ gataṃ,**

And, overcoming the ocean of existence, attained the highest,

**Tilokanāthaṃ susamāhitaṃ hitaṃ:**

The well-composed Lord of the Three Worlds who is a benefit (to others):

**Samantacakkhuṃ paṇamāmi Taṃmitaṃ.**

I bow down to the measureless All-Seeing One.

**09. Tahiṃ tahiṃ pāramisañcayaṃ cayaṃ,**

In this place and that place he accumulated a store of perfections,

**Gataṃ gataṃ sabbhi sukhappadaṃ padaṃ,**

He attained the happy resting place of the virtuous,

**Narānarānaṃ sukhasambhavaṃ bhavaṃ,**

And is the origin and source of happiness for men and gods,

**Namānamānaṃ Jinapuṅgavaṃ gavaṃ.**

I revere the noble Victor, who (overcame) the disrespectful fools.

**10. Maggaṅganāvaṃ Munidakkhanāviko,**

The Sage and skilful mariner ascended the ship of the Path-factors,

**Īhāphiyam̄ nāṇakarena gāhako,**

Grasped with the hand of knowledge the rudder of exertion,

**Āruyha yo tāya bahū bhavaṇṇavā:**

Caused many beings to cross over the ocean of existence by that ship:

**Tāresi Tam̄ buddhamaghappaham̄ name.**

I revere Him, who understood, abandoned distress.

**11. Samatimsatipāramisambharaṇam̄,**

He who fulfilled the thirty perfections equally,

**Varabodhidume Catusaccadasam̄,**

Who, under the noble Bodhi tree, saw the Four Truths,

**Varamiddhigatam̄ naradevahitam̄:**

Attained the noble psychic powers, which benefit gods and men:

**Tibhavūpasamam̄ paṇamāmi Jinam̄.**

I bow down to the Victor, who stilled (rebirth in) the three (planes of) existence.

**12. Satapuññajalakkhaṇikam̄ virajam̄,**

Having the marks that arose because of hundreds of merits, passionless,

**Gaganūpamadhiṃ dhitiMerusamam̄,**

Superior like the sky, firm like (Mount) Meru,

**Jalajūpamasītalasīlayutam̄,**

Cool, like the lotus, endowed with morality,

**Pathavīsahanam̄ paṇamāmi Jinam̄.**

who endures (like) the Earth: I bow down to the Victor.

**13. Yo Buddho sumati, dive divākarova,**

He who is the wise Buddha, like the sun shining in the day,

**Sobhanto ratijanane silāsanamhi,**

Resplendent, on the stone throne which produces (gods') delight,

**Āsīno sivasukhadam̄ adesi Dhammam̄,**

While sitting, Taught the Abhidhamma, which gives the happiness of safety,

**Devānaṃ Tamasadisaraṃ namāmi niccaṃ.**

To the gods: I always revere Him who is Matchless.

**14. Yo pādapaṅkajamuduttalarājikehi,**

On the tender skin of his lotus feet,

**Lokehi tīhivikalehi nirākulehi,**

By lines Which are not partial and not agitating,

**Sampāpuṇe nirupameyyatameva, Nātho**

He has attained the incomparable with the beings of the three worlds.

**Taṃ sabbalokamahitaṃ asamaṃ namāmi.**

Who is unequalled and honoured by the whole world: I revere Him, the Lord.

**15. Buddhaṃ narānarasamosaraṇaṃ dhitattaṃ,**

The Buddha with steady mind, who brought together men and gods,

**Paññāpadīpajutiyā vihatandhakāraṃ,**

Who, with the lustre of the light of wisdom destroyed the darkness (of ignorance),

**Atthābhikāmanaradevahitāvahaṃ, Taṃ**

He who greatly desires the welfare and benefit of men and gods, Him

**Vandāmi, kāruṇikamaggamanantaññāṇaṃ.**

I worship, the great compassionate (Buddha), with infinite knowledge.

**16. Akhilaguṇanidhāno yo Munindopagantvā**

The deposit of all virtues, the Lord of Sages, who, after approaching

**VanamIsipatanavhaṃ saññatānaṃ nicketaṃ,**

The Wood called Isipatana, the abode of those restrained,

**Tahimakusalachedaṃ Dhammacakkaṃ pavatto:**

And rolling the Dhamma-Wheel, which cut off unwholesomeness in that place:

**Tamatulamabhikantaṃ vandaneyyaṃ namāmi.**

I revere Him of incomparable beauty, who should be worshipped.

**17. Suciparivāritaṃ, surucirappabhāhi rattaṃ,**

Surrounded by the pure, brilliant with beautiful radiance,

**Sirivisarālayaṃ gupitamindriyehupetaṃ,**

The abode of many glories, endowed with guarded senses,

**Ravisasimaṇḍalappabhutilakkaṇopacittaṃ:**

Who has the soles of feet with beautiful marks beginning with the discs of the sun and the moon:

**Suranarapūjitaṃ Sugatamādaraṃ namāmi.**

I revere with respect the Fortunate One, worshipped by gods and men.

### 18. Maggoḷumpena muhapaṭighāsādiullolavīcim

With the raft of the Path, he crossed over the waves and currents of delusion, anger and desire

**Samsāroghaṃ tari; tamabhayaṃ pārappattaṃ, pajānaṃ**

The ocean of existences; the fearless one fully crossed over, and he established humanity's

**Tāṇaṃ leṇaṃ asamasaraṇaṃ ekatitthaṃ patiṭṭhaṃ:**

Shelter, safety and unequalled refuge, the best port (to go other shore), the support:

**Puññakkhettaṃ paramasukhadam Dhammarājaṃ namāmi.**

I revere the King of the Dhamma, that field of merit, who gives the ultimate bliss.

### 19. Kaṇḍambaṃmūle parahitakaro yo Munindo nisinno,

The Lord of Sages sitting at the root of the Kaṇḍamba tree, seeking the benefit of others,

**Accheraṃ sīghaṃ nayanasubhagaṃ ākulaṇṇaggijālaṃ,**

Quickly wrought a wonder by scattering water and fire that was pleasing to the eyes,

**Dujjāladdhaṃsaṃ, Munibhijahitaṃ pāṭiheraṃ akāsi:**

Destroying the false net (of views), this miracle was not left undone by the Sage:

**Vande Taṃ, seṭṭhaṃ paramaratijaṃ iddhidhammehupetaṃ.**

I worship Him, the praised origin of supreme delight, endowed with psychic power.

**20. Munindakko yeko dayudayarūṇo ñāṇavitthiṇṇabimbo,**

That sun of Sage, who is the rising dawn of compassion, having extensive range of knowledge,

**Vineyyappāṇoghaṃ kamalakathitaṃ**

**Dhammaraṃsīvarehi,**

makes the Noble to be what are called lotuses awaken with the noble rays of his Dhamma,

**Subodhesī suddhe tibhavakuhare byāpitakkittinañca,**

In the pure lotus lake of the three worlds. Widely-renowned,

**Tilokekaccakkhuṃ dukhamasahaṇaṃ: Taṃ Mahesiṃ  
namāmi.**

The one (wisdom) eye of the three worlds, who endured suffering: I revere Him, the Great Sage.

**21. Yo Jino anekajātiyaṃ, saputtadāramaṅgaḷvīṭampi,**

That Victor who, in countless lives, gave both his children and wife, his limbs and life,

**Bodhipemato alaggamānaso adāsiyeva atthikassa,**

Without a clinging mind, for love of Awakening, to he who desired it,

**Dānapāramiṃ tato paraṃ apūri silapāramādikampi,**

And after the perfection of generosity fulfilled the others, like the perfection of virtue and so on,

**TāsamiddhiyopayātamAggataṃ: TamEkadīpakam  
namāmi.**

And reached the Highest through their (inherent) power: I revere Him, the one (true) Island.

**22. Devādevātidevaṃ nidhanavapudharaṃ mārabhaṅgaṃ  
abhaṅgaṃ,**

The Great God above all gods, bearing his last body, having broken the (five) killers, unbroken (himself),

**Dīpaṃ dīpaṃ pajānaṃ, jayavarasayane**

**Bodhipattaṃdhipattaṃ,**

Who spread the light of wisdom on people, and attained Awakening on the noble victory seat,

**Brahmābrahmāgatānaṃ varagirakathikaṃ pāpahīnaṃ  
pahīnaṃ,**

Surrounded by brahmas and others, speaking with a noble voice, having given up low actions,

**Lokālokābhirāmaṃ: satatamabhiname Taṃ Munindaṃ  
Munindaṃ.**

Greatly delighting the worlds: I always greatly revere Him, the Lord of Sages, the Lord of the (five) Sages.

**23. Buddho nigrodhabimbo mudukaracaraṇo  
brahmaghoseṇijaṅgho,**

The Buddha, having a form like the banyan tree, soft hands and feet, a voice like brahma, calves like an antelope,

**Kosacchādaṅgajāto, punarapi Sugato suppatiṭṭhitapādo,**  
And a foreskin that covers the organ, the Fortunate One, with steady feet,

**Mūdodātuṅṅalomo, athamapi Sugato  
brahmujuggattabhāvo,**

Soft white hair between the brows, the Fortunate One, straight-limbed (like) a brahma,

**Nīlakkhī dīghapaṇhī sukhumamalachavī,  
thomyarasaggasaggī,**

Having blue eyes, long heels, exquisite skin, whose taste buds are the very best,

**24. Cattālisaggadanto samakalapanajo antaraṃsappapīno,**

Having forty of the best teeth, even teeth, a full back between the shoulders,

**Cakkenaṅkitapādo aviraḷadasano, Mārajussaṅkhapādo,**  
Wheel-marked feet, unflawed teeth, He who defeated the killers, having high ankles,

**Ṭiṭṭhanto nonamantobhayakaramudunā  
jaṅṅukānāmasanto,**

Who, while standing, without bending, with both his soft hands, can touch his knees,

**Vaṭṭakkhandho, Jino gotaruṇapakhumako  
sīhapubbaḍḍhakāyo,**

Whose neck is round, the Victor, having eyelashes like a young calf, the upper half of whose body is like a lion,

**25. Sattappīno ca dīghaṅguli matha Sugato lomakūpekalomo,**

Having seven fat areas, long fingers, the Fortunate One, with one hair to a vesicle,

**Sampannodātadāṭho kanakasamataco nīlamuddhaggalomo,**

Full white teeth, golden skin, with blue body-hair whose top is facing above (to His face),

**Sambuddho, thūlajivho atha sīhahanuko jālikappādahattho,**

The Sambuddha, having a broad tongue, then a lion-like jaw, webbed feet and hands,

**Nātho uṇhīsasīso itiguṇasahitaṃ: Taṃ Mahesiṃ namāmi.**

Whose head has a crown, the Lord endowed with these (thirty-two) qualities: I revere Him, the Great Sage.

**26. BuddhoBuddhotighoso atidullabhataro kā kathā  
Buddhabhāvo?**

The sound, “Buddha, Buddha” is extremely rare in the world, what to say of Buddhahood?

**Loke tasmā vibhāvī vividhahitasukhaṃ sādhave  
patthayantā,**

Therefore the wise and good, wishing for various sorts of benefit and happiness,

**Iṭṭhaṃ atthaṃ vahantaṃ suranaramahitaṃ nibbhayaṃ  
dakkhiṇeyyaṃ,**

May all always revere Him, who carries desirable welfare, who is fearless, worthy, honoured by gods and men,

**Lokānaṃ nandivaḍḍhaṃ Dasabalamasamaṃ, Taṃ  
namassantu niccaṃ.**

The incomparable One of Ten Powers, who increases the happiness of the world.



## Selective Evening Chants

### Paritta Chants

#### Day One

**Samantā cakkavāḷesu, atrāgacchantu devatā,**  
May the gods from all over the universe assemble here

**saddhammaṃ Munirājassa, suṇantu saggamokkhadaṃ:**  
and listen to the King of the Sage's true Dhamma about  
heaven and release:

**Dhammassavanakālo ayaṃ bhadantā! (3x)**  
Reverend Sirs, this is the time for hearing the Dhamma!

***Namo tassa Bhagavato Arahato Sammāsambuddhassa. (3x)***  
Reverence to him, the Blessed One, the Worthy One, the  
Perfectly Self-Enlightened One.

**Ye santā santacittā, tisaraṇasaraṇā, ettha lokantare vā,**  
Those (gods) who are peaceful, with peaceful minds, who have taken  
refuge in the triple refuge, whether here, or above the worlds,

**bhummābhummā ca devā, guṇagaṇagaṇabyāvaṭṭā  
sabbakālaṃ,**

the various earth gods and sky gods, who make effort to take group of  
virtuous deeds all of the time,

**ete āyantu devā, varakanakamaye, Merurāje vasanto,**  
may these gods and those who dwell on the majestic Mt. Meru, that  
excellent golden mountain, come in concord,

**santo santosahetuṃ, Munivaravacanāṃ, sotumaggāṃ  
samaggāṃ.**

to hear the Sage's excellent word which is a reason of great happiness.

**Sabbesu cakkavāḷesu, yakkhā devā ca brahmano,**  
May all yakkhas, gods, and deities, from the whole universe,

**yaṃ amhehi kataṃ puññaṃ, sabbasampattisādhakaṃ,**  
after partaking of the merits, which can produce all good fortune,

**sabbe taṃ anumoditvā, samaggā sāsane ratā,**  
which we have acquired, being in harmony, and delighting in the  
teaching,

**pamādarahitā hontu, ārakkhāsu visesato.**  
be not heedless and grant us complete protection especially.

**Sāsanassa ca lokassa, vuḍḍhī bhavatu sabbadā,**  
May the teaching and the world be on the increase at all times,

**sāsanampi ca lokañca, devā rakkhantu sabbadā.**  
and may the gods protect the teaching and the world forever.

**Saddhiṃ hontu sukhī sabbe, parivārehi attano,**  
May all together with those who are one's around, be happy,

**anīghā sumanā hontu, saha sabbehi ñātibhi.**  
may all together with all relatives, be untroubled, and easy in mind.

**Rājato vā, corato vā, manussato vā, amanussato vā,**  
(May you be protected) from the king, thieves, humans, and non-humans,

**aggito vā, udakato vā, pisācato vā, khāṇukato vā,  
kaṇṭakato vā,**

from fire and water, demons, stumps, and thorns,

**nakkhattato vā, janapadarogato vā,**  
from unlucky stars, and epidemics,

**asaddhammato vā, asandiṭṭhito vā, asappurisato vā,**  
from what is not the true dhamma, not right view, not a good person,

**caṇḍa-hatthi-assa-miga-goṇa-kukkura-ahi-vicchika-  
maṇisappa-**

and from fierce elephants, horses, antelopes, bulls, dogs, snakes,  
scorpions, poisonous serpents,

**dīpi-accha-taraccha-sūkara-mahiṃsa-yakkha-  
rakkhasādīhi,**

panthers, bears, hyenas, wild boars, buffaloes, yakkhas, rakkhasas, and so  
on,

**nānābhayato vā, nānārogato vā, nānāupaddavato vā,  
āraḅhaṃ gaṇhantu.**

from the manifold fears, the manifold diseases, the manifold calamities,  
(from all of these troubles) may you receive protection.

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## *Maṅgalasuttam<sup>1</sup>*

### The Discourse on the Blessings

#### *Introductory Verses*

**Yaṃ maṅgalaṃ dvādasahi, cintayimsu sadevakā,**

What is a blessing was thought about by gods and men for twelve (years),

**soṭṭhānaṃ nādhigacchanti; aṭṭhatimsañca maṅgalaṃ,**

but they did not attain that blessing which is called success; the thirty-eight blessings

**desitaṃ devadevena, sabbapāpavināsaṃ.**

which were preached by the god of gods, make all that is bad perish,

**Sabbalokahitattḥāya, maṅgalaṃ taṃ bhaṇāma he.**

For the whole world's benefit and welfare. O good persons, Let's recite that blessed safeguard!

#### *The Safeguard*

**Evam me sutam:**

Thus I have heard:

**ekaṃ samayaṃ Bhagavā Sāvattiyam viharati**

at one time the Blessed One was dwelling near Sāvatti

**Jetavane Anāthapiṇḍikassa ārāme.**

at Anāthapiṇḍika's grounds in Jeta's Wood.

**Atha kho aññatarā devatā abhikkantāya rattiyā,**

Then a certain god, towards the end of the night,

**abhikkantavaṇṇā kevalakappaṃ Jetavanaṃ obhāsetvā,**

having lit up the whole of Jeta's Wood with his surpassing beauty,

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<sup>1</sup> Khuddakapāṭṭha.3-4, Suttanipāta.318-319.

**yena Bhagavā tenupasaṅkami,**  
approached the Blessed One,

**upasaṅkamitvā Bhagavantam abhivādetvā, ekamantaṃ  
aṭṭhāsi.**

and after approaching and worshipping the Blessed One, he stood on one side.

**Ekamantaṃ ʈhitā kho sā devatā Bhagavantam gāthāya  
ajjhabhāsi:**

While standing on one side that god addressed the Blessed One with a verse:

**01. “Bahū devā manussā ca, maṅgalāni acintayum**

“Many are the gods and the men who have thought about the blessings

**ākaṅkhamānā sotthānaṃ: brūhi  
maṅgalamuttamaṃ.**

hoping for safety: now please say what is the supreme blessing.

**02. Asevanā ca bālānaṃ, paṇḍitānañca sevanā,**

Not associating with fools, but associating with the wise,

**pūjā ca pūjaneyyānaṃ: etaṃ maṅgalamuttamaṃ.**

honouring those worthy of honour: this is the supreme blessing.

**03. Patirūpadesavāso ca, pubbe ca katapuññatā,**

Living in a suitable place, formerly having done good deeds,

**attasammāpaṇidhi ca: etaṃ maṅgalamuttamaṃ.**

aspiring in a right way oneself: this is the supreme blessing.

**04. Bāhusaccañca sippañca, vinayo ca susikkhito,**

Having great learning and craft, and being disciplined and well trained,

**subhāsītā ca yā vācā: etaṃ maṅgalamuttamaṃ.**

and whatever words are well spoken: this is the supreme blessing.

- 05. Mātāpitu upaṭṭhānaṃ, puttadārassa saṅgaho,**  
Attendance on one's mother and father, looking after one's wife and children,  
**anākulā ca kammantā: etaṃ maṅgalamuttamaṃ.**  
with works that are not agitating: this is the supreme blessing.
- 06. Dānañca Dhammacariyā ca, ñātakānañca saṅgaho,**  
Giving, and living by the Dhamma, and looking after one's relatives,  
**anavajjāni kammāni: etaṃ maṅgalamuttamaṃ.**  
(performing) actions that are blameless: this is the supreme blessing.
- 07. Āratī viratī pāpā, majjapānā ca saṃyamo,**  
Abstinence, avoidance of bad deeds, restraint from intoxicating drink,  
**appamādo ca dhammesu: etaṃ maṅgalamuttamaṃ.**  
being heedful regarding (all) things: this is the supreme blessing.
- 08. Gāravo ca nivāto ca, santuṭṭhi ca kataññutā,**  
Having respect, being humble, being satisfied and grateful,  
**kālena Dhammassavaṇaṃ: etaṃ maṅgalamuttamaṃ.**  
listening to Dhamma at the right time: this is the supreme blessing.
- 09. Khantī ca sovacassatā, samaṇānañca dassanaṃ,**  
Being patient and easily spoken to, seeing ascetics,  
**kālena Dhammasākacchā: etaṃ maṅgalamuttamaṃ.**  
discussing Dhamma at the right time: this is the supreme blessing.
- 10. Tapo ca brahmacariyañca, ariyasaccāna dassanaṃ,**  
Austere, living spiritually, insight into the noble truths,  
**nibbānasacchikiriyā ca: etaṃ maṅgalamuttamaṃ.**  
the experience of Nibbāna: this is the supreme blessing.

**11. Phuṭṭhassa lokadhammehi, cittaṃ yassa na kampati,**  
He whose mind does not waver, when it is touched by things of this  
world,

**asokaṃ virajaṃ khemaṃ: etaṃ  
maṅgalamuttamaṃ.**

(being) griefless, dustless, and secure: this is the supreme blessing.

**12. Etādisāni katvāna, sabbatthamaparājitā,**  
Having done as here directed, they are undefeated everywhere,

**sabbattha sotthiṃ gacchanti: taṃ tesāṃ  
maṅgalamuttamaṃ”.**

they go everywhere in safety: for them this is the supreme  
blessing.”

***Maṅgalasuttam Niṭṭhitam.***

The Discourse on the Blessings is Finished.

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## Day Two

### *Ratanasuttam*<sup>2</sup>

#### The Discourse on the Treasures

#### *Introductory Verses*

**Paṇḍhānato paṭṭhāya, Tathāgatassa dasa pāramiyo,**  
Beginning with the aspiration (for Buddhahood, and thinking of) the  
Realised One's ten perfections,

**dasa upapāramiyo, dasa paramatthapāramiyoti -  
samatimsa pāramiyo,**  
ten minor perfections, ten great perfections; altogether thirty  
perfections,

**pañca mahāpariccāge, lokatthacariyaṃ  
ñātatthacariyaṃ Buddhatthacariyaṃ**  
his five great sacrifices, life of benefitting the world, life of  
benefitting his relatives, life of benefitting (by becoming) Buddha

**tisso cariyāyo pacchimabhava gabbhavokkantim,  
jātim,**  
three ways of conduct, descent into the womb for his final existence,  
birth,

**abhinikkhamanaṃ padhānacariyaṃ Bodhipallaṅke  
Māravijayaṃ**  
great renunciation, life of effort, sitting on the seat at the Bodhi tree  
victory over Māra,

**sabbaññutaññāṇappaṭivedhaṃ  
Dhammacakkavattanaṃ nava lokuttaradhammeti,**  
his penetration to the knowledge of omniscience, teaching  
Dhammacakka Sutta, and his nine supermundane attainments,

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<sup>2</sup> Khuddakapāṭṭha.4-7, Suttanipāta.312-315.



**sabbepi’me Buddhagūṇe āvajjetvā Vesāliyā tīsu  
pākārañtesu**

and after considering all these Buddha qualities, (going around) the  
three walls of Vesāli,

**tiyāmarattim parittam karonto āyasmā Ānandatthero  
viya,**

during the three watches of the night, like the venerable elder  
Ānanda,

**kāruṇñacittam upaṭṭhapetvā:**

after establishing great compassion in his heart, made this  
safeguard:

**Koṭṭisatasahasu cakkavālesu devatā**

The gods in the ten hundred thousand million universes

**Yassā’nam paṭiggaṇhanti yañca Vesāliyā pure**

accepted the order (given) in the city of Vesāli,

**rogāmanussadubbhikkha-sambhūtam tividham  
bhayaṃ,**

and disease, non-human beings, and famine, the threefold fear that  
had arisen,

**kippa’mantaradhāpesi, parittam tam bhaṇāma he.**

quickly disappeared. O good persons, Let’s recite that safeguard!

### *The Safeguard*

**01. Yānīdha bhūtāni samāgatāni, Bhummāni vā yāni va  
antalikkhe,**

Whatever beings have come together here, whether of the earth or in  
the firmament,

**sabbeva bhūtā sumanā bhavantu, athopi sakkacca  
suṇantu bhāsitaṃ.**

may the minds of all those beings be happy, and may they listen  
carefully to what is said.

**02. Tasmā hi bhūtā nisāmetha sabbe, mettāṃ karotha  
mānusiya pajāya,**

Therefore, all of you beings, be attentive, be friendly towards  
this generation of men,

**divā ca ratto ca haranti ye baliṃ, tasmā hi ne  
rakkhatha appamattā.**

they who bring offerings by day and by night, therefore, being  
heedful, you must protect them.

**03. Yam kiñci vittaṃ idha vā huraṃ vā, saggesu vā yam  
ratanāṃ paṇītaṃ**

Whatever riches there are here or elsewhere or in the heavens, that  
excellent treasure

**na no samaṃ atthi Tathāgatena, idampi Buddhē  
ratanāṃ paṇītaṃ:**

is not equal to the Realised One, this excellent treasure is in the  
Buddha:

**etena saccena suvatthi hotu!**

by virtue of this truth may there be safety!

**04. Khayaṃ virāgaṃ amataṃ paṇītaṃ, yadajjhagā  
Sakyamunī samāhito,**

(Craving's) end, dispassion, deathlessness, excellence which the  
concentrated Sakyan sage attained,

**na tena dhammena samatthi kiñci, idampi Dhamme  
ratanāṃ paṇītaṃ:**

there is nothing that is equal to that state, this excellent treasure is in  
the Dhamma:

**etena saccena suvatthi hotu!**

by virtue of this truth may there be safety!

**05. Yam Buddhaseṭṭho parivaṇṇayī suciṃ,  
samādhi'mānantarikaññamāhu,**

That which the Buddha, the Great One, praised as pure, the  
concentration said to have prompt (result),

**Samādhinā tena samo na vijjati, idampi Dhamme  
ratanam paṇītam:**

No equal to that concentration is found, this excellent treasure is in the Dhamma:

**etena saccena suvatthi hotu!**

by virtue of this truth may there be safety!

**06. Ye puggalā aṭṭha satam pasatthā, cattāri etāni yugāni  
honti,**

Those eight individuals praised by the good there are these four pairs (of individuals),

**te dakkhiṇeyyā Sugatassa sāvakā, etesu dinnāni  
mahapphalāni.**

those disciples of the Fortunate One are worthy of gifts, those things that have been given to them have great fruit.

**Idampi Saṅghe ratanam paṇītam: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth may there be safety!

**07. Ye suppayuttā manasā daḷhena, nikkāmino  
Gotamasāsanamhi,**

Those who have firm and devoted minds, without sense desire in Gotama's dispensation,

**te pattipattā amataṃ vigayha, laddhā mudhā  
nibbutim bhuñjamānā.**

those who have attained, and entered the deathless, are enjoying emancipation, gained for free.

**Idampi Saṅghe ratanam paṇītam: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth may there be safety!

**08. Yathindakhīlo pathavissito siyā, catubbhi vātehi  
asampakampiyo,**

Just as a locking post stuck fast in the earth does not waver on account of the four winds,

**tathūpamaṃ sappurisaṃ vadāmi, yo ariyasaccāni  
avecca passati.**

in the same way, I say, is the true person, the one who sees the noble truths completely.

**Idampi Saṅghe ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth may there be safety!

**09. Ye ariyasaccāni vibhāvayanti, gambhīrapaññena  
sudesitāni,**

Those who clearly distinguish the noble truths, which were well preached by the one with deep wisdom,

**kiñcāpi te honti bhusaṃ pamattā, na te bhavaṃ  
aṭṭhama'mādiyanti.**

however great they become in heedlessness still they do not take up an eighth existence.

**Idampi Saṅghe ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth may there be safety!

**10. Sahāvassa dassanasampadāya, tayassu dhammā  
jahitā bhavanti:**

With his attainment of (liberating) insight there are a triad of things that are given up:

**sakkāyadiṭṭhi vicikicchitaṅca, sīlabbatam vāpi  
yadatthi kiñci.**

embodiment view, uncertainty, and whatever (grasping at) virtue and practices there is.

**Catūhapāyehi ca vip̄pamutto, chaccābhiṭhānāni  
abhabba kātuṃ.**

He is free from (rebirth in) the four lower worlds, he is incapable of the six great crimes.

**Idampi Saṅghe ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth may there be safety!

**11. Kiñcāpi so kamma karoti pāpakaṃ, kāyena vācā uda  
cetasā vā,**

Whatever bad action there is that he performs by way of body, or of speech, or of mind,

**abhabba so tassa paṭicchadāya, abhabbatā  
diṭṭhapadassa vuttā.**

he is incapable of covering it up: this incapacity is said of one who has seen the state (of peace).

**Idampi Saṅghe ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth may there be safety!

**12. Vanappagumbe yatha phussitagge, gimhānamāse  
paṭhamasmim̄ gimhe,**

Just like a tall woodland tree crowned with blossom in the summer months, in the early summer,

**tathūpamaṃ Dhammavaraṃ adesayi, Nibbānagāmiṃ  
paramaṃhitāya.**

in the same way he preached the Dhamma which is best, which goes to Nibbāna, the highest benefit.

**Idampi Buddhē ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Buddha: by virtue of this truth may there be safety!

**13. Varo varaññū varado varāharo, anuttaro  
Dhammavaram adesai.**

The best one, knowing the best, giving the best, brought the best,  
brought the best, unsurpassed he preached the best Dhamma.

**Idampi Buddhē ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Buddha: by virtue of this truth may  
there be safety!

**14. Khīṇaṃ purāṇaṃ nava natthisambhavaṃ,  
virattacittā'yatike bhavasmiṃ,**

The old is destroyed, and nothing new is produced, (their) minds are  
unexcited by future rebirth,

**te khīṇabijā avirūḥhichandā, nibbanti dhīrā yathāyaṃ  
padīpo.**

they have destroyed the seeds, and have no desire for growth, the  
wise are still, just as this lamp (is still).

**Idampi Saṅghe ratanaṃ paṇītaṃ: etena saccena  
suvatthi hotu!**

This excellent treasure is in the Saṅgha: by virtue of this truth  
may there be safety!

*(Spoken by Sakka, lord of the gods:)*

**15. Yānīdha bhūtāni samāgatāni, bhumāni vā yāni va  
antalikkhe,**

Whatever beings have come together here, whether of the earth or in  
the firmament,

**Tathāgataṃ devamanussapūjitaṃ, Buddhaṃ  
namassāma - suvatthi hotu!**

we all honour the Buddha, who is called Tathāgata, who is revered  
by gods and men, - may there be safety!

**16. Yānīdha bhūtāni samāgatāni, bhum māni vā yāni va  
antalikkhe,**

Whatever beings have come together here, whether of the earth or in  
the firmament,

**Tathāgataṃ devamanussapūjitaṃ, Dhammaṃ  
namassāma - suvatthi hotu!**

we all honour the the Dhamma, who is called Tathāgata, who is  
revered by gods and men - may there be safety!

**17. Yānīdha bhūtāni samāgatāni, bhum māni vā yāni va  
antalikkhe,**

Whatever beings have come together here, whether of the earth or in  
the firmament,

**Tathāgataṃ devamanussapūjitaṃ, Saṅghaṃ  
namassāma - suvatthi hotu!**

we all honour the the Saṅgha, who is called Tathāgata, who is  
revered by gods and men - may there be safety!

***Ratanasuttam Niṭṭhitam.***

The Discourse on the Treasures is Finished.

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## Day Three

### *Mettasuttam*<sup>3</sup>

#### The Discourse on Friendliness Meditation

##### *Introductory Verses*

**Yassā'nubhāvato yakkhā, neva dassenti bhīsanam,**

Because of the power of that (safeguard) the yakkhas could not make fearful (sights) appear;

**yamhi cevā'nuyuñjanto, rattindiva'matandito**

by practising that diligently night and day,

**sukham supati sutto ca, pāpam kiñci na passati -**

he sleeps happily, and while sleeping does not see anything bad.

**evamādiguṇūpetam, parittam tam bhaṇāma he.**

O good persons, Let's recite that safeguard which is endowed with such qualities!

##### *The Safeguard*

#### **01. Karaṇīya'matthakusalena, yanta santam padam abhisamecca:**

What should be done by one skilled in goodness, who has comprehended the state of peace:

**sakko ujū ca suhujū ca, suvaco cassa mudu anatiṃānī,**

he ought to be able, straight, and upright, easy to speak to, meek, without conceit,

#### **02. santussako ca subharo ca, appakicco ca sallahukavutti, satisfied (with little), easy to support, free from duties, and light in living,**

**santindriyo ca nipako ca, appagabbho**

**kulesva'nanugiddho,**

with faculties at peace, prudent, not forward, and greedless among the families,

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<sup>3</sup> Khuddakapāṭṭha.10-11, Suttanipāta.300-301.



**03. na ca khudda' mācare kiñci, yena viññū pare  
upavadeyyum.**

he should not do the slightest thing whereby others who are wise might find fault (with him).

**Sukhino va khemino hontu, sabbasattā bhavantu  
sukhitattā!**

(May all beings) be happy and secure, may all beings in their hearts be happy!

**04. Ye keci pāṇabhūtatthi, tasā vā thāvarā va'navasesā,  
Whatsoever breathing beings there are trembling, firm, or any other  
(beings),**

**dīghā vā ye va mahantā, majjhimā rassakā  
aṇukathulā,**

whether they be long or great, of middle (size), short, tiny, or of compact (body),

**05. diṭṭhā vā yeva adiṭṭhā, ye va dūre vasanti avidūre,  
those who are seen, and those who are unseen, those who live far  
away, those who are near,**

**bhūtā va sambhavesī va, sabbasattā bhavantu  
sukhitattā!**

those who are born, and those who still seek birth: May all beings in their hearts be happy!

**06. Na paro param nikubbetha, nātimaññetha katthaci na  
kañci,**

No one should cheat another, nor should he despise anyone wherever he is,

**byārosanā paṭighasañña, nāññamaññassa  
dukkha'miccheyya.**

he should not long for suffering for another because of anger or resentment.

**07. Mātā yathā niyaṃ putta-māyusā  
ekaputta'manurakkhe,**

In the same way as a mother would protect her child, her only child, with her life,

**evampi sabbabhūtesu, mānasam bhāvaye aparimāṇam.**  
so too towards all beings one should develop the measureless  
thought (of friendliness).

**08. Mettañca sabbalokasmi, mānasam bhāvaye  
aparimāṇam,**  
Towards the entire world he should develop the measureless thought  
of friendliness,

**uddham adho ca tiriyañca, asambādham  
avera'masapattam.**  
above, below, and across (the middle), without barriers, hate, or  
enmity.

**09. Tiṭṭham caram nisinno va, sayāno yāvata'ssa  
vitamiddho,**

Standing, walking, sitting, lying, for as long as he is without torpor,

**etaṃ satim adhiṭṭheyya, brahma'metaṃ  
vihāra'midhamāhu.**

he should be resolved on this mindfulness, for this, they say here, is  
the (true) spiritual life.

**10. Diṭṭhiñca anupaggamma, sīlavā dassanena sampanno,**  
Without going near a (wrong) view, virtuous, and endowed with  
(true) insight,

**kāmesu vineyya gedham, na hi jātu'ggabbhaseyya  
puna reti.**

having removed greed towards sense pleasures, he does not come to  
lie in a womb again.

***Mettasuttam niṭṭhitam.***

The Discourse on Friendliness Meditation is Finished.

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## Day Four

### *Khandhasuttam*<sup>4</sup>

The Discourse about the Constituent Groups (of Mind & Body)

#### *Introductory Verses*

**Sabbāsīvisajātīnaṃ, dībbamantāgadam viya,**  
To all kinds of poisonous snakes it is like the medicine of a divine charm,

**yaṃ nāseti viṣaṃ ghoram, sesañcāpi parissayaṃ.**  
it destroys terrible poisons and all other dangers.

**Āṇākkhettamhi sabbattha, sabbadā sabbapāṇinaṃ,**  
In this order's domain, (which is) everywhere, always, for all living creatures,

**sabbasopi nivāreti, parittam taṃ bhaṇāma he.**  
it thoroughly wards off (all dangers), O good persons, Let's recite that safeguard!

#### *The Safeguard*

01. **Virūpakkhehi me mettāṃ, mettāṃ Erāpathehi me,**  
I am friendly with the Virūpakkhas, with the Erāpathas I am friendly,  
**Chabyāputtehi me mettāṃ, mettāṃ Kaṇhāgotamakehi ca.**  
I am friendly with the Chabyāputtas, and friendly with the Kaṇhāgotamakas.
02. **Apādakehi me mettāṃ, mettāṃ dvipādakehi me,**  
I am friendly with those without feet, with those with two feet I am friendly,  
**catuppadehi me mettāṃ, mettāṃ bahuppadehi me.**  
I am friendly with those with four feet, with those with many feet I am friendly.

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<sup>4</sup> Vi.4.245, Jātaka.1.53-54.

**03. Mā maṃ apādako hiṃsi, mā maṃ hiṃsi dvipādako,**  
May the one without feet not hurt me, may the one with two feet not hurt me,

**mā maṃ catuppado hiṃsi, mā maṃ hiṃsi bahuppado.**  
may the one with four feet not hurt me, may the one with many feet not hurt me.

**04. Sabbe sattā, sabbe pāṇā, sabbe bhūtā ca kevalā,**  
May all beings, all living creatures, all who are born, in their entirety,  
**sabbe bhadraṇi passantu, mā kañci pāpamāgamā.**  
may all see prosperity, may nothing bad come to anyone.

**Appamāṇo Buddho!**  
The Buddha is measureless!

**Appamāṇo Dhammo!**  
The Dhamma is measureless!

**Appamāṇo Saṅgho!**  
The Saṅgha is measureless!

**Pamaṇavantāni sarīsapāni,**  
Measurable are creeping things,

**ahi vicchikā, satapadī, uṇṇanābhī, sarabū, mūsikā.**  
(such as) snakes, scorpions, centipedes, spiders, lizards, and rats.

**Katā me rakkhā, kataṃ me parittaṃ, paṭikkamantu  
bhūtāni!**

I have made this protection, I have made this safeguard, may (all these)  
beings go away!

**Sohaṃ namo Bhagavato, namo sattannaṃ  
Sammāsambuddhānaṃ.**

I revere the Blessed One, I revere the seven Perfectly Self-Enlightened Ones.

***Khandhasuttaṃ Niṭṭhitaṃ.***

The Discourse about the Constituent Groups (of Mind & Body)  
is Finished.

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## Day Five

### *Morasuttam*<sup>5</sup>

#### The Discourse about the Peacock

##### *Introductory Verses*

**Pūrentam Bodhisambhāre, nibbattam morayoniyam.**

While fulfilling the conditions for Awakening he was born from a peahen's womb.

**Yena samvihitārakkham, Mahāsattam vanecarā**

As the Great Being was protected with (a safeguard) the forest dwellers

**cirassam vāyamantāpi, neva sakkhimsu gaṇhitum.**

were unable to catch him, though they endeavoured for a long time.

**“Brahmamantan”ti akkhātam, parittam tam  
bhaṇāma he.**

It is declared to be “Brahma's Charm”, O good persons, Let's recite that safeguard!

##### *The Safeguard*

**01. “Udetayam Cakkhumā ekarājā,**

“That One who gives Vision, the sole king, comes up,

**harissavaṇṇo pathavippabhāso,**

he is golden coloured, he enlightens the earth,

**tam tam namassāmi harissavaṇṇam**

**pathavippabhāsam,**

therefore I revere the golden coloured one, who enlightens the earth,

**tayājja guttā viharemu divasam.**

guarded by you today, we will live out the day.

**02. Ye brāhmaṇā vedagū sabbadhamme,**

I revere those brahmins who have true understanding

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<sup>5</sup> Jātaka.1.38.

**te me namo - te ca mañ pālayantu!**

of all things - may they keep watch over me!

**Namatthu Buddhānañ! Namatthu Bodhiyā!**

Revere the Buddhas! Revere Awakening!

**Namo Vimuttānañ! Namo Vimuttiyā!”**

Reverence to the Free! Reverence to Freedom!”

**Imañ so parittañ katvā moro carati esanā.**

After making this safeguard the peacock roams about seeking (for food).

03. **“Apetayañ Cakkhumā ekarājā,**

“That One who gives Vision, the sole king, goes down,

**harissavañño pathavippabhāso,**

he is golden coloured, he enlightens the earth,

**tañ tañ namassāmi harissavaññañ**

**pathavippabhāsañ,**

therefore I revere the golden coloured one, who enlightens the earth,

**tayājja guttā viharemu rattiñ.**

guarded by you today, we will live out the night.

04. **Ye brāhmaṇā vedagū sabbadhamme**

I revere those brahmins who have true understanding

**te me namo - te ca mañ pālayantu!**

of all things - may they keep watch over me!

**Namatthu Buddhānañ! Namatthu Bodhiyā!**

Revere the Buddhas! Revere Awakening!

**Namo Vimuttānañ! Namo Vimuttiyā!”**

Reverence to the Free! Reverence to Freedom!”

**Imañ so parittañ katvā moro vāsamakappayi.**

After making this safeguard the peacock dwells on (without fear).

***Morasuttam Niṭṭhitam.***

The Discourse about the Peacock is Finished.

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## Day Six

### *Vaṭṭasuttam*<sup>6</sup>

#### The Discourse about the Quail

#### *Introductory Verses*

**Pūrentam Bodhisambhāre, nibbattam vaṭṭajātiyam,**  
While fulfilling the conditions for Awakening he was born as a kind  
of quail,

**yassa tejena dāvaggi, Mahāsattam vivajjayi.**  
and through his spiritual power the Great Being avoided the forest-  
fire.

**Therassa Sāriputtassa, Lokanāthena bhāsitam,**  
This was spoken by the Lord of the World to the Elder Sāriputta,

**Kappaṭṭhāyim mahātejam: parittam tam bhaṇāma he.**  
it has great power for a world-cycle: O good persons, Let's recite  
that safeguard!

#### *The Safeguard*

**Atthi loke sīlaguṇo, saccam soceyyanuddayā,**  
There is in the world virtue, truth, purity and empathy,

**tena saccena kāhāmi, saccakiriyamuttamam,**  
by the truth of that I will make an asseveration of supreme truth,

**Āvajjetvā Dhammabalam, saritvā pubbake Jine,**  
After reflecting on the strength of the Dhamma, and recalling the former  
Victors,

**saccabalamavassāya, saccakiriyamakāsaḥam:**  
relying on the strength of truth, I made an asseveration of truth:

**“Santi pakkhā apatanā, santi pādā avañcanā,**  
“There are wings which fly not, there are feet which walk not,

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<sup>6</sup> Cariyāpiṭaka.415.

**Mātā pitā ca nikkhantā, Jātaveda, paṭikkama!”**

Mother and Father have gone out, Fire, please depart!”

**Saha sacce kate mayham, mahāpajjalito sikhī**

This (asseveration) was made by me with truth, and the great blazing fire

**vajjesi soḷasa karīsāni, udakaṃ patvā yathā sikhī,**

avoided (this area for) sixteen measures, like fire after reaching water,

**saccena me samo natthi, esā me saccapāramī!**

there is no one my equal for truth, such is my perfection of truth!

*Vaṭṭasuttam Nitthitam.*

The Discourse about the Quail is Finished.

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## Day Seven

### *Dhajaggasuttam*<sup>7</sup>

The Discourse about the Top of a Banner

#### *Introductory Verses*

**Yassānussaraṇenāpi, antalikkhepi paṇino,**

By the recollection of that (safeguard) living creatures in the firmament

**patiṭṭhamadhigacchanti, bhūmiyaṃ viya sabbathā.**

obtain complete support, just like (living creatures) everywhere on earth.

**Sabbupaddavajālamhā, yakkhacorādisambhavā,**

From the net of all adversity arising from yakkhas, thieves, and rivals,

**gaṇanā na ca muttānaṃ, parittaṃ taṃ bhaṇāma he.**

those who were released cannot be numbered, O good persons,  
Let's recite that safeguard!

#### *The Safeguard*

**Evam me sutam:**

Thus I have heard:

**ekam samayaṃ Bhagavā Sāvattiyam viharati**

at one time the Blessed One was dwelling near Sāvatti

**Jetavane Anāthapiṇḍikassa ārāme.**

at Anāthapiṇḍika's grounds in Jeta's Wood.

**Tatra kho Bhagavā bhikkhū āmantesi:**

There it was that the Blessed One addressed the monks, saying:

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<sup>7</sup> Sam.1.220-222.

**“Bhikkhavo!”ti. “Bhadante!”ti te bhikkhū Bhagavato paccassosum.**

“Monks!”, “Reverend Sir!” those monks replied to the Blessed One,

**Bhagavā etadavoca:**

and the Blessed One said this:

**Bhūtapubbam bhikkhave devāsurasaṅgāmo samupabyūḷho ahoṣi.**

Formerly, monks, there was a massed battle between the gods and the asuras.

**Atha kho bhikkhave Sakko devānamindo deve Tāvatiṃse āmantesi:**

Then, monks, the lord of the gods Sakka addressed the Tāvatiṃsa gods, saying:

**“Sace mārisā devānaṃ saṅgāmagatānaṃ**

“If, dear Sirs, to the gods who have gone into battle

**uppajjeyya bhayaṃ vā chambhitattaṃ vā lomahaṃso vā,**

there should arise fear, or terror, or horror,

**mameva tasmim samaye dhajaggaṃ ullokeyyātha.**

at that time you could look for the top of my banner.

**Mamaṃ hi vo dhajaggaṃ ullokayataṃ**

For to those who look to the top of my banner

**yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā, lomahaṃso vā, so pahīyissati.**

whatever fear there may be, or terror, or horror, will be given up.

**No ce me dhajaggaṃ ullokeyyātha,**

If you cannot look to the top of my banner,

**atha Pajāpatissa devarājassa dhajaggaṃ ullokeyyātha.**

then you could look for the top of the god-king Pajāpati’s banner.

**Pajāpatissa hi vo devarājassa dhajaggaṃ ullokayataṃ**

For to those who look to the top of the god-king Pajāpati’s banner

**yaṃ bhavissati bhayaṃ vā chambhitattam vā, lomahaṃso vā, so pahīyissati.**

whatever fear there may be, or terror, or horror, will be given up.

**No ce Pajāpatissa devarājassa dhajjaggaṃ ullokeyyātha,**  
If you cannot look to the top of the god-king Pajāpati's banner,

**atha Varuṇassa devarājassa dhajjaggaṃ ullokeyyātha.**  
then you could look for the top of the god-king Varuṇa's banner.

**Varuṇassa hi vo devarājassa dhajjaggaṃ ullokayataṃ**  
For to those who look to the top of the god-king Varuṇa's banner

**yaṃ bhavissati bhayaṃ vā chambhitattam vā, lomahaṃso vā, so pahīyissati.**

whatever fear there may be, or terror, or horror, will be given up.

**No ce Varuṇassa devarājassa dhajjaggaṃ ullokeyyātha,**  
If you cannot look to the top of the god-king Varuṇa's banner,

**atha Īsānassa devarājassa dhajjaggaṃ ullokeyyātha.**  
then you could look for the top of the god-king Īsāna's banner.

**Īsānassa hi vo devarājassa dhajjaggaṃ ullokayataṃ**  
For to those who look to the top of the god-king Īsāna's banner

**yaṃ bhavissati bhayaṃ vā chambhitattam vā, lomahaṃso vā, so pahīyissatīti.**

whatever fear there may be, or terror, or horror, will be given up.

**Tam kho pana bhikkhave Sakkassa vā devānamindassa dhajjaggaṃ ullokayataṃ,**

But, monks, to he who looks to the top of the lord of the gods Sakka's banner,

**Pajāpatissa vā devarājassa dhajjaggaṃ ullokayataṃ,**  
or who looks to the top of the god-king Pajāpati's banner,

**Varuṇassa vā devarājassa dhajjaggaṃ ullokayataṃ,**  
or who looks to the top of the god-king Varuṇa's banner,

**Īsānassa vā devarājassa dhajjaggaṃ ullokayataṃ,**  
or who looks to the top of the god-king Īsāna's banner,

**yaṃ bhavissati bhayaṃ vā chambhitattam vā lomahaṃso vā,**  
whatever fear there may be, or terror, or horror,

**so pahīyethāpi nopi pahīyetha.**  
may be given up, and may not be given up.

**Tam kissa hetu?**  
What is the reason for that?

**Sakko hi bhikkhave devānamindo**  
The lord of the gods Sakka, monks,

**avītarāgo avītadoso avītamoho, bhīru chambhī utrāsī  
palāyīti.**  
being fearful, terrified, scared, he ran away. is not free from passion, is  
not free from hatred, is not free from delusion,

**Ahañca kho bhikkhave evaṃ vadāmi:**  
But I say this, monks:

**Sace tumhākaṃ bhikkhave araññagatānaṃ vā,**  
If to you, monks, after going to the wilderness,

**rukkhamūlagatānaṃ vā, suññāgāragatānaṃ vā,**  
or to the root of a tree, or to an empty place,

**uppajjeyya bhayaṃ vā chambhitattam vā lomahaṃso vā,**  
there should arise fear, or terror, or horror,

**mameva tasmim samaye anussareyyātha:**  
at that time you could recollect me thus:

**“Itipi so Bhagavā Arahaṃ Sammāsambuddho,**  
“Such is he, the Blessed One, the Worthy One, the Perfectly Self-  
Enlightened One,

**vijjācaraṇasampanno Sugato lokavidū,**  
the one endowed with understanding and good conduct, the Fortunate  
One, the One who understands the worlds,

**anuttaro purisadammasārathi,**  
the unsurpassed guide for those people who need taming,

**Satthā devamanussānaṃ Buddho Bhagavā”ti.**

the Teacher of gods and men, the Buddha, the Blessed One.”

**Mamaṃ hi vo bhikkhave anussarataṃ**

For, monks, to those who recollect me

**yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā lomahaṃso  
vā, so pahīyissati.**

whatever fear there may be, or terror, or horror, will be given up.

**No ce maṃ anussareyyātha, atha Dhammaṃ  
anussareyyātha:**

If you cannot recollect me, then recollect the Dhamma thus:

**“Svākkhāto Bhagavatā Dhammo,**

“The Dhamma has been well-proclaimed by the Blessed One,

**sandiṭṭhiko, akāliko, ehipassiko, opaneyyiko,**

it is visible, not subject to time, inviting inspection, onward leading,

**paccattaṃ veditabbo viññūhī”ti.**

and can be understood by the wise for themselves.”

**Dhammaṃ hi vo bhikkhave anussarataṃ**

For, monks, to those who recollect the Dhamma

**yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā lomahaṃso vā,  
so pahīyissati.**

whatever fear there may be, or terror, or horror, will be given up.

**No ce Dhammaṃ anussareyyātha, atha Saṅghaṃ  
anussareyyātha:**

If you cannot recollect the Dhamma, then recollect the Saṅgha thus:

**“Suppaṭipanno Bhagavato sāvakaṣaṅgho,**

“The Blessed One’s Saṅgha of disciples are good in their practice,

**ujjappaṭipanno Bhagavato sāvakaṣaṅgho,**

the Blessed One’s Saṅgha of disciples are upright in their practice,

**ñāyappaṭipanno Bhagavato sāvakaṣaṅgho,**

the Blessed One’s Saṅgha of disciples are systematic in their practice,

**sāmīcippaṭipanno Bhagavato sāvakaśaṅgho,**

the Blessed One's Saṅgha of disciples are correct in their practice,

**yadidaṃ cattāri purisayugāni aṭṭha purisapuggalā,**

that is to say, the four pairs of persons, the eight individual persons,

**esa Bhagavato sāvakaśaṅgho,**

this is the Blessed One's Saṅgha of disciples,

**āhuneyyo, pāhuneyyo, dakkhiṇeyyo, añjalikaraṇīyo,**

they are worthy of offerings, of hospitality, of gifts, and of reverential salutation,

**anuttaraṃ puññakkhettaṃ lokassā"ti.**

they are an unsurpassed field of merit for the world."

**Śaṅghaṃ hi vo bhikkhave anussarataṃ**

For, monks, to those who recollect the Saṅgha

**yaṃ bhavissati bhayaṃ vā chambhitattaṃ vā lomahaṃso  
vā, so pahīyissati.**

whatever fear there may be, or terror, or horror, will be given up.

**Taṃ kissa hetu?**

What is the reason for that?

**Tathāgato hi bhikkhave Arahaṃ Sammāsambuddho,**

The Realised One, monks, the Worthy One, the Perfectly Self-Enlightened One,

**vītarāgo, vītadoso, vītamoho, abhīru acchambhī anutrāsī  
apalāyī"ti.**

is free from passion, is free from hatred, is free from delusion, not being fearful, not terrified, not scared, he did not run away."

**Idamavoca Bhagavā, idaṃ vatvāna Sugato athāparaṃ  
etadavoca Satthā:**

The Blessed One said this, and after saying this, the Fortunate One, the Teacher, said something more:

**01. Araññe rukkhamūle vā, suññāgāre va bhikkhavo,**

In the wilds, at the root of a tree, or in an empty place, monks,

**anussaretha Sambuddham, bhayaṃ tumhāka no siyā.**  
you must recollect the Sambuddha, and there will be no fear for  
you.

**02. No ce Buddham sareyyātha, lokajetṭham narāsabham,**  
if you can't remember the Buddha, the world's elder, the man-bull,

**atha Dhammam sareyyātha, niyyānikam sudesitam.**  
then you must remember the Dhamma, which leads out, which is  
well preached.

**03. No ce Dhammam sareyyātha, niyyānikam sudesitam,**  
If you can't remember the Dhamma, which leads out, which is well  
preached,

**atha Saṅgham sareyyātha, puññakkhetam  
anuttaram.**

then you must remember the Saṅgha, which is an unsurpassed field  
of merit.

**04. Evaṃ Buddham sarantānam, Dhammam Saṅghaṅca  
bhikkhavo,**

Thus for those who remember the Buddha, the Dhamma, or the  
Saṅgha, monks,

**bhayaṃ vā chambhitattam vā, lomahaṃso na hessati.**  
(there will be no) fear, or terror, there will be no horror.

*Dhajaggasuttam Niṭṭhitam.*

The Discourse about the Top of a Banner is finished.

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## Day Eight

### Āṭānāṭṭiyasuttam

#### The Āṭānāṭṭiya Discourse

#### *Introductory Verses*

**Appasannehi Nāthassa, Sāsane sādhu sammate,**  
About those having little faith in the Lord's well-honoured  
Dispensation,

**amanussehi caṇḍehi, sadā kibbisakāribhi,**  
about violent non-human beings, who are always criminals,

**parisānam catassannaṃ, ahimsāya ca guttiyā,**  
this is what was preached by the Great Hero to the four  
assemblies,

**yaṃ desesi Mahāvīro: parittam taṃ bhaṇāma he.**  
about non-violence and watchfulness: O good persons, Let's  
recite that safeguard!

#### *The Safeguard*

\*<sup>8</sup> **Vipassissa ca namatthu, Cakkhumantassa sirīmato,**  
May you revere Vipassī, the glorious Visionary,

**Sikhissapi ca namatthu, sabbabhūtānukampino,**  
may you revere Sikhī, who has pity on all beings,

\* **Vessabhussa ca namatthu, nhātakassa tapassino,**  
may you revere Vessabhū, the austere one, cleansed (of corruptions),

**namatthu Kakusandhassa, Mārasenāpamaddino,**  
may you revere Kakusandha, who has crushed Māra's army,

\* **Koṇāgamanassa namatthu, brāhmaṇassa vusīmato,**  
may you revere Koṇāgamana, the accomplished brahmin,

**Kassapassa ca namatthu, vippamuttassa sabbadhi.**  
may you revere Kassapa, who is free in every respect.

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<sup>8</sup> Paragraphs marked with an asterisk (\*) – Dī.3.159.



**\*<sup>9</sup> Āṅgīrasassa namatthu, Sakyaputtassa sirīmato,**  
May you revere Āṅgīrasa, the glorious son of the Sakyans,

**yo imam Dhammam desesi, sabbadukkhāpanūdanam.**  
he who preached this Dhamma, which is the dispelling of all suffering.

**\* Ye cāpi nibbutā loke, yathābhūtam vipassisum,**  
Those who are emancipated in the world, who have insight (into things)  
as they are,

**te janā apisuṇātha, mahantā vītasārādā,**  
those people free from malicious speech, who are great and fully  
mature,

**\* hitam devamanussānam, yam namassanti Gotamam,**  
they will revere that Gotama, who is of benefit to gods and men,

**vijjācaraṇasampannam, mahantam vītasāradam.**  
who has understanding and good conduct, who is great and fully  
mature.

**Ete caññe ca Sambuddhā, anekasatakoṭṭiyo,**  
Those other Buddhas, countless hundreds of millions,

**sabbe Buddhā'samasamā, sabbe Buddhā mahiddhikā,**  
all those unequalled Buddhas, all those Buddhas of great power,

**sabbe Dasabalūpetā, vesārajjuhupāgatā,**  
all those endowed with Ten Powers, with (supreme) confidence,

**sabbe te paṭijānanti, Āsabham ṭhānamuttamam.**  
they all acknowledge the Bull in the supreme abode.

**Sīhanādam nadantete, parisāsu visāradā,**  
These roar the Lion's Roar confidently amongst the assemblies,

**brahmacakkaṃ pavattenti, loke appaṭivattiyam.**  
and turn the supreme (Dhamma) wheel, which cannot be turned back in  
the world.

**Upetā Buddhadhammehi, aṭṭhārasahi nāyakā,**  
They are Leaders endowed with eighteen things pertaining to the  
Buddhas,

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<sup>9</sup> Paragraphs marked with an asterisk (\*) – Dī.3.159.

**bāttimsalakkhaṇūpetā, sītānubyañjanādhārā,**  
endowed with thirty-two marks, and bearing eighty minor characteristics,

**byāmappabhāya suppbhā, sabbe te munikuñjarā.**  
radiating a halo all round, they are all elephant-like sages.

**Buddhā sabbañño ete, sabbe khīṇāsavā Jinā,**  
These omniscient Buddha are all Victors who are pollutant-free,

**mahāpabhā mahātejā, mahāpaññā mahabbalā,**  
having great radiance, great power, great wisdom, great strength,

**mahākāruṇikā, dhīrā, sabbesānaṃ sukhāvahā.**  
great compassion, wise men bringing happiness to all.

**Dīpā Nāthā patiṭṭhā ca, tāṇā leṇā ca pāṇinaṃ,**  
These Lords establish support, shelter and protection for (all) breathing beings,

**gaṭī bandhū mahassāsā, saraṇā ca hitesino,**  
they seek the benefit of all kinsmen who have a great desire for refuge,

**sadevakassa lokassa, sabbe ete parāyaṇā.**  
in the world with its gods and men, they have all crossed over.

**Tesāhaṃ sirasā pāde, vandāmi purisuttame,**  
I worship the feet of these supreme persons with my head,

**vacasā manasā ceva, vandāmete Tathāgate,**  
with my words, with my mind, I worship these Realised Ones,

**sayane āsane ṭhāne, gamane cāpi sabbadā.**  
while lying, sitting, standing and going everyday.

**Sadā sukkena rakkhantu, Buddhā santikarā tuvaṃ,**  
May the Buddhas, who are peacemakers, always happily protect you,

**tehi tvaṃ rakkhito santo, mutto sabbabhayehi ca,**  
and may you be protected by them, peaceful and free from all fear.

**sabbarogā vinīmutto, sabbasantāpavajjito,**  
may you be free of all diseases, avoid all grief,

**sabbaveramatikkanto, nibbuto ca tvaṃ bhava!**  
overcome all enemies, and may you attain nibbāna!

**Tesaṃ saccena sīlena, khantimettābalena ca,**

Through their truth and virtue, and the strength of their patience and friendliness,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may the (Buddhas) always protect us with health and happiness!

**Puratthimasmim disābhāge, santi bhūtā mahiddhikā,**

In the Easterly direction there are beings of great power,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may the (Buddhas) always protect us with health and happiness!

**Dakkhiṇasmim disābhāge, santi devā mahiddhikā,**

In the Southerly direction there are gods of great power,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may the (Buddhas) always protect us with health and happiness!

**Pacchimasmim disābhāge, santi nāgā mahiddhikā,**

In the Westerly direction there are nāgas of great power,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may the (Buddhas) always protect us with health and happiness!

**Uttarasmim disābhāge, santi yakkhā mahiddhikā,**

In the Northerly direction there are yakkhas of great power,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may the (Buddhas) always protect us with health and happiness!

**Puratthimena Dhatarattho, Dakkhiṇena Virūlhako,**

To the East there is Dhatarattha, in the South there is Virūlhaka,

**Pacchimena Virūpakkho, Kuvero Uttaraṃ disaṃ.**

in the West there is Virūpakkha, to the North there is Kuvera.

**Cattāro te Mahārājā, lokapālā yassasino,**

These are the Four Great Kings, who are famous and protect the world,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may these (Buddhas) always protect us with health and happiness!

**Ākāsaṭṭhā ca bhūmaṭṭhā, devā nāgā mahiddhikā,**

(There are) powerful gods and nāgas stationed in the sky or on the earth,

**tepi amhe'nurakkhantu, arogena sukkena ca.**

may these (Buddhas) always protect us with health and happiness!

**Iddhimanto ca ye devā, vasantā idha Sāsane,**

There are gods endowed with psychic power dwelling here in the Dispensation,

**tepi amhe'nurakkhantu, arogena sukkena ca!**

may these (Buddhas) always protect us with health and happiness!

**Sabbītiyo vivajjantu, soko rogo vinassatu,**

May you avoid all calamities, may grief and disease be destroyed,

**mā te bhavantvantarāyā, sukhī dīghāyuko bhava!**

may there be no obstacles for you, may you be happy and live long!

**\*<sup>10</sup> Abhivādanasīlissa, niccam vuddhāpacāyino,**

For one in the habit of constantly worshipping respectable elders,

**cattāro dhammā vaḍḍhanti: āyuvaṇṇo, sukham, balaṃ.**

four things increase: length of life, beauty, happiness, and strength.

*Āṭānāṭiyasuttam Niṭṭhitam.*

The Āṭānāṭiya Discourse is Finished.

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<sup>10</sup> Paragraph marked with an asterisk (\*) – Dhammapada. Gāthā-109.

## Day Nine

### *Aṅgulimālasuttaṃ*

The Discourse about Aṅgulimāla

#### *Introductory Verses*

**Parittaṃ yaṃ bhaṇantassa, nisinnaṭṭhānadhovanaṃ,**

When this safeguard is being recited (even) the washing water

**udakampi vināseti, sabbameva parissayaṃ.**

(taken) from the sitting place will destroy all dangers.

**“Sotthinā gabbhavuṭṭhānaṃ, yañca sādheti taṅkhaṇe,”**

“For sure this will effect a safe birth from the womb in a moment,”

**Therass’Aṅgulimālassa, Loka nāthena bhāsitaṃ,**

this was spoken by the Lord of the World to the Elder  
Aṅgulimāla,

**kappaṭṭhāyima mahātejaṃ, parittaṃ taṃ bhaṇāma he.**

it has great power for a world-cycle, O good persons, Let’s recite  
that safeguard!

#### *The Safeguard*

**\*<sup>11</sup> Yatohaṃ, bhagini, Ariyāya jātiyā jāto;**

Sister, from the time I was born in a Noble birth

**nābhijānāmi sañcicca pāṇaṃ jīvita voropetā.**

I am not aware of having intentionally deprived a being of life,

**Tena saccena sotthi te hotu sotthi gabbhassa!**

through this truth may you be safe, and may your foetus be safe!

#### *Aṅgulimālasuttaṃ Niṭṭhitaṃ.*

The Discourse about Aṅgulimāla is Finished.

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<sup>11</sup> Paragraph marked with an asterisk (\*) – Ma.2.306.

## Bojjhaṅgasuttāni

Discourses about the Factors of Awakening

### *Paṭhamagilānasuttam*<sup>12</sup>

The First Discourse about being Sick

**Ekam samayaṃ Bhagavā Rājagahe viharati**

At one time the Blessed One was dwelling near Rājagaha

**Veḷuvane Kalandakanivāpe.**

at the Squirrels' Feeding Place in Bamboo Wood.

**Tena kho pana samayena āyasmā Mahākassapo**

Then at that time venerable Mahā Kassapa

**Pippaliguhāyaṃ viharati, ābādhiko dukkhito bāḥgilāno.**

was dwelling at the Pepper Cave, and was afflicted, suffering, and very sick.

**Atha kho Bhagavā sāyanhasamayaṃ patisallānā vuṭṭhito,**

Then the Blessed One, rising from seclusion in the evening time,

**yenāyasmā Mahākassapo tenupasaṅkami,**

approached venerable Mahā Kassapa,

**upasaṅkamtivā paññatte āsane nisīdi.**

and after approaching he sat down on the prepared seat.

**Nisajja kho Bhagavā āyasmantaṃ Mahākassapaṃ  
etadavoca:**

Having sat down the Blessed One said this to venerable Mahā Kassapa:

**“Kacci te Kassapa khamanīyaṃ? Kacci yāpanīyaṃ?**

“Can you bear up, Kassapa? Can you carry on?

**Kacci dukkhā vedanā paṭikkamanti no abhikkamanti?**

Do painful feelings decrease and not increase?

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<sup>12</sup> Saṃ.3.71-72.

**Paṭikkamosānaṃ paññāyati no abhikkamo”ti**

Is it known that they are decreasing and not increasing?”

**“Na me bhante khamaṇīyaṃ, na yāpaṇīyaṃ.**

“No, reverend Sir, I cannot bear up, nor can I carry on,

**Bāḷhā me dukkhā vedanā abhikkamanti, no paṭikkamanti,**

painful feelings greatly increase for me and do not decrease,

**abhikkamosānaṃ paññāyati, no paṭikkamo”ti.**

and it is known that they increase and do not decrease.”

**“Sattime Kassapa Bojjhaṅgā mayā sammadakkhātā,**

“There are these seven factors of Awakening, Kassapa, that have been fully explained by me,

**bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya  
saṃvattanti.**

when developed and made much of they lead to deep knowledge,  
Complete Awakening, and Nibbāna.

**Katame satta?**

What are the seven?

**01. Satisambojjhaṅgo kho Kassapa mayā sammadakkhāto,**

The factor of Complete Awakening that is mindfulness, Kassapa,  
has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṃvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**02. Dhammavicayasambojjhaṅgo kho Kassapa mayā  
sammadakkhāto,**

The factor of Complete Awakening that is investigation of (the  
nature of) things, Kassapa, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṃvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

03. **Vīriyasambojjhaṅgo kho Kassapa mayā  
sammadakkhāto,**

The factor of Complete Awakening that is energy, Kassapa, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

04. **Pītisambojjhaṅgo kho Kassapa mayā  
sammadakkhāto,**

The factor of Complete Awakening that is rapture, Kassapa, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

05. **Passaddhisambojjhaṅgo kho Kassapa mayā  
sammadakkhāto,**

The factor of Complete Awakening that is calm, Kassapa, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

06. **Samādhisambojjhaṅgo kho Kassapa mayā  
sammadakkhāto,**

The factor of Complete Awakening that is concentration, Kassapa, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.



**07. Upekkhāsambojjhaṅgo kho Kassapa mayā  
sammadakkhāto,**

The factor of Complete Awakening that is equanimity, Kassapa,  
has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**Ime kho Kassapa satta Bojjhaṅgā mayā sammadakkhātā,**  
These are the seven factors of Awakening, Kassapa, which have been  
fully explained by me,

**bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya  
saṁvattantī”ti.**

when developed and made much of they lead to deep knowledge,  
Complete Awakening, and Nibbāna.”

**“Taggha Bhagavā Bojjhaṅgā!**

“Surely, Blessed One, (these are) the factors of Awakening!

**Taggha Sugata Bojjhaṅgā!”ti.**

Surely, Fortunate One, (these are) the factors of Awakening!”

**Idamavoca Bhagavā.**

The Blessed One said this,

**Attamano āyasmā Mahākassapo Bhagavato bhāsitaṃ  
abhinandi.**

and venerable Mahā Kassapa was uplifted and greatly rejoiced in what  
was said by the Blessed One,

**Vuṭṭhahi cāyasmā Mahākassapo tamhā ābādhā.**

and venerable Mahā Kassapa recovered from that affliction,

**Tathāpahīno cāyasmato Mahākassapassa so ābādho  
ahosīti.**

and by that venerable Mahā Kassapa’s affliction was brought to an end.

## Day Ten

### *Dutiyagilānasuttam*<sup>13</sup>

The Second Discourse about being Sick

**Ekam samayaṃ Bhagavā Rājagahe viharati**

At one time the Blessed One was dwelling near Rājagaha

**Veḷuvane Kalandakanivāpe.**

at the Squirrels' Feeding Place in Bamboo Wood.

**Tena kho pana samayena āyasmā Mahāmogallāno**

Then at that time venerable Mahā Moggallāna

**Gijjhakūṭe pabbate viharati, ābādhiko dukkhito  
bālhagilāno.**

was dwelling at the Vultures' Peak mountain, and was afflicted,  
suffering, and very sick.

**Atha kho Bhagavā sāyanhasamayam patisallānā vuṭṭhito,**

Then the Blessed One, rising from seclusion in the evening time,

**yenāyasmā Mahāmogallāno tenupasaṅkami,**

approached venerable Mahā Moggallāna,

**upasaṅkamitvā paññatte āsane nisīdi.**

and after approaching he sat down on the prepared seat.

**Nisajja kho Bhagavā āyasmantaṃ Mahāmogallānaṃ  
etadavoca:**

Having sat down the Blessed One said this to venerable Mahā  
Moggallāna:

**“Kacci te Moggallāna khamanīyam? Kacci yāpanīyam?”**

“Can you bear up, Moggallāna? Can you carry on?”

**Kacci dukkhā vedanā paṭikkamanti, no abhikkamanti?”**

Do painful feelings decrease and not increase?”

**Paṭikkamosānaṃ paññāyati, no abhikkamo”ti**

Is it known that they are decreasing and not increasing?”

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<sup>13</sup> Sam.3.72-73.

**“Na me bhante khamanīyaṃ, na yāpanīyaṃ.**

“No, reverend Sir, I cannot bear up, nor can I carry on,

**Bālha me dukkhā vedanā abhikkamanti, no paṭikkamanti,**  
painful feelings greatly increase for me and do not decrease,

**abhikkamosānaṃ paññāyati, no paṭikkamo”ti.**

and it is known that they increase and do not decrease.”

**“Sattime Moggallāna Bojjhaṅgā mayā sammadakkhātā,**

“There are these seven factors of Awakening, Moggallāna, that have been fully explained by me,

**bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya  
saṃvattanti.**

when developed and made much of they lead to deep knowledge,  
Complete Awakening, and Nibbāna.

**Katame satta?**

What are the seven?

**01. Satisambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is mindfulness,  
Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṃvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**02. Dhammavicayasambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is investigation of (the  
nature of) things, Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṃvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**03. Vīriyasambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is energy, Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**04. Pītisambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is rapture, Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**05. Passaddhisambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is calm, Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**06. Samādhisambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is concentration, Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**07. Upekkhāsambojjhaṅgo kho Moggallāna mayā  
sammadakkhāto,**

The factor of Complete Awakening that is equanimity,  
Moggallāna, has been fully explained by me,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṃvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**Ime kho Moggallāna satta Bojjhaṅgā mayā sammadakkhātā,**

These are the seven factors of Awakening, Moggallāna, which have  
been fully explained by me,

**bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya  
saṃvattantī”ti.**

when developed and made much of they lead to deep knowledge,  
Complete Awakening, and Nibbāna.”

**“Taggha Bhagavā Bojjhaṅgā!**

“Surely, Blessed One, (these are) the factors of Awakening!

**Taggha Sugata Bojjhaṅgā”ti.**

Surely, Fortunate One, (these are) the factors of Awakening!”

**Idamavoca Bhagavā.**

The Blessed One said this,

**Attamano āyasmā Mahāmoggallāno Bhagavato bhāsitaṃ  
abhinandi.**

and venerable Mahā Moggallāna was uplifted and greatly rejoiced in  
what was said by the Blessed One,

**Vuṭṭhahi cāyasmā Mahāmoggallāno tamhā ābādhā.**

and venerable Mahā Moggallāna recovered from that affliction,

**Tathāpahīno cāyasmato Mahāmoggallānassa so ābādhō  
ahosīti.**

and by that venerable Mahā Moggallāna’s affliction was brought to an end.

## Day Eleven

### *Tatiyagilānasuttaṃ*<sup>14</sup>

The Third Discourse about being Sick

**Ekam samayam Bhagavā Rājagahe viharati**

At one time the Blessed One was dwelling near Rājagaha

**Veḷuvane Kalandakanivāpe.**

at the Squirrels' Feeding Place in Bamboo Wood.

**Tena kho pana samayena Bhagavā ābādhiko hoti  
dukkhito bāḥgilaṇo.**

Then at that time the Blessed One was afflicted, suffering, and very sick.

**Atha kho āyasmā Mahācundo yena Bhagavā  
tenupasaṅkami,**

Then venerable Mahā Cunda approached the Blessed One,

**upasaṅkamtivā Bhagavantam abhivādetvā, ekamantaṃ  
nisīdi.**

and after approaching and worshipping the Blessed One, he sat down on one side.

**Ekamantaṃ nissinaṃ kho āyasmantaṃ Mahācundaṃ  
Bhagavā etadvoca:**

While he was sitting on one side the Blessed One said this to venerable Mahā Cunda:

**“Paṭibhantu taṃ Cunda Bojjhaṅgā”ti.**

“May the factors of Awakening occur to you, Cunda.”

**“Sattime bhante Bojjhaṅgā Bhagavatā sammadakkhātā,**

“There are these seven factors of Awakening, reverend Sir, that have been fully explained by the Blessed One,

**bhāvitā bahulikatā abhiññāya Sambodhāya Nibbānāya  
saṃvattanti.**

when developed and made much of they lead to deep knowledge, Complete Awakening, and Nibbāna.

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<sup>14</sup> Saṃ.3.73.

## **Katame satta?**

What are the seven?

### **01. Satisambojjhaṅgo kho bhante Bhagavatā sammadakkhāto,**

The factor of Complete Awakening that is mindfulness, reverend Sir, has been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

### **02. Dhammavicayasambojjhaṅgo kho bhante Bhagavatā sammadakkhāto,**

The factor of Complete Awakening that is investigation of (the nature of) things, reverend Sir, has been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

### **03. Vīriyasambojjhaṅgo kho bhante Bhagavatā sammadakkhāto,**

The factor of Complete Awakening that is energy, reverend Sir, has been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge, Complete Awakening, and Nibbāna.

### **04. Pītisambojjhaṅgo kho bhante Bhagavatā sammadakkhāto,**

The factor of Complete Awakening that is rapture, reverend Sir, has been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**05. Passaddhisambojjhaṅgo kho bhante Bhagavatā  
sammadakkhāto,**

The factor of Complete Awakening that is calm, reverend Sir, has  
been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**06. Samādhisambojjhaṅgo kho bhante Bhagavatā  
sammadakkhāto,**

The factor of Complete Awakening that is concentration, reverend  
Sir, has been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**07. Upekkhāsambojjhaṅgo kho bhante Bhagavatā  
sammadakkhāto,**

The factor of Complete Awakening that is equanimity, reverend  
Sir, has been fully explained by the Blessed One,

**bhāvito bahulīkato abhiññāya Sambodhāya  
Nibbānāya saṁvattati.**

when developed and made much of it leads to deep knowledge,  
Complete Awakening, and Nibbāna.

**Ime kho bhante satta Bojjhaṅgā Bhagavatā  
sammadakkhātā,**

These are the seven factors of Awakening, reverend Sir, which have  
been fully explained by the Blessed One,



**bhāvitā bahulīkatā abhiññāya Sambodhāya Nibbānāya  
saṁvattantī”ti.**

when developed and made much of they lead to deep knowledge,  
Complete Awakening, and Nibbāna.”

**“Taggha Cunda Bojjhaṅgā!**

“Surely, Cunda, (these are) the factors of Awakening!

**Taggha Cunda Bojjhaṅgā!”ti.**

Surely, Cunda, (these are) the factors of Awakening!”

**Idamavocāyasmā cundo.**

Venerable Cunda said this,

**Samanuñño Satthā ahoṣi.**

and the Teacher was in agreement,

**Vuṭṭhahi ca Bhagavā tamhā ābādhā.**

and the Blessed One recovered from that affliction,

**Tathāpahīno ca Bhagavato so ābādho ahoṣīti.**

and by that the Blessed One’s affliction was brought to an end.

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## Day Twelve

### *Bojjhaṅgasuttam*

The Discourse about the Factors of Awakening  
(from the Eleven Great Paritta Discourses)

#### *Introductory Verses*

**Samsāre samsārantānaṃ, sabbadukkhavināsane,**  
While rolling on through the rounds of birth and death all suffering  
is destroyed

**satta dhamme ca Bojjhaṅge, Mārasenāpamaddane.**  
(by) the seven Factors of Awakening, which crush Māra's army.

**Bujjhivā ye c'ime sattā, tibhavā muttakuttamā,**  
Having Awakened to them these beings are supremely released  
from the three worlds,

**ajāti'majarā'byādhim, amataṃ nibbhayaṃ gatā.**  
and have gone to (that state where there is) no birth, no ageing, no  
sickness, no death and which is free from fear.

**Evamādiguṇūpetam, anekaguṇasaṅgahaṃ,**  
Being endowed with this quality and a collection of countless other  
qualities

**osadhañca imaṃ mantam: Bojjhaṅgañca bhaṇāma he.**  
it is a medicinal mantra: O good persons, Let's recite those factors  
of Awakening!

#### *The Safeguard*

**Bojjhaṅgo satisaṅkhāto, dhammānaṃ vicayo tathā,**  
The Factors of Awakening are agreed upon as mindfulness, and then  
investigation of the (nature of) things,

**vīriyaṃ pīti passaddhi, Bojjhaṅgā ca tathāpare,**  
and after that the Factors of Awakening of energy, joyful-interest and calm,

**samādhupekkha bojjhaṅgā: sattete Sabbadassinā**  
(then) the Factors of Awakening of concentration and equanimity: these seven

**Muninā sammadakkhātā, bhāvitā bahulikatā,**  
were well-proclaimed by the All-Seeing Sage, when developed and  
practiced

**saṃvattanti abhiññāya, Nibbānāya ca Bodhiyā:**  
they lead to deep knowledge, Emancipation and Awakening:

**Etena saccavajjena, sotthi te hotu sabbadā!**  
By this declaration of the truth may you be safe at all times!

**Ekasmiṃ samaye Nātho, Moggallānaṅca Kassapaṃ,**  
At one time The Lord, having seen that Moggallāna and Kassapa  
**gilāne dukkhite disvā, Bojjhaṅge satta desayi,**  
were sick and suffering, taught these seven Factors of Awakening,

**te ca taṃ abhinanditvā, rogā muccimsu taṅkhaṇe:**  
and having rejoiced in them, they were freed from illness in an instant:

**Etena saccavajjena, sotthi te hotu sabbadā!**  
By this declaration of the truth may you be safe at all times!

**Ekadā Dhammarājāpi, gelaññenābhipīlito,**  
One day the Dhamma-King was oppressed by sickness,

**Cundattherena taṃyeva, bhaṇāpetvāna sādaram,**  
and after the Elder Cunda had recited them with respect,

**sammoditvāna ābādhā, tamhā vuṭṭhāsi ṭhānaso:**  
having rejoiced he rose from that affliction on the spot:

**Etena saccavajjena, sotthi te hotu sabbadā!**  
By this declaration of the truth may you be safe at all times!

**Pahīnā te ca ābādhā, tiṇṇannampi Mahesinaṃ,**  
These afflictions were abandoned by these three Great Seers,

**maggāhatā kilesāva, pattānuppattidhammataṃ:**  
just as the defilements are destroyed by the path, attained in accordance  
with nature:

**Etena saccavajjena, sotthi te hotu sabbadā!**  
By this declaration of the truth may you be safe at all times!

## Day Thirteen

### *Pubbaṅhasuttaṃ*

The Discourse about the Forenoon

**Yaṃ dunnimittaṃ avamaṅgalaṅca, yo cāmanāpo  
sakuṇassa saddo,**

Whatever bad sign, inauspicious event, or whatever ominous bird  
shriek there is,

**pāpaggaho dussupinaṃ akantaṃ, Buddhānubhāvena  
vināsamentu!**

also evil planets, and unpleasant dreams may they perish through the  
power of the Buddha!

**Yaṃ dunnimittaṃ avamaṅgalaṅca, yo cāmanāpo  
sakuṇassa saddo,**

Whatever bad sign, inauspicious event, or whatever ominous bird  
shriek there is,

**pāpaggaho dussupinaṃ akantaṃ, Dhammānubhāvena  
vināsamentu!**

also evil planets, and unpleasant dreams may they perish through the  
power of the Dhamma!

**Yaṃ dunnimittaṃ avamaṅgalaṅca, yo cāmanāpo  
sakuṇassa saddo,**

Whatever bad sign, inauspicious event, or whatever ominous bird  
shriek there is,

**pāpaggaho dussupinaṃ akantaṃ, Saṅghānubhāvena  
vināsamentu!**

also evil planets, and unpleasant dreams may they perish through the  
power of the Saṅgha!

**Dukkhappattā ca niddukkhā, bhayappattā ca nibbhayā,**  
May those who suffer be without suffering, may those who fear be  
without fear,

**sokappattā ca nissokā, hontu sabbepi paṇiṇo!**  
may those who grieve be without grief - may all living creatures be so!

**Ettāvataṃ ca amhehi, sambhataṃ puññasampadam,**  
For as far as success in merit has been achieved by us

**sabbe devānumodantu, sabbasampatti siddhiyā!**  
may all gods rejoice in the accomplishment of all attainments!

**Dānaṃ dadantu saddhāya, sīlaṃ rakkhantu sabbadā,**  
All should give gifts with confidence, protect one's virtue at all times,

**bhāvanābhiratā hontu, gacchantu devatāgatā.**  
find delight in meditation, and all gods coming here may go.

**Sabbe Buddhā balappattā, Paccekānaṃ yaṃ balaṃ**  
All the Buddhas' strength, and whatever strength the Independent  
Buddhas

**Arahantānaṃ tejena, rakkhaṃ bandhāmi sabbaso!**  
and Worthy Ones have, by that power I bind this protection in every way!

**Yaṃ kiñci vittaṃ idha vā huraṃ vā, saggesu vā yaṃ  
ratanaṃ paṇītaṃ.**  
Whatever riches there are - here or elsewhere or in the heavens - that  
excellent treasure

**Na no samaṃ atthi Tathāgatena, idampi Buddhē  
ratanaṃ paṇītaṃ:**  
is not equal unto the Realised One this excellent treasure is in the  
Buddha:

**etena saccena suvatthi hotu!**  
by virtue of this truth may there be safety!

**Yaṃ kiñci vittaṃ idha vā huraṃ vā, saggesu vā yaṃ  
ratanāṃ paṇītaṃ.**

Whatever riches there are - here or elsewhere or in the heavens - that excellent treasure

**Na no samaṃ atthi Tathāgatena, idampi Dhamme  
ratanāṃ paṇītaṃ:**

is not equal unto the Realised One this excellent treasure is in the Dhamma:

**etena saccena suvatthi hotu!**

by virtue of this truth may there be safety!

**Yaṃ kiñci vittaṃ idha vā huraṃ vā, saggesu vā yaṃ  
ratanāṃ paṇītaṃ.**

Whatever riches there are - here or elsewhere or in the heavens - that excellent treasure

**Na no samaṃ atthi Tathāgatena, idampi Saṅghe  
ratanāṃ paṇītaṃ:**

is not equal unto the Realised One this excellent treasure is in the Saṅgha:

**etena saccena suvatthi hotu!**

by virtue of this truth may there be safety!

**Mahākāruṇiko nātho, hitāya sabbapāṇinaṃ,**

The lord of great compassion, for the benefit of all living creatures,

**pūretvā pāramī sabbā, patto Sambodhimuttamaṃ.**

having fulfilled all the perfections has attained supreme and Complete Awakening.

**Etena saccavajjena, sotthi te hotu sabbadā!**

By this declaration of the truth may you be safe everyday!

**Jayanto Bodhiyā mūle, Sakyānaṃ nandivuḍḍhano -**

Succeeding at the root of the Bodhi tree he furthered the Sakyans' joy -

**evameva jayo hotu, jayassu jayamaṅgale!**

so may you be successful, may you succeed with the blessing of success!

**Aparājitapallaṅke, sīse puthuvipukkhale,**

On the undefeated seat at the top of the world which is the most sacred earth,

**abhiseke sabbaBuddhānaṃ, aggapatto pamodati.**

which was consecrated by all Buddhas, he rejoices in the highest attainment.

**\*<sup>15</sup> Sunakkhattaṃ sumaṅgalaṃ, suppbhātaṃ  
suhuṭṭhitaṃ,**

(May there be) good planets, good blessings, good daybreaks, good waking up,

**sukhaṇo sumuhutto ca, suyitṭhaṃ brahmacārisu,**

good moments, good instants and good offerings made to the Noble Ones,

**\* Padakkhiṇaṃ kāyakammaṃ, vācākammaṃ  
padakkhiṇaṃ,**

(May there be) favourable body-actions, favourable speech-actions,

**padakkhiṇaṃ manokammaṃ, paṇidhi te padakkhiṇe.**

favourable mind-actions, and favourable aspiration for you.

**\*<sup>16</sup> Padakkhiṇāni katvāna, labhantatthe padakkhiṇe,**

And after making these favourable things, (may there be) favourable gains,

**te atthaladdhā sukhitā, virūḷhā Buddhasāsane,**

and (with these) favourable gains (may there be) for you happy growth in the Buddha's Dispensation,

**arogā sukhitā hotha, saha sabbehi nātibhi!**

may you be well and happy, together with all your relatives!

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<sup>15</sup> Paragraphs marked with an asterisk (\*) – Añ.1.299.

<sup>16</sup> Paragraph marked with an asterisk (\*) – Añ.1.299.

**Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,**  
May there be every blessing, and may all of the gods protect you,

**sabbaBuddhānubhāvena, sadā sukhī bhavantu te!**  
by the power of all the Buddhas may you be well forever!

**Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,**  
May there be every blessing, and may all of the gods protect you,

**sabbaDhammānubhāvena, sadā sukhī bhavantu te!**  
by the power of all that is Dhamma may you be well forever!

**Bhavatu sabbamaṅgalaṃ, rakkhantu sabbadevatā,**  
May there be every blessing, and may all of the gods protect you,

**sabbaSaṃghānubhāvena, sadā sukhī bhavantu te!**  
by the power of the whole Sangha may you be well forever!

*Pubbaṅhasuttam Niṭṭhitam.*

The Discourse about the Forenoon is Finished.

*Parittapāḷi Niṭṭhitam.*

The Safeguard Text is Finished.

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## Day Fourteen

### *Mahāsatiṭṭhānasuttam*<sup>17</sup>

The Long Discourse about the Ways of Attending to  
Mindfulness

#### **Evam me sutam:**

Thus I heard:

#### **ekam samayaṃ Bhagavā Kurūsu viharati**

at one time the Blessed One was dwelling amongst the Kurus

#### **Kammāsadhammaṃ nāma Kurūnaṃ nigamo.**

near a market town of the Kurus named Kammāsadamma.

#### **Tatra kho Bhagavā bhikkhū āmantesi:**

There the Blessed One addressed the monks (saying):

#### **“Bhikkhavo!”ti “Bhaddante!”ti te bhikkhū Bhagavato paccassosum,**

“Monks!” “Venerable Sir!” those monks replied to the Blessed One,

#### **Bhagavā etadavoca:**

and the Blessed One said this:

### *Uddeso*

#### Summary

#### **Ekāyano ayaṃ, bhikkhave, maggo sattānaṃ visuddhiyā,**

This is a one-way path, monks, for the purification of beings,

#### **sokaparidevānaṃ samatikkamāya,**

#### **dukkhadomanassānaṃ atthaṅgamāya,**

for the overcoming of grief and lamentation, for the extinction of pain  
and sorrow,

#### **ñāyassa adhigamāya, Nibbānassa sacchikiriyāya,**

for attaining the right way, for the direct realisation of Nibbāna,

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<sup>17</sup> Dī.2.231-252, Ma.1.70-91.

**yadidaṃ cattāro satipaṭṭhānā.**

that is to say, the four ways of attending to mindfulness.

**Katame cattāro?**

Which four?

**Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati,**

Here, monks, a monk dwells contemplating (the nature of) the body in the body,

**ātāpī sampajāno satimā, vineyya loke abhijjhādomanassam.**

ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Vedanāsu vedanānupassī viharati,**

He dwells contemplating (the nature of) feelings in feelings,

**ātāpī sampajāno satimā, vineyya loke abhijjhādomanassam.**

ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Citte cittānupassī viharati,**

He dwells contemplating (the nature of) the mind in the mind,

**ātāpī sampajāno satimā, vineyya loke abhijjhādomanassam.**

ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Dhammesu dhammānupassī viharati,**

He dwells contemplating (the nature of) things in (various) things,

**ātāpī sampajāno satimā, vineyya loke abhijjhādomanassam.**

ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

***Uddeso Niṭṭhito.***

The Summary is Finished.

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## *Kāyānupassanā, Ānāpānappabbaṃ*

Contemplation of the Body, the Section about In-  
breathing and Out-breathing

**Kathañca pana, bhikkhave, bhikkhu kāye kāyānupassī  
viharati?**

And how, monks, does a monk dwell contemplating (the nature of) the  
body in the body?

**Idha, bhikkhave, bhikkhu araññagato vā,  
rukkhamūlagato vā,**

Here, monks, a monk who has gone to the wilderness, or has gone to the  
root of a tree,

**suññāgāragato vā, nisīdati.**

or has gone to an empty place, sits down.

**Pallaṅkaṃ ābhujitvā, ujum kāyaṃ paṇidhāya,**

After folding his legs crosswise, setting his body straight,

**parimukhaṃ satim upaṭṭhapetvā,**

and establishing mindfulness at the front,

**so satova assasati, satova passasati.**

being very mindful he breathes in, mindful he breathes out.

**Dīghaṃ vā assasanto “dīghaṃ assasāmī”ti pajānāti,**

While breathing in long, he knows “I am breathing in long”,

**dīghaṃ vā passasanto “dīghaṃ passasāmī”ti pajānāti,**

or, while breathing out long, he knows “I am breathing out long”,

**rassaṃ vā assasanto “rassaṃ assasāmī”ti pajānāti,**

or, while breathing in short, he knows “I am breathing in short”,

**rassaṃ vā passasanto “rassaṃ passasāmī”ti pajānāti.**

or, while breathing out short, he knows “I am breathing out short”.

**“Sabbakāyapaṭisaṃvedī assasissāmī”ti sikkhati,**

“Experiencing the whole body I will breathe in”, like this he trains,

**“Sabbakāyapaṭisaṃvedī passasissāmī”ti sikkhati;**

“Experiencing the whole body I will breathe out”, like this he trains;

**“Passambhayaṃ kāyasaṅkhāraṃ assasissāmī”ti sikkhati,**

“Calming the bodily process I will breathe in”, like this he trains,

**“Passambhayaṃ kāyasaṅkhāraṃ passasissāmī”ti sikkhati.**

“Calming the bodily process I will breathe out”, like this he trains.

**Seyyathāpi, bhikkhave, dakkho bhamakāro vā  
bhamakārantevāsī vā**

Just as, monks, a clever turner or turner’s apprentice

**dīghaṃ vā añchanto “dīghaṃ añchāmī”ti pajānāti,**

while making a long turn knows “I am making a long turn”,

**rassaṃ vā añchanto “rassaṃ añchāmī”ti pajānāti,**

or, while making a short turn knows “I am making a short turn”,

**evameva kho, bhikkhave, bhikkhu**

just so, monks, a monk

**dīghaṃ vā assasanto “dīghaṃ assasāmī”ti pajānāti,**

while breathing in long, knows “I am breathing in long”,

**dīghaṃ vā passasanto “dīghaṃ passasāmī”ti pajānāti,**

or, while breathing out long, he knows “I am breathing out long”,

**rassaṃ vā assasanto “rassaṃ assasāmī”ti pajānāti,**

or, while breathing in short, he knows “I am breathing in short”,

**rassaṃ vā passasanto “rassaṃ passasāmī”ti pajānāti.**

or, while breathing out short, he knows “I am breathing out short”.

**“Sabbakāyapaṭisaṃvedī assasissāmī”ti sikkhati,**

“Experiencing the whole body I will breathe in”, like this he trains,

**“Sabbakāyapaṭisaṃvedī passasissāmī”ti sikkhati,**

“Experiencing the whole body I will breathe out”, like this he trains,

**“Passambhayaṃ kāyasaṅkhāraṃ assasissāmī”ti sikkhati,**

“Calming the bodily process I will breathe in,” like this he trains,

**“Passambhayaṃ kāyasaṅkhāraṃ passasissāmi”ti sikkhati.**

“Calming the bodily process I will breathe out”, like this he trains.

**Iti ajjhataṃ vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination and dissolution in the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there is a body” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the body in the body.

*Ānāpānappabbam Niṭṭhitam.*

The Section about In-breathing and Out-breathing is Finished.

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## Day Fifteen

### *Kāyānupassanā, Iriyāpathapabbam*

Contemplation of the Body, the Section about the Postures

**Puna caparam, bhikkhave, bhikkhu gacchanto vā  
“gacchāmī”ti pajānāti;**

Moreover, monks, a monk while going knows “I go”;

**ṭhito vā “ṭhitomhī”ti pajānāti, nisinno vā “nisinnomhī”ti  
pajānāti;**

or, standing he knows “I am standing”; or, sitting he knows “I am sitting”;

**sayāno vā “sayānomhī”ti pajānāti;**

or, while lying down he knows “I am lying down”;

**yathā yathā vā panassa kāyo paṇihito hoti, tathā tathā  
naṃ pajānāti.**

or, in whatever way his body is disposed, he knows it is (disposed) in that way.

**Iti ajjhattam vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**  
or he dwells contemplating the nature of origination and dissolution in  
the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**  
or else mindfulness that “there is a body” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**  
just as far as (is necessary for) a full measure of knowledge and a full  
measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**  
and he dwells independent, and without being attached to anything in  
the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī  
viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the  
body in the body.

*Iriyāpathapabbam Niṭṭhitam.*

The Section about the Postures is Finished.

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## *Kāyānupassanā, Sampajānapabbam*

Contemplation of the Body, the Section about Full  
Awareness

**Puna caparam, bhikkhave, bhikkhu abhikkante  
paṭikkante sampajānakārī hoti;**

Moreover, monks, a monk in going forwards, in going back, is one who practises with full awareness;

**ālokite vilokite sampajānakārī hoti;**

in looking ahead, or in looking around, he is one who practises with full awareness;

**samiñjite pasārite sampajānakārī hoti;**

in bending or in stretching, he is one who practises with full awareness;

**samghāṭipattacīvaradhāraṇe sampajānakārī hoti;**

in bearing his double-robe, bowl, and (other) robes, he is one who practises with full awareness;

**asite pīte khāyite sāyite sampajānakārī hoti;**

in eating, in drinking, in chewing, in tasting, he is one who practises with full awareness;

**uccārapassāvakamme sampajānakārī hoti;**

in passing stool and urine, he is one who practises with full awareness;

**gate ṭhite nisinne; sutte jāgarite; bhāsite tuṅhībhāve  
sampajānakārī hoti.**

in going, in standing, in sitting; in sleeping, in waking; in talking, and in maintaining silence, he is one who practises with full awareness.

**Iti ajjhattam vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,



**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination and dissolution in the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there is a body” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the body in the body.

***Sampajānapabbāṃ Niṭṭhitāṃ.***

The Section about Full Awareness is Finished.

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## Day Sixteen

### *Kāyānupassanā, Paṭikūlamanasikārapabbam*

Contemplation of the Body, the Section about Applying the  
Mind to Repulsiveness

**Puna caparam, bhikkhave, bhikkhu imameva kāyam -**  
Moreover, monks, a monk in regard to this very body -

**uddham pādatalā, adho kesamatthakā,  
tacapariyantam,**

from the sole of the feet upwards, from the hair of the head down,  
bounded by the skin,

**pūram nānappakārassa asucino paccavekkhati:**  
and full of manifold impurities - reflects (thus):

**“Atthi imasmim kāye:**

“There are in this body:

**kesā, lomā, nakhā, dantā, taco,**  
hairs of the head, body hairs, nails, teeth, skin,

**mamsam, nhāru, aṭṭhi, aṭṭhimiñjam, vakkam,**  
flesh, sinews, bones, bone-marrow, kidneys,

**hadayam, yakanam, kilomakam, pihakam, papphasam,**  
heart, liver, pleura, spleen, lungs,

**antam, antagunam, udariyam, karisam, matthalungam,**  
intestines, mesentery, undigested food, excrement, the brain,

**pittam, semham, pubbo, lohitaṃ, sedo, medo,**  
bile, phlegm, pus, blood, sweat, fat,

**assu, vasā, kheḷo, siṅghāṇikā, lasikā, muttan”ti.**  
tears, grease, spit, mucus, synovial fluid, urine.”

**Seyyathāpi, bhikkhave, ubhatomukhā putoli pūrā  
nānāvihitassa dhaññassa,**

Just as though, monks, there were a bag open at both ends, full of  
various kinds of grain,

**seyyathidaṃ: sālīnaṃ vīhīnaṃ muggānaṃ māsānaṃ  
tilānaṃ taṇḍulānaṃ;**

such as: hill rice, white rice, mung beans, kidney beans, sesame seeds, chickpeas;

**tameṇaṃ cakkhumā puriso muñcivā paccavekkheyya:**  
and a man with good vision having opened it were to reflect (thus):

**“Ime sālī, ime vīhī, ime muggā, ime māsā, ime tilā, ime  
taṇḍulā”ti;**

“This is hill rice, this is white rice, these are mung beans, these are sesame seeds, these are chickpeas”;

**evameva kho, bhikkhave, bhikkhu imameva kāyaṃ -**  
even so, monks, a monk in regard to this very body -

**uddhaṃ pādatalā, adho kesamatthakā,  
tacapariyantaṃ,**

from the sole of the feet upwards, from the hair of the head down,  
bounded by the skin,

**pūraṃ nānappakārassa asucino paccavekkhati:**  
and full of manifold impurities - reflects (thus):

**“Atthi imasmiṃ kāye,**

“There are in this body,

**kesā, lomā, nakhā, dantā, taco,**

hairs of the head, body hairs, nails, teeth, skin,

**maṃsaṃ, nhāru, aṭṭhi, aṭṭhimiñjaṃ, vakkam,**

flesh, sinews, bones, bone-marrow, kidneys,

**hadayaṃ, yakanam, kilomakam, pihakam, papphasam,**

heart, liver, pleura, spleen, lungs,

**antaṃ, antagaṇam, udariyam, karisam, matthaluṅgam,**

intestines, mesentery, undigested food, excrement, the brain,

**pittam, semham, pubbo, lohitaṃ, sedo, medo,**

bile, phlegm, pus, blood, sweat, fat,

**assu, vasā, kheḷo, siṅghāṇikā, lasikā, muttan”ti.**

tears, grease, spit, mucus, synovial fluid, urine.”

**Iti ajjhattam vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination and dissolution in the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there is a body” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the body in the body.

***Paṭikkūlamānasikārapabbam Niṭṭhitam.***

The Section about Applying the Mind to Repulsiveness is Finished.

## ***Kāyānupassanā, Dhātumanasikārapabbam***

Contemplation of the Body, the Section about Applying the  
Mind to the Elements

**Puna caparam, bhikkhave, bhikkhu imameva kāyam,**  
Moreover, monks, a monk, in regard to this very body,

**yathāṭṭhitam yathāpaṇihitam dhātuso paccavekkhati:**  
however placed, however disposed, reflects by way of the elements:

**“Atthi imasmim kāye,**  
“There are in this body,

**pathavīdhātu āpodhātu tejodhātu vāyodhātū”ti.**  
the earth element, the water element, the fire element, the wind  
element.”

**Seyyathāpi, bhikkhave, dakkho goghātako vā  
goghātakantevāsī vā,**  
Just as though, monks, a clever butcher, or a butcher’s apprentice,

**gāvim vadhitvā cātumahāpathe bilaso vibhajitvā nisinno  
assa;**  
after slaughtering a cow, were sitting down at a crossroads after  
dividing it into portions;

**evameva kho, bhikkhave, bhikkhu imameva kāyam,**  
even so, monks, a monk in regard to this very body,

**yathāṭṭhitam yathāpaṇihitam dhātuso paccavekkhati:**  
however placed, however disposed, reflects by way of the elements:

**“Atthi imasmim kāye,**  
“There are in this body,

**pathavīdhātu āpodhātu tejodhātu vāyodhātū”ti.**  
the earth element, the water element, the fire element, the wind  
element.”

**Iti ajjhattam vā kāye kāyānupassī viharati,**  
Thus he dwells contemplating (the nature of) the body in the body in  
regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination and dissolution in the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there is a body” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the body in the body.

***Dhātumanasikārapabbāṃ Niṭṭhitāṃ.***

The Section about Applying the Mind to the Elements is Finished.

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## Day Seventeen

### *Kāyānupassanā, Navasivathikapabbam*

Contemplation of the Body, the Section about the Nine  
Charnel Grounds

**Puna caparam, bhikkhave, bhikkhu seyyathāpi**

Moreover, monks, it's as if a monk

**passeyya sarīram sivathikāya chaḍḍitam,**

might see a body thrown into a charnel ground,

**ekāhamatam vā dvīhamatam vā tīhamatam vā,**

dead for one day, or dead for two days, or dead for three days,

**uddhumātakam vinīlakam vipubbakajātam.**

bloated, discoloured, having become quite rotten.

**So imameva kāyam upasamharati:**

He then compares it with his very own body (thinking):

**“Ayampi kho kāyo evaṃdhammo evambhāvī  
evamanatīto”ti.**

“This body also has such a nature, has such a constitution, has thus not  
gone beyond.”

**Iti ajjhataṃ vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in  
regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in  
regard to others,

**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in  
regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**  
or he dwells contemplating the nature of origination and dissolution in  
the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**  
or else mindfulness that “there is a body” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**  
just as far as (is necessary for) a full measure of knowledge and a full  
measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**  
and he dwells independent, and without being attached to anything in  
the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī  
viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the  
body in the body.

**Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi**  
Moreover, monks, it’s as if a monk

**passeyya sarīraṃ sivathikāya chaḍḍitaṃ,**  
might see a body thrown into a charnel ground,

**kākehi vā khajjamānaṃ, kulalehi vā khajjamānaṃ,  
gijjhehi vā khajjamānaṃ,**  
being eaten by crows, or being eaten by hawks, or being eaten by  
vultures,

**kañkehi vā khajjamānaṃ, sunakhehi vā khajjamānaṃ,**  
or being eaten by herons, or being eaten by dogs,

**byaggehi vā khajjamānaṃ, dīpīhi vā khajjamānaṃ,  
siṅgālehi vā khajjamānaṃ,**  
or being eaten by tigers, or being eaten by leopards, or being eaten by  
jackals,

**vividhehi vā pāṇakajātehi khajjamānaṃ.**  
or being eaten by various kinds of worms.

**So imameva kāyaṃ upasaṃharati:**  
He then compares it with his very own body (thinking):



**“Ayampi kho kāyo evaṃdhammo evaṃbhāvī  
evaṃanatīto”ti.**

“This body also has such a nature, has such a constitution, has thus not gone beyond.”

**Iti ajjhataṃ vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination and dissolution in the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there is a body” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī  
viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the body in the body.

**Puna caparam, bhikkhave, bhikkhu seyyathāpi**  
Moreover, monks, it's as if a monk

**passeyya sarīram sivathikāya chaḍḍitaṃ,**  
might see a body thrown into a charnel ground,

**aṭṭhikasaṅkhalikaṃ samaṃsalohitaṃ  
nhārusambandham ...**

a skeleton, with flesh and blood, bound together by tendons ...

**aṭṭhikasaṅkhalikaṃ nimaṃsalohitamakkhitaṃ  
nhārusambandham ...**

a skeleton, without flesh, smeared with blood, bound together by  
tendons ...

**aṭṭhikasaṅkhalikaṃ apagatamaṃsalohitaṃ  
nhārusambandham ...**

a skeleton, no longer having flesh and blood, bound together by  
tendons ...

**aṭṭhikāni apagatasambandhāni, disā vidisā vikkhittāni,**  
with bones no longer bound together, scattered in all directions,

**aññena hatthaṭṭhikaṃ, aññena pādaṭṭhikaṃ,**  
with a hand-bone here, with a foot-bone there,

**aññena gopphakaṭṭhikaṃ, aññena jaṅghaṭṭhikaṃ,**  
with a ankle-bone here, with a knee-bone here,

**aññena ūruṭṭhikaṃ, aññena kaṭṭhikaṃ,**  
with a thigh-bone here, with a hip-bone here,

**aññena phāsukaṭṭhikaṃ, aññena piṭṭhiṭṭhikaṃ,**  
with a rip-bone here, with a bone of the back here,

**aññena khandhaṭṭhikaṃ, aññena gīvaṭṭhikaṃ, aññena  
hanukaṭṭhikaṃ,**

with a shoulder-bone here, with a neck-bone here, with a jaw-bone  
here,

**aññena dantaṭṭhikaṃ, aññena sīsakaṭṭhikaṃ.**  
with a tooth-bone here, with a skull-bone here.

**So imameva kāyaṃ upasaṃharati:**

He then compares it with his very own body (thinking):

**“Ayampi kho kāyo evaṃdhammo evaṃbhāvī  
evaṃanatīto”ti.**

“This body also has such a nature, has such a constitution, has thus not gone beyond.”

**Iti ajjhataṃ vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**

or he dwells contemplating the nature of origination and dissolution in the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there is a body” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the body in the body.

**Puna caparaṃ, bhikkhave, bhikkhu seyyathāpi**

Moreover, monks, it's as if a monk

**passeyya sarīraṃ sivathikāya chaḍḍitaṃ,**

might see a body thrown into a charnel ground,

**aṭṭhikāni setāni saṅkhavaṇṇapaṭibhāgāni ...**

having white bones, like the colour of a conch ...

**aṭṭhikāni puñjakitāni terovassikāni ...**

a heap of bones more than a year old ...

**aṭṭhikāni pūtīni cuṇṇakajātāni.**

rotten bones that have become like powder.

**So imameva kāyaṃ upasaṃharati:**

He then compares it with his very own body (thinking):

**“Ayampi kho kāyo evaṃdhammo evaṃbhāvī evaṃanatīto”ti.**

“This body also has such a nature, has such a constitution, has thus not gone beyond.”

**Iti ajjhataṃ vā kāye kāyānupassī viharati,**

Thus he dwells contemplating (the nature of) the body in the body in regard to himself,

**bahiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to others,

**ajjhatabhiddhā vā kāye kāyānupassī viharati,**

or he dwells contemplating (the nature of) the body in the body in regard to himself and in regard to others,

**samudayadhammānupassī vā kāyasmiṃ viharati,**

or he dwells contemplating the nature of origination in the body,

**vayadhammānupassī vā kāyasmim viharati,**  
or he dwells contemplating the nature of dissolution in the body,

**samudayavayadhammānupassī vā kāyasmim viharati,**  
or he dwells contemplating the nature of origination and dissolution in  
the body,

**“atthi kāyo”ti vā panassa sati paccupaṭṭhitā hoti**  
or else mindfulness that “there is a body” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**  
just as far as (is necessary for) a full measure of knowledge and a full  
measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**  
and he dwells independent, and without being attached to anything in  
the world.

**Evampi kho, bhikkhave, bhikkhu kāye kāyānupassī  
viharati.**

In this way, monks, a monk dwells contemplating (the nature of) the  
body in the body.

*Navasivathikapabbam Niṭṭhitam.*

The Section about Nine Charnel Grounds is Finished.

*Cuddasa Kāyānupassanā Niṭṭhitā.*

The Fourteen Contemplations of the Body are Finished.

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## Day Eighteen

### *Vedanānupassanā*

#### Contemplation of Feelings

**Kathaṅca pana, bhikkhave, bhikkhu vedanāsu  
vedanānupassī viharatī?**

And how, monks, does a monk dwell contemplating (the nature of) feelings in feelings?

**Idha, bhikkhave, bhikkhu sukhaṁ vā vedanaṁ  
vedayamāno**

Here, monks, a monk when experiencing a pleasant feeling

**“sukhaṁ vedanaṁ vedayāmī”ti pajānāti;**

knows “I experience a pleasant feeling”;

**dukkhaṁ vā vedanaṁ vedayamāno**

or, when experiencing an unpleasant feeling

**“dukkhaṁ vedanaṁ vedayāmī”ti pajānāti;**

he knows “I experience an unpleasant feeling”;

**adukkhamasukhaṁ vā vedanaṁ vedayamāno**

or, when experiencing a neither-unpleasant-nor-pleasant feeling

**“adukkhamasukhaṁ vedanaṁ vedayāmī”ti pajānāti.**

he knows “I experience a neither-unpleasant-nor-pleasant feeling”.

**Sāmisam vā sukhaṁ vedanaṁ vedayamāno**

Or, when experiencing a sensual pleasant feeling

**“sāmisam sukhaṁ vedanaṁ vedayāmī”ti pajānāti;**

he knows “I experience a sensual pleasant feeling”;

**nirāmisam vā sukhaṁ vedanaṁ vedayamāno**

or, when experiencing a spiritual pleasant feeling

**“nirāmisam sukhaṁ vedanaṁ vedayāmī”ti pajānāti;**

he knows “I experience a spiritual pleasant feeling”;

**sāmisam vā dukkhaṁ vedanaṁ vedayamāno**

or, when experiencing a sensual unpleasant feeling

**“sāmisam dukkham vedanam vedayāmi”ti pajānāti;**  
he knows “I experience a sensual unpleasant feeling”;

**nirāmisam vā dukkham vedanam vedayamāno**  
or, when experiencing a spiritual unpleasant feeling

**“nirāmisam dukkham vedanam vedayāmi”ti pajānāti;**  
he knows “I experience a spiritual unpleasant feeling”;

**sāmisam vā adukkhamasukham vedanam vedayamāno**  
or, when experiencing a sensual neither-unpleasant-nor-pleasant  
feeling

**“sāmisam adukkhamasukham vedanam vedayāmi”ti  
pajānāti;**  
he knows “I experience a sensual neither-unpleasant-nor-pleasant  
feeling”;

**nirāmisam vā adukkhamasukham vedanam  
vedayamāno**  
or, when experiencing a spiritual neither-unpleasant-nor-pleasant  
feeling

**“nirāmisam adukkhamasukham vedanam vedayāmi”ti  
pajānāti.**  
he knows “I experience an spiritual neither-unpleasant-nor-pleasant  
feeling”.

**Iti ajjhataṃ vā vedanāsu vedanānupassī viharati,**  
Thus he dwells contemplating (the nature of) feelings in feelings in  
regard to himself,

**bahiddhā vā vedanāsu vedanānupassī viharati,**  
or he dwells contemplating (the nature of) feelings in feelings in regard  
to others,

**ajjhatabahiddhā vā vedanāsu vedanānupassī viharati,**  
or he dwells contemplating (the nature of) feelings in feelings in regard  
to himself and in regard to others,

**samudayadhammānupassī vā vedanāsu viharati,**  
or he dwells contemplating the nature of origination in the feelings,

**vayadhammānupassī vā vedanāsu viharati,**

or he dwells contemplating the nature of dissolution in the feelings,

**samudayavayadhammānupassī vā vedanāsu viharati,**

or he dwells contemplating the nature of origination and dissolution in the feelings,

**“atthi vedanā”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there are feelings” is established in him

**yāvadeva nāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu vedanāsu  
vedanānupassī viharati.**

In this way, monks, a monk dwells contemplating (the nature of) feelings in feelings.

***Vedanānupassanā Niṭṭhitā.***

Contemplation of Feelings is Finished.

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## Day Nineteen

### *Cittānupassanā*

#### Contemplation of the Mind

**Kathañca pana, bhikkhave, bhikkhu citte cittānupassī viharati?**

And how, monks, does a monk dwell contemplating (the nature of) the mind in the mind?

**Idha, bhikkhave, bhikkhu sarāgam vā cittaṃ “sarāgam cittaṃ”ti pajānāti,**

Here, monks, a monk when a mind has passion knows “the mind has passion”,

**vītarāgam vā cittaṃ “vītarāgam cittaṃ”ti pajānāti;**

or when a mind is without passion he knows “the mind is without passion”;

**sadosaṃ vā cittaṃ “sadosaṃ cittaṃ”ti pajānāti,**

or when a mind has hate he knows “the mind has hate”,

**vītadosaṃ vā cittaṃ “vītadosaṃ cittaṃ”ti pajānāti;**

or when a mind is without hate he knows “the mind is without hate”;

**samohaṃ vā cittaṃ “samohaṃ cittaṃ”ti pajānāti,**

or when a mind has delusion he knows “the mind has delusion”,

**vītamohaṃ vā cittaṃ “vītamohaṃ cittaṃ”ti pajānāti;**

or when a mind is without delusion he knows “the mind is without delusion”;

**saṅkhittaṃ vā cittaṃ “saṅkhittaṃ cittaṃ”ti pajānāti,**

or when a mind is collected he knows “the mind is collected”,

**vikkhittaṃ vā cittaṃ “vikkhittaṃ cittaṃ”ti pajānāti;**

or when a mind is scattered he knows “the mind is scattered”;

**mahaggataṃ vā cittaṃ “mahaggataṃ cittaṃ”ti pajānāti,**

or when a mind has become very great he knows “the mind has become very great”,

**amahaggataṃ vā cittaṃ “amahaggataṃ cittaṃ”ti pajānāti;**

or when a mind has not become very great he knows “the mind has not become very great”;

**sauttaraṃ vā cittaṃ “sauttaraṃ cittaṃ”ti pajānāti,**  
or when a mind is surpassable he knows “the mind is surpassable”;

**anuttaraṃ vā cittaṃ “anuttaraṃ cittaṃ”ti pajānāti;**  
or when a mind is unsurpassable he knows “the mind is unsurpassable”;

**samāhitaṃ vā cittaṃ “samāhitaṃ cittaṃ”ti pajānāti,**  
or when a mind is concentrated he knows “the mind is concentrated”;

**asamāhitaṃ vā cittaṃ “asamāhitaṃ cittaṃ”ti pajānāti;**  
or when a mind is not concentrated he knows “the mind is not concentrated”;

**vimuttaṃ vā cittaṃ “vimuttaṃ cittaṃ”ti pajānāti,**  
or when a mind is liberated he knows “the mind is liberated”;

**avimuttaṃ vā cittaṃ “avimuttaṃ cittaṃ”ti pajānāti.**  
or when a mind is not liberated he knows “the mind is not liberated”.

**Iti ajjhataṃ vā citte cittānupassī viharati,**

Thus he dwells contemplating (the nature of) the mind in the mind in regard to himself,

**bahiddhā vā citte cittānupassī viharati,**

or he dwells contemplating (the nature of) the mind in the mind in regard to others,

**ajjhatabhiddhā vā citte cittānupassī viharati,**

or he dwells contemplating (the nature of) the mind in the mind in regard to himself and in regard to others,

**samudayadhammānupassī vā cittasmiṃ viharati,**

or he dwells contemplating the nature of origination in the mind,

**vayadhammānupassī vā cittasmiṃ viharati,**

or he dwells contemplating the nature of dissolution in the mind,

**samudayavayadhammānupassī vā cittasmim viharati,**  
or he dwells contemplating the nature of origination and dissolution in  
the mind,

**“atthi citta”ti vā panassa sati paccupaṭṭhitā hoti**  
or else mindfulness that “there is a mind” is established in him

**yāvadeva nānamattāya paṭissatimattāya,**  
just as far as (is necessary for) a full measure of knowledge and a full  
measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**  
and he dwells independent, and without being attached to anything in  
the world.

**Evampi kho, bhikkhave, bhikkhu citte cittānupassī  
viharati.**

In this way, monks, a monk dwells contemplating the (the nature of)  
the mind in the mind.

*Cittānupassanā Niṭṭhitā.*  
Contemplation of the Mind is Finished.

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Day Twenty

*Dhammānupassanā Nīvaraṇapabbam*

Contemplation of (the Nature of) Things,  
The Section about the Hindrances

**Kathaṅca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati?**

And how, monks, does a monk dwell contemplating (the nature of) things in (various) things?

**Idha, bhikkhave, bhikkhu dhammesu dhammānupassī  
viharati,**

Here, monks, a monk dwells contemplating (the nature of) things in (various) things,

**pañcasu nīvaraṇesu.**  
in the five hindrances.

**Kathaṅca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

And how, monks, does a monk dwell contemplating (the nature of) things in (various) things,

**pañcasu nīvaraṇesu?**  
in the five hindrances?

**Idha, bhikkhave, bhikkhu santam vā ajjhattam  
kāmacchandaṃ**

Here, monks, a monk having sensual desire in himself

**“atthi me ajjhattam kāmacchando”ti pajānāti;**  
knows “there is sensual desire in myself”;

**asantaṃ vā ajjhattam kāmacchandaṃ “natthi me  
ajjhattam kāmacchando”ti pajānāti.**

or, not having sensual desire in himself he knows “there is no sensual desire in myself”.

**Yathā ca anuppannessa kāmacchandassa uppādo hoti tañca pajānāti;**

How there is an arising of sensual desire that has not arisen – that he knows;

**yathā ca uppannessa kāmacchandassa pahānam hoti tañca pajānāti;**

and how there is an abandonment of sensual desire that has arisen – that also he knows;

**yathā ca pahīnassa kāmacchandassa āyatim anuppādo hoti tañca pajānāti.**

and how there is a non-arising of abandoned sensual desire again in the future – that also he knows.

**Santaṃ vā ajjhataṃ byāpādam “atthi me ajjhataṃ byāpādo”ti pajānāti;**

Having ill-will in himself he knows “there is ill-will in myself”;

**asantaṃ vā ajjhataṃ byāpādam “natthi me ajjhataṃ byāpādo”ti pajānāti.**

or, not having ill-will in himself he knows “there is no ill-will in myself”.

**Yathā ca anuppannessa byāpādassa uppādo hoti tañca pajānāti,**

How there is an arising of ill-will that has not arisen – that he knows;

**yathā ca uppannessa byāpādassa pahānam hoti tañca pajānāti,**

and how there is an abandonment of ill-will that has arisen – that also he knows;

**yathā ca pahīnassa byāpādassa āyatim anuppādo hoti tañca pajānāti.**

and how there is a non-arising of abandoned ill-will again in the future – that also he knows.

**Santaṃ vā ajjhataṃ thinamiddhaṃ “atthi me  
ajjhataṃ thinamiddhaṃ”ti pajānāti;**

Having sloth and torpor in himself he knows “there is sloth and torpor in myself”;

**asantaṃ vā ajjhataṃ thinamiddhaṃ “natthi me  
ajjhataṃ thinamiddhaṃ”ti pajānāti.**

or, not having sloth and torpor in himself he knows “there is no sloth and torpor in myself”.

**Yathā ca anuppannassa thinamiddhassa uppādo hoti  
tañca pajānāti;**

How there is an arising of sloth and torpor that has not arisen – that he knows;

**yathā ca uppannassa thinamiddhassa pahānaṃ hoti  
tañca pajānāti;**

and how there is an abandonment of sloth and torpor that has arisen – that also he knows;

**yathā ca pahīnassa thinamiddhassa āyatim anuppādo  
hoti tañca pajānāti.**

and how there is a non-arising of abandoned sloth and torpor again in the future – that also he knows.

**Santaṃ vā ajjhataṃ uddhaccakukkuccaṃ**

Having agitation and worry in himself

**“atthi me ajjhataṃ uddhaccakukkuccaṃ”ti pajānāti;**

he knows “there is agitation and worry in myself”;

**asantaṃ vā ajjhataṃ uddhaccakukkuccaṃ**

or, not having agitation and worry in himself

**“natthi me ajjhataṃ uddhaccakukkuccaṃ”ti pajānāti.**

he knows “there is no agitation and worry in myself”.

**Yathā ca anuppannassa uddhaccakukkucassa uppādo  
hoti tañca pajānāti;**

How there is an arising of agitation and worry that has not arisen – that he knows;

**yathā ca uppannassa uddhaccakukkuccassa pahānam  
hoti tañca pajānāti;**

and how there is an abandonment of agitation and worry that has arisen – that also he knows;

**yathā ca pahīnassa uddhaccakukkuccassa āyatim  
anuppādo hoti tañca pajānāti.**

and how there is a non-arising of abandoned agitation and worry again in the future – that also he knows.

**Santam vā ajjhattam vicikiccham “atthi me ajjhattam  
vicikicchā”ti pajānāti;**

Having doubt in himself he knows “there is doubt in myself”;

**asantam vā ajjhattam vicikiccham “natthi me ajjhattam  
vicikicchā”ti pajānāti.**

or, not having doubt in himself he knows “there is no doubt in myself”.

**Yathā ca anuppannāya vicikicchāya uppādo hoti tañca  
pajānāti;**

How there is an arising of doubt that has not arisen – that he knows;

**yathā ca uppannāya vicikicchāya pahānam hoti tañca  
pajānāti;**

and how there is an abandonment of doubt that has arisen – that also he knows;

**yathā ca pahīnāya vicikicchāya āyatim anuppādo hoti  
tañca pajānāti.**

and how there is a non-arising of abandoned doubt again in the future – that also he knows.

**Iti ajjhattam vā dhammesu dhammānupassī viharati,**

Thus he dwells contemplating (the nature of) things in (various) things in regard to himself,

**bahiddhā vā dhammesu dhammānupassī viharati,**

or he dwells contemplating (the nature of) things in (various) things in regard to others,

**ajjhatabhiddhā vā dhammesu dhammānupassī viharati.**

or he dwells contemplating (the nature of) things in (various) things in regard to himself and in regard to others,

**Samudayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination in things,

**vayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of dissolution in things,

**samudayavayadhammānupassī vā dhammesu viharati.**

or he dwells contemplating the nature of origination and dissolution in things,

**“Atthi dhammā”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there are these (various) things” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya.**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**Anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati**

In this way, monks, a monk dwells contemplating (the nature of) things in (various) things,

**pañcasu nīvaraṇesu.**

in the five hindrances.

***Nīvaraṇapabbam Niṭṭhitam.***

The Section about the Hindrances is Finished.

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## Day Twenty-One

### *Dhammānupassanā Khandhapabbam*

The Section on the Constituents (of Mind & Matter)

**Puna caparam, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

Moreover, monks, a monk dwells contemplating (the nature of) things in (various) things,

**pañcasu upādānakkhandhesu.**

in the five constituents (of mind and matter) that provide fuel for attachment.

**Kathañca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

And how, monks, does a monk dwell contemplating (the nature of) things in (various) things,

**pañcasu upādānakkhandhesu?**

in the five constituents (of mind and matter) that provide fuel for attachment?

**Idha, bhikkhave, bhikkhu: “iti rūpaṃ, iti rūpassa  
samudayo, iti rūpassa atthaṅgamo;**

Here, monks, a monk (knows): such is form, such is the origination of form, such is the passing away of form;

**iti vedanā, iti vedanāya samudayo, iti vedanāya atthaṅgamo;**  
such is feeling, such is the origination of feeling, such is the passing away of feeling;

**iti saññā, iti saññāya samudayo, iti saññāya atthaṅgamo;**  
such is perception, such is the origination of perception, such is the passing away of perception;

**iti saṅkhārā, iti saṅkhārānaṃ samudayo, iti  
saṅkhārānaṃ atthaṅgamo;**

such are (mental) formations, such is the origination of (mental) formations, such is the passing away of (mental) formations;

**iti viññāṇaṃ, iti viññāṇassa samudayo, iti viññāṇassa atthaṅgamo”ti.**

such is consciousness, such is the origination of consciousness, such is the passing away of consciousness.

**Iti ajjhattaṃ vā dhammesu dhammānupassī viharati,**

Thus he dwells contemplating (the nature of) things in (various) things in regard to himself,

**bahiddhā vā dhammesu dhammānupassī viharati,**

or he dwells contemplating (the nature of) things in (various) things in regard to others,

**ajjhatabahiddhā vā dhammesu dhammānupassī viharati,**

or he dwells contemplating (the nature of) things in (various) things in regard to himself and in regard to others,

**samudayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination in things,

**vayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of dissolution in things,

**samudayavayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination and dissolution in things,

**“atthi dhammā”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there are these (various) things” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

In this way, monks, a monk dwells contemplating (the nature of) things  
in (various) things,

**pañcasu upādānakkhandhesu.**

in the five constituents (of mind and matter) that provide fuel for  
attachment.

***Khandhapabbam Niṭṭhitam.***

The Section on the Constituents is Finished.

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Day Twenty-Two

*Dhammānupassanā Āyatanapabbhaṃ*

The Section on the Sense-Spheres

**Puna caparaṃ, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

Moreover, monks, a monk dwells contemplating (the nature of) things  
in (various) things,

**chasu ajjhattikabāhiresu āyatanesu.**

in the six internal and external sense-spheres.

**Kathaṅca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

And how, monks, does a monk dwell contemplating (the nature of)  
things in (various) things,

**chasu ajjhattikabāhiresu āyatanesu?**

in the six internal and external sense-spheres?

**Idha, bhikkhave, bhikkhu cakkhuṅca pajānāti, rūpe ca  
pajānāti;**

Here, monks, a monk knows the eye, and he knows forms;

**yaṅca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ taṅca  
pajānāti.**

and the fetter that arises dependent on the pair of them – that also he knows.

**Yathā ca anuppannassa saṃyojanassa uppādo hoti taṅca  
pajānāti;**

How there is an arising of a fetter that has not arisen – that he knows;

**yathā ca uppannassa saṃyojanassa pahānaṃ hoti taṅca  
pajānāti;**

and how there is an abandonment of a fetter that has arisen – that also  
he knows;

**yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.**

and how there is a non-arising of an abandoned fetter again in the future – that also he knows.

**Sotañca pajānāti, sadde ca pajānāti,**

He knows the ear, and he knows sounds,

**yañca tadubhayam paṭicca uppajjati saṃyojanam tañca pajānāti.**

and the fetter that arises dependent on the pair of them – that also he knows.

**Yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti;**

How there is an arising of a fetter that has not arisen – that he knows;

**yathā ca uppannassa saṃyojanassa pahānam hoti tañca pajānāti;**

and how there is an abandonment of a fetter that has arisen – that also he knows;

**yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.**

and how there is a non-arising of an abandoned fetter again in the future – that also he knows.

**Ghānañca pajānāti, gandhe ca pajānāti,**

He knows the nose, and he knows smells,

**yañca tadubhayam paṭicca uppajjati saṃyojanam tañca pajānāti.**

and the fetter that arises dependent on the pair of them – that also he knows.

**Yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti;**

How there is an arising of a fetter that has not arisen – that he knows;

**yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti;**

and how there is an abandonment of a fetter that has arisen – that also he knows;

**yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.**

and how there is a non-arising of an abandoned fetter again in the future – that also he knows.

**Jivhañca pajānāti, rase ca pajānāti,**

He knows the tongue, and he knows tastes,

**yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti.**

and the fetter that arises dependent on the pair of them – that also he knows.

**Yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti;**

How there is an arising of a fetter that has not arisen – that he knows;

**yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti;**

and how there is an abandonment of a fetter that has arisen – that also he knows;

**yathā ca pahīnassa saṃyojanassa āyatim anuppādo hoti tañca pajānāti.**

and how there is a non-arising of an abandoned fetter again in the future – that also he knows.

**Kāyañca pajānāti, phoṭṭhabbe ca pajānāti,**

He knows the body, and he knows tangibles,

**yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti.**

and the fetter that arises dependent on the pair of them – that also he knows.

**Yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti;**

How there is an arising of a fetter that has not arisen – that he knows;

**yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti;**

and how there is an abandonment of a fetter that has arisen – that also he knows;

**yathā ca pahīnassa saṃyojanassa āyatiṃ anuppādo hoti tañca pajānāti.**

and how there is a non-arising of an abandoned fetter again in the future – that also he knows.

**Manañca pajānāti, dhamme ca pajānāti,**

He knows the mind, and he knows thoughts,

**yañca tadubhayaṃ paṭicca uppajjati saṃyojanaṃ tañca pajānāti.**

and the fetter that arises dependent on the pair of them – that also he knows.

**Yathā ca anuppannassa saṃyojanassa uppādo hoti tañca pajānāti;**

How there is an arising of a fetter that has not arisen – that he knows;

**yathā ca uppannassa saṃyojanassa pahānaṃ hoti tañca pajānāti;**

and how there is an abandonment of a fetter that has arisen – that also he knows;

**yathā ca pahīnassa saṃyojanassa āyatiṃ anuppādo hoti tañca pajānāti.**

and how there is a non-arising of an abandoned fetter again in the future – that also he knows.

**Iti ajjhataṃ vā dhammesu dhammānupassī viharati,**

Thus he dwells contemplating (the nature of) things in (various) things in regard to himself,

**bahiddhā vā dhammesu dhammānupassī viharati,**  
or he dwells contemplating (the nature of) things in (various) things in regard to others,

**ajjhatabhiddhā vā dhammesu dhammānupassī viharati,**  
or he dwells contemplating (the nature of) things in (various) things in regard to himself and in regard to others,

**samudayadhammānupassī vā dhammesu viharati,**  
or he dwells contemplating the nature of origination in things,

**vayadhammānupassī vā dhammesu viharati,**  
or he dwells contemplating the nature of dissolution in things,

**samudayavayadhammānupassī vā dhammesu viharati,**  
or he dwells contemplating the nature of origination and dissolution in things,

**“atthi dhammā”ti vā panassa sati paccupaṭṭhitā hoti**  
or else mindfulness that “there are these (various) things” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**  
just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**  
and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu dhammesu dhammānupassī viharati,**  
In this way, monks, a monk dwells contemplating (the nature of) things in (various) things,

**chasu ajjhaticabāhiresu āyatanesu.**  
in the six internal and external sense-spheres.

*Āyatanapabbāṃ Niṭṭhitāṃ.*  
The Section on the Sense-Spheres is Finished.

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## Day Twenty-Three

### *Dhammānupassanā Bojjhaṅgapabbam*

#### The Section about the Factors of Awakening

**Puna caparam, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

Moreover, monks, a monk dwells contemplating (the nature of) things in (various) things,

**sattasu Bojjhaṅgesu.**

in the seven factors of Awakening.

**Kathañca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

And how, monks, does a monk dwell contemplating (the nature of) things in (various) things,

**sattasu Bojjhaṅgesu?**

in the seven factors of Awakening?

**Idha, bhikkhave, bhikkhu santam vā ajjhataṃ  
Satisambojjhaṅgam**

Here, monks, a monk having the Mindfulness factor of Complete Awakening in himself

**“atthi me ajjhataṃ Satisambojjhaṅgo”ti pajānāti;**

knows “there is the Mindfulness factor of Complete Awakening in myself”;

**asantaṃ vā ajjhataṃ Satisambojjhaṅgam**

or, not having the Mindfulness factor of Complete Awakening in himself

**“natthi me ajjhataṃ Satisambojjhaṅgo”ti pajānāti.**

he knows “there is no Mindfulness factor of Complete Awakening in myself”.

**Yathā ca anuppanna Satisambojjhaṅgassa uppādo  
hoti, tañca pajānāti,**

How there is an arising of the Mindfulness factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannassa Satisambojjhaṅgassa bhāvanāya  
pāripūrī hoti,**

and how there is fulfilment of the development of the Mindfulness  
factor of Complete Awakening that has arisen –

**tañca pajānāti.**

that also he knows.

**Santaṃ vā ajjhataṃ Dhammavicayasambojjhaṅgaṃ**

Having the Investigation of the (nature) of things factor of Complete  
Awakening in himself

**“atthi me ajjhataṃ Dhammavicayasambojjhaṅgo”ti  
pajānāti;**

he knows “there is the Investigation of the (nature) of things factor of  
Complete Awakening in myself”;

**asantam vā ajjhataṃ Dhammavicayasambojjhaṅgaṃ**

or, not having the Investigation of the (nature) of things factor of  
Complete Awakening in himself

**“natthi me ajjhataṃ Dhammavicayasambojjhaṅgo”ti  
pajānāti.**

he knows “there is no Investigation of the (nature) of things factor of  
Complete Awakening in myself”.

**Yathā ca anuppannassa Dhammavicayasambojjhaṅgassa  
uppādo hoti, tañca pajānāti;**

How there is an arising of the Investigation of the (nature) of things  
factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannassa Dhammavicayasambojjhaṅgassa  
bhāvanāya pāripūrī hoti,**

and how there is fulfilment of the development of the Investigation of  
the (nature) of things factor of Complete Awakening that has arisen  
(until) it comes to fulfilment –

**tañca pajānāti.**

that also he knows.

**Santaṃ vā ajjhataṃ Vīriyasambojjhaṅgaṃ**

Having the Energy factor of Complete Awakening in himself

**“atthi me ajjhattam Vīriyasambojjhaṅgo”ti pajānāti;**  
he knows “there is the Energy factor of Complete Awakening in myself”;

**asantaṃ vā ajjhattam Vīriyasambojjhaṅgam**  
or, not having the Energy factor of Complete Awakening in himself

**“natthi me ajjhattam Vīriyasambojjhaṅgo”ti pajānāti.**  
he knows “there is no Energy factor of Complete Awakening in myself”.

**Yathā ca anuppannaṃ Vīriyasambojjhaṅgassa uppādo hoti, taṅca pajānāti;**

How there is an arising of the Energy factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannaṃ Vīriyasambojjhaṅgassa bhāvanāya pāripūrī hoti,**

and how there is fulfilment of the development of the Energy factor of Complete Awakening that has arisen –

**taṅca pajānāti.**  
that also he knows.

**Santaṃ vā ajjhattam Pīṭisambojjhaṅgam**  
Having the Joyful-Interest factor of Complete Awakening in himself

**“atthi me ajjhattam Pīṭisambojjhaṅgo”ti pajānāti;**  
he knows “there is the Joyful-Interest factor of Complete Awakening in myself”;

**asantaṃ vā ajjhattam Pīṭisambojjhaṅgam**  
or, not having the Joyful-Interest factor of Complete Awakening in himself

**“natthi me ajjhattam Pīṭisambojjhaṅgo”ti pajānāti.**  
he knows “there is no Joyful-Interest factor of Complete Awakening in myself”.

**Yathā ca anuppannaṃ Pīṭisambojjhaṅgassa uppādo hoti, taṅca pajānāti;**

How there is an arising of the Joyful-Interest factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannassa Pītisambojjhaṅgassa bhāvanāya  
pāripūrī hoti,**

and how there is fulfilment of the development of the Joyful-Interest factor of Complete Awakening that has arisen –

**tañca pajānāti.**

that also he knows.

**Santaṃ vā ajjhataṃ Passaddhisambojjhaṅgaṃ**

Having the Calmness factor of Complete Awakening in himself

**“atthi me ajjhataṃ Passaddhisambojjhaṅgo”ti pajānāti;**

he knows “there is the Calmness factor of Complete Awakening in myself”;

**asantaṃ vā ajjhataṃ Passaddhisambojjhaṅgaṃ**

or, not having the Calmness factor of Complete Awakening in himself

**“natthi me ajjhataṃ Passaddhisambojjhaṅgo”ti pajānāti.**

he knows “there is no Calmness factor of Complete Awakening in myself”.

**Yathā ca anuppannassa Passaddhisambojjhaṅgassa**

**uppādo hoti, tañca pajānāti;**

How there is an arising of the Calmness factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannassa Passaddhisambojjhaṅgassa**

**bhāvanāya pāripūrī hoti,**

and how there is fulfilment of the development of the Calmness factor of Complete Awakening that has arisen –

**tañca pajānāti.**

that also he knows.

**Santaṃ vā ajjhataṃ Samādhisambojjhaṅgaṃ**

Having the Concentration factor of Complete Awakening in himself

**“atthi me ajjhataṃ Samādhisambojjhaṅgo”ti pajānāti;**

he knows “there is the Concentration factor of Complete Awakening in myself”;

**asantaṃ vā ajjhataṃ Samādhisambojjhaṅgaṃ**

or, not having the Concentration factor of Complete Awakening in himself

**“natthi me ajjhattam Samādhisambojjhaṅgo”ti pajānāti.**  
he knows “there is no Concentration factor of Complete Awakening in myself”.

**Yathā ca anuppannassa Samādhisambojjhaṅgassa  
uppādo hoti, tañca pajānāti.**

How there is an arising of the Concentration factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannassa Samādhisambojjhaṅgassa  
bhāvanāya pāripūrī hoti,**

and how there is fulfilment of the development of the Concentration factor of Complete Awakening that has arisen –

**tañca pajānāti.**

that also he knows.

**Santam vā ajjhattam Upekkhāsambojjhaṅgam**

Having the Equanimity factor of Complete Awakening in himself

**“atthi me ajjhattam Upekkhāsambojjhaṅgo”ti pajānāti;**

he knows “there is the Equanimity factor of Complete Awakening in myself”;

**asantam vā ajjhattam Upekkhāsambojjhaṅgam**

or, not having the Equanimity factor of Complete Awakening in himself

**“natthi me ajjhattam Upekkhāsambojjhaṅgo”ti pajānāti.**

he knows “there is no Equanimity factor of Complete Awakening in myself”.

**Yathā ca anuppannassa Upekkhāsambojjhaṅgassa  
uppādo hoti, tañca pajānāti;**

How there is an arising of the Equanimity factor of Complete Awakening that has not arisen – that he knows;

**yathā ca uppannassa Upekkhāsambojjhaṅgassa  
bhāvanāya pāripūrī hoti,**

and how there is fulfilment of the development of the Equanimity factor of Complete Awakening that has arisen –

**tañca pajānāti.**

that also he knows.

**Iti ajjhattaṃ vā dhammesu dhammānupassī viharati,**

Thus he dwells contemplating (the nature of) things in (various) things in regard to himself,

**bahiddhā vā dhammesu dhammānupassī viharati,**

or he dwells contemplating (the nature of) things in (various) things in regard to others,

**ajjhatabhiddhā vā dhammesu dhammānupassī viharati,**

or he dwells contemplating (the nature of) things in (various) things in regard to himself and in regard to others,

**samudayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination in things,

**vayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of dissolution in things,

**samudayavayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination and dissolution in things,

**“atthi dhammā”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there are (various) things” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu dhammesu**

**dhammānupassī viharati,**

In this way, monks, a monk dwells contemplating (the nature of) things in (various) things,

**sattasu Bojjaṅgesu.**

in the seven Factors of Awakening.

***Bojjaṅgapabbam Niṭṭhitam.***

The Section about the Factors of Awakening is Finished.

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Day Twenty-Four

*Dhammānupassanā, Saccapabbam*

The Section about the Truths

**Puna caparam, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

Moreover, monks, a monk dwells contemplating (the nature of) things in  
(various) things,

**Catūsu Ariyasaccesu.**

in the Four Noble Truths.

**Kathaṅca pana, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

And how, monks, does a monk dwell contemplating (the nature of) things in  
(various) things,

**Catūsu Ariyasaccesu?**

in the Four Noble Truths?

**Idha, bhikkhave, bhikkhu “idaṃ Dukkhaṃ”ti yathābhūtaṃ  
pajānāti,**

Here, monks, a monk knows as it really is “this is Suffering”,

**“ayaṃ Dukkhasamudayo”ti yathābhūtaṃ pajānāti,**

he knows as it really is “this is the Origination of Suffering”,

**“ayaṃ Dukkhanirodho”ti yathābhūtaṃ pajānāti,**

he knows as it really is “this is the Cessation of Suffering”,

**“ayaṃ Dukkhanirodhagāminī Paṭipadā”ti yathābhūtaṃ  
pajānāti.**

he knows as it really is “this is the Practice Leading to the Cessation of  
Suffering”.

*Paṭhamabhāṇavāro Niṭṭhito.*

The First Section for Recital is Finished.

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## *Dukkhasaccaniddeso*

### The Explanation of the Truth of Suffering

**Katamañca, bhikkhave, Dukkhaṃ Ariyasaccaṃ?**

Now what, monks, is the Noble Truth of Suffering?

**Jātipi dukkhā,**

Birth is suffering,

**jarāpi dukkhā,**

also old age is suffering,

**maraṇampi dukkhaṃ,**

also death is suffering,

**sokaparidevadukkhadomanassupāyāsāpi dukkhā,**

also grief, lamentation, pain, sorrow, and despair, is suffering,

**appiyehi sampayogopi dukkho,**

also being joined to what is not liked is suffering,

**piyehi vippayogopi dukkho,**

also being parted from what is liked is suffering,

**yampicchaṃ na labhati tampi dukkhaṃ;**

also not to obtain that which one longs for is suffering;

**saṃkhittena pañcupādānakkhandhā dukkhā.**

in brief, the five constituents (of mind and body) that provide fuel for attachment are suffering.

**Katamā ca, bhikkhave, jāti?**

Now what, monks, is birth?

**Yā tesaṃ tesaṃ sattānaṃ tamhi tamhi sattanikāye**

For the various beings in the various classes of beings

**jāti, sañjāti, okkanti, abhinibbatti;**

(there is) birth, being born, appearing, turning up;

**khandhānaṃ pātubhāvo, āyatanānaṃ paṭilābho:**

the manifestation of the constituents (of mind and body), the acquisition of the sense bases:



**ayaṃ vuccati, bhikkhave, jāti.**

this, monks, is called birth.

**Katamā ca, bhikkhave, jarā?**

Now what, monks, is old age?

**Yā tesāṃ tesāṃ sattānaṃ tamhi tamhi sattanikāye**

For the various beings in the various classes of beings

**jarā, jīraṇatā, khaṇḍiccaṃ, pāliccaṃ, valittacatā;**

there is old age, agedness, broken teeth, greying hair, and wrinkled skin;

**āyuno saṃhāni, indriyānaṃ paripāko:**

the dwindling away of the life span, the decay of the sense faculties:

**ayaṃ vuccati, bhikkhave, jarā.**

this, monks, is called old age.

**Katamañca, bhikkhave, maraṇaṃ?**

Now what, monks, is death?

**Yaṃ tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā**

For the various beings in the various classes of beings

**cuti, cavanatā, bhedo, antaradhānaṃ, maccu, maraṇaṃ,  
kālakiriyā;**

there is a fall, a falling away, a breaking up, a disappearance, a dying, a death, a making of time;

**khandhānaṃ bhedo, kaḷavarassa nikkhepo;**

the break up of the constituents (of mind and body), the throwing off of the body;

**jīvitindriyassupacchedo:**

the cutting off of the life faculty:

**idaṃ vuccati, bhikkhave, maraṇaṃ.**

this, monks, is called death.

**Katamo ca, bhikkhave, soko?**

Now what, monks, is grief?

**Yo kho, bhikkhave, aññataraññatarena byasanena  
samannāgatassa,**

For he who has, monks, some sort of misfortune or other,

**aññataraññatarena dukkhadhammena phuṭṭhassa,**  
who is touched by some sort of painful thing or another,

**soko, socanā, socitattaṃ, antosoko, antoparisoko:**  
there is grief, grieving, the state of grieving, inner grief, great inner grief:

**ayaṃ vuccati, bhikkhave, soko.**  
this, monks, is called grief.

**Katamo ca, bhikkhave, paridevo?**  
Now what, monks, is lamentation?

**Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa,**

For he who has, monks, some sort of misfortune or other,

**aññataraññatarena dukkhadhammena phuṭṭhassa,**  
who is touched by some sort of painful thing or another,

**ādevo, paridevo, ādevanā, paridevanā, ādevitattaṃ, paridevitattaṃ:**

there are laments, great laments, lamenting, great lamenting, the state of lamenting, the state of great lamentation:

**ayaṃ vuccati, bhikkhave, paridevo.**  
this, monks, is called lamentation.

**Katamañca, bhikkhave, dukkhaṃ?**  
Now what, monks, is pain?

**Yaṃ kho, bhikkhave, kāyikaṃ dukkhaṃ, kāyikaṃ asātaṃ,**

That, monks, which is bodily pain, bodily disagreeableness,

**kāyasamphassajaṃ dukkhaṃ, asātaṃ vedayitaṃ:**  
pain born of contact with the body, disagreeable feeling:

**idaṃ vuccati, bhikkhave, dukkhaṃ.**  
this, monks, is called pain.

**Katamañca, bhikkhave, domanassaṃ?**  
Now what, monks, is sorrow?

**Yaṃ kho, bhikkhave, cetasikaṃ dukkhaṃ, cetasikaṃ asātaṃ,**

That, monks, which is mental pain, mental disagreeableness,

**manosamphassajaṃ dukkhaṃ, asātaṃ vedayitaṃ:**  
pain born of contact with the mind, disagreeable feeling:

**idaṃ vuccati, bhikkhave, domanassaṃ.**

this, monks, is called sorrow.

**Katamo ca, bhikkhave, upāyāso?**

Now what, monks, is despair?

**Yo kho, bhikkhave, aññataraññatarena byasanena samannāgatassa,**

For he who has, monks, some sort of misfortune or other,

**aññataraññatarena dukkhadhammena phuṭṭhassa,**  
who is touched by some sort of painful thing or another,

**āyāso, upāyāso, āyāsittattāṃ, upāyāsittattāṃ:**

there is desponding, despairing, the state of despondency, the state of despair:

**ayaṃ vuccati, bhikkhave, upāyāso.**

this, monks, is called despair.

**Katamo ca, bhikkhave, appiyehi sampayogo dukkho?**

And what, monks, is the suffering from being joined to what is not liked?

**Idha yassa te honti aniṭṭhā akantā amanāpā**

Here, for that one who has unwanted, unlovely, unpleasant

**rūpā saddā gandhā rasā phoṭṭhabbā dhammā;**

forms, sounds, smells, tastes, tangibles, and thoughts;

**ye vā panassa te honti anattakāmā**

or, for that one who has those who do not desire his welfare,

**ahitakāmā aphāsukakāmā ayogakkhemakāmā -**

benefit, comfort and security –

**yā tehi saddhiṃ saṅgati samāgamo samodhānaṃ  
missībhāvo:**

(and then) having meetings, assembly, connection, and interaction with them:

**ayaṃ vuccati, bhikkhave, appiyehi sampayogo dukkho.**  
this, monks, is called the suffering from being joined to what is not liked.

**Katamo ca, bhikkhave, piyehi vippayogo dukkho?**

And what, monks, is the suffering from being parted from what is liked?

**Idha yassa te honti iṭṭhā kantā manāpā**

Here, for that one who has wanted, lovely, pleasant

**rūpā saddā gandhā rasā phoṭṭhabbā dhammā;**

forms, sounds, smells, tastes, tangibles, and thoughts;

**ye vā panassa te honti atthakāmā**

or, for that one who has those who do desire his welfare,

**hitakāmā phāsukakāmā yogakkhemakāmā -**

benefit, comfort and security -

**mātā vā pitā vā bhātā vā bhaginī vā,**

mothers, or fathers, or brothers, or sisters,

**mittā vā amaccā vā nātisālohitā vā -**

or friends, or companions, or blood relatives -

**yā tehi saddhiṃ asaṅgati asamāgamo asamodhānaṃ**

**amissībhāvo:**

(and then) not having meetings, assembly, connection, and interaction with them:

**ayaṃ vuccati, bhikkhave, piyehi vippayogo dukkho.**

this, monks, is called the suffering from being parted from what is liked.

**Katamañca, bhikkhave, yampicchaṃ na labhati tampi  
dukkhaṃ?**

Now what, monks, is the suffering from not obtaining what one longs for?

**Jātidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā  
uppajjati:**

To those beings subject to birth, monks, a longing like this arises:

**“Aho vata mayaṃ na jātidhammā assāma,  
“Oh, might we not be subject to birth,**

**na ca vata no jāti āgaccheyyā!”ti**  
may birth not come to us!”

**Na kho panetaṃ icchāya pattabbaṃ:**

But that cannot be attained merely by longing for it:

**idampi yampicchaṃ na labhati tampi dukkhaṃ.**  
this is the suffering from not obtaining what one longs for.

**Jarādhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā  
uppajjati:**

To those beings subject to old age, monks, a longing like this arises:

**“Aho vata mayaṃ na jarādhammā assāma,  
“Oh, might we not be subject to old age,**

**na ca vata no jarā āgaccheyyā!”ti**  
may old age not come to us!”

**Na kho panetaṃ icchāya pattabbaṃ:**

But that cannot be attained merely by longing for it:

**idampi yampicchaṃ na labhati tampi dukkhaṃ.**  
this is the suffering from not obtaining what one longs for.

**Byādhidhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā  
uppajjati:**

To those beings subject to sickness, monks, a longing like this arises:

**“Aho vata mayaṃ na byādhidhammā assāma,  
“Oh, might we not be subject to sickness,**

**na ca vata no byādhi āgaccheyyā!”ti**  
may sickness not come to us!”

**Na kho panetaṃ icchāya pattabbaṃ:**

But that cannot be attained merely by longing for it:

**idampi yampicchaṃ na labhati tampi dukkhaṃ.**

this is the suffering from not obtaining what one longs for.

**Maraṇadhammānaṃ, bhikkhave, sattānaṃ evaṃ icchā  
uppajjati:**

To those beings subject to death, monks, a longing like this arises:

**“Aho vata mayaṃ na maraṇadhammā assāma,**

“Oh, might we not be subject to death,

**na ca vata no maraṇaṃ āgaccheyyā!”ti**

may death not come to us!”

**Na kho panetaṃ icchāya pattaḃbaṃ:**

But that cannot be attained merely by longing for it:

**idampi yampicchaṃ na labhati tampi dukkhaṃ.**

this is the suffering from not obtaining what one longs for.

**Sokaparidevadukkhadomanassupāyāsadhammānaṃ**

To those beings subject to grief, lamentation, pain, sorrow, and despair,

**bhikkhave sattānaṃ evaṃ icchā uppajjati:**

monks, a longing like this arises:

**“Aho vata mayaṃ na**

**sokaparidevadukkhadomanassupāyāsadhammā assāma,**

“Oh, might we not be subject to grief, lamentation, pain, sorrow, and despair,

**na ca vata no**

**sokaparidevadukkhadomanassupāyāsadhammā**

**āgaccheyyūn”ti**

may grief, lamentation, pain, sorrow, and despair, not come to us”

**Na kho panetaṃ icchāya pattaḃbaṃ:**

But that cannot be attained merely by longing for it:

**idampi yampicchaṃ na labhati tampi dukkhaṃ.**

this is the suffering from not obtaining what one longs for.

**Katame ca, bhikkhave, saṃkhittena**

**pañcupādānakkhandhā dukkhā?**

Now what, monks, in brief, are the five constituents (of mind and body) that provide fuel for attachment which are suffering?

**Seyyathidam:**

They are as follows:

**rūpupādānakkhandho,**

the form constituent that is fuel for attachment

**vedanupādānakkhandho,**

the feelings constituent that is fuel for attachment

**saññupādānakkhandho,**

the perceptions constituent that is fuel for attachment

**saṅkhārupādānakkhandho,**

the (mental) formations constituent that is fuel for attachment

**viññāṇupādānakkhandho.**

the consciousness constituent that is fuel for attachment.

**Ime vuccanti, bhikkhave, saṅkhittena**

**pañcupādānakkhandhā dukkhā.**

These, monks, are called, in brief, the five constituents (of mind and body) that provide fuel for attachment which are suffering.

**Idam vuccati, bhikkhave, Dukkham Ariyasaccam.**

This, monks, is called the Noble Truth of Suffering.

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## Day Twenty-Five

### *Samudayasaccaniddeso*

#### The Explanation of the Truth of Origination

#### **Katamañca, bhikkhave, Dukkhasamudayaṃ Ariyasaccaṃ?**

And what, monks, is the Noble Truth of the Origination of Suffering?

#### **Yāyaṃ taṇhā ponobbhavikā,**

It is that craving which leads to the continuation of existence,

#### **nandīrāgasahagatā, tatrataṭṭhābhinandinī, seyyathidaṃ:**

which is connected with enjoyment and passion, greatly enjoying this and that, as follows:

#### **kāmatāṇhā**

craving in regard to sense pleasures

#### **bhavataṇhā**

craving in regard to the continuation of existence

#### **vibhavataṇhā.**

craving in regard to the discontinuation of existence.

#### **Sā kho panesā, bhikkhave, taṇhā kattha uppajjamānā uppajjati?**

Now where, monks, does that craving when it is arising arise?

#### **Kattha nivasamānā nivasati?**

When settling where does it settle?

#### **Yaṃ loke piyarūpaṃ sātārūpaṃ -**

In the world there is that which is likeable and pleasing

#### **etthesā taṇhā uppajjamānā uppajjati, ettha nivasamānā nivasati.**

here this craving when it is arising arises, here when settling it settles.

#### **Kiñca loke piyarūpaṃ sātārūpaṃ?**

And in the world what is likeable and pleasing?



**Cakkhu loke piyarūpaṃ sātārūpaṃ -**

In the world the eye is likeable and pleasing -

**etthesā taṅhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Sotaṃ loke ...**

In the world the ear ...

**Ghānaṃ loke ...**

In the world the nose ...

**Jivhā loke ...**

In the world the tongue ...

**Kāyo loke ...**

In the world the body ...

**Mano loke piyarūpaṃ sātārūpaṃ -**

In the world the mind is likeable and pleasing -

**etthesā taṅhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Rūpā loke ...**

In the world forms ...

**Saddā loke ...**

In the world sounds ...

**Gandhā loke ...**

In the world smells ...

**Rasā loke ...**

In the world tastes ...

**Phoṭṭhabbā loke ...**

In the world tangibles ...

**Dhammā loke piyarūpaṃ sātārūpaṃ -**

In the world thoughts are likeable and pleasing -

**etthesā taṅhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Cakkhaviññāṇaṃ loke ...**

In the world eye-consciousness ...

**Sotaviññāṇaṃ loke ...**

In the world ear-consciousness ...

**Ghānaviññāṇaṃ loke ...**

In the world nose-consciousness ...

**Jivhāviññāṇaṃ loke ...**

In the world tongue-consciousness ...

**Kāyaviññāṇaṃ loke ...**

In the world body-consciousness ...

**Manoviññāṇaṃ loke piyarūpaṃ sātārūpaṃ -**

In the world mind-consciousness is likeable and pleasing -

**etthesā taṅhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Cakkhusamphasso loke ...**

In the world eye-contact ...

**Sotasamphasso loke ...**

In the world ear-contact ...

**Ghānasamphasso loke ...**

In the world nose-contact ...

**Jivhāsamphasso loke ...**

In the world tongue-contact ...

**Kāyasamphasso loke ...**

In the world body-contact ...

**Manosamphasso loke piyarūpaṃ sātārūpaṃ -**

In the world mind-contact is likeable and pleasing -

**etthesā taṅhā uppajjamānā uppajjati, ettha nivisamānā nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Cakkhusamphassajā vedanā loke ...**

In the world feeling born of eye-contact ...

**Sotasamphassajā vedanā loke ...**

In the world feeling born of ear-contact ...

**Ghānasamphassajā vedanā loke ...**

In the world feeling born of nose-contact ...

**Jivhāsamphassajā vedanā loke ...**

In the world feeling born of tongue-contact ...

**Kāyasamphassajā vedanā loke ...**

In the world feeling born of body-contact ...

**Manosamphassajā vedanā loke piyarūpaṃ sātārūpaṃ -**

In the world feeling born of mind-contact is likeable and pleasing -

**etthesā taṅhā uppajjamānā uppajjati, ettha nivisamānā nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Rūpasaññā loke ...**

In the world perception of forms ...

**Saddasaññā loke ...**

In the world perception of sounds ...

**Gandhasaññā loke ...**

In the world perception of smells ...

**Rasasaññā loke ...**

In the world perception of tastes ...

**Phoṭṭhabbasaññā loke ...**

In the world perception of tangibles ...

**Dhammasaññā loke piyarūpaṃ sātārūpaṃ -**

In the world perception of thoughts is likeable and pleasing -

**etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Rūpasañcetanā loke ...**

In the world intention in regard to forms ...

**Saddasañcetanā loke ...**

In the world intention in regard to sounds ...

**Gandhasañcetanā loke ...**

In the world intention in regard to smells ...

**Rasasañcetanā loke ...**

In the world intention in regard to tastes ...

**Phoṭṭhabbasañcetanā loke ...**

In the world intention in regard to tangibles ...

**Dhammasañcetanā loke piyarūpaṃ sātārūpaṃ -**

In the world intention in regard to thoughts is likeable and pleasing -

**etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Rūpataṇhā loke ...**

In the world craving for forms ...

**Saddataṇhā loke ...**

In the world craving for sounds ...

**Gandhataṇhā loke ...**

In the world craving for smells ...

**Rasataṇhā loke ...**

In the world craving for tastes ...

**Phoṭṭhabbataṇhā loke ...**

In the world craving for tangibles ...

**Dhammataṇhā loke piyarūpaṃ sātārūpaṃ -**

In the world craving for thoughts is likeable and pleasing -

**etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā  
nivasati.**

here this craving when it is arising arises, here when settling it settles.

**Rūpavitakko loke ...**

In the world thinking about forms ...

**Saddavitakko loke ...**

In the world thinking about sounds ...

**Gandhavitakko loke ...**

In the world thinking about smells ...

**Rasavitakko loke ...**

In the world thinking about tastes ...

**Phoṭṭhabbavitakko loke ...**

In the world thinking about tangibles ...

**Dhammavitakko loke piyarūpaṃ sātārūpaṃ -**

In the world thinking about thoughts is likeable and pleasing -

**etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā  
nivasati.**

here this craving when it is arising arises, here when settling it settles.

**Rūpavicāro loke ...**

In the world an examination of forms ...

**Saddavicāro loke ...**

In the world an examination of sounds ...

**Gandhavicāro loke ...**

In the world an examination of smells ...

**Rasavicāro loke ...**

In the world an examination of tastes ...

**Phoṭṭhabbavicāro loke ...**

In the world an examination of tangibles ...

**Dhammavicāro loke piyarūpaṃ sātārūpaṃ -**

In the world an examination of thoughts is likeable and pleasing -

**etthesā taṇhā uppajjamānā uppajjati, ettha nivisamānā  
nivisati.**

here this craving when it is arising arises, here when settling it settles.

**Idaṃ vuccati, bhikkhave, Dukkhasamudayaṃ  
Ariyasaccaṃ.**

This, monks, is called the Noble Truth of the Origination of Suffering.

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## Day Twenty-Six

### *Nirodhasaccaniddeso*

#### The Explanation of the Truth of Cessation

**Katamañca, bhikkhave, Dukkhanirodham ariyasaccam?**

And what, monks, is the Noble Truth of the Cessation of Suffering?

**Yo tassāyeva taṇhāya asesavirāganirodho -**

It is the complete fading away and cessation without remainder of that craving -

**cāgo paṭinissaggo mutti anālayo.**

liberation, letting go, release, and non-adherence.

**Sā kho panesā, bhikkhave, taṇhā kattha pahīyamānā pahīyati?**

Now where, monks, is that craving when it is being abandoned (actually) abandoned?

**Kattha nirujjhamānā nirujjhati?**

When ceasing where does it cease?

**Yaṃ loke piyarūpaṃ sātārūpaṃ -**

In the world there is that which is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Kiñca loke piyarūpaṃ sātārūpaṃ?**

And in the world what is likeable and pleasing?

**Cakkhu loke piyarūpaṃ sātārūpaṃ -**

In the world the eye is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Sotaṃ loke ...**

In the world the ear ...

**Ghānaṃ loke ...**

In the world the nose ...

**Jivhā loke ...**

In the world the tongue ...

**Kāyo loke ...**

In the world the body ...

**Mano loke piyarūpaṃ sātārūpaṃ -**

In this world the mind is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Rūpā loke ...**

In the world forms ...

**Saddā loke ...**

In the world sounds ...

**Gandhā loke ...**

In the world smells ...

**Rasā loke ...**

In the world tastes ...

**Phoṭṭhabbā loke ...**

In the world tangibles ...

**Dhammā loke piyarūpaṃ sātārūpaṃ -**

In the world thoughts are likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.



**Cakkhuviññāṇam loke ...**

In the world eye-consciousness ...

**Sotaviññāṇam loke ...**

In the world the ear-consciousness ...

**Ghānaviññāṇam loke ...**

In the world nose-consciousness ...

**Jivhāviññāṇam loke ...**

In the world tongue-consciousness ...

**Kāyaviññāṇam loke ...**

In the world body-consciousness ...

**Manoviññāṇam loke piyarūpaṃ sātārūpaṃ -**

In the world mind-consciousness is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Cakkhusamphasso loke ...**

In the world eye-contact ...

**Sotasamphasso loke ...**

In the world ear-contact ...

**Ghānasamphasso loke ...**

In the world nose-contact ...

**Jivhāsamphasso loke ...**

In the world tongue-contact ...

**Kāyasamphasso loke ...**

In the world body-contact ...

**Manosamphasso loke piyarūpaṃ sātārūpaṃ -**

In the world mind-contact is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Cakkhusamphassajā vedanā loke ...**

In the world feeling born of eye-contact ...

**Sotasamphassajā vedanā loke ...**

In the world feeling born of ear-contact ...

**Ghānasamphassajā vedanā loke ...**

In the world feeling born of nose-contact ...

**Jivhāsamphassajā vedanā loke ...**

In the world feeling born of tongue-contact ...

**Kāyasamphassajā vedanā loke ...**

In the world feeling born of body-contact ...

**Manosamphassajā vedanā loke piyarūpaṃ sātārūpaṃ -**

In the world feeling born of mind-contact is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Rūpasaññā loke ...**

In the world perception of forms ...

**Saddasaññā loke ...**

In the world perception of sounds ...

**Gandhasaññā loke ...**

In the world perception of smells ...

**Rasasaññā loke ...**

In the world perception of tastes ...

**Phoṭṭhabbasaññā loke ...**

In the world perception of tangibles ...

**Dhammasaññā loke piyarūpaṃ sātārūpaṃ -**

In the world perception of thoughts is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Rūpasañcetanā loke ...**

In the world intention in regard to forms ...

**Saddasañcetanā loke ...**

In the world intention in regard to sounds ...

**Gandhasañcetanā loke ...**

In the world intention in regard to smells ...

**Rasasañcetanā loke ...**

In the world intention in regard to tastes ...

**Phoṭṭhabbasañcetanā loke ...**

In the world intention in regard to tangibles ...

**Dhammasañcetanā loke piyarūpaṃ sātārūpaṃ -**

In the world intention in regard to thoughts is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Rūpataṇhā loke ...**

In the world craving for forms ...

**Saddataṇhā loke ...**

In the world craving for sounds ...

**Gandhataṇhā loke ...**

In the world craving for smells ...

**Rasataṇhā loke ...**

In the world craving for tastes ...

**Phoṭṭhabbataṇhā loke ...**

In the world craving for tangibles ...

**Dhammataṇhā loke piyarūpaṃ sātārūpaṃ -**

In the world craving for thoughts is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Rūpavitakko loke ...**

In the world thinking about forms ...

**Saddavitakko loke ...**

In the world thinking about sounds ...

**Gandhavitakko loke ...**

In the world thinking about smells ...

**Rasavitakko loke ...**

In the world thinking about tastes ...

**Phoṭṭhabbavitakko loke ...**

In the world thinking about tangibles ...

**Dhammavitakko loke piyarūpaṃ sātārūpaṃ -**

In the world thinking about thoughts is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when ceasing it ceases.

**Rūpavicāro loke ...**

In the world an examination of forms ...

**Saddavicāro loke ...**

In the world an examination of sounds ...

**Gandhavicāro loke ...**

In the world an examination of smells ...

**Rasavicāro loke ...**

In the world an examination of tastes ...

**Phoṭṭhabbavicāro loke ...**

In the world an examination of tangibles ...

**Dhammavicāro loke piyarūpaṃ sātārūpaṃ -**

In the world an examination of thoughts is likeable and pleasing -

**etthesā taṇhā pahīyamānā pahīyati, ettha nirujjhamānā  
nirujjhati.**

here this craving when it is being abandoned is abandoned, here when  
ceasing it ceases.

**Idaṃ vuccati, bhikkhave, Dukkhanirodham  
Ariyasaccam.**

This, monks, is called the Noble Truth of the Cessation of Suffering.

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## Day Twenty-Seven

### *Maggasaccaniddeso*

#### The Explanation of the Truth of the Path

#### **Katamañca, bhikkhave, Dukkhanirodhagāminī Paṭipadā Ariyasaccam?**

Now what, monks, is the Noble Truth of the Practice Leading to the Cessation of Suffering?

#### **Ayameva ariyo aṭṭhaṅgiko maggo, seyyathidam:**

It is this noble path with eight factors, as follows:

#### **sammādiṭṭhi, sammāsaṅkappo,**

right view, right thought,

#### **sammāvācā, sammākammanto, sammāājīvo,**

right speech, right action, right livelihood

#### **sammāvāyāmo, sammāsati, sammāsamādhi.**

right endeavour, right mindfulness, right concentration.

#### **Katamā ca, bhikkhave, sammādiṭṭhi?**

Now what, monks, is right view?

#### **Yaṃ kho, bhikkhave, dukkhe ñāṇam**

That, monks, which is knowledge about suffering

#### **dukkhasamudaye ñāṇam**

knowledge about the origination of suffering

#### **dukkhanirodhe ñāṇam**

knowledge about the cessation of suffering

#### **dukkhanirodhagāminiyā paṭipadāya ñāṇam.**

knowledge about the practice leading to the cessation of suffering.

#### **Ayaṃ vuccati, bhikkhave, sammādiṭṭhi.**

This, monks, is called right view.

#### **Katamo ca, bhikkhave, sammāsaṅkappo?**

Now what, monks, is right thought?

**Nekkhammasaṅkappo, abyāpādasāṅkappo,  
avihiṃsāsaṅkappo.**

The thought of renunciation, the thought of good-will, the thought of non-violence.

**Ayaṃ vuccati, bhikkhave, sammāsaṅkappo.**

This, monks, is called right thought.

**Katamā ca, bhikkhave, sammāvācā?**

Now what, monks, is right speech?

**Musāvādā veramaṇī**

Refraining from false speech

**pisuṇāya vācāya veramaṇī**

refraining from malicious speech

**pharusāya vācāya veramaṇī**

refraining from rough speech

**samphappalāpā veramaṇī.**

refraining from frivolous talk.

**Ayaṃ vuccati, bhikkhave, sammāvācā.**

This, monks, is called right speech.

**Katamo ca, bhikkhave, sammākammanto?**

Now what, monks, is right action?

**Pāṇātipātā veramaṇī**

Refraining from killing living creatures

**adinnādānā veramaṇī**

refraining from taking what has not been given

**kāmesumicchācārā veramaṇī.**

refraining from sexual misconduct.

**Ayaṃ vuccati, bhikkhave, sammākammanto.**

This, monks, is called right action.

**Katamo ca, bhikkhave, sammāājīvo?**

Now what, monks, is right livelihood?

**Idha, bhikkhave, ariyasāvako micchājīvaṃ pahāya,**  
Here, monks, a noble disciple, having abandoned a wrong way of  
livelihood,

**sammājīvena jīvaṃ kappeti.**  
makes his living by a right way of livelihood.

**Ayaṃ vuccati, bhikkhave, sammājīvo.**  
This, monks, is called right livelihood.

**Katamo ca, bhikkhave, sammāvāyāmo?**  
Now what, monks, is right endeavour?

**Idha, bhikkhave, bhikkhu**  
Here, monks, a monk

**anuppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ**  
regarding bad and unwholesome thoughts that have not yet arisen

**anuppādāya chandaṃ janeti,**  
generates desire for their non-arising,

**vāyamati, vīriyaṃ ārabhati, cittaṃ paggaṇhāti, padahati.**  
(in this regard) he endeavours, instigates energy, exerts his mind, and  
makes an effort.

**Uppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ**  
Regarding bad and unwholesome thoughts that have already arisen

**pahānāya chandaṃ janeti,**  
he generates desire for their abandonment,

**vāyamati, vīriyaṃ ārabhati, cittaṃ paggaṇhāti, padahati.**  
(in this regard) he endeavours, instigates energy, exerts his mind, and  
makes an effort.

**Anuppannānaṃ kusalānaṃ dhammānaṃ uppādāya  
chandaṃ janeti,**

He generates desire for the arising of wholesome thoughts that have not  
yet arisen,



**vāyamaṭi, vīriyaṃ ārabhaṭi, cittaṃ paggaṇhāṭi, padahaṭi.**  
(in this regard) he endeavours, instigates energy, exerts his mind, and makes an effort.

**Uppannānaṃ kusalānaṃ dhammānaṃ ṭhitiyā, asammosāya,**

Regarding wholesome thoughts that have arisen he generates desire for their endurance, persistence,

**bhiyyobhāvāya, vepullāya, bhāvanāya, pāripūriyā chandaṃ janeti,**

multiplication, extension, development, and fulfilment,

**vāyamaṭi, vīriyaṃ ārabhaṭi, cittaṃ paggaṇhāṭi, padahaṭi.**  
(in this regard) he endeavours, instigates energy, exerts his mind, and makes an effort.

**Ayaṃ vuccaṭi, bhikkhave, sammāvāyāmo.**

This, monks, is called right endeavour.

**Katama ca, bhikkhave, sammāsati?**

Now what, monks, is right mindfulness?

**Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati,**

Here, monks, a monk dwells contemplating (the nature of) the body in the body,

**ātāpī, sampajāno, satimā, vineyya loke abhijjhādomanassaṃ.**

ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Vedanāsu vedanānupassī viharati,**

He dwells contemplating (the nature of) feelings in feelings,

**ātāpī, sampajāno, satimā, vineyya loke abhijjhādomanassaṃ.**

ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Citte cittānupassī viharati,**

He dwells contemplating (the nature of) the mind in the mind,

**ātāpī, sampajāno, satimā, vineyya loke abhijjhādomanassam.**  
ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Dhammesu dhammānupassī viharati,**  
He dwells contemplating (the nature of) things in (various) things,

**ātāpī, sampajāno, satimā, vineyya loke  
abhijjhādomanassam.**  
ardent, fully aware, and mindful, after removing avarice and sorrow regarding the world.

**Ayam vuccati, bhikkhave, sammāsati.**  
This, monks, is called right mindfulness.

**Katamo ca, bhikkhave, sammāsamādhi?**  
Now what, monks, is right concentration?

**Idha, bhikkhave, bhikkhu viviceva kāmehi,**  
Here, monks, a monk, quite secluded from sense desires,

**vivicca akusalehi dhammehi,**  
secluded from unwholesome things,

**savitakkaṃ, savicāraṃ, vivekaṃ pītisukhaṃ,**  
having thinking, reflection, and the happiness and joy born of seclusion,

**paṭhamaṃ jhānaṃ upasampajja viharati.**  
dwells having attained the first absorption.

**Vitakkavicārānaṃ vūpasamā,**  
With the calming down of thinking and reflection,

**ajjhattaṃ sampasādanaṃ, cetaso ekodibhāvaṃ,**  
with internal clarity, and one-pointedness of mind,

**avitakkaṃ, avicāraṃ, samādhijaṃ pītisukhaṃ,**  
being without thinking, without reflection, having the happiness and joy born of concentration,

**dutiyaṃ jhānaṃ upasampajja viharati.**  
he dwells having attained the second absorption.

**Pīṭiyā ca virāgā upekkhako ca viharati,**

With the fading away of joy he dwells equanimous,

**sato ca sampajāno, sukhañca kāyena paṭisaṃvedeti,**

mindful, fully aware, experiencing happiness through the body,

**yaṃ taṃ Ariyā ācikkhanti: “Upekkhako satimā  
sukhavihāri”ti,**

about which the Noble Ones declare: “He dwells pleasantly, mindful,  
and equanimous,”

**tatiyaṃ jhānaṃ upasampajja viharati.**

he dwells having attained the third absorption.

**Sukhassa ca pahānā, dukkhassa ca pahānā,**

Having abandoned pleasure, abandoned pain,

**pubbeva somanassadomanassānaṃ atthaṅgamā,**

and with the previous passing away of mental happiness and sorrow,

**adukkhamasukhaṃ, upekkhāsatiṭṭhānaṃ,**

without pain, without pleasure, and with complete purity of mindfulness  
owing to equanimity,

**catutthaṃ jhānaṃ upasampajja viharati.**

he dwells having attained the fourth absorption.

**Ayaṃ vuccati, bhikkhave, sammāsamādhī.**

This, monks, is called right concentration.

**Idaṃ vuccati, bhikkhave, Dukkhanirodhagāminī**

**paṭipadā Ariyasaccaṃ.**

This, monks, is called the Noble Truth of the Practice Leading to the  
Cessation of Suffering.

**Iti ajjhataṃ vā dhammesu dhammānupassī viharati,**

Thus he dwells contemplating (the nature of) things in (various) things  
in regard to himself,

**bahiddhā vā dhammesu dhammānupassī viharati,**

or he dwells contemplating (the nature of) things in (various) things in  
regard to others,

**ajjhatabhiddhā vā dhammesu dhammānupassī  
viharati,**

or he dwells contemplating (the nature of) things in (various) things in regard to himself and in regard to others,

**samudayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination in things,

**vayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of dissolution in things,

**samudayavayadhammānupassī vā dhammesu viharati,**

or he dwells contemplating the nature of origination and dissolution in things,

**“atthi dhammā”ti vā panassa sati paccupaṭṭhitā hoti**

or else mindfulness that “there are these (various) things” is established in him

**yāvadeva ñāṇamattāya paṭissatimattāya,**

just as far as (is necessary for) a full measure of knowledge and a full measure of mindfulness,

**anissito ca viharati, na ca kiñci loke upādiyati.**

and he dwells independent, and without being attached to anything in the world.

**Evampi kho, bhikkhave, bhikkhu dhammesu  
dhammānupassī viharati,**

In this way, monks, a monk dwells contemplating (the nature of) things in (various) things,

**Catūsu Ariyasaccesu.**

in the Four Noble Truths.

*Saccapabbam Niṭṭhitam.*

The Section about the Truths is Finished.

*Dhammānupassanā Niṭṭhitam.*

Contemplation of (the Nature of) Things is Finished.

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**Yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ  
bhāveyya sattavassāni,**

Whoever, monks, should develop these four ways of attending to mindfulness in this way for seven years,

**tassa dvinnam phalaṇam aññataram phalam  
pāṭikaṅkham:**

for him, out of two results, a particular result is to be expected:

**diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.**  
final knowledge in this very life; or, there being some attachment remaining, the state of non-returner.

**Tiṭṭhantu, bhikkhave, sattavassāni,**  
Let alone seven years, monks,

**yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ  
bhāveyya cha vassāni,**

whoever should develop these four ways of attending to mindfulness in this way for six years

**pañca vassāni ...**  
for five years ...

**cattāri vassāni ...**  
for four years ...

**tīṇi vassāni ...**  
for three years ...

**dve vassāni ...**  
for two years ...

**ekam vassam ...**  
for one year ...

**Tiṭṭhatu, bhikkhave, ekam vassam,**  
Let alone one year, monks,

**yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evaṃ  
bhāveyya satta māsāni**

whoever should develop these four ways of attending to mindfulness in this way for seven months

**tassa dvinnam phalaṇam aññataram phalam  
pāṭikaṅkham:**

for him, out of two results, a particular result is to be expected:

**diṭṭheva dhamme aññā; sati vā upādisese anāgāmitā.**  
final knowledge in this very life; or, there being some attachment  
remaining, the state of non-returner.

**Tiṭṭhantu, bhikkhave, satta māsāni,**

Let alone seven months, monks,

**yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evam  
bhāveyya cha māsāni**

whoever should develop these four ways of attending to mindfulness in  
this way for six months

**pañca māsāni ...**

for five months ...

**cattāri māsāni ...**

for four months ...

**tīṇi māsāni ...**

for three months ...

**dve māsāni ...**

for two months ...

**ekam māsam ...**

for one month ...

**aḍḍhamāsam ...**

for half a month ...

**Tiṭṭhatu, bhikkhave, aḍḍhamāso,**

Let alone half a month, monks,

**yo hi koci, bhikkhave, ime cattāro satipaṭṭhāne evam  
bhāveyya sattāham**

whoever should develop these four ways of attending to mindfulness in  
this way for seven days

**tassa dvinnam phalanam aññataram phalam  
pāṭikaṅkham:**

for him, out of two results, a particular result is to be expected:

**diṭṭheva dhamme aññā; sati vā upādisese anāgāmitāti.**

final knowledge in this very life; or, there being some attachment remaining, the state of non-returner.

**“Ekāyano ayam, bhikkhave, maggo sattānam visuddhiyā,  
“This is a one-way path, monks, for the purification of beings,**

**sokaparidevānam samatikkamāya,**

**dukkhadomanassānam atthaṅgamāya,**

for the overcoming of grief and lamentation, for the extinction of pain and sorrow,

**ñāyassa adhigamāya, nibbānassa sacchikiriyāya,**

for attaining the right way, for the direct realisation of Nibbāna,

**yadidaṃ cattāro satipaṭṭhānā”ti.**

that is to say, the four ways of attending to mindfulness”.

**Iti yaṃ taṃ vuttaṃ, idameva paṭicca vuttanti.**

Thus, whatever was said, it is for this reason it was said.

**Idamavoca Bhagavā,**

The Blessed One said this,

**attamanā te bhikkhū Bhagavato bhāsitaṃ abhinandunti.**

and those monks were uplifted and greatly rejoiced in what was said by the Blessed One.

***Mahāsatiṭṭhānasuttam Niṭṭhitam.***

The Long Discourse about the Ways of Attending to Mindfulness is finished.

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Day Twenty-Eight

*Paṭiccasamuppādavibhaṅgo*<sup>18</sup>

The Analysis of Conditional Origination

*Suttantabhājanīyaṃ*

The Section Derived from the Discourses

**Avijjāpaccayā saṅkhārā,**

With ignorance as condition there are (volitional) formations,

**saṅkhārapaccayā viññāṇaṃ,**

with (volitional) formations as condition: consciousness,

**viññāṇapaccayā nāmarūpaṃ,**

with consciousness as condition: mind and bodily form,

**nāmarūpapaccayā saḷāyatanaṃ,**

with mind and bodily form as condition: the six sense bases,

**saḷāyatanapaccayā phasso,**

with the six sense bases as condition: contact,

**phassapaccayā vedanā,**

with contact as condition: feeling,

**vedanāpaccayā taṇhā,**

with feeling as condition: craving,

**taṇhāpaccayā upādānaṃ,**

with craving as condition: attachment,

**upādānapaccayā bhavo,**

with attachment as condition: continuation,

**bhavapaccayā jāti,**

with continuation as condition: birth,

**jātipaccayā jarāmaṇaṃ,**

with birth as condition: ageing, death,

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<sup>18</sup> Abhi.2.142-145.



**soka-parideva-dukkha-domanassa-upāyāsā sambhavanti,**  
grief, lamentation, pain, sorrow, and despair (all) arise,

**evametassa kevalassa dukkhakkhandhassa samudayo  
hoti.**

and so there is an origination of this whole mass of suffering.

**[01: Avijjāniddeśo]**

[Definition of Ignorance]

**Tattha katamā avijjā?**

Herein, what is ignorance?

**Dukkhe aññāṇaṃ, dukkhasamudaye aññāṇaṃ,**

Not knowing suffering, not knowing the origination of suffering,

**dukkhanirodhe aññāṇaṃ, dukkhanirodhagāminiyā  
paṭipadāya aññāṇaṃ.**

not knowing the cessation of suffering, not knowing the path leading to  
the cessation of suffering.

**Ayaṃ vuccati avijjā.**

This, is called ignorance.

**[02: Saṅkhāraniddeśo]**

[Definition of (Volitional) Formations]

**Tattha katame avijjāpaccayā saṅkhārā?**

Herein, what is with ignorance as condition there are (volitional)  
formations?

**Puññābhisaṅkhāro, apuññābhisaṅkhāro,  
āneñjābhisaṅkhāro,**

(There is) a meritorious (volitional) process, a demeritorious (volitional)  
process, an imperturbable (volitional) process,

**kāyasaṅkhāro, vacīsaṅkhāro, cittasaṅkhāro.**

a (volitional) process expressed by way of the body, a (volitional)  
process expressed by way of speech, a (volitional) process expressed by  
way of the mind.

### **Tattha katamo puññābhisaṅkhāro?**

Herein, what is a meritorious (volitional) process?

### **Kusalā cetanā kāmāvacarā rūpāvacarā,**

(There are) wholesome intentions in the sense-world sphere, in the form-world sphere,

### **dānamayā sīlamayā bhāvanāmayā,**

consisting of generosity, consisting of morality, consisting of meditation,

### **ayaṃ vuccati puññābhisaṅkhāro.**

this is said to be a meritorious (volitional) process.

### **Tattha katamo apuññābhisaṅkhāro?**

Herein, what is a demeritorious (volitional) process?

### **Akusalā cetanā kāmāvacarā,**

(There are) unwholesome intentions in the sense-world sphere,

### **ayaṃ vuccati apuññābhisaṅkhāro.**

this is said to be a demeritorious (volitional) process.

### **Tattha katamo āneñjābhisaṅkhāro?**

Herein, what is an imperturbable (volitional) process?

### **Kusalā cetanā arūpāvacarā**

(There are) wholesome intentions in the formless-world sphere,

### **ayaṃ vuccati āneñjābhisaṅkhāro.**

this is said to be an imperturbable (volitional) process.

### **Tattha katamo kāyasaṅkhāro?**

Herein, what is a (volitional) process expressed by way of the body?

### **Kāyasañcetanā, kāyasaṅkhāro.**

(There is) an intention expressed by way of the body, a (volitional) process expressed by way of the body.

### **Vacīsañcetanā, vacīsaṅkhāro.**

(There is) an intention expressed by way of speech, a (volitional) process expressed by way of speech.

**Manosañcetanā cittasaṅkhāro.**

(There is) an intention expressed by way of the mind, a (volitional) process expressed by way of the mind.

**Ime vuccanti avijjāpaccayā saṅkhārā.**

This is said to be with ignorance as condition there are (volitional) formations.

*[03: Viññāṇaniddeso]*

[Definition of Consciousness]

**Tattha katamaṃ saṅkhārapaccayā viññāṇaṃ?**

Herein, what is with (volitional) formations as condition: consciousness?

**Cakkhaviññāṇaṃ, sotaviññāṇaṃ, ghānaviññāṇaṃ,**

(There is) eye-consciousness, ear-consciousness, nose-consciousness,

**jivhāviññāṇaṃ, kāyaviññāṇaṃ, manoviññāṇaṃ.**

tongue-consciousness, body-consciousness, mind-consciousness.

**Idaṃ vuccati saṅkhārapaccayā viññāṇaṃ.**

This is said to be with (volitional) formations as condition: consciousness.

*[04: Nāmarūpaniddeso]*

[Definition of Mind and Bodily Form]

**Tattha katamaṃ viññāṇapaccayā nāmarūpaṃ?**

Herein, what is with consciousness as condition: mind and bodily form?

**Atthi nāmaṃ, atthi rūpaṃ.**

There is mind, there is bodily form.

**Tattha katamaṃ nāmaṃ?**

Herein, what is mind?

**Vedanākkhandho, saññākkhandho, saṅkhārakkhandho:**

(There is) the feeling constituent, the perception constituent, the (volitional) formations constituent:

**idaṃ vuccati nāmaṃ.**

this is said to be mind.

**Tattha katamaṃ rūpaṃ?**

Herein, what is bodily form?

**Cattāro mahābhūtā, catunnaṅca mahābhūtānaṃ  
upādāyarūpaṃ,**

(There are) the four great entities, and the bodily form attached to the four great entities,

**idaṃ vuccati rūpaṃ.**

this is said to be bodily form.

**Iti idaṅca nāmaṃ, idaṅca rūpaṃ.**

Thus, this is mind and this is bodily form.

**Idaṃ vuccati viññāṇapaccayā nāmarūpaṃ.**

This is said to be with consciousness as condition: mind and bodily form.

*[05: Saḷāyatanaṅgadeso]*

[Definition of the Six Sense Bases]

**Tattha katamaṃ nāmarūpapaccayā saḷāyatanaṃ?**

Herein, what is with mind and bodily form as condition: the six sense bases?

**Cakkhāyatanaṃ, sotāyatanaṃ, ghāṇāyatanaṃ,**

(There is the) eye sense sphere, ear sense sphere, nose sense sphere,

**jivhāyatanaṃ, kāyāyatanaṃ, manāyatanaṃ.**

tongue sense sphere, body sense sphere, mind sense sphere.

**Idaṃ vuccati nāmarūpapaccayā saḷāyatanaṃ.**

This is said to be with mind and bodily form as condition: the six sense bases.

*[06: Phassaniddeso]*

[Definition of Contact]

**Tattha katamo saḷāyatanapaccayā phasso?**

Herein, what is with the six sense bases as condition: contact?

**Cakkhusamphasso sotasamphasso ghānasamphasso,**

(There is) eye-contact, ear-contact, nose-contact,

**jivhāsamphasso kāyasamphasso manosamphasso.**

tongue-contact, body-contact, mind-contact.

**Ayaṃ vuccati saḷāyatanapaccayā phasso.**

This is said to be with the six sense bases as condition: contact.

*[07: Vedanāniddeso]*

[Definition of Feeling]

**Tattha katamā phassapaccayā vedanā?**

Herein, what is with contact as condition: feeling?

**Cakkhusamphassajā vedanā, sotasamphassajā vedanā,**

(There is) feeling arising from eye-contact, feeling arising from ear-contact,

**ghānasamphassajā vedanā, jivhāsamphassajā vedanā,**

feeling arising from nose-contact, feeling arising from tongue-contact,

**kāyasamphassajā vedanā, manosamphassajā vedanā.**

feeling arising from body-contact, feeling arising from mind-contact.

**Ayaṃ vuccati phassapaccayā vedanā.**

This is said to be with contact as condition: feeling.

*[08: Taṇhāniddeso]*

[Definition of Craving]

**Tattha katamā vedanāpaccayā taṇhā?**

Herein, what is with feeling as condition: craving?

**Rūpataṇhā, saddataṇhā,**

(There is) craving for forms, craving for sounds,

**gandhataṇhā, rasataṇhā,**

craving for smells, craving for tastes,

**phoṭṭhabbataṇhā, dhammataṇhā.**

craving for tangibles, craving for thoughts.

**Ayaṃ vuccati vedanāpaccayā taṇhā.**

This is said to be with feeling as condition: craving.

*[09: Upādānaniddeso]*

[Definition of Attachment]

**Tattha katamaṃ taṇhāpaccayā upādānaṃ?**

Herein, what is with craving as condition: attachment?

**Kāmupādānaṃ, diṭṭhupādānaṃ,**

(There is) attachment to sense pleasures, attachment to views,

**sīlabbatupādānaṃ, attavādupādānaṃ.**

attachment to virtue and practice, attachment to self-theories.

**Idaṃ vuccati taṇhāpaccayā upādānaṃ.**

This is said to be with craving as condition: continuation.

[10: *Bhavaniddeso*]

[Definition of Continuation]

**Tattha katamo upādānapaccayā bhavo?**

Herein, what is with attachment as condition: continuation?

**Bhavo duvidhena: atthi kammabhavo, atthi upapattibhavo.**

Continuation is two-fold: there is continuation through (intentional) deeds, there is continuation through rebirth.

**Tattha katamo kammabhavo?**

Herein, what is continuation through (intentional) deeds?

**Puññābhisaṅkhāro, apuññābhisaṅkhāro,  
āneñjābhisaṅkhāro.**

(There is) a meritorious (volitional) process, a demeritorious (volitional) process, an imperturbable (volitional) process.

**Ayaṃ vuccatī kammabhavo.**

This is said to be continuation through (intentional) deeds.

**Sabbampi bhavagāmikammaṃ kammabhavo.**

All (intentional) deeds leading to continuation is continuation from (intentional) deeds.

**Tattha katamo upapattibhavo?**

Herein, what is continuation through rebirth?

**Kāmabhavo, rūpabhavo, arūpabhavo,**

(There is) continuation in the sense-world spheres, continuation in the form-world spheres, continuation in the formless-world spheres,

**saññābhavo, asaññābhavo, nevasaññānāsaññābhavo,**

continuation with perception, continuation without perception, continuation with neither-perception-nor-non-perception,

**ekavokārabhavo, catuvokārabhavo, pañcavokārabhavo.**

continuation with one constituent, continuation with four constituents, continuation with five constituents.

**Ayaṃ vuccatī upapattibhavo.**

This is said to be continuation through rebirth.

**Ayaṃ vuccati upādānapaccayā bhavo.**

This is said to be with attachment as condition: continuation.

**[11: Jātiniddeso]**

[Definition of Birth]

**Tattha katamā bhavapaccayā jāti?**

Herein, what is with continuation as condition: birth?

**Yā tesam tesam sattānam tamhi tamhi sattanikāye**

For the various beings in the various classes of beings

**jāti sañjāti okkanti abhinibbatti,**

(there is) birth, being born, appearing, arising, turning up,

**khandhānam pātubhāvo, āyatanānam paṭilābho.**

the manifestation of the constituents (of mind and bodily form), the acquisition of the sense spheres.

**Ayaṃ vuccati bhavapaccayā jāti.**

This is said to be with continuation as condition: birth.

**[12: Jarāmarañaniddeso]**

[Definition of Ageing and Death]

**Tattha katamaṃ jātipaccayā jarāmarañam?**

Herein, what is with birth as condition: ageing, death?

**Atthi jarā, atthi marañam.**

There is ageing, there is death.

**Tattha katamā jarā?**

Herein, what is ageing?

**Yā tesam tesam sattānam tamhi tamhi sattanikāye**

For the various beings in the various classes of beings

**jarā jīraṇatā khaṇḍiccaṃ pāliccaṃ valittacatā,**

(there is) broken teeth, greying hair, and wrinkled skin,

**āyuno saṃhāni indriyānam paripāko.**

the dwindling away of the life span, the decay of the sense faculties.



**Ayaṃ vuccati jarā.**

This is said to be ageing.

**Tattha katamaṃ maraṇaṃ?**

Herein, what is death?

**Yā tesāṃ tesāṃ sattānaṃ tamhā tamhā sattanikāyā**

For the various beings in the various classes of beings

**cuti cavanatā bhedo antaradhānaṃ maccu maraṇaṃ  
kālakiriyā,**

there is a fall, a falling away, a breaking up, a disappearance, a dying, a death, a making of time,

**khandhānaṃ bhedo kaḷavarassa nikkhepo,**

the break up of the constituents (of mind and bodily form), the throwing off of the body,

**jīvitindriyassupacchedo.**

a cutting off of the life-faculty.

**Idaṃ vuccati maraṇaṃ.**

This is called death.

**Iti ayaṅca jarā idaṅca maraṇaṃ.**

Thus, this is ageing and this is death.

**Idaṃ vuccati jātipaccayā jarāmaraṇaṃ.**

This is said to be with birth as condition: ageing, death.

*[12a: Sokañiddeso]*

[Definition of Grief]

**Tattha katamo soko?**

Herein, what is grief?

**Ñātibyaśanaena vā phuṭṭhaśsa, bhogaśyaśanaena vā  
phuṭṭhaśsa,**

To one touched by misfortune regarding relatives, to one touched by misfortune regarding wealth,

**rogabyasanena vā phuṭṭhassa, sīlabyasanena vā  
phuṭṭhassa,**

to one touched by misfortune regarding health, to one touched by  
misfortune regarding (loss of) morality,

**diṭṭhibyasanena vā phuṭṭhassa,**

to one touched by misfortune regarding his views,

**aññataraññatarena byasanena samannāgatassa,**

for he who has some sort of misfortune or other,

**aññataraññatarena dukkhadhammena phuṭṭhassa,**

who is touched by some sort of painful thing or another,

**soko socanā socitattaṃ antosoko antoparisoko,**

there is grief, grieving, the state of grieving, inner grief, great inner  
grief,

**cetaso pariṃhāyanā domanassaṃ sokasallaṃ.**

his mind is sorrowful, being pierced with the dart of grief.

**Ayaṃ vuccati soko.**

This is said to be grief.

*[12b: Paridevaniddeso]*

[Definition of Lamentation]

**Tattha katamo paridevo?**

Herein, what is lamentation?

**Ñātibyasanena vā phuṭṭhassa, bhogabyasanena vā  
phuṭṭhassa,**

To one touched by misfortune regarding relatives, to one touched by  
misfortune regarding wealth,

**rogabyasanena vā phuṭṭhassa, sīlabyasanena vā  
phuṭṭhassa,**

to one touched by misfortune regarding health, to one touched by  
misfortune regarding (loss of) morality,

**diṭṭhibyasanena vā phuṭṭhassa,**

to one touched by misfortune regarding his views,

**aññataraññatarena byasanena samannāgatassa,**

for he who has some sort of misfortune or other,

**aññataraññatarena dukkhadhammena phuṭṭhassa,**

who is touched by some sort of painful thing or another,

**ādevo paridevo ādevanā paridevanā ādevitattam**

**paridevitattam,**

there are laments, great laments, lamenting, great lamenting, the state of lamenting, the state of great lamentation,

**vācā palāpo vippalāpo lālappo lālappanā lālappitattam.**

words of wailing, great wailing, moaning, great moaning, the state of moaning.

**Ayaṃ vuccati paridevo.**

This is said to be lamentation.

*[12c: Dukkhaniddeso]*

[Definition of Pain]

**Tattha katamaṃ dukkhaṃ?**

Herein, what is pain?

**Yaṃ kāyikaṃ asātaṃ kāyikaṃ dukkhaṃ,**

That which is bodily pain, bodily disagreeableness,

**kāyasamphassaṃ asātaṃ dukkhaṃ vedayitaṃ,**

pain arising from contact with the body, disagreeable feeling,

**kāyasamphassajā asātā dukkhā vedanā.**

pain and painful feeling that is born in the body.

**Idaṃ vuccati dukkhaṃ.**

This is said to be pain.

*[12d: Domanassaniddeso]*

[Definition of Sorrow]

**Tattha katamaṃ domanassaṃ?**

Herein, what is sorrow?

**Yaṃ cetasikaṃ asātaṃ, cetasikaṃ dukkhaṃ,**

That which is mental pain, mental disagreeableness,

**cetosamphassajaṃ asātaṃ dukkhaṃ vedayitaṃ,**

pain arising from contact with the mind, disagreeable feeling,

**cetosamphassajā asātā dukkhā vedanā.**

pain and painful feeling that is born in the mind.

**Idaṃ vuccati domanassaṃ.**

This is said to be sorrow.

*[12e: Upāyāsaniddeso]*

[Definition of Despair]

**Tattha katamo upāyāso?**

Herein, what is despair?

**Ñātibyaśanena vā phuṭṭhassa, bhogaśyāśanena vā  
phuṭṭhassa,**

To one touched by misfortune regarding relatives, to one touched by misfortune regarding wealth,

**rogaśyāśanena vā phuṭṭhassa, sīlaśyāśanena vā phuṭṭhassa,**

to one touched by misfortune regarding health, to one touched by misfortune regarding (loss of) morality,

**diṭṭhibyaśanena vā phuṭṭhassa,**

to one touched by misfortune regarding his views,

**aññataraññatarena byāśanena samannāgatassa,**

for he who has some sort of misfortune or other,

**aññataraññatarena dukkhadhammena phuṭṭhassa,**

who is touched by some sort of painful thing or another,

**āyāso upāyāso āyāsittattam upāyāsittattam.**

there is desponding, despairing, the state of despondency, the state of despair.

**Ayam vuccati upāyāso.**

This is said to be despair.

**Evametassa kevalassa dukkhakkhandhassa samudayo hotī,**

So there is an origination of this whole mass of suffering,

**evametassa kevalassa dukkhakkhandhassa saṅgati hoti,**

and so there is an association with this whole mass of suffering,

**samāgamo hoti, samodhānam hoti, pātubhāvo hoti.**

a meeting with it, a connection with it, a manifestation of it.

**Tena vuccati evametassa kevalassa dukkhakkhandhassa  
samudayo hotī.**

This is said to be the origination of this whole mass of suffering.

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## Day Twenty-Nine

### *Dhammacakkappavattanasuttaṃ*<sup>19</sup>

The Discourse that Set the Dhamma Wheel Rolling

**Ekam samayaṃ Bhagavā Bārāṇasiyaṃ viharati  
Isipatane Migadāye.**

At that time the Blessed One was living near Bārāṇasī, at the Deer Park in Isipatana.

**Tatra kho Bhagavā pañcavaggiye bhikkhū āmantesi:**  
Then the Blessed One addressed the group-of-five monks, saying:

**Dveme bhikkhave antā pabbajitena na sevitabbā.**

There are these two extremes, monks, that one who has gone forth ought not to associate with.

**Katame dve?**

Which two?

**Yo cāyaṃ: kāmesu kāmasukhallikānuyogo,**

Which is this: devotion and clinging to the pleasure in sense pleasures,

**hīno, gammo, pothujjaniko, anariyo, anatthasamhito;**

which is low, vulgar, worldly, ignoble, and not connected with the goal;

**yo cāyaṃ: attakilamathānuyogo,**

and this: devotion to self-mortification,

**dukkho, anariyo, anatthasamhito.**

which is painful, ignoble, and not connected with the goal.

**Ete kho bhikkhave ubho ante anupagamma, majjhimā  
paṭipadā**

Not having approached either of these two extremes, monks, the middle practice

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<sup>19</sup> Saṃ.3.368-371, Vi.3.17.

**Tathāgatena abhisambuddhā, cakkhukaraṇī, ñāṇakaraṇī,**  
was awakened to by the Realised One, which produces vision, produces  
knowledge,

**upasamāya abhiññāya Sambodhāya Nibbānāya saṁvattati.**

and which leads to peace, deep knowledge, Complete Awakening, and  
Emancipation.

**Katamā ca sā bhikkhave majjhimā paṭipadā,**  
Now what is this middle practice, monks,

**Tathāgatena abhisambuddhā, cakkhukaraṇī, ñāṇakaraṇī,**  
that was awakened to by the Realised One, which produces vision,  
produces knowledge,

**upasamāya abhiññāya Sambodhāya Nibbānāya saṁvattati?**  
and which leads to peace, deep knowledge, Complete Awakening, and  
Emancipation?

**Ayameva Ariyo Aṭṭhaṅgiko Maggo, seyyathidaṃ:**  
It is this Eightfold Noble Path, as follows:

**sammādiṭṭhi, sammāsaṅkappo,**  
right view, right thought,

**sammāvācā, sammākammanto, sammāājīvo,**  
right speech, right action, right livelihood

**sammāvāyāmo, sammāsati, sammāsamādhi.**  
right endeavour, right mindfulness, right concentration.

**Ayaṃ kho sā bhikkhave majjhimā paṭipadā,**  
This is the middle practice, monks,

**Tathāgatena abhisambuddhā, cakkhukaraṇī,  
ñāṇakaraṇī,**  
that was awakened to by the Realised One, which produces vision,  
produces knowledge,

**upasamāya abhiññāya Sambodhāya Nibbānāya saṁvattati.**  
and which leads to peace, deep knowledge, Complete Awakening, and  
Emancipation.

**Idam kho pana bhikkhave dukkham ariyasaccam:**

Now this, monks, is the noble truth of suffering:

**jātipi dukkhā, jarāpi dukkhā**

birth is suffering, also old age is suffering

**byādhipi dukkho, maraṇampi dukkham**

also sickness is suffering, also death is suffering

**appiyehi sampayogo dukkho**

being joined to what is not dear is suffering

**piyehi vippayogo dukkho**

being separated from what is dear is suffering

**yampiccham na labhati tampi dukkham**

also not to obtain what one longs for is suffering

**samkhittena pañcupādānakkhandhā dukkhā.**

in brief, the five constituent parts (of mind and body) that provide fuel for attachment are suffering.

**Idam kho pana bhikkhave dukkhasamudayam  
ariyasaccam:**

Now this, monks, is the noble truth of the arising of suffering:

**yāyam taṇhā ponobbhavikā,**

it is that craving which leads to continuation in existence,

**nandirāgasahagatā, tatrataṭṭhābhinandinī, seyyathidam:**

which is connected with enjoyment and passion, greatly enjoying this and that, as follows:

**kāmatañhā, bhavatañhā, vibhavatañhā.**

craving for sense pleasures, craving for continuation, craving for discontinuation.

**Idam kho pana bhikkhave dukkhanirodham  
ariyasaccam:**

Now this, monks, is the noble truth of the cessation of suffering:

**yo tassāyeva taṇhāya asesavirāganirodho -**

it is the complete fading away and cessation without remainder of that craving -



**cāgo, paṭinissaggo, mutti, anālayo.**

liberation, letting go, release, and non-adherence.

**Idam kho pana bhikkhave,**

Now this, monks,

**dukkhanirodhagāminī paṭipadā ariyasaccam,**

is the noble truth of the practice leading to the end of suffering,

**ayameva Ariyo Aṭṭhaṅgiko Maggo, seyyathidam:**

it is this Eightfold Noble Path, as follows:

**sammādiṭṭhi, sammāsaṅkappo,**

right view, right thought,

**sammāvācā, sammākammanto, sammāājīvo,**

right speech, right action, right livelihood

**sammāvāyāmo, sammāsati, sammāsamādhi.**

right endeavour, right mindfulness, right concentration.

**“Idam dukkham ariyasaccam”ti -**

“This is the noble truth of suffering” -

**me bhikkhave pubbe ananussutesu dhammesu**

to me, monks, regarding these previously unheard-of things

**cakkhum udapādi, ñāṇam udapādi, paññā udapādi,**

vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**

understanding arose, light arose.

**“Tam kho panidam dukkham ariyasaccam**

**pariññeyyan”ti -**

“Now that to which this is the noble truth of suffering” refers (i.e. suffering itself) ought to be fully known -

**me bhikkhave pubbe ananussutesu dhammesu**

to me, monks, regarding these previously unheard-of things

**cakkhum udapādi, ñāṇam udapādi, paññā udapādi,**

vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**

understanding arose, light arose.

**“Tam kho panidam dukkham ariyasaccam pariññātan”ti -**

“Now that to which this is the noble truth of suffering” refers has been fully known -

**me bhikkhave pubbe ananussutesu dhammesu**

to me, monks, regarding these previously unheard-of things

**cakkhum udapādi, ñāṇam udapādi, paññā udapādi,**

vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**

understanding arose, light arose.

**“Idam dukkhasamudayam ariyasaccam”ti -**

“This is the noble truth of the arising of suffering” -

**me bhikkhave pubbe ananussutesu dhammesu**

to me, monks, regarding these previously unheard-of things

**cakkhum udapādi, ñāṇam udapādi, paññā udapādi,**

vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**

understanding arose, light arose.

**“Tam kho panidam dukkhasamudayam ariyasaccam pahātabban”ti -**

“Now that to which this is the noble truth of the arising of suffering” refers (i.e. craving) ought to be given up -

**me bhikkhave pubbe ananussutesu dhammesu**

to me, monks, regarding these previously unheard-of things

**cakkhum udapādi, ñāṇam udapādi, paññā udapādi,**

vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**

understanding arose, light arose.

**“Tam kho panidam dukkhasamudayaam ariyasaccam pahinan”ti -**

“Now that to which this is the noble truth of the arising of suffering” refers has been given up -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhum udapadi, nāṇam udapadi, paññā udapadi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapadi, āloko udapadi.**  
understanding arose, light arose.

**“Idam dukkhanirodham ariyasaccam”ti -**

“This is the noble truth of the cessation of suffering” -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhum udapadi, nāṇam udapadi, paññā udapadi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapadi, āloko udapadi.**  
understanding arose, light arose.

**“Tam kho panidam dukkhanirodham ariyasaccam sacchikātabban”ti -**

“Now that to which this is the noble truth of the cessation of suffering” refers (i.e. Emancipation) ought to be experienced -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhum udapadi, nāṇam udapadi, paññā udapadi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapadi, āloko udapadi.**  
understanding arose, light arose.

**“Tam kho panidam dukkhanirodham ariyasaccam sacchikatan”ti -**

“Now that to which this is the noble truth of the cessation of suffering” refers has been experienced -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**  
understanding arose, light arose.

**“Idaṃ dukkhanirodhagāminī paṭipadā ariyasaccan”ti -**  
“This is the noble truth of the practice going to the cessation of suffering” -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**  
understanding arose, light arose.

**“Taṃ kho panidaṃ dukkhanirodhagāminī paṭipadā**  
**ariyasaccam bhāvetabban”ti -**

“Now that to which this is the noble truth of the practice leading to the end of suffering” refers (i.e. the practice itself) ought to be developed -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**  
understanding arose, light arose.

**“Taṃ kho panidaṃ dukkhanirodhagāminī paṭipadā**  
**ariyasaccam bhāvitān”ti -**

“Now that to which this is the noble truth of the practice leading to the end of suffering” refers has been developed -

**me bhikkhave pubbe ananussutesu dhammesu**  
to me, monks, regarding these previously unheard-of things

**cakkhuṃ udapādi, ñāṇaṃ udapādi, paññā udapādi,**  
vision arose, knowledge arose, wisdom arose,

**vijjā udapādi, āloko udapādi.**  
understanding arose, light arose.

**Yāvakīvaṅca me bhikkhave imesu catūsu ariyasaccesu**  
For as long as to me, monks, in regard to these four noble truths

**evaṃ tiparivaṭṭaṃ dvādasākāraṃ -**  
turned like this, in three ways, twelvefold -

**yathābhūtaṃ ñāṇadassanaṃ na suvisuddhaṃ ahoṣi,**  
knowledge and insight as it really is was not quite clear,

**neva tāvāhaṃ bhikkhave sadevake loke Samārake  
Sabrahmake,**

for that long, monks, I did not declare to the world with its gods, Māra,  
and Brahmā,

**sassamaṇabrāhmaṇiyā pajāya sadevamanussāya,**  
to this generation, with its ascetics and brāhmaṇas, princes and men,

**“anuttaraṃ sammāsambodhiṃ abhisambuddho”ti  
paccaññāsim.**

that I was fully awakened with unsurpassed complete awakening.

**Yato ca kho me bhikkhave imesu catūsu ariyasaccesu**  
But when to me, monks, in regard to these four noble truths

**evaṃ tiparivaṭṭaṃ dvādasākāraṃ -**  
turned like this, in three ways, twelvefold -

**yathābhūtaṃ ñāṇadassanaṃ suvisuddhaṃ ahoṣi,**  
knowledge and insight as it really is was quite clear,

**athāhaṃ bhikkhave sadevake loke Samārake Sabrahmake,**  
then, monks, I did declare to the world with its gods, Māra, and  
Brahmā,

**sassamaṇabrāhmaṇiyā pajāya sadevamanussāya,**  
to this generation, with its ascetics and brāhmaṇas, princes and men,

**“anuttaram sammasambodhim abhisambuddho”ti  
paccaññasim.**

that view ‘I was fully awakened with unsurpassed complete awakening’.

**Ñāṇaṅca pana me dassanam udapādi:**

To me knowledge and insight arose:

**“Akuppā me vimutti**

Sure is my liberation

**ayamantimā jāti**

this is my last birth

**natthidāni punabbhavo”ti.**

now there is no continuation of existence.

**Idamavoca Bhagavā,**

The Blessed One said this,

**attamanā pañcavaggiyā bhikkhū Bhagavato bhāsitam  
abhinanduntī.**

and the group-of-five monks were uplifted and greatly rejoiced in what was said by the Blessed One.

**Imasmiṅca pana veyyākaraṇasmim bhaññamāne,  
āyasmato Koṇḍañña**

Moreover, as this sermon was being given, to the venerable Koṇḍañña

**virajam, vītamalam, Dhammacakkuṃ udapādi:**

the dust-free, stainless, Vision-of-the-Dhamma arose:

**“Yam kiñci samudayadhammam,**

“Whatever has the nature of arising,

**sabbaṃ taṃ nirodhadhamman”ti.**

all that has the nature of ceasing.”

**Pavattite ca pana Bhagavatā Dhammacakke**

Now when the Dhamma Wheel was set rolling by the Blessed One

**Bhummā devā saddamanussāvesum:**

the Earth gods let loose a cry:

**“Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane Migadāye,**  
“Near Bārāṇasī, in the Deer Park at Isipatana,

**anuttaraṃ Dhammacakkaṃ pavattitaṃ,**  
the unsurpassed Dhamma Wheel has been set rolling by the Blessed One,

**appaṭivattiyaṃ samaṇena vā brāhmaṇena vā**  
and it cannot be rolled back by an ascetic or by a brāhmaṇa

**devena vā Mārena vā Brahmunā vā kenaci vā**  
**lokasmin”ti.**

or by a god or by a Māra or by a Brahmā or by anyone in the world.”

**Bhummānaṃ devānaṃ saddaṃ sutvā**

Having heard the cry of the Earth gods

**Cātumahārājikā devā saddamanussāvesuṃ:**

the gods called the Four Great Kings let loose a cry:

**“Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane Migadāye,**

“Near Bārāṇasī, in the Deer Park at Isipatana,

**anuttaraṃ Dhammacakkaṃ pavattitaṃ,**

the unsurpassed Dhamma Wheel has been set rolling by the Blessed One,

**appaṭivattiyaṃ samaṇena vā brāhmaṇena vā**  
and it cannot be rolled back by an ascetic or by a brāhmaṇa

**devena vā Mārena vā Brahmunā vā kenaci vā**  
**lokasmin”ti.**

or by a god or by a Māra or by a Brahmā or by anyone in the world.”

**Cātumahārājikānaṃ devānaṃ saddaṃ sutvā**

Having heard the cry of the gods called the Four Great Kings,

**Tāvatiṃsā devā ...**

the Tāvatiṃsa gods ...

**Yāmā devā ...**

the Yāma gods ...

**Tusitā devā ...**

the Tusita gods ...

**Nimmānaratī devā ...**

the Nimmānarati gods ...

**Paranimmitavasavattī devā ...**

the Paranimmitavasavatti gods ...

**Brahmakāyikā devā saddamanussāvesum:**

the Brahmakāyika gods let loose a cry:

**“Etaṃ Bhagavatā Bārāṇasiyaṃ Isipatane Migadāye,**

“Near Bārāṇasī, in the Deer Park at Isipatana,

**anuttaraṃ Dhammacakkaṃ pavattitaṃ,**

the unsurpassed Dhamma Wheel has been set rolling by the Blessed One,

**appaṭivattiyaṃ samaṇena vā brāhmaṇena vā**

and it cannot be rolled back by an ascetic or a brāhmaṇa

**devena vā Mārena vā Brahmunā vā kenaci vā**

**lokasmin”ti.**

or by a god or by a Māra or by a Brahmā or by anyone in the world.”

**Itiha tena khaṇena, tena layena, tena muhuttena,**

Thus at that moment, at that instant, at that second,

**yāva Brahmaloḷkā saddo abbhuggacchi,**

that cry reached as far as the Brahmā worlds,

**ayaṅca dasasahasilokadhātu saṅkampi, sampakampi,**

**sampavedhi,**

and this ten-thousand world-element moved, wavered, and shook,

**appamaṇo ca uḷāro obhāso loke pāturaḥosi,**

and great and measureless light became manifest in the world,

**atikkamma devānaṃ devānubhāvanti.**

transcending the godly power of the gods.

**Atha kho Bhagavā imaṃ udānaṃ udānesi:**

Then the Blessed One uttered this inspired utterance:

**“Aññasi vata bho Koṇḍañño,**

“Koṇḍañña surely knows,



**aññāsi vata bho Koṇḍañño”ti.**

Koṇḍañña surely knows.”

**Iti hidam āyasmato Koṇḍaññassa**

Thus to the venerable Koṇḍañña

**“Aññāsikoṇḍañño” tveva nāmaṃ ahoṣi.**

came the name “Aññāsi Koṇḍañña” (Koṇḍañña, he-who-knows).

**Atha kho āyasmā Aññāsikoṇḍañño diṭṭhadhammo  
pattadhammo,**

Then the venerable Aññāsi Koṇḍañña, having seen the Dhamma,  
attained the Dhamma,

**viditadhammo pariyoḅhadhammo tiṇṇavicikiccho  
vigatakathaṃkatho,**

understood the Dhamma, penetrated the Dhamma, crossed over  
uncertainty, being without doubts,

**vesārajjappatto aparappaccayo Satthusāsane,**

having attained full confidence, having become independent of others in  
the Teacher’s teaching,

**Bhagavantam etadavoca:**

said this to the Blessed One:

**“Labheyāhaṃ Bhante Bhagavato santike pabbajjam**

“May I receive the going-forth, venerable Sir, in the presence of the  
Blessed One,

**labheyyam upasampadan”ti.**

may I receive the full ordination”.

**“Ehi bhikkhū”ti Bhagavā avoca “svākkhāto Dhammo,**

“Come, monk,” said the Blessed One, “the Dhamma has been well-  
proclaimed,

**cara brahmacariyam sammā dukkhassa antakiriyaṃ”ti.**

live the spiritual life for the complete ending of suffering.”

**Sāva tassa āyasmato upasampadā ahoṣīti.**

That was this the venerable one’s full ordination.

## Day Thirty

### *Anattalakkhaṇasuttaṃ*<sup>20</sup>

The Discourse on the Characteristic of Non-Self

**Ekam samayaṃ Bhagavā Bārāṇasiyaṃ viharati Isipatane Migadāye.**

At that time the Blessed One was living near Bārāṇasī, at the Deer Park in Isipatana.

**Tatra kho Bhagavā pañcavaggiye bhikkhū āmantesi:**

Then the Blessed One addressed the group-of-five monks, saying:

**“Bhikkhavo!”ti. “Bhadante!”ti te bhikkhū Bhagavato paccassosun,**

“Monks!”. “Reverend Sir!” those monks replied to the Blessed One,

**Bhagavā etadavoca:**

and the Blessed One said this:

**Rūpaṃ bhikkhave Anattā,**

Bodily form, monks, is not Self,

**rūpaṅca hidaṃ bhikkhave Attā abhavissa**

for if this bodily form, monks, were Self

**nayidaṃ rūpaṃ ābādhāya saṃvatteyya, labbhettha ca rūpe:**

this bodily form would not lead to affliction, and regarding bodily form it might be possible (to say):

**“Evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī”ti.**

“Let my bodily form be thus, let my bodily form be not thus.”

**Yasmā ca kho bhikkhave rūpaṃ Anattā,**

But because bodily form, monks, is not Self,

**tasmā rūpaṃ ābādhāya saṃvattati, na ca labbhati rūpe:**

therefore bodily form does lead to affliction, and regarding bodily form it is not possible (to say):

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<sup>20</sup> Saṃ.2.55-56, Vi.3.18-20.

**“Evaṃ me rūpaṃ hotu, evaṃ me rūpaṃ mā ahoṣī”ti.**  
“Let my bodily form be thus, let my bodily form be not thus.”

**Vedanā Anattā,**  
Feeling is not Self,

**vedanā ca hidaṃ bhikkhave Attā abhavissa**  
for if this feeling, monks, were Self

**nayidaṃ vedanā ābādhāya saṃvatteyya, labbhettha ca vedanāya:**  
this feeling would not lead to affliction, and regarding feeling it might be possible (to say):

**“Evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī”ti.**  
“Let my feeling be thus, let my feeling be not thus.”

**Yasmā ca kho bhikkhave vedanā Anattā,**  
But because feeling, monks, is not Self,

**tasmā vedanā ābādhāya saṃvattati, na ca labbhati vedanāya:**  
therefore feeling does lead to affliction, and regarding feeling it is not possible (to say):

**“Evaṃ me vedanā hotu, evaṃ me vedanā mā ahoṣī”ti.**  
“Let my feeling be thus, let my feeling be not thus.”

**Saññā Anattā,**  
Perception is not Self,

**saññā ca hidaṃ bhikkhave Attā abhavissa**  
for if this perception, monks, were Self

**nayidaṃ saññā ābādhāya saṃvatteyya, labbhettha ca saññāya:**  
this perception would not lead to affliction, and regarding perception it might be possible (to say):

**“Evaṃ me saññā hotu, evaṃ me saññā mā ahoṣī”ti.**  
“Let my perception be thus, let my perception be not thus.”

**Yasmā ca kho bhikkhave saññā Anattā,**

But because perception, monks, is not Self,

**tasmā saññā ābādhāya saṁvattati, na ca labbhati  
saññāya:**

therefore perception does lead to affliction, and regarding perception it is not possible (to say):

**“Evaṁ me saññā hotu, evaṁ me saññā mā ahoṣī”ti.**

“Let my perception be thus, let my perception be not thus.”

**Sañkhārā Anattā,**

(Mental) formations are not Self,

**sañkhārā ca hidaṁ bhikkhave Attā abhavissaṁsu**

for if these (mental) formations, monks, were Self

**nayidaṁ sañkhārā ābādhāya saṁvatteyyuṁ, labbhettha  
ca sañkhāresu:**

these (mental) formations would not lead to affliction, and regarding (mental) formations it might be possible (to say):

**“Evaṁ me sañkhārā hontu, evaṁ me sañkhārā mā  
ahesun”ti.**

“Let my (mental) formations be thus, let my (mental) formations be not thus.”

**Yasmā ca kho bhikkhave sañkhārā Anattā,**

But because (mental) formations, monks, are not Self,

**tasmā sañkhārā ābādhāya saṁvattanti, na ca labbhati  
sañkhāresu**

therefore (mental) formations do lead to affliction, and regarding (mental) formations it is not possible (to say):

**“Evaṁ me sañkhārā hontu, evaṁ me sañkhārā mā  
ahesun”ti.**

“Let my (mental) formations be thus, let my (mental) formations be not thus.”

**Viññāṇaṁ Anattā,**

Consciousness is not Self,

**viññāṇaṅca hidaṃ bhikkhave Attā abhaviṣsa**

for if this consciousness, monks, were Self

**nayidaṃ viññāṇaṃ ābādhāya saṃvatteyya, labbheṭṭha ca viññāṇe:**

this consciousness would not lead to affliction, and regarding consciousness it might be possible (to say):

**“Evaṃ me viññāṇaṃ hotu, evaṃ me viññāṇaṃ mā ahoṣī”ti**

“Let my consciousness be thus, let my consciousness be not thus.”

**Yasmā ca kho bhikkhave viññāṇaṃ Anattā,**

But because consciousness, monks, is not Self,

**tasmā viññāṇaṃ ābādhāya saṃvattati, na ca labbhati viññāṇe:**

therefore consciousness does lead to affliction, and regarding consciousness it is not possible (to say):

**“Evaṃ me viññāṇaṃ hotu, evaṃ me viññāṇaṃ mā ahoṣī”ti.**

“Let my consciousness be thus, let my consciousness be not thus.”

**Taṃ kiṃ maññatha bhikkhave:**

What do you think of this, monks:

**Rūpaṃ niccaṃ vā aniccaṃ vāti?**

(Is) bodily form permanent or impermanent?”

**Aniccaṃ Bhante.**

Impermanent, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?**

But that which is impermanent, (is) that unpleasant or pleasant?

**Dukkhaṃ Bhante.**

Unpleasant, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vipariṇāmadhammaṃ,**

But that which is impermanent, unpleasant and changeable,

**kallaṃ nu taṃ samanupassituṃ:**

is it proper to regard it thus:

**“Etaṃ mama, esohamasmi, eso me attā”ti?**

“This is mine, this I am, this is my Self?”

**No hetam Bhante.**

Certainly not, venerable Sir.

**Vedanā niccā vā aniccā vāti?**

(Is) feeling permanent or impermanent?

**Aniccā Bhante.**

Impermanent, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?**

But that which is impermanent, (is) that unpleasant or pleasant?

**Dukkhaṃ Bhante.**

Unpleasant, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vipariṇāmadhammaṃ,**

But that which is impermanent, unpleasant and changeable,

**kallaṃ nu taṃ samanupassituṃ:**

is it proper to regard it thus:

**“Etaṃ mama, esohamasmi, eso me attā”ti?**

“This is mine, this I am, this is my Self?”

**No hetam Bhante.**

Certainly not, venerable Sir.

**Saññā niccā vā aniccā vāti?**

(Is) perception permanent or impermanent?

**Aniccā Bhante.**

Impermanent, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?**

But that which is impermanent, (is) that unpleasant or pleasant?

**Dukkhaṃ Bhante.**

Unpleasant, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vipariṇāmadhammaṃ,**  
But that which is impermanent, unpleasant and changeable,

**kallaṃ nu taṃ samanupassitum:**  
is it proper to regard it thus:

**“Etaṃ mama, esohamasmi, eso me attā”ti?**  
“This is mine, this I am, this is my Self?”

**No hetam Bhante.**  
Certainly not, venerable Sir.

**Saṅkhārā niccā vā aniccā vāti?**  
(Are) (mental) formations permanent or impermanent?

**Aniccā Bhante.**  
Impermanent, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?**  
But that which is impermanent, (is) that unpleasant or pleasant?

**Dukkhaṃ Bhante.**  
Unpleasant, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vipariṇāmadhammaṃ,**  
But that which is impermanent, unpleasant and changeable,

**kallaṃ nu taṃ samanupassitum:**  
is it proper to regard it thus:

**“Etaṃ mama, esohamasmi, eso me attā”ti?**  
“This is mine, this I am, this is my Self?”

**No hetam Bhante.**  
Certainly not, venerable Sir.

**Viññāṇaṃ niccaṃ vā aniccaṃ vāti?**  
(Is) consciousness permanent or impermanent?

**Aniccaṃ Bhante.**  
Impermanent, venerable Sir.

**Yaṃ panāniccaṃ dukkhaṃ vā taṃ sukhaṃ vāti?**  
But that which is impermanent, (is) that unpleasant or pleasant?

**Dukkhaṃ Bhante.**

Unpleasant, venerable Sir.

**Yaṃ paṇāniccaṃ dukkhaṃ vipariṇāmadhammaṃ,**

But that which is impermanent, unpleasant and changeable,

**kallaṃ nu taṃ samanupassituṃ:**

is it proper to regard it thus:

**“Etaṃ mama, esohamasmi, eso me attā”ti?**

“This is mine, this I am, this is my Self?”

**No hetam̐ Bhante.**

Certainly not, venerable Sir.

**Tasmātiha bhikkhave yaṃ kiñci rūpaṃ**

**atītānāgatapaccuppannaṃ,**

Therefore monks, whatever bodily form (there is) in the past, future or present,

**ajjhattaṃ vā bahiddhā vā, oḷārikaṃ vā sukhumāṃ vā**

**hīnaṃ vā paṇītaṃ vā,**

internal or external, gross or fine, inferior or excellent,

**yaṃ dūre santike vā sabbaṃ rūpaṃ:**

whether far or near, regarding all bodily form:

**“Netam̐ mama, nesohamasmi, na meso attā”ti,**

“This is not mine, I am not this, this is not my Self,”

**evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbaṃ.**

in just this way, as it really is, it should be seen with full wisdom.

**Yā kāci vedanā atītānāgatapaccuppannā,**

Whatever feeling (there is) in the past, future or present,

**ajjhattaṃ vā bahiddhā vā, oḷārikā vā sukhumā vā hīnā**

**vā paṇītā vā,**

internal or external, gross or fine, inferior or excellent,

**yā dūre santike vā sabbā vedanā:**

whether far or near, regarding all feeling:



**“Netam mama, nesohamasmī, na meso attā”ti,**  
“This is not mine, I am not this, this is not my Self,”

**evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.**  
in just this way, as it really is, it should be seen with full wisdom.

**Yā kāci saññā atītānāgatapaccuppannā,**  
Whatever perception (there is) in the past, future or present,

**ajjhattaṃ vā bahiddhā vā, oḷārikā vā sukhumā vā hīnā  
vā paṇītā vā,**  
internal or external, gross or fine, inferior or excellent,

**yā dūre santike vā sabbā saññā:**  
whether far or near, regarding all perception:

**“Netam mama, nesohamasmī, na meso attā”ti,**  
“This is not mine, I am not this, this is not my Self,”

**evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.**  
in just this way, as it really is, it should be seen with full wisdom.

**Ye keci saṅkhārā atītānāgatapaccuppannā,**  
Whatever (mental) formations (there are) in the past, future or present,

**ajjhattaṃ vā bahiddhā vā, oḷārikā vā sukhumā vā hīnā  
vā paṇītā vā,**  
internal or external, gross or fine, inferior or excellent,

**ye dūre santike vā sabbe saṅkhārā:**  
whether far or near, regarding all (mental) formations:

**“Netam mama, nesohamasmī, na meso attā”ti,**  
“This is not mine, I am not this, this is not my Self,”

**evametaṃ yathābhūtaṃ sammappaññāya daṭṭhabbam.**  
in just this way, as it really is, it should be seen with full wisdom.

**Yaṃ kiñci viññāṇaṃ atītānāgatapaccuppannaṃ,**  
Whatever consciousness (there is) in the past, future or present,

**ajjhattam vā bahiddhā vā, oḷārikaṃ vā sukhumaṃ vā  
hīnaṃ vā paṇītaṃ vā,**

internal or external, gross or fine, inferior or excellent,

**yaṃ dūre santike vā sabbaṃ viññāṇaṃ:**

whether far or near, regarding all consciousness:

**“Netam mama, nesohamasmi, na meso attā”ti,**

“This is not mine, I am not this, this is not my Self,”

**evametam yathābhūtaṃ sammappaññāya datṭhabbaṃ.**

in just this way, as it really is, it should be seen with full wisdom.

**Evaṃ passaṃ bhikkhave sutavā Ariyasāvako  
rūpasmimpi nibbindati,**

Seeing in this way, monks, the learned, Noble disciple, grows weary of  
bodily form,

**vedanāyapi nibbindati, saññāyapi nibbindati,**

and weary of feeling, and weary of perception,

**saṅkhāresupi nibbindati, viññāṇasmimpi nibbindati,**

and weary of (mental) formations, and weary of consciousness,

**nibbindaṃ virajjati, virāgā vimuccati,**

through weariness he becomes dispassionate, through dispassion he is  
liberated,

**vimuttasmiṃ vimuttamiti ñāṇaṃ hoti:**

in liberation, there is the knowledge that such is “liberation”:

**“Khīṇā jāti**

“Destroyed is (re)birth

**vusitaṃ brahmacariyaṃ**

accomplished is the spiritual life

**kataṃ karaṇīyaṃ**

done is what ought to be done

**nāparaṃ itthattāyā”ti pajānātīti.**

there is no more of this mundane state” - this he knew.

**Idamavoca Bhagavā,**  
The Blessed One said this,

**attamanā pañcavaggiyā bhikkhū Bhagavato bhāsitaṃ  
abhinandun.**

and the group-of-five monks were uplifted and greatly rejoiced in what was said by the Blessed One.

**Imasmiñca pana veyyākaraṇasmim bhaññamāne,**  
Moreover, as this sermon was being given,

**pañcavaggiyānaṃ bhikkhūnaṃ anupādāya āsavehi  
cittāni vimuccimsūti.**

the group-of-five monks' minds were liberated from the pollutants, without attachment.

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## Day Thirty-One

### *Pabbajita-abhiṅhasuttam*<sup>21</sup>

The Discourse on What One Gone Forth  
Should Frequently Reflect On

#### **Dasayime bhikkhave dhammā**

There are these ten things, monks,

#### **pabbajitena abhiṅham paccavekkhitabbā.**

that one who has gone forth should frequently reflect on.

#### **Katame dasa?**

What are the ten?

#### **01. “Vevaṇṇiyamhi ajjhupagato”ti,**

“My appearance is now changed”,

#### **pabbajitena abhiṅham paccavekkhitabbam.**

one who has gone forth should frequently reflect on this.

#### **02. “Parapaṭibaddhā me jīvikā”ti,**

“I am bound to others for my livelihood”,

#### **pabbajitena abhiṅham paccavekkhitabbam.**

one who has gone forth should frequently reflect on this.

#### **03. “Añño me ākappo karaṇīyo”ti,**

“I should comport myself differently”,

#### **pabbajitena abhiṅham paccavekkhitabbam.**

one who has gone forth should frequently reflect on this.

#### **04. “Kacci nu kho me attā sīlato na upavadatī”ti,**

“Can I myself find no fault with my virtue?”,

#### **pabbajitena abhiṅham paccavekkhitabbam.**

one who has gone forth should frequently reflect on this.

#### **05. “Kacci nu kho maṃ anuvicca viññū sabrahmacārī,**

“Will my wise companions in the spiritual life, after testing me,

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<sup>21</sup> Añ.3.325.

**sīlato na upavadantī”ti,**  
find no fault with my virtue?”,

**pabbajitena abhiṇham paccavekkhitabbam.**  
one who has gone forth should frequently reflect on this.

**06. “Sabbehi me piyehi manāpehi nānābhāvo  
vinābhāvo”ti,**

“There is alteration in, and separation from, all that is dear and appealing to me”,

**pabbajitena abhiṇham paccavekkhitabbam.**  
one who has gone forth should frequently reflect on this.

**07. “Kammasakomhi, kammadāyādo, kammayoni,**

“It is actions that I own, it is actions that I am heir to, it is actions that I am born from,

**kammabandhu, kammaṭṭisaraṇo -**  
actions are my kinsfolk, actions are my refuge -

**yaṃ kammaṃ karissāmi, kalyāṇaṃ vā pāpakaṃ vā**  
whatever actions I perform, whether good or bad,

**tassa dāyādo bhavissāmī”ti,**  
to that I will be the heir”,

**pabbajitena abhiṇham paccavekkhitabbam.**  
one who has gone forth should frequently reflect on this.

**08. “Kathamhūtassa me rattindivā vītivattantī”ti,**

“In what way do the nights and days pass for me?”,

**pabbajitena abhiṇham paccavekkhitabbam.**  
one who has gone forth should frequently reflect on this.

**09. “Kacci nu kho ahaṃ suññāgāre abhiraṃāmi”ti,**

“Do I delight in empty places?”,

**pabbajitena abhiṇham paccavekkhitabbam.**  
one who has gone forth should frequently reflect on this.

**10. “Atthi nu kho me uttari manussadhammo -**

“Has a state beyond (ordinary) human beings -

**alamariyañāṇadassanaviseso - adhigato?**

the distinction of what is truly noble knowledge and seeing - been attained by me?

**Yenāhaṃ pacchime kāle sabrahmacārīhi puṭṭho,**

Will I at the end, when questioned by my companions in the spiritual life,

**na maṅku bhavissāmī”ti,**

not be embarrassed?”,

**pabbajitena abhiṇhaṃ paccavekkhitabbaṃ.**

one who has gone forth should frequently reflect on this.

**Ime kho bhikkhave dasa dhammā,**

These are the ten things, monks,

**pabbajitena abhiṇhaṃ paccavekkhitabbā.**

that one who has gone forth should frequently reflect on.

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## *Lovingkindness – Aspiration – Sharing of Merits*

(Chant on every Uposatha day)

**Sabbe sattā, sabbe pāṇā, sabbe bhūtā,**

May all creatures, all breathing creatures, all beings,

**sabbe puggalā, sabbe attabhāvapariyāpannā,**

all persons, all individuals,

**sabbā itthiyo, sabbe purisā,**

may all women, all men,

**sabbe ariyā, sabbe anariyā,**

all those who are Noble, all those who are not (yet) Noble,

**sabbe devā, sabbe manussā, sabbe vinipātikā,**

all gods, all human beings, all who have fallen (into the lower worlds),

**averā hontu, abyāpajjā hontu, anīghā hontu,**

be free from hatred, free from oppression, free from trouble,

**sukhī attānaṃ pariharantu, dukkhā muccantu,**

may they take care of themselves and be happy, may they be free from suffering,

**yathāladdhasampattito mā vigacchantu kammassakā.**

being ones who own their actions, may they not lose whatever prosperity they have gained.

**Puratthimāya disāya, pacchimāya disāya, uttarāya**

**disāya, dakkhiṇāya disāya,**

In the Eastern direction, in the Western direction, in the Northern direction, in the Southern direction,

**puratthimāya anudisāya, pacchimāya anudisāya,**

in the South-East direction, in the North-West direction,

**uttarāya anudisāya, dakkhiṇāya anudisāya,**

in the North-East direction, in the South-West direction,

**heṭṭhimāya disāya, uparimāya disāya.**

in the lower direction, in the upper direction.

**Sabbe sattā, sabbe pāṇā, sabbe bhūtā,**

May all creatures, all breathing creatures, all beings,

**sabbe puggalā, sabbe attabhāvapariyāpannā,**

all persons, all individuals,

**sabbā itthiyo, sabbe purisā,**

may all women, all men,

**sabbe ariyā, sabbe anariyā,**

all those who are Noble, all those who are not (yet) Noble,

**sabbe devā, sabbe manussā, sabbe vinipātikā,**

all gods, all human beings, all who have fallen (into the lower worlds),

**averā hontu, abyāpajjā hontu, anīghā hontu,**

be free from hatred, free from oppression, free from trouble,

**sukhī attānaṃ pariharantu, dukkhā muccantu,**

may they take care of themselves and be happy, may they be free from suffering,

**yathāladhasampattito mā vigacchantu kammassakā.**

being ones who own their actions, may they not lose whatever prosperity they have gained.

**Uddhaṃ yāva bhavaggā ca adho yāva avīcīto,**

From the top of existence down, and from the lowest worlds up,

**samantā Cakkavāḷesu, ye sattā pathavīcarā,**

everywhere in the Universe, whatever beings live on the earth,

**abyāpajjā niverā ca niddukkhā cā'nuppaddavā.**

(may they be) free from oppression, free from hatred, free from suffering, and free from danger.

**Uddhaṃ yāva bhavaggā ca adho yāva avīcīto,**

From the top of existence down, and from the lowest worlds up,

**samantā Cakkavāḷesu, ye sattā udatacarā,**

everywhere in the Universe, whatever beings live in the water,

**abyāpajjā niverā ca niddukkhā cā'nuppaddavā.**

(may they be) free from oppression, free from hatred, free from suffering, and free from danger.



**Uddham yāva bhavaggā ca adho yāva avīcīto,**

From the top of existence down, and from the lowest worlds up,

**samantā Cakkavālesu, ye sattā ākāsecarā,**

everywhere in the Universe, whatever beings live in the sky,

**abyāpajjā niverā ca niddukkhā cā'nuppaddavā.**

(may they be) free from oppression, free from hatred, free from suffering, and free from danger.

**Yaṃ pattam kusalam tassa, ānubhāvena paṇino,**

I have attained what is wholesome, by the power of this, may all beings,

**sabbe Saddhammarājassa ṇatvā Dhammam,**

**sukhāvaham,**

having understood the King of the True Dhamma's Doctrine, be led to happiness,

**pāpuṇantu visuddhāya, sukhāya paṭipattiyā,**

attain to purity, practise comfortably,

**asokamanupāyāsam, Nibbānasukhamuttamam.**

be without grief, without continuing despair, (and attain) the supreme happiness of Emancipation.

**Ciram tiṭṭhatu Saddhammo, Dhamme hontu sagāravā,**

May the True Dhamma last long, may all beings have respect for the Dhamma,

**sabbepi sattā, kālena sammā devo pavassatu.**

may the (rain)-gods rain down at the right time.

**Yathārakkhimsu porāṇā Surājāno tathevimam.**

Just like the Good Kings of old gave protection, likewise

**Rājā rakkhatu dhammena, attanova pajam pajam.**

may the (present) King protect the people righteously like he protects his son.

**Imāya Dhammānudhammapaṭipattiyā Buddhāṃ pūjemi,**

By this practice in conformity with the Dhamma I worship the Buddha,

**imāya Dhammānudhammapaṭipattiyā Dhammaṃ  
pūjemi,**

by this practice in conformity with the Dhamma I worship the Dhamma,

**imāya Dhammānudhammapaṭipattiyā Saṅghaṃ pūjemi,**

by this practice in conformity with the Dhamma I worship the Saṅgha,

**addhā imāya paṭipattiyā jāti-jarā-byādhi-maraṇamhā  
parimuccissāmi.**

by this practice I shall be freed from birth, old age, sickness and death.

**Idaṃ me puññaṃ āsavakkhaya'vahaṃ hotu.**

May my merit bring about the destruction of the pollutants.

**Idaṃ me puññaṃ Nibbānassa paccayo hotu.**

May my merit be a condition for (gaining) Emancipation.

**Mama puññabhāgaṃ sabbasattānaṃ bhājemi,**

I share my portion of merits with all beings,

**te sabbe me samaṃ puññabhāgaṃ labhantu.**

may all of them share my portion of merits evenly.

**Sādhu! Sādhu! Sādhu!**

Well Said! Well Said! Well Said!

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## Weekly Extra Chants

### *Paccayuddeso*<sup>22</sup>

Enumeration of the conditions

**Hetupaccayo, ārammaṇapaccayo, adhipatipaccayo,**  
Root condition, object condition, predominance condition,

**anantarapaccayo, samanantarapaccayo,**  
preceding condition, prior condition,

**sahajātapaccayo, aññamaññapaccayo,**  
arising together condition, mutuality condition,

**nissayapaccayo, upanissayapaccayo,**  
support condition, strong support condition,

**purejātapaccayo, pacchājātapaccayo, āsevanapaccayo,**  
arising before condition, arising later condition, habitual condition,

**kammaṇapaccayo, vipākaṇapaccayo,**  
(intentional) deed condition, result condition,

**āhārapaccayo, indriyapaccayo,**  
nutriment condition, faculty condition,

**jhānapaccayo, maggaṇapaccayo,**  
absorption condition, path condition,

**sampayuttaṇapaccayo, vippayuttaṇapaccayo,**  
association condition, disassociation condition,

**atthipaccayo, natthipaccayo,**  
presence condition, absence condition,

**vigataṇapaccayo, avigataṇapaccayo.**  
disappearance condition, non-disappearance condition.

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<sup>22</sup> Abhi, paṭṭhāna.1.1.

## *Paccayaniddeso*<sup>23</sup>

### The Explanation of the Conditions

#### 01. Hetupaccayoti –

Root condition means

**hetū hetusampayuttakānaṃ dhammānaṃ,**  
roots are related to those things associated with roots,

**taṃsamuṭṭhānānaṃ rūpānaṃ,**  
and the forms that originate from it,

**hetupaccayena paccayo.**  
the condition being by way of root condition.

#### 02. Ārammaṇapaccayoti –

Object condition means

**rūpāyatanaṃ cakkhaviññāṇadhātuyā,**  
the form sense-sphere is related to the eye-consciousness element,

**taṃsampayuttakānaṃ dhammānaṃ,**  
and the things that are associated with it,

**ārammaṇapaccayena paccayo;**  
the condition being by way of object condition;

**saddāyatanaṃ sotaviññāṇadhātuyā,**  
the sound sense-sphere is related to the ear-consciousness element,

**taṃsampayuttakānaṃ dhammānaṃ,**  
and the things that are associated with it,

**ārammaṇapaccayena paccayo;**  
the condition being by way of object condition;

**gandhāyatanaṃ ghānaviññāṇadhātuyā,**  
the smell sense-sphere is related to the nose-consciousness element,

**taṃsampayuttakānaṃ dhammānaṃ,**

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<sup>23</sup> Abhi, paṭṭhāna.1.1-10.

and the things that are associated with it,

**ārammaṇapaccayena paccayo;**

the condition being by way of object condition;

**rasāyatanam̐ jivhāviññāṇadhātuyā,**

the taste sense-sphere is related to the tongue-consciousness element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**ārammaṇapaccayena paccayo;**

the condition being by way of object condition;

**phoṭṭhabbāyatanam̐ kāyaviññāṇadhātuyā,**

the tangibles sense-sphere is related to the body-consciousness element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**ārammaṇapaccayena paccayo;**

the condition being by way of object condition;

**rūpāyatanam̐ saddāyatanam̐ gandhāyatanam̐,**

the form sense-sphere, the sound sense-sphere, the smell sense-sphere,

**rasāyatanam̐ phoṭṭhabbāyatanam̐ manodhātuyā,**

the taste sense-sphere, the tangibles sense-sphere are related to the mind element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**ārammaṇapaccayena paccayo.**

the condition being by way of object condition.

**Sabbe dhammā manoviññāṇadhātuyā,**

All thought sense-bases are related to the mind-consciousness element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**ārammaṇapaccayena paccayo.**

the condition being by way of object condition.

**Yaṃ yaṃ dhammaṃ ārabha**

Beginning with any thought sense-sphere

**ye ye dhammā uppajjanti, cittacetāsikā dhammā,**

whatever things arise, (whatever) mental factors and thoughts,

**te te dhammā tesaṃ tesaṃ dhammānaṃ,**

these thoughts and whatever other thoughts (arise),

**ārammaṇapaccayena paccayo.**

the condition is by way of object condition.

### 03. Adhipatipaccayoti –

Predominance condition means

**chandādhipati chandasampayuttakānaṃ dhammānaṃ,**

a predominance of (concentrated wholesome) desire is related to those thoughts associated with (wholesome) desire,

**taṃsamuṭṭhānānaṃ rūpānaṃ,**

and the forms that originate from it,

**adhipatipaccayena paccayo;**

the condition being by way of predominance condition;

**vīriyādhipati vīriyasampayuttakānaṃ dhammānaṃ,**

a predominance of (concentrated) energy is related to those thoughts associated with energy,

**taṃsamuṭṭhānānaṃ rūpānaṃ,**

and the forms that originate from it,

**adhipatipaccayena paccayo;**

the condition being by way of predominance condition;

**cittādhipati cittasampayuttakānaṃ dhammānaṃ,**

predominance of (concentrated wholesome) mind is related to those thoughts associated with (wholesome) mind,

**taṃsamuṭṭhānānaṃ rūpānaṃ,**

and the forms that originate from it,

**adhipatipaccayena paccayo;**

the condition being by way of predominance condition;

**vīmaṃsādhīpati vīmaṃsasampayuttakānaṃ  
dhammānaṃ,**

predominance of (concentrated) investigation is related to those thoughts associated with investigation,

**taṃsamuṭṭhānānaṃca rūpānaṃ,**

and the forms that originate from it,

**adhipatipaccayena paccayo.**

the condition being by way of predominance condition.

**Yaṃ yaṃ dhammaṃ garuṃ katvā,**

After giving weight to one of these thoughts,

**ye ye dhammā uppajjanti, cittacetāsikā dhammā,**

whatever things arise, (whatever) mental factors and thoughts,

**te te dhammā tesāṃ tesāṃ dhammānaṃ,**

these thoughts and whatever other thoughts (arise),

**adhipatipaccayena paccayo.**

the condition is by way of predominance condition.

#### 04. Anantarapaccayoti –

Preceding condition means

**cakkhuvīññāṇadhātu taṃsampayuttakā ca dhammā**

eye-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānaṃca dhammānaṃ,**

are related to the mind-element and the things that are associated with it,

**anantarapaccayena paccayo,**

the condition being by way of preceding condition,

**manodhātu taṃsampayuttakā ca dhammā**

mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

are related to the mind-consciousness element and the things  
associated with it,

**anantarapaccayena paccayo;**

the condition being by way of preceding condition;

**sotaviññāṇadhātu taṃsampayuttakā ca dhammā**

ear-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**

are related to the mind-element and the things that are associated  
with it,

**anantarapaccayena paccayo,**

the condition being by way of preceding condition,

**manodhātu taṃsampayuttakā ca dhammā**

mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

are related to the mind-consciousness element and the things  
associated with it,

**anantarapaccayena paccayo;**

the condition being by way of preceding condition;

**ghānaviññāṇadhātu taṃsampayuttakā ca dhammā**

nose-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**

are related to the mind-element and the things that are associated  
with it,

**anantarapaccayena paccayo,**

the condition being by way of preceding condition,

**manodhātu taṃsampayuttakā ca dhammā**

mind element and the things associated with it



**manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ,**

are related to the mind-consciousness element and the things associated with it,

**anantarapaccayena paccayo;**

the condition being by way of preceding condition;

**jivhāviññāṇadhātu taṃsampayuttakā ca dhammā**

tongue-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**

are related to the mind-element and the things that are associated with it,

**anantarapaccayena paccayo,**

the condition being by way of preceding condition,

**manodhātu taṃsampayuttakā ca dhammā**

mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca dhammānaṃ,**

are related to the mind-consciousness element and the things associated with it,

**anantarapaccayena paccayo;**

the condition being by way of preceding condition;

**kāyaviññāṇadhātu taṃsampayuttakā ca dhammā**

body-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**

are related to the mind-element and the things that are associated with it,

**anantarapaccayena paccayo,**

the condition being by way of preceding condition,

**manodhātu taṃsampayuttakā ca dhammā**

mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

are related to the mind-consciousness element and the things associated with it,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā kusalā dhammā**

The immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ,**

are related to the immediately following wholesome thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā kusalā dhammā**

The immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā akusalā dhammā**

The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ,**

are related to the immediately following unwholesome thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā akusalā dhammā**

The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ,**

are related to the immediately following wholesome thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ,**

are related to the immediately following unwholesome thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

**Yesaṃ yesaṃ dhammānaṃ anantarā**

Whenever any of these thoughts are preceding

**ye ye dhammā uppajjanti cittacetāsikā dhammā,**

whatever things arise, (whatever) mental factors and thoughts,

**te te dhammā tesaṃ tesaṃ dhammānaṃ,**

these thoughts are related to those thoughts,

**anantarapaccayena paccayo.**

the condition being by way of preceding condition.

## 05. Samanantarapaccayoti –

Prior condition means

**cakkhaviññāṇadhātu taṃsampayuttakā ca dhammā**  
eye-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**  
are related to the mind-element and the things that are associated  
with it,

**samanantarapaccayena paccayo,**  
the condition being by way of prior condition,

**manodhātu taṃsampayuttakā ca dhammā**  
mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**  
are related to the mind-consciousness element and the things  
associated with it,

**samanantarapaccayena paccayo;**  
the condition being by way of prior condition;

**sotaviññāṇadhātu taṃsampayuttakā ca dhammā**  
ear-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**  
are related to the mind-element and the things that are associated  
with it,

**samanantarapaccayena paccayo,**  
the condition being by way of prior condition,

**manodhātu taṃsampayuttakā ca dhammā**  
mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**  
are related to the mind-consciousness element and the things  
associated with it,

**samanantarapaccayena paccayo;**  
the condition being by way of prior condition;

**ghānaviññāṇadhātu taṃsampayuttakā ca dhammā**  
nose-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**  
are related to the mind-element and the things that are associated  
with it,

**samanantarapaccayena paccayo,**  
the condition being by way of prior condition,

**manodhātu taṃsampayuttakā ca dhammā**  
mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**  
are related to the mind-consciousness element and the things  
associated with it,

**samanantarapaccayena paccayo;**  
the condition being by way of prior condition;

**jivhāviññāṇadhātu taṃsampayuttakā ca dhammā**  
tongue-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**  
are related to the mind-element and the things that are associated  
with it,

**samanantarapaccayena paccayo,**  
the condition being by way of prior condition,

**manodhātu taṃsampayuttakā ca dhammā**  
mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**  
are related to the mind-consciousness element and the things  
associated with it,

**samanantarapaccayena paccayo;**  
the condition being by way of prior condition;

**kāyaviññāṇadhātu taṃsampayuttakā ca dhammā**  
body-consciousness element and the things associated with it

**manodhātuyā taṃsampayuttakānañca dhammānaṃ,**  
are related to the mind-element and the things that are associated  
with it,

**samanantarapaccayena paccayo,**  
the condition being by way of prior condition,

**manodhātu taṃsampayuttakā ca dhammā**  
mind element and the things associated with it

**manoviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**  
are related to the mind-consciousness element and the things  
associated with it,

**samanantarapaccayena paccayo.**  
the condition being by way of prior condition.

**Purimā purimā kusalā dhammā**  
The immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ  
dhammānaṃ,**  
are related to the immediately following wholesome thoughts,

**samanantarapaccayena paccayo.**  
the condition being by way of prior condition.

**Purimā purimā kusalā dhammā**  
The immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**  
are related to the immediately following inconsequential thoughts,

**samanantarapaccayena paccayo.**  
the condition being by way of prior condition.

**Purimā purimā akusalā dhammā**  
The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ  
dhammānaṃ,**

are related to the immediately following unwholesome thoughts,

**samanantarapaccayena paccayo.**

the condition being by way of prior condition.

**Purimā purimā akusalā dhammā**

The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**samanantarapaccayena paccayo.**

the condition being by way of prior condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**samanantarapaccayena paccayo.**

the condition being by way of prior condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ,**  
are related to the immediately following wholesome thoughts,

**samanantarapaccayena paccayo.**

the condition being by way of prior condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ  
dhammānaṃ,**

are related to the immediately following unwholesome thoughts,

**samanantarapaccayena paccayo.**

the condition being by way of prior condition.

**Yesaṃ yesaṃ dhammānaṃ samanantarā**

Whenever any of these thoughts are prior

**ye ye dhammā uppajjanti cittacetāsikā dhammā,**

whatever things arise, (whatever) mental factors and thoughts,

**te te dhammā tesaṃ tesaṃ dhammānaṃ,**

these thoughts being related to those thoughts,

**samanantarapaccayena paccayo.**

the condition being by way of prior condition.

## 06. Sahajātapaccayoti –

Arising together condition means

**cattāro khandhā arūpino aññamaññaṃ,**

the four formless constituents are mutually related,

**sahajātapaccayena paccayo;**

the condition being by way of arising together condition;

**cattāro mahābhūtā aññamaññaṃ,**

the four great elementals are mutually related,

**sahajātapaccayena paccayo;**

the condition being by way of arising together condition;

**okkantikkhaṇe nāmarūpaṃ aññamaññaṃ,**

at the time of descent (into the womb) mind and body are mutually related,

**sahajātapaccayena paccayo;**

the condition being by way of arising together condition;

**cittacetāsikā dhammā**

mental factors and thoughts

**cittasamuṭṭhānānaṃ rūpānaṃ,**

are related to forms that originate from the mind,



**sahajātapaccayena paccayo;**

the condition being by way of arising together condition;

**mahābhūtā upādārūpānaṃ,**

the four great elementals are related to secondary form,

**sahajātapaccayena paccayo.**

the condition being by way of arising together condition.

**Rūpino dhammā arūpīnaṃ dhammānaṃ kiñci kāle,**

Forms are sometimes related to the formless,

**sahajātapaccayena paccayo;**

the condition being by way of arising together condition;

**kiñci kāle na sahajātapaccayena paccayo.**

and sometimes the condition is not by way of arising together condition.

#### 07. Aññamaññapaccayoti –

Mutuality condition means

**cattāro khandhā arūpino,**

the four formless constituents are related,

**aññamaññapaccayena paccayo;**

the condition being by way of mutuality condition;

**cattāro mahābhūtā,**

the four great elementals are related,

**aññamaññapaccayena paccayo;**

the condition being by way of mutuality condition;

**okkantikkhaṇe nāmarūpaṃ,**

at the time of descent (into the womb) mind and body are related,

**aññamaññapaccayena paccayo.**

the condition being by way of mutuality condition.

#### 08. Nissayapaccayoti –

Support condition means

**cattāro khandhā arūpino aññamaññaṃ,**  
the four formless constituents are mutually related,

**nissayapaccayena paccayo;**  
the condition being by way of support condition;

**cattāro mahābhūtā aññamaññaṃ,**  
the four great elementals are mutually related,

**nissayapaccayena paccayo;**  
the condition being by way of support condition;

**okkantikkhaṇe nāmarūpaṃ aññamaññaṃ,**  
at the time of descent (into the womb) mind and body are mutually related,

**nissayapaccayena paccayo;**  
the condition being by way of support condition;

**cittacetāsikā dhammā**  
mental factors and thoughts

**cittasamuṭṭhānānaṃ rūpānaṃ,**  
are related to forms that originate from the mind,

**nissayapaccayena paccayo;**  
the condition being by way of support condition;

**mahābhūtā upādārūpānaṃ,**  
the four great elementals are related to secondary form,

**nissayapaccayena paccayo.**  
the condition being by way of support condition.

**Cakkhāyatanaṃ**  
Eye sense-sphere

**cakkhuvīññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**  
is related to eye-consciousness element and the things associated with it,

**nissayapaccayena paccayo;**  
the condition being by way of support condition;

**sotāyatanam**

ear sense-sphere

**sotaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to ear-consciousness element and the things associated with it,

**nissayapaccayena paccayo;**

the condition being by way of support condition;

**ghānāyatanam**

nose sense-sphere

**ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to nose-consciousness element and the things associated with it,

**nissayapaccayena paccayo;**

the condition being by way of support condition;

**jivhāyatanam**

tongue sense-sphere

**jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to tongue-consciousness element and the things associated with it,

**nissayapaccayena paccayo;**

the condition being by way of support condition;

**kāyāyatanam**

body sense-sphere

**kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to body-consciousness element and the things associated with it,

**nissayapaccayena paccayo.**

the condition being by way of support condition.

**Yaṃ rūpaṃ nissāya,**

With the support of this form,

**manodhātu ca manoviññāṇadhātu ca vattanti,**

mind element and the mind-consciousness element arise,

**taṃ rūpaṃ manodhātuyā ca manoviññāṇadhātuyā ca**

that form is related to the mind element and the mind-consciousness element

**taṃsampayuttakānañca dhammānaṃ,**

and the thoughts associated with it,

**nissayapaccayena paccayo.**

the condition being by way of support condition.

#### 09. Upanissayapaccayoti –

Strong support condition means

**purimā purimā kusalā dhammā**

the immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ,**

are related to the immediately following wholesome thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā kusalā dhammā**

The immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ**

**kesaṅci,**

are related to some later unwholesome thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā kusalā dhammā**

The immediately former wholesome thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ**

**dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā akusalā dhammā**

The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ  
dhammānaṃ,**

are related to the immediately following unwholesome thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā akusalā dhammā**

The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ  
dhammānaṃ kesañci,**

are related to some later wholesome thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā akusalā dhammā**

The immediately former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ abyākatānaṃ  
dhammānaṃ,**

are related to the immediately following inconsequential thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ,**

are related to the immediately following wholesome thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Purimā purimā abyākatā dhammā**

The immediately former inconsequential thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ**

**dhammānaṃ,**

are related to the immediately following unwholesome thoughts,

**upanissayapaccayena paccayo.**

the condition being by way of strong support condition.

**Utubhojanampi upanissayapaccayena paccayo.**

Also season and food (may be) a condition by way of strong support condition.

**Puggalopi upanissayapaccayena paccayo.**

Also a person (may be) a condition by way of strong support condition.

**Senāsanampi upanissayapaccayena paccayo.**

Also a dwelling place (may be) a condition by way of strong support condition.

**10. Purejātapaccayoti –**

Arising before condition means

**cakkhāyatanaṃ**

eye sense-sphere

**cakkhuvīññāṇadhātuyā taṃsampayuttakānaṃca**

**dhammānaṃ,**

is related to eye-consciousness element and the things associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**sotāyatanam**

ear sense-sphere

**sotaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to ear-consciousness element and the things associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**ghānāyatanam**

nose sense-sphere

**ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to nose-consciousness element and the things associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**jivhāyatanam**

tongue sense-sphere

**jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to tongue-consciousness element and the things associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**kāyāyatanam**

body sense-sphere

**kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to body-consciousness element and the things associated with it,

**purejātapaccayena paccayo.**

the condition being by way of arising before condition.

**Rūpāyatanam**

The form sense-sphere

**cakkhaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to the eye-consciousness element and the things that are associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**saddāyatanam**

the sound sense-sphere

**sotaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to the ear-consciousness element and the things that are associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**gandhāyatanam**

the smell sense-sphere

**ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to the nose-consciousness element and the things that are associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**rasāyatanam**

the taste sense-sphere

**jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānam,**

is related to the tongue-consciousness element and the things that are associated with it,



**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**phoṭṭhabbāyatanam**

the tangibles sense-sphere

**kāyaviññāṇadhātuyā taṃsampayuttakānañca dhammānam,**

is related to the body-consciousness element and the things that are associated with it,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**rūpāyatanam saddāyatanam gandhāyatanam,**

the form sense-sphere, the sound sense-sphere, the smell sense-sphere,

**rasāyatanam phoṭṭhabbāyatanam**

the taste sense-sphere, the tangibles sense-sphere

**manodhātuyā taṃsampayuttakānañca dhammānam,**

are related to the mind element and the things that are associated with it,

**purejātapaccayena paccayo.**

the condition being by way of arising before condition.

**Yam rūpam nissāya,**

With the support of this form,

**manodhātu ca manoviññāṇadhātu ca vattanti,**

mind element and the mind-consciousness element arise,

**taṃ rūpam**

that form

**manodhātuyā taṃsampayuttakānañca dhammānam,**

is related to the mind element and the things associated with it,

**purejātapaccayena paccayo.**

the condition being by way of arising before condition.

### **Manoviññāṇadhātuyā**

(That form is) related to mind-consciousness element

**taṃsampayuttakānañca dhammānaṃ kiñci kāle,**  
and the thoughts associated with it sometimes,

**purejātapaccayena paccayo;**

the condition being by way of arising before condition;

**kiñci kāle na purejātapaccayena paccayo.**

and sometimes the condition is not by way of arising before condition.

### **11. Pacchājātapaccayoti —**

Arising later condition means

**pacchājātā cittacetāsikā dhammā**

mental factors and thoughts arising later

**purejātassa imassa kāyassa,**

are related to this collection of (things) arising before,

**pacchājātapaccayena paccayo.**

the condition being by way of arising later condition.

### **12. Āsevanapaccayoti —**

Habitual condition means

**purimā purimā kusalā dhammā**

former wholesome thoughts

**pacchimānaṃ pacchimānaṃ kusalānaṃ dhammānaṃ,**

are related to the following wholesome thoughts,

**āsevanapaccayena paccayo.**

the condition being by way of habitual condition.

**Purimā purimā akusalā dhammā**

Former unwholesome thoughts

**pacchimānaṃ pacchimānaṃ akusalānaṃ dhammānaṃ,**

are related to the following unwholesome thoughts,

**āsevanapaccayena paccayo.**

the condition being by way of habitual condition.

**Purimā purimā kiriyābyākatā dhammā**

Former functionally inconsequential thoughts

**pacchimānaṃ pacchimānaṃ kiriyābyākatānaṃ  
dhammānaṃ,**

are related to the following functionally inconsequential thoughts,

**āsevanapaccayena paccayo.**

the condition being by way of habitual condition.

### 13. Kammappaccayoti –

(Intentional) deed condition means

**kusalākusalaṃ kammaṃ**

a wholesome and an unwholesome (intentional) deed

**vipākānaṃ khandhānaṃ kaṭattā ca rūpānaṃ,**

are related to the constituents of results and to the forms that originate from what was done,

**kammappaccayena paccayo.**

the condition being by way of (intentional) deed condition.

**Cetanā sampayuttakānaṃ dhammānaṃ,**

Intention is related to those thoughts associated with it,

**taṃsamuṭṭhānānaṃca rūpānaṃ,**

and the forms that originate from it,

**kammappaccayena paccayo.**

the condition being by way of (intentional) deed condition.

### 14. Vipākapaccayoti –

Result condition means

**vipākā cattāro khandhā arūpino aññamaññaṃ,**

the resultant four formless constituents are mutually related,

**vipākapaccayena paccayo.**

the condition being by way of result condition.

## 15. Āhārapaccayoti –

Nutriment condition means

**kabaḷikāro āhāro imassa kāyassa,**  
material food is related to this body,

**āhārapaccayena paccayo.**  
the condition being by way of nutriment condition.

**Arūpino āhārā sampayuttakānaṃ dhammānaṃ,**  
Formless foods are related to those things associated with it,

**taṃsamuṭṭhānānaṃ rūpānaṃ,**  
and the forms that originate from it,

**āhārapaccayena paccayo.**  
the condition being by way of nutriment condition.

## 16. Indriyapaccayoti –

Faculty condition means

**cakkhundriyaṃ**  
the eye-faculty

**cakkhaviññāṇadhātuyā taṃsampayuttakānaṃ  
dhammānaṃ,**  
is related to eye-consciousness element and the things associated  
with it,

**indriyapaccayena paccayo;**  
the condition being by way of faculty condition;

**sotindriyaṃ**  
the ear-faculty

**sotaviññāṇadhātuyā taṃsampayuttakānaṃ  
dhammānaṃ,**  
is related to ear-consciousness element and the things associated  
with it,

**indriyapaccayena paccayo;**  
the condition being by way of faculty condition;

**ghānindriyaṃ**  
the nose-faculty

**ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to nose-consciousness element and the things associated with it,

**indriyapaccayena paccayo;**  
the condition being by way of faculty condition;

**jivhindriyaṃ**  
the tongue-faculty

**jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to tongue-consciousness element and the things associated with it,

**indriyapaccayena paccayo;**  
the condition being by way of faculty condition;

**kāyindriyaṃ**  
the body-faculty

**kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to body-consciousness element and the things associated with it,

**indriyapaccayena paccayo.**  
the condition being by way of faculty condition.

**Rūpajīvitindriyaṃ kaṭattārūpānaṃ,**  
The physical life faculty is related to forms that originate from what was done,

**indriyapaccayena paccayo.**  
the condition being by way of faculty condition.

**Arūpino indriyā sampayuttakānaṃ dhammānaṃ,**  
Formless faculties are related to those things associated with it,

**taṃsamuṭṭhānānañca rūpānaṃ,**  
and the forms that originate from it,

**indriyapaccayena paccayo.**  
the condition being by way of faculty condition.

**17. Jhānapaccayoti –**

Absorption condition means

**jhānaṅgāni**  
the absorption factors

**jhānasampayuttakānaṃ dhammānaṃ,**  
are related to those things associated with absorption,

**taṃsamuṭṭhānānañca rūpānaṃ,**  
and the forms that originate from it,

**jhānapaccayena paccayo.**  
the condition being by way of absorption condition.

**18. Maggapaccayoti –**

Path condition means

**maggaṅgāni**  
the path factors

**maggasampayuttakānaṃ dhammānaṃ,**  
are related to those things associated with the path,

**taṃsamuṭṭhānānañca rūpānaṃ,**  
and the forms that originate from it,

**maggapaccayena paccayo.**  
the condition being by way of path condition.

**19. Sampayuttapaccayoti –**

Association condition means

**cattāro khandhā arūpino aññamaññaṃ,**  
the four formless constituents are mutually related,

**sampayuttapaccayena paccayo.**  
the condition being by way of association condition.

**20. Vippayuttapaccayoti –**

Disassociation condition means

**rūpino dhammā arūpīnaṃ dhammānaṃ,**  
forms are related to the formless,

**vippayuttapaccayena paccayo.**  
the condition being by way of disassociation condition.

**Arūpino dhammā rūpīnaṃ dhammānaṃ,**  
the formless is related to forms,

**vippayuttapaccayena paccayo.**  
the condition being by way of disassociation condition.

**21. Atthipaccayoti –**

Presence condition means

**cattāro khandhā arūpino aññamaññaṃ,**  
the four formless constituents are mutually related,

**atthipaccayena paccayo;**  
the condition being by way of presence condition;

**cattāro mahābhūtā aññamaññaṃ,**  
the four great elementals are mutually related,

**atthipaccayena paccayo;**  
the condition being by way of presence condition;

**okkantikkhaṇe nāmarūpaṃ aññamaññaṃ,**  
at the time of descent (into the womb) mind and body are mutually related,

**atthipaccayena paccayo;**  
the condition being by way of presence condition;

**cittacetāsikā dhammā**  
mental factors and thoughts

**cittasamuṭṭhānānaṃ rūpānaṃ,**  
are related to forms that originate from the mind,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**mahābhūtā upādārūpānaṃ,**

the four great elementals are related to secondary form,

**atthipaccayena paccayo.**

the condition being by way of presence condition.

**Cakkhāyatanam**

Eye sense-sphere

**cakkhaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to eye-consciousness element and the things associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**sotāyatanam**

ear sense-sphere

**sotaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to ear-consciousness element and the things associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**ghānāyatanam**

nose sense-sphere

**ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to nose-consciousness element and the things associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**jivhāyatanam**

tongue sense-sphere



**jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to tongue-consciousness element and the things associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**kāyāyatanam**

body sense-sphere

**kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to body-consciousness element and the things associated with it,

**atthipaccayena paccayo.**

the condition being by way of presence condition.

**Rūpāyatanam cakkhaviññāṇadhātuyā,**

The form sense-sphere is related to the eye-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**saddāyatanam sotaviññāṇadhātuyā,**

the sound sense-sphere is related to the ear-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**gandhāyatanam ghānaviññāṇadhātuyā,**

the smell sense-sphere is related to the nose-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**rasāyatanam̐ jivhāviññāṇadhātuyā,**

the taste sense-sphere is related to the tongue-consciousness element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**phoṭṭhabbāyatanam̐ kāyaviññāṇadhātuyā,**

the tangibles sense-sphere is related to the body-consciousness element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**atthipaccayena paccayo;**

the condition being by way of presence condition;

**rūpāyatanam̐ saddāyatanam̐ gandhāyatanam̐,**

the form sense-sphere, the sound sense-sphere, the smell sense-sphere,

**rasāyatanam̐ phoṭṭhabbāyatanam̐ manodhātuyā,**

the taste sense-sphere, the tangibles sense-sphere are related to the mind element,

**taṃsampayuttakānañca dhammānam̐,**

and the things that are associated with it,

**atthipaccayena paccayo.**

the condition being by way of presence condition.

**Yaṃ rūpaṃ nissāya,**

With the support of this form,

**manodhātu ca manoviññāṇadhātu ca vattanti,**

mind element and the mind-consciousness element arise,

**taṃ rūpaṃ manodhātuyā ca manoviññāṇadhātuyā ca**  
that form is related to the mind element and the mind-  
consciousness element

**taṃsampayuttakānañca dhammānaṃ,**  
and the thoughts associated with it,

**atthipaccayena paccayo.**  
the condition being by way of presence condition.

## 22. Natthipaccayoti –

Absence condition means

**samanantaraniroduddhā cittacetāsikā dhammā,**  
mental factors and thoughts that have ceased being prior,

**paṭuppannānaṃ cittacetāsikānaṃ dhammānaṃ,**  
are related to mental factors and thoughts that have arisen in the  
present,

**natthipaccayena paccayo.**  
the condition being by way of absence condition.

## 23. Vigatapaccayoti –

Disappearance condition means

**samanantaravigatā cittacetāsikā dhammā,**  
mental factors and thoughts that have disappeared from being  
prior,

**paṭuppannānaṃ cittacetāsikānaṃ dhammānaṃ,**  
are related to mental factors and thoughts that have arisen in the  
present,

**vigatapaccayena paccayo.**  
the condition being by way of disappearance condition.

## 24. Avigatapaccayoti –

Non-disappearance condition means

**cattāro khandhā arūpino aññamaññaṃ,**  
the four formless constituents are mutually related,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**cattāro mahābhūtā aññamaññaṃ,**

the four great elementals are mutually related,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**okkantikkhaṇe nāmarūpaṃ aññamaññaṃ,**

at the time of descent (into the womb) mind and body are mutually related,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**cittacetāsikā dhammā**

mental factors and thoughts

**cittasamuṭṭhānānaṃ rūpānaṃ,**

are related to forms that originate from the mind,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**mahābhūtā upādārūpānaṃ,**

the four great elementals are related to secondary form,

**avigatapaccayena paccayo.**

the condition being by way of non-disappearance condition.

**Cakkhāyatanam**

Eye sense-sphere

**cakkhaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to eye-consciousness element and the things associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**sotāyatanam**

ear sense-sphere

**sotaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to ear-consciousness element and the things associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**ghānāyatanam**

nose sense-sphere

**ghānaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to nose-consciousness element and the things associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**jivhāyatanam**

tongue sense-sphere

**jivhāviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to tongue-consciousness element and the things associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**kāyāyatanam**

body sense-sphere

**kāyaviññāṇadhātuyā taṃsampayuttakānañca  
dhammānaṃ,**

is related to body-consciousness element and the things associated with it,

**avigatapaccayena paccayo.**

the condition being by way of non-disappearance condition.

**Rūpāyatanam cakkhaviññāṇadhātuyā,**

The form sense-sphere is related to the eye-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**saddāyatanam sotaviññāṇadhātuyā,**

the sound sense-sphere is related to the ear-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**gandhāyatanam ghānaviññāṇadhātuyā,**

the smell sense-sphere is related to the nose-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**rasāyatanam jivhāviññāṇadhātuyā,**

the taste sense-sphere is related to the tongue-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**phoṭṭhabbāyatanam kāyaviññāṇadhātuyā,**

the tangibles sense-sphere is related to the body-consciousness element,

**taṃsampayuttakānañca dhammānaṃ,**

and the things that are associated with it,

**avigatapaccayena paccayo;**

the condition being by way of non-disappearance condition;

**rūpāyatanam saddāyatanam gandhāyatanam,**  
the form sense-sphere, the sound sense-sphere, the smell sense-  
sphere,

**rasāyatanam phoṭṭhabbāyatanam manodhātuyā,**  
the taste sense-sphere, the tangibles sense-sphere are related to the  
mind element,

**taṃsampayuttakānañca dhammānam,**  
and the things that are associated with it,

**avigatapaccayena paccayo.**  
the condition being by way of non-disappearance condition.

**Yaṃ rūpam nissāya,**  
With the support of this form,

**manodhātu ca manoviññāṇadhātu ca vattanti,**  
mind element and the mind-consciousness element arise,

**taṃ rūpam manodhātuyā ca manoviññāṇadhātuyā ca**  
that form is related to the mind element and the mind-  
consciousness element

**taṃsampayuttakānañca dhammānam,**  
and the thoughts associated with it,

**avigatapaccayena paccayo.**  
the condition being by way of non-disappearance condition.

***Paccayaniddeso Niṭṭhito.***

*The explanation of the conditions is finished.*

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## Āṭṇāṭṭiyasuttam<sup>24</sup>

### Paṭhamabhāṇavāro

275. Evaṃ me sutam – ekaṃ samayaṃ bhagavā rājagahe viharati giṃḥhakūṭe pabbate. Atha kho cattāro mahārājā mahatīyā ca yakkhasenāya mahatīyā ca gandhabbasenāya mahatīyā ca kumbhaṇḍasenāya mahatīyā ca nāgasenāya catuddisaṃ rakkhaṃ ṭhapetvā catuddisaṃ gumbaṃ ṭhapetvā catuddisaṃ ovaraṇaṃ ṭhapetvā abhikkantāya rattiyā abhikkantavaṇṇā kevalakappaṃ giṃḥhakūṭaṃ pabbataṃ obhāsetvā yena bhagavā tenupasaṅkamimsu; upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ nisīdimsu. Tepi kho yakkhā appekacce bhagavantaṃ abhivādetvā ekamantaṃ nisīdimsu, appekacce bhagavatā saddhiṃ sammodimsu, sammodanīyaṃ kathaṃ sārāṇīyaṃ vītisāretvā ekamantaṃ nisīdimsu, appekacce yena bhagavā tenañjalim paṇāmetvā ekamantaṃ nisīdimsu, appekacce nāmagottaṃ sāvetvā ekamantaṃ nisīdimsu, appekacce tuṇhībhūtā ekamantaṃ nisīdimsu.

276. Ekamantaṃ nisinno kho vessavaṇo mahārājā bhagavantaṃ etadavoca – “santi hi bhante uḷārā yakkhā bhagavato appasannā. Santi hi bhante uḷārā yakkhā bhagavato pasannā. Santi hi bhante majjhimā yakkhā bhagavato appasannā. Santi hi bhante majjhimā yakkhā bhagavato pasannā. Santi hi bhante nīcā yakkhā bhagavato appasannā. Santi hi bhante nīcā yakkhā bhagavato pasannā. Yebhuyyena kho pana bhante yakkhā appasannāyeva bhagavato. Taṃ kissa hetu? Bhagavā hi bhante paṇātipātā veramaṇiyā dhammaṃ deseti, adinnādānā

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<sup>24</sup> Dī.3.158-174.



veramaṇiyā dhammaṃ deseti, kāmesumicchācārā veramaṇiyā dhammaṃ deseti, musāvādā veramaṇiyā dhammaṃ deseti, surāmerayamajjappamādaṭṭhānā veramaṇiyā dhammaṃ deseti. Yebhuyyena kho pana bhante yakkhā appaṭiviratāyeva pānātipātā, appaṭiviratā adinnādānā, appaṭiviratā kāmesumicchācārā, appaṭiviratā musāvādā, appaṭiviratā surāmerayamajjappamādaṭṭhānā. Tesam taṃ hoti appiyaṃ amanāpaṃ. Santi hi bhante bhagavato sāvakā araṇṇavanapatthāni pantāni senāsanāni paṭisevanti appasaddāni appanigghosāni vijānavātāni manussarāhasseyyakāni paṭisallānasārubbāni. Tattha santi uḷārā yakkhā nivāsino, ye imasmim bhagavato pāvacaṇe appasannā. Tesam pasādāya uggaṇhātu bhante bhagavā āṭānāṭiyaṃ rakkhaṃ bhikkhūnaṃ bhikkhunīnaṃ upāsakānaṃ upāsikānaṃ guttiyā rakkhāya avihimsāya phāsuvihārāyā”ti. Adhivāsesi bhagavā tuṇhībhāvena.

Atha kho vessavaṇo mahārājā bhagavato adhivāsanaṃ viditvā tāyaṃ velāyaṃ imaṃ āṭānāṭiyaṃ rakkhaṃ abhāsi –

277. Vipassissa ca namatthu, cakkhumantassa sirīmato.  
Sikhissapi ca namatthu, sabbabhūtānukampino.

Vessabhussa ca namatthu, nhātakassa tapassino;  
Namatthu kakusandhassa, mārasenāpamaddino.

Koṇāgamanassa namatthu, brāhmaṇassa vusīmato;  
Kassapassa ca namatthu, vippamuttassa sabbadhi.

Aṅgīrasassa namatthu, sakyaputtassa sirīmato;  
Yo imaṃ dhammaṃ desesi, sabbadukkhāpanūdanaṃ.

Ye cāpi nibbutā loke, yathābhūtaṃ vipassisum;  
Te janā apisuṇātha, mahantā vītasāradā.

Hitam devamanussānam, yaṃ namassanti gotamaṃ;  
Vijjācaraṇasampannam, mahantaṃ vītasāradam.

278. Yato uggacchati sūriyo, ādicco maṇḍalī mahā.  
Yassa cuggacchamānassa, saṁvarīpi nirujjhati;  
Yassa cuggate sūriye, divasoti pavuccati.  
Rahadopi tattha gambhīro, samuddo saritodako;  
Evaṁ taṁ tattha jānanti, samuddo saritodako.  
Ito sā purimā disā, iti naṁ ācikkhatī jano;  
Yaṁ disaṁ abhipāleti, mahārājā yasassi so.  
Gandhabbānaṁ adhipati, dhataratṭhoti nāmaso;  
Ramatī naccagītehi, gandhabbehi purakkhato.  
Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.  
Te cāpi buddhaṁ disvāna, buddhaṁ ādiccabandhunaṁ;  
Dūratova namassanti, mahantaṁ vītasāraḍaṁ.  
Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi taṁ vandanti;  
Sutaṁ netam abhiṇhaso, tasmā evaṁ vademase.  
Jinaṁ vandatha gotamaṁ, jinaṁ vandāma gotamaṁ;  
Vijjācaraṇasampannaṁ, buddhaṁ vandāma gotamaṁ.
279. Yena petā pavuccanti, piṣuṇā piṭṭhimaṁsikā;  
Paṇātipātino luddā, corā nekatikā janā.  
Ito sā dakkhiṇā disā, iti naṁ ācikkhatī jano;  
Yaṁ disaṁ abhipāleti, mahārājā yasassi so.  
Kumbhaṇḍānaṁ adhipati, virūlho iti nāmaso;  
Ramatī naccagītehi, kumbhaṇḍehi purakkhato.  
Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.  
Te cāpi buddhaṁ disvāna, buddhaṁ ādiccabandhunaṁ;  
Dūratova namassanti, mahantaṁ vītasāraḍaṁ.

Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi taṃ vandanti;  
Sutaṃ netam abhiñhaso, tasmā evaṃ vademase.

Jinaṃ vandatha gotamaṃ, jinaṃ vandāma gotamaṃ;  
Vijjācaraṇasampannaṃ, buddhaṃ vandāma gotamaṃ.

280. Yattha coggacchati sūriyo, ādicco maṇḍalī mahā.  
Yassa coggacchamānassa, divasopi nirujjhati;  
Yassa coggate sūriye, samvarīti pavuccati.

Rahadopi tattha gambhīro, samuddo saritodako;  
Evaṃ taṃ tattha jānanti, ‘samuddo saritodako’.

Ito sā pacchimā disā, iti naṃ ācikkhatī jano;  
Yaṃ disaṃ abhipāleti, mahārājā yasassi so.

Nāgānañca adhipati, virūpakkhoti nāmaso;  
Ramaṭī naccagītehi, nāgeheva purakkhato.

Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.

Te cāpi buddhaṃ disvāna, buddhaṃ ādiccabandhunaṃ;  
Dūratova namassanti, mahantaṃ vītasāradam.

Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi taṃ vandanti;  
Sutaṃ netam abhiñhaso, tasmā evaṃ vademase.

Jinaṃ vandatha gotamaṃ, jinaṃ vandāma gotamaṃ;  
Vijjācaraṇasampannaṃ, buddhaṃ vandāma gotamaṃ.

281. Yena uttarakuruvho, mahāneru sudassano;  
Manussā tattha jāyanti, amamā apariggahā.

Na te bījaṃ pavapanti, napi nīyanti naṅgalā;  
Akaṭṭhapākimaṃ sālīm, paribhuñjanti mānusā.

Akaṇaṃ athusaṃ suddhaṃ, sugandhaṃ taṇḍulapphalaṃ;  
Tuṇḍikīre pacitvāna, tato bhuñjanti bhojanaṃ.

Gāviṃ ekakhuraṃ katvā, anuyanti disodisaṃ;  
Pasuṃ ekakhuraṃ katvā, anuyanti disodisaṃ.

Itthiṃ vā vāhanaṃ katvā, anuyanti disodisaṃ;  
Purisaṃ vāhanaṃ katvā, anuyanti disodisaṃ.

Kumāriṃ vāhanaṃ katvā, anuyanti disodisaṃ;  
Kumāraṃ vāhanaṃ katvā, anuyanti disodisaṃ.

Te yāne abhiruhitvā,  
Sabbā disā anupariyāyanti;  
Pacārā tassa rājino.

Hatthiyānaṃ assayānaṃ, dibbaṃ yānaṃ upaṭṭhitaṃ;  
Pāsādā sivikā ceva, mahārājassa yasassino.

Tassa ca nagarā ahu, Antalikkhe sumāpitā;  
Āṭānāṭṭa kusināṭṭa parakusināṭṭa, Nāṭasuriyā parakusiṭānāṭṭa.

Uttarena kasivanto, Janoghamaparena ca;  
Navanavutiyo ambaraambaravatiyo,  
Āḷakamandā nāma rājadhānī.

Kuverassa kho pana mārisa,  
mahārājassa visāṇā nāma rājadhānī;  
Tasmā kuvero mahārājā, vessavaṇoti pavuccati.

Paccesanto pakāsenti, tatolā tattalā tatotalā;  
Ojasi tejasi tatojasī, sūro rājā ariṭṭho nemi.

Rahadopi tattha dharaṇī nāma, yato meghā pavassanti;  
Vassā yato patāyanti, sabhāpi tattha sālavatī nāma.

Yattha yakkhā payirupāsanti, tattha niccaphalā rukkhā;  
Nānā dijagaṇā yutā, mayūrakoṅcābhirudā;  
Kokilādīhi vaggihi.

Jīvañjīvakasaddettha, atho oṭṭhavacittakā;  
Kukkuṭakā kuḷīrakā, vane pokkharasātakā.

Sukasālikasaddettha, daṇḍamāṇavakāni ca;  
Sobhati sabbakālaṃ sā, kuveranaḷinī sadā.

Ito ‘sā uttarā disā’, iti naṃ ācikkhatī jano;  
Yaṃ disaṃ abhipāleti, mahārājā yasassi so.

Yakkhānañca adhipati, ‘kuvero’ iti nāmaso;  
Ramatī naccagītehi, yakkheheva purakkhato.

Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.

Te cāpi buddham disvāna, buddham ādiccabandhunam;  
Dūratova namassanti, mahantam vītasāradam.

Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi tam vandanti;  
Sutam netam abhiñhaso, tasmā evam vademase.

Jinam vandatha gotamam, jinam vandāma gotamam;  
Vijjācaraṇasampannam, buddham vandāma gotamanti.

Ayam kho sā mārisa āṭānāṭiyā rakkhā bhikkhūnam  
bhikkhunīnam upāsakānam upāsikānam guttiyā rakkhāya  
avihimsāya phāsuvihārāya.

282. Yassa kassaci mārisa bhikkhussa vā bhikkhuniyā vā  
upāsakassa vā upāsikāya vā ayam āṭānāṭiyā rakkhā suggahitā  
bhavissati samattā pariyāputā. Tam ce amanusso yakkho vā  
yakkhinī vā yakkhapotako vā yakkhapotikā vā yakkhamahāmatto  
vā yakkhapārisajjo vā yakkhacāro vā, gandhabbo vā gandhabbī  
vā gandhabbapotako vā gandhabbapotikā vā gandhabbamahāmatto  
vā gandhabbapārisajjo vā gandhabbapacāro vā, kumbhaṇḍo vā  
kumbhaṇḍī vā kumbhaṇḍapotako vā kumbhaṇḍapotikā vā  
kumbhaṇḍamahāmatto vā kumbhaṇḍapārisajjo vā kumbhaṇḍa-

pacāro vā, nāgo vā nāgī vā nāgapotako vā nāgapotikā vā nāgamahāmatto vā nāgapārisajjo vā nāgapacāro vā, paduṭṭhacitto bhikkhum vā bhikkhunim vā upāsakaṃ vā upāsikaṃ vā gacchantaṃ vā anugaccheyya, ṭhitaṃ vā upatitṭhēyya, nisinnaṃ vā upanisīdeyya, nipannaṃ vā upanipajjeyya. Na me so mārisa amanusso labheyya gāmesu vā nigamesu vā sakkāraṃ vā garukāraṃ vā. Na me so mārisa amanusso labheyya ālakamandāya nāma rājadhāniyā vatthum vā vāsaṃ vā. Na me so mārisa amanusso labheyya yakkhānaṃ samitiṃ gantuṃ. Apissu naṃ mārisa amanussā anāvayhampi naṃ kareyyuṃ avivayhaṃ. Apissu naṃ mārisa amanussā attāhipi paripunṇāhi paribhāsāhi paribhāseyyuṃ. Apissu naṃ mārisa amanussā rittampissa pattam sīse nikkujjeyyuṃ. Apissu naṃ mārisa amanussā sattadhāpissa muddhaṃ phāleyyuṃ.

Santi hi mārisa amanussā caṇḍā ruddhā rabhasā, te neva mahārājānaṃ ādiyanti, na mahārājānaṃ purisakānaṃ ādiyanti, na mahārājānaṃ purisakānaṃ purisakānaṃ ādiyanti. Te kho te mārisa amanussā mahārājānaṃ avaruddhā nāma vuccanti. Seyyathāpi mārisa rañño māgadhasa vijjite mahācorā. Te neva rañño māgadhasa ādiyanti, na rañño māgadhasa purisakānaṃ ādiyanti, na rañño māgadhasa purisakānaṃ purisakānaṃ ādiyanti. Te kho te mārisa mahācorā rañño māgadhasa avaruddhā nāma vuccanti. Evameva kho mārisa santi amanussā caṇḍā ruddhā rabhasā, te neva mahārājānaṃ ādiyanti, na mahārājānaṃ purisakānaṃ ādiyanti, na mahārājānaṃ purisakānaṃ purisakānaṃ ādiyanti. Te kho te mārisa amanussā mahārājānaṃ avaruddhā nāma vuccanti. Yo hi koci mārisa amanusso yakkho vā yakkhinī vā yakkhapotako vā yakkhapotikā vā yakkhamahāmatto vā yakkhapārisajjo vā yakkhapacāro vā, gandhabbo vā gandhabbī vā gandhabbapotako vā gandhabbapotikā vā gandhabbamahāmatto vā gandhabbapārisajjo vā gandhabbapacāro vā, kumbhaṇḍo vā kumbhaṇḍī vā kumbhaṇḍapotako vā kumbhaṇḍapotikā vā kumbhaṇḍamahāmatto vā kum-

bhaṇḍapārisajjo vā kumbhaṇḍapacāro vā, nāgo vā nāgī vā  
nāgapotako vā nāgapotikā vā nāgamahāmatto vā nāgapārisajjo vā  
nāgapacāro vā, paduṭṭhacitto bhikkhuṃ vā bhikkhuniṃ vā  
upāsakaṃ vā upāsikaṃ vā gacchantāṃ vā anugaccheyya, ṭhitaṃ vā  
upatiṭṭheyya, nisinnaṃ vā upanisīdeyya, nīpannaṃ vā upani-  
pajjeyya. Imesaṃ yakkhānaṃ mahāyakkhānaṃ senāpatīnaṃ  
mahāsenāpatīnaṃ ujjhāpetabbaṃ vikkanditabbaṃ viravitabbaṃ –  
“ayaṃ yakkho gaṇhāti, ayaṃ yakkho āvisati, ayaṃ yakkho heṭheti,  
ayaṃ yakkho viheṭheti, ayaṃ yakkho himsati, ayaṃ yakkho  
vihimsati, ayaṃ yakkho na muñcati”ti.

283. Katamesaṃ yakkhānaṃ mahāyakkhānaṃ senāpatīnaṃ  
mahāsenāpatīnaṃ?

Indo somo varuṇo ca, bhāradvājo pajāpati;  
Candano kāmasetṭho ca, kinnughaṇḍu nighaṇḍu ca.

Panādo opamañño ca, devasūto ca mātali;  
Cittaseno ca gandhabbo, naḷo rājā janesaḅbo.

Sātāgiro hemavato, puṇṇako karatiyo guḷo;  
Sivako mucalindo ca, vessāmitto yugandharo.

Gopālo supparodho ca, hiri netti ca mandiyo;  
Pañcālacaṇḍo āḷavako, pajjunno sumano sumukho;  
Dadhimukho maṇi māṇivaro dīgho, atho serīsako saha.

Imesaṃ yakkhānaṃ mahāyakkhānaṃ senāpatīnaṃ mahā-  
senāpatīnaṃ ujjhāpetabbaṃ vikkanditabbaṃ viravitabbaṃ –  
“ayaṃ yakkho gaṇhāti, ayaṃ yakkho āvisati, ayaṃ yakkho  
heṭheti, ayaṃ yakkho viheṭheti, ayaṃ yakkho himsati, ayaṃ  
yakkho vihimsati, ayaṃ yakkho na muñcati”ti.

Ayaṃ kho sā mārisa āṭānāṭiyā rakkhā bhikkhūnaṃ  
bhikkhunīnaṃ upāsakānaṃ upāsikānaṃ guttiyā rakkhāya  
avihimsāya phāsuvihārāya. Handa ca dāni mayaṃ mārisa

gacchāma bahukiccā mayam bahukaraṇīyāti. Yassadāni tumhe mahārājāno kālam maññathāti.

284. Atha kho cattāro mahārājā uṭṭhāyāsana bhagavantam abhivādetvā padakkhiṇam katvā tatthevantaradhāyimsu. Tepi kho yakkhā uṭṭhāyāsana appekacce bhagavantam abhivādetvā padakkhiṇam katvā tatthevantaradhāyimsu. Appekacce bhagavatā saddhim sammodimsu, sammodanīyam katham saraṇīyam vītisāretvā tatthevantaradhāyimsu. Appekacce yena bhagavā tenañjalim paṇāmetvā tatthevantaradhāyimsu. Appekacce nāmagottam sāvetvā tatthevantaradhāyimsu. Appekacce tuṇhībhūtā tatthevantaradhāyimsūti.

*Paṭhamabhāṇavāro niṭṭhito.*

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## *Dutiyabhāṇavāro*

285. Atha kho bhagavā tassā rattiyā accayena bhikkhū āmantesi – imam bhikkhave rattim cattāro mahārājā mahatīyā ca yakkhasenāya mahatīyā ca gandhabbasenāya mahatīyā ca kumbhaṇḍasenāya mahatīyā ca nāgasenāya catuddisam rakkham ṭhapetvā catuddisam gumbam ṭhapetvā catuddisam ovaṇam ṭhapetvā abhikkantāya rattiyā abhikkantavaṇṇā kevalakappam gijjhakūṭam pabbatam obhāsetvā yenāham tenupasaṅkamimsu; upasaṅkamtivā mam abhivādetvā ekamantaṃ nisīdimsu. Tepi kho bhikkhave yakkhā appekacce mam abhivādetvā ekamantaṃ nisīdimsu. Appekacce mayā saddhim sammodimsu, sammodanīyam katham sāraṇīyam vītisāretvā ekamantaṃ nisīdimsu. Appekacce yenāham tenaṅjalim paṇāmetvā ekamantaṃ nisīdimsu. Appekacce nāmagottaṃ sāvetaṃ ekamantaṃ nisīdimsu. Appekacce tuṅhībhūtā ekamantaṃ nisīdimsu.

286. Ekamantaṃ nisinno kho bhikkhave vessavaṇo mahārājā mam etadavoca – santi hi bhante uḷārā yakkhā bhagavato appasannā. Santi hi bhante uḷārā yakkhā bhagavato pasannā. Santi hi bhante majjhimā yakkhā bhagavato appasannā. Santi hi bhante majjhimā yakkhā bhagavato pasannā. Santi hi bhante nīcā yakkhā bhagavato appasannā. Santi hi bhante nīcā yakkhā bhagavato pasannā. Yebhuyyena kho pana bhante yakkhā appasannāyeva bhagavato. Tam kissa hetu? Bhagavā hi bhante paṇātipātā veramaṇiyā dhammaṃ deseti, adinnādānā veramaṇiyā dhammaṃ deseti, kāmesumicchācārā veramaṇiyā dhammaṃ deseti, musāvādā veramaṇiyā dhammaṃ deseti, surāmerayamajjappamādatṭhānā veramaṇiyā dhammaṃ deseti. Yebhuyyena kho pana, bhante, yakkhā appaṭiviratāyeva paṇātipātā, appaṭiviratā adinnādānā, appaṭiviratā kāmesumicchācārā, appaṭiviratā musāvādā,

appaṭiviratā surāmerayamajjappamādaṭṭhānā. Tesam tam hoti appiyam amanāpam. Santi hi bhante bhagavato sāvakā araṇṇavanapatthāni pantāni senāsanāni paṭisevanti appasaddāni appanigghosāni vijanavātāni manussarāhasseyyakāni paṭisallānasārubbāni. Tattha santi uḷārā yakkhā nivāsino, ye imasmim bhagavato pāvacane appasannā, tesam pasādāya uggaṇhātu bhante bhagavā āṭānāṭiyam rakkham bhikkhūnam bhikkhunīnam upāsakānam upāsikānam guttiyā rakkhāya avihimsāya phāsuviḥārāyāti. Adhivāsesim kho aham bhikkhave tuṇḥibhāvena. Atha kho bhikkhave vessavaṇo mahārājā me adhivāsanam viditvā tāyam velāyam imam āṭānāṭiyam rakkham abhāsi —

287. Vipassissa ca namatthu, cakkhumantassa sirīmato.  
Sikhissapi ca namatthu, sabbabhūtānukampino.  
Vessabhussa ca namatthu, nhātakassa tapassino;  
Namatthu kakusandhassa, mārasenāpamaddino.  
Koṇāgamanassa namatthu, brāhmaṇassa vusīmato;  
Kassapassa ca namatthu, vippamuttassa sabbadhi.  
Aṅgīrasassa namatthu, sakyaputtassa sirīmato;  
Yo imam dhammam desesi, sabbadukkhāpanūdanam.  
Ye cāpi nibbutā loke, yathābhūtam vipassisum;  
Te janā apisuṇātha, mahantā vītasārādā.  
Hitam devamanussānam, yam namassanti gotamam;  
Vijjācaraṇasampannam, mahantam vītasāradam.
288. Yato uggacchati sūriyo, ādicco maṇḍalī mahā;  
Yassa cuggacchamānassa, samvarīpi nirujjhati;  
Yassa cuggate sūriye, divasoti pavuccati.  
Rahadopi tattha gambhīro, samuddo saritodako;  
Evam tam tattha jānanti, samuddo saritodako.

Ito sā purimā disā, iti nam ācikkhatī jano;  
Yaṃ disaṃ abhipāleti, mahārājā yasassi so.

Gandhabbānaṃ adhipati, dhataratṭhoti nāmaso;  
Ramaṭī naccagītehi, gandhabbehi purakkhato.

Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.

Te cāpi buddham disvāna, buddham ādiccabandhunam;  
Dūratova namassanti, mahantam vītasāradam.

Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi tam vandanti;  
Sutam netam abhiṇhaso, tasmā evam vademase.

Jinam vandatha gotamam, jinam vandāma gotamam;  
Vijjācaraṇasampannam, buddham vandāma gotamam.

289. Yena petā pavuccanti, piṣuṇā piṭṭhimaṃsikā.  
Pāṇātipātino luddā, corā nekatikā janā.

Ito sā dakkhiṇā disā, iti nam ācikkhatī jano;  
Yaṃ disaṃ abhipāleti, mahārājā yasassi so.

Kumbhaṇḍānam adhipati, virūlho iti nāmaso;  
Ramaṭī naccagītehi, kumbhaṇḍehi purakkhato.

Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.

Te cāpi buddham disvāna, buddham ādiccabandhunam;  
Dūratova namassanti, mahantam vītasāradam.

Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi tam vandanti;  
Sutam netam abhiṇhaso, tasmā evam vademase.

Jinam vandatha gotamam, jinam vandāma gotamam;  
Vijjācaraṇasampannam, buddham vandāma gotamam.

290. Yattha coggacchati sūriyo, ādicco maṇḍalī mahā.  
Yassa coggacchamānassa, divasopi nirujjhati;  
Yassa coggate sūriye, samvarīti pavuccati.  
Rahadopi tattha gambhīro, samuddo saritodako;  
Evaṃ taṃ tattha jānanti, samuddo saritodako.  
Ito sā pacchimā disā, iti naṃ ācikkhatī jano;  
Yaṃ disaṃ abhipāleti, mahārājā yasassi so.  
Nāgānañca adhipati, virūpakkhoti nāmaso;  
Ramatī naccagītehi, nāgeheva purakkhato.  
Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.  
Te cāpi buddham disvāna, buddham ādiccabandhunam;  
Dūratova namassanti, mahantaṃ vītasāradam.  
Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi taṃ vandanti;  
Sutaṃ netam abhiṇhaso, tasmā evaṃ vademase.  
Jinaṃ vandatha gotamaṃ, jinaṃ vandāma gotamaṃ;  
Vijjācaraṇasampannam, buddham vandāma gotamaṃ.
291. Yena uttarakuruvho, mahāneru sudassano.  
Manussā tattha jāyanti, amamā apariggahā.  
Na te bījam pavapanti, nāpi nīyanti naṅgalā;  
Akaṭṭhapākimaṃ sālīm, paribhuñjanti mānusa.  
Akaṇam athusam suddham, sugandham taṇḍulapphalaṃ;  
Tuṇḍikīre pacitvāna, tato bhuñjanti bhojanam.  
Gāvim ekakhuram katvā, anuyanti disodisam;  
Pasum ekakhuram katvā, anuyanti disodisam.  
Itthim vā vāhanam katvā, anuyanti disodisam;  
Purisaṃ vāhanam katvā, anuyanti disodisam.

Kumāriṃ vāhanam katvā, anuyanti disodisam;  
Kumāram vāhanam katvā, anuyanti disodisam.

Te yāne abhiruhitvā,  
Sabbā disā anupariyāyanti;  
Pacārā tassa rājino.

Hatthiyānam assayānam, Dibbam yānam upatṭhitam;  
Pāsādā sivikā ceva, Mahārājassa yasassino.

Tassa ca nagarā ahu, Antalikkhe sumāpitā;  
Āṭānāṭā kusināṭā parakusināṭā, Nāṭasuriyā parakusiṭanāṭā.

Uttarena kasivanto, Janoghamaparena ca;  
Navanavutiyo ambaraambaravatiyo,  
Ālakamandā nāma rājadhānī.

Kuverassa kho pana mārissa,  
mahārājassa visāṇā nāma rājadhānī;  
Tasmā kuvero mahārājā, “vessavaṇo”ti pavuccati.

Paccesanto pakāsentī, tatolā tattalā tatotalā;  
Ojasi tejasi tatojasī, sūro rājā aritṭho nemi.

Rahadopi tattha dharaṇī nāma, yato meghā pavassanti;  
Vassā yato patāyanti, sabhāpi tattha sālavatī nāma.

Yattha yakkhā payirupāsanti, tattha niccaphalā rukkhā;  
Nānā dijagaṇā yutā, mayūraakoṅcābhirudā;  
Kokilādīhi vaggihi.

Jīvañjīvakasaddettha, atho oṭṭhvacittakā;  
Kukkuṭakā kuḷirakā, vane pokkharasātakā.

Sukasāḷika saddettha, daṇḍamāṇavakāni ca;  
Sobhati sabbakālam sā, kuveranaḷinī sadā.

Ito sā uttarā disā, iti nam ācikkhatī jano;  
Yaṃ disam abhipāleti, mahārājā yasassi so.

Yakkhānañca adhipati, kuvero iti nāmaso;  
Ramatī naccagītehi, yakkheheva purakkhato.

Puttāpi tassa bahavo, ekanāmāti me sutam;  
Asīti dasa eko ca, indanāmā mahabbalā.

Te cāpi buddham disvāna, buddham ādiccabandhunam;  
Dūratova namassanti, mahantam vītasāradam.

Namo te purisājañña, namo te purisuttama;  
Kusalena samekkhasi, amanussāpi tam vandanti;  
Sutam netam abhiñhaso, tasmā evam vademase.

Jinam vandatha gotamam, jinam vandāma gotamam;  
Vijjācaraṇasampannam, buddham vandāma gotama'nti.

292. Ayam kho sā mārisa āṭānāṭṭiyā rakkhā bhikkhūnam  
bhikkhunīnam upāsakānam upāsikānam guttiyā rakkhāya  
avihimsāya phāsuvihārāya. Yassa kassaci mārisa bhikkhussa  
vā bhikkhuniyā vā upāsakassa vā upāsikāya vā ayam āṭānāṭṭiyā  
rakkhā suggahitā bhavissati samattā pariyaṇṇatā. Tam ce  
amanusso yakkho vā yakkhinī vā yakkhapotako vā yakkha-  
potikā vā yakkhamahāmatto vā yakkhapārisajjo vā yakkha-  
pacāro vā, gandhabbo vā gandhabbī vā gandhabbapotako vā  
gandhabbapotikā vā gandhabbamahāmatto vā gandhabba-  
pārisajjo vā gandhabbapacāro vā, kumbhaṇḍo vā kumbhaṇḍī  
vā kumbhaṇḍapotako vā kumbhaṇḍapotikā vā kumbhaṇḍa-  
mahāmatto vā kumbhaṇḍapārisajjo vā kumbhaṇḍapacāro vā,  
nāgo vā nāgī vā nāgapotako vā nāgapotikā vā nāgamahāmatto  
vā nāgapārisajjo vā nāgapacāro vā, paduṭṭhacitto bhikkhum vā  
bhikkhunim vā upāsakam vā upāsikam vā gacchantam vā anu-  
gaccheyya, ṭhitam vā upatitṭheyya, nisinnam vā upanisīdeyya,  
nīpannam vā upanipajjeyya. Na me so mārisa amanusso  
labheyya gāmesu vā nigamesu vā sakkāram vā garukāram vā.  
Na me so mārisa amanusso labheyya ālakamandāya nāma

rājadhāniyā vatthum vā vāsam vā. Na me so mārisa amanusso labheyya yakkhānam samitiṃ gantum. Apissu nam mārisa amanussā anāvayhampi nam kareyyum avivayham. Apissu nam mārisa amanussā attāhi paripuṇṇāhi paribhāsāhi paribhāseyyum. Apissu nam mārisa amanussā rittampissa pattam sīse nikkujjeyyum. Apissu nam mārisa amanussā sattadhāpissa muddham phāleyyum. Santi hi mārisa amanussā caṇḍā ruddhā rabhasā, te neva mahārājānam ādiyanti, na mahārājānam purisakānam ādiyanti, na mahārājānam purisakānam purisakānam ādiyanti. Te kho te mārisa amanussā mahā-rājānam avaruddhā nāma vuccanti. Seyyathāpi mārisa rañño māgadhasa vijite mahācorā. Te neva rañño māgadhasa ādiyanti, na rañño māgadhasa purisakānam ādiyanti, na rañño māgadhasa purisakānam purisakānam ādiyanti. Te kho te mārisa mahācorā rañño māgadhasa avaruddhā nāma vuccanti. Evameva kho mārisa santi amanussā caṇḍā ruddhā rabhasā, te neva mahārājānam ādiyanti, na mahārājānam purisakānam ādiyanti, na mahārājānam purisakānam purisakānam ādiyanti. Te kho te mārisa amanussā mahārājānam avaruddhā nāma vuccanti. Yo hi koci mārisa amanusso yakkho vā yakkhinī vā yakkhapotako vā yakkhapotikā vā yakkhamahāmatto vā yakkhapārisajjo vā yakkhapacāro vā, gandhabbo vā gandhabbī vā gandhabbapotako vā gandha-bbapotikā vā gandhabbamahāmatto vā gandhabbapārisajjo vā gandhabbapacāro vā, kumbhaṇḍo vā kumbhaṇḍī vā kumbhaṇḍapotako vā kumbhaṇḍapotikā vā kumbhaṇḍamahāmatto vā kumbhaṇḍapārisajjo vā kumbhaṇḍapacāro vā, nāgo vā nāgī vā nāgapotako vā nāgapotikā vā nāgamahāmatto vā nāgapārisajjo vā nāgapacāro vā, paduttācitto bhikkhum vā bhikkhunim vā upāsakam vā upāsikam vā gacchantam vā anugaccheyya, ṭhitarā vā upatitṭheyya, nisinnam vā upanisīdeyya, nipannam vā upanipajjeyya. Imesam yakkhānam mahāyakkhānam senāpatīnam mahāsenāpatīnam

ujjhāpetabbam vikkanditabbam viravitabbam – “ayaṃ yakkho gaṇhāti, ayaṃ yakkho āvisati, ayaṃ yakkho heṭheti, ayaṃ yakkho viheṭheti, ayaṃ yakkho himsati, ayaṃ yakkho vihimsati, ayaṃ yakkho na muñcatī”ti.

293. Katamesaṃ yakkhānaṃ mahāyakkhānaṃ senāpatīnaṃ mahāsenāpatīnaṃ?

Indo somo varuṇo ca, bhāradvājo pajāpati;  
Candano kāmasetṭho ca, kinnughaṇḍu nighaṇḍu ca.

Panādo opamañño ca, devasūto ca mātali;  
Cittaseno ca gandhabbo, naḷo rājā janesabho.

Sātāgiro hevamoto, puṇṇako karatiyo guḷo;  
Sivako mucalindo ca, vessāmitto yugandharo.

Gopālo supparodho ca, hiri netti ca mandiyō;  
Pañcālaçaṇḍo ālavako, pajjunno sumano sumukho;  
Dadhimukho maṇi māṇivaro dīgho, atho serīsako saha.

Imesaṃ yakkhānaṃ mahāyakkhānaṃ senāpatīnaṃ mahāsenāpatīnaṃ ujjhāpetabbam vikkanditabbam viravitabbam – “ayaṃ yakkho gaṇhāti, ayaṃ yakkho āvisati, ayaṃ yakkho heṭheti, ayaṃ yakkho viheṭheti, ayaṃ yakkho himsati, ayaṃ yakkho vihimsati, ayaṃ yakkho na muñcatī”ti. Ayaṃ kho mārisa āṭānāṭiyā rakkhā bhikkhūnaṃ bhikkhunīnaṃ upāsakānaṃ upāsikānaṃ guttiyā rakkhāya avihimsāya phāsuvihārāya. Handa ca dāni mayam mārisa gacchāma, bahukiccā mayam bahu-karaṇīyāti. Yassa dāni tumhe mahārājāno kālaṃ maññathāti.

294. Atha kho bhikkhave cattāro mahārājā utṭhāyāsanaṃ maṃ abhivādetvā padakkhiṇaṃ katvā tatthevantaradhāyimsu. Tepi kho bhikkhave yakkhā utṭhāyāsanaṃ appekacce maṃ abhivādetvā padakkhiṇaṃ katvā tatthevantaradhāyimsu. Appekacce mayā saddhim sammodimsu, sammodanīyaṃ kathaṃ sāraṇīyaṃ



vītisāretvā tatthevantaradhāyimsu. Appekacce yenāham tenañ-  
jalim paṇāmetvā tatthevantaradhāyimsu. Appekacce nāma-  
gottam sāvetaṭvā tatthevantaradhāyimsu. Appekacce tuṅhībhūṭā  
tatthevantaradhāyimsu.

295. Ugganḥātha bhikkhave āṭānāṭiyam rakkham. Pariyā-  
puṅātha bhikkhave āṭānāṭiyam rakkham. Dhāretha bhikkhave  
āṭānāṭiyam rakkham. Atthasamhitā bhikkhave āṭānāṭiyā  
rakkhā bhikkhūnam bhikkhunīnam upāsakānam upāsikānam  
guttiyā rakkhāya avihimsāya phāsuvihārāyāti. Idamavoca  
bhagavā. Attamanā te bhikkhū bhagavato bhāsitaṃ abhi-  
nanduntī.

*Āṭānāṭiyasuttam Niṭṭhitam.*

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## *Girimānandasuttaṃ*<sup>25</sup>

60. Ekaṃ samayaṃ bhagavā sāvatthiyaṃ viharati jetavane anāthapiṇḍikassa ārāme. Tena kho pana samayena āyasmā girimānando ābādhiko hoti dukkhito bāḷhagilāno. Atha kho āyasmā ānando yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantaṃ abhivādetvā ekamantaṃ nisīdi. Ekamantaṃ nisinno kho āyasmā ānando bhagavantaṃ etadavoca –

“Āyasmā bhante girimānando ābādhiko hoti dukkhito bāḷhagilāno. Sādhu bhante bhagavā yenāyasmā girimānando tenupasaṅkamatu anukampaṃ upādāyā”ti. Sace kho tvaṃ ānanda girimānandassa bhikkhuno dasa saññā bhāseyyāsi, ṭhānaṃ kho panetaṃ vijjati yaṃ girimānandassa bhikkhuno dasa saññā sutvā so ābādho ṭhānaso paṭippassambheyya.

Katamā dasa? Aniccasaññā, anattasaññā, asubhasaññā, ādīnavasaññā, pahānasaññā, virāgasaññā, nirodhasaññā, sabbaloke anabhiratasaññā, sabbasaṅkhāresu anicchāsaññā, ānāpānassati.

Katamā cānanda aniccasaññā? Idhānanda bhikkhu arañṇagato vā rukkhamaḷagato vā suñṇāgāragato vā iti paṭisaṅcikkhati – “rūpaṃ aniccaṃ, vedanā aniccā, saññā aniccā, saṅkhārā aniccā, viññāṇaṃ aniccaṃ”ti. Iti imesu pañcasu upādānakkhandhesu aniccānupassī viharati. Ayaṃ vuccatānanda aniccasaññā.

Katamā cānanda anattasaññā? Idhānanda bhikkhu arañṇagato vā rukkhamaḷagato vā suñṇāgāragato vā iti paṭisaṅcikkhati – “cakkhu anattā, rūpā anattā, sotaṃ anattā, saddā anattā, ghānaṃ anattā, gandhā anattā, jivhā anattā, rasā anattā, kāyā anattā, phoṭṭhabbā anattā, mano anattā, dhammā

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<sup>25</sup> An.3.342-345.

anattā”ti. Iti imesu chasu ajjhattikabāhiresu āyatanesu anattānupassī viharati. Ayaṃ vuccatānanda anattasaññā.

Katamā cānanda asubhasaññā? Idhānanda bhikkhu imameva kāyaṃ uddham pādatalā adho kesamatthakā tacapariyantam pūram nānāppakārassa asucino paccavekkhati – “atthi imasmim kāye kesā lomā nakhā dantā taco maṃsam nhāru atthi atthimiñjam vakkam hadayaṃ yakanam kilomakam pihakam papphasam antam antaḡuṇam udariyam karīsam (matthaluḡam) pittam semham pubbo lohitaṃ sedo medo assu vasā kheḡo siḡhāṇikā lasikā muttan”ti. Iti imasmim kāye asubhānupassī viharati. Ayaṃ vuccatānanda asubhasaññā.

Katamā cānanda ādīnavasaññā? Idhānanda bhikkhu araṇṇagato vā rukkhamūlagato vā suṇṇāgāragato vā iti paṭisaṇcikkhati – “bahudukkho kho ayaṃ kāyo bahuādīnavo? Iti imasmim kāye vividhā ābādhā uppajjanti, seyyathidaṃ – cakkhurogo sotarogo ghānarogo jivhārogo kāyarogo sīsarogo kaṇṇarogo mukharogo dantarogo oṭṭharogo kāso sāso pināso ḡāho jaro kucchirogo mucchā pakkhandikā sūlā visūcikā kuṭṭham gaṇḡo kilāso soso apamāro daddu kaṇḡu kacchu nakhasā vitacchikā lohitaṃ pittam madhumeho aṃsā piḡakā bhagandalā pittasamuṭṭhānā ābādhā semhasamuṭṭhānā ābādhā vātasamuṭṭhānā ābādhā sannipātikā ābādhā utupariṇāmajā ābādhā visamaparihārajā ābādhā opakkamikā ābādhā kammavipākajā ābādhā sītam uḡham jighacchā pipāsā uccāro passāvo”ti. Iti imasmim kāye ādīnavānupassī viharati. Ayaṃ vuccatānanda ādīnavasaññā.

Katamā cānanda pahānasaññā? Idhānanda bhikkhu uppannam kāmavitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannam byāpādavitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannam vihimsāvitakkaṃ nādhivāseti, pajahati, vinodeti, byantīkaroti, anabhāvaṃ gameti. Uppannupanne pāpake

akusale dhamme nādhivāseti, pajahati, vinodeti, byantikaroti, anabhāvaṃ gameti. Ayaṃ vuccatānanda pahānasaññā.

Katamā cānanda virāgasaññā? Idhānanda bhikkhu araṇṇagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati – “etaṃ santaṃ etaṃ paṇītaṃ yadidaṃ sabbasaṅkhārasamatho sabbūpadhippaṭinissaggo taṇhākkhayo virāgo nibbanan”ti. Ayaṃ vuccatānanda virāgasaññā.

Katamā cānanda nirodhasaññā? Idhānanda bhikkhu araṇṇagato vā rukkhamūlagato vā suññāgāragato vā iti paṭisañcikkhati – “etaṃ santaṃ etaṃ paṇītaṃ yadidaṃ sabbasaṅkhārasamatho sabbūpadhippaṭinissaggo taṇhākkhayo nirodho nibbanan”ti. Ayaṃ vuccatānanda nirodhasaññā.

Katamā cānanda sabbaloke anabhiratasaññā? Idhānanda bhikkhu ye loke upādānā cetaso adhiṭṭhānābhinivesānusayā, te pajahanto viharati anupādiyanto. Ayaṃ vuccatānanda sabbaloke anabhiratasaññā.

Katamā cānanda sabbasaṅkhāresu anicchāsaññā? Idhānanda bhikkhu sabbasaṅkhāresu aṭṭiyati harāyati jigucchati. Ayaṃ vuccatānanda sabbasaṅkhāresu anicchāsaññā.

Katamā cānanda ānāpānassati? Idhānanda bhikkhu araṇṇagato vā rukkhamūlagato vā suññāgāragato vā nisīdati pallaṅkaṃ ābhujitvā ujum kāyaṃ paṇidhāya parimukhaṃ satim upaṭṭhapetvā. So satova assasati satova passasati. Dīghaṃ vā assasanto “dīghaṃ assasāmī”ti pajānāti. Dīghaṃ vā passasanto “dīghaṃ passasāmī”ti pajānāti. Rassaṃ vā assasanto “rassaṃ assasāmī”ti pajānāti. Rassaṃ vā passasanto “rassaṃ passasāmī”ti pajānāti. “Sabbakāyapaṭisaṃvedī assasissāmī”ti sikkhati. “Sabbakāyapaṭisaṃvedī passasissāmī”ti sikkhati. “Passambhayaṃ kāyasaṅkhāraṃ assasissāmī”ti sikkhati. “Passambhayaṃ kāyasaṅkhāraṃ passasissāmī”ti sikkhati. “Pītipaṭisaṃvedī assasissāmī”ti sikkhati. “Pītipaṭisaṃvedī passasissāmī”ti sikkhati. “Sukhapaṭisaṃvedī assasissāmī”ti

sikkhati. “Sukhapaṭisaṃvedī passasissāmī”ti sikkhati. “Cittasaṅkhārapaṭisaṃvedī assasissāmī”ti sikkhati. “Cittasaṅkhārapaṭisaṃvedī passasissāmī”ti sikkhati. “Passambhayaṃ citta-saṅkhāraṃ assasissāmī”ti sikkhati. “Passambhayaṃ citta-saṅkhāraṃ passasissāmī”ti sikkhati. “Cittapaṭisaṃvedī assasissāmī”ti sikkhati. “Cittapaṭisaṃvedī passasissāmī”ti sikkhati. “Abhippamodayaṃ cittaṃ assasissāmī”ti sikkhati. “Abhippamodayaṃ cittaṃ passasissāmī”ti sikkhati. “Samādahaṃ cittaṃ assasissāmī”ti sikkhati. “Samādahaṃ cittaṃ passasissāmī”ti sikkhati. “Vimocayaṃ cittaṃ assasissāmī”ti sikkhati. “Vimocayaṃ cittaṃ passasissāmī”ti sikkhati. “Aniccānupassī assasissāmī”ti sikkhati. “Aniccānupassī passasissāmī”ti sikkhati. “Virāgānupassī assasissāmī”ti sikkhati. “Virāgānupassī passasissāmī”ti sikkhati. “Nirodhānupassī assasissāmī”ti sikkhati. “Nirodhānupassī passasissāmī”ti sikkhati. “Paṭinissaggānupassī assasissāmī”ti sikkhati. “Paṭinissaggānupassī passasissāmī”ti sikkhati. Ayaṃ vuccatānanda ānāpānassati.

Sace kho tvaṃ ānanda girimānandassa bhikkhuno imā dasa saññā bhāseyyāsi, ṭhānaṃ kho panetaṃ vijjati yaṃ girimānandassa bhikkhuno imā dasa saññā sutvā so ābādho ṭhānaso paṭippassambheyyāti.

Atha kho āyasmā ānando bhagavato santike imā dasa saññā uggahetvā yenāyasmā girimānando tenupasaṅkami; upasaṅkamitvā āyasmato girimānandassa imā dasa saññā abhāsi. Atha kho āyasmato girimānandassa dasa saññā sutvā so ābādho ṭhānaso paṭippassambhi. Vuṭṭhahi cāyasmā girimānando tamhā ābādhā. Tathā pahīno ca panāyasmato girimānandassa so ābādho ahoṣīti.

*Girimānandasuttam niṭṭhitam.*

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## *Mahāsamayasuttam*<sup>26</sup>

331. Evaṃ me sutam – ekaṃ samayaṃ bhagavā sakkesu viharati kapilavatthusmiṃ mahāvane mahatā bhikkhusaṅghena saddhiṃ pañcamattehi bhikkhusatehi sabbeheva arahantehi; dasahi ca lokadhātūhi devatā yebhuyyena sannipatitā honti bhagavantaṃ dassanāya bhikkhusaṅghaṇca. Atha kho catunnaṃ suddhāvāsakāyikānaṃ devatānaṃ etadahosi – “ayaṃ kho bhagavā sakkesu viharati kapilavatthusmiṃ mahāvane mahatā bhikkhusaṅghena saddhiṃ pañcamattehi bhikkhusatehi sabbeheva arahantehi; dasahi ca lokadhātūhi devatā yebhuyyena sannipatitā honti bhagavantaṃ dassanāya bhikkhusaṅghaṇca. Yaṃnūna mayampi yena bhagavā tenupa-saṅkameyyāma; upasaṅkamtivā bhagavato santike paccekaṃ gāthaṃ bhāseyyāma”ti.

332. Atha kho tā devatā seyyathāpi nāma balavā puriso samīñjitaṃ vā bāhaṃ pasāreyya pasāritaṃ vā bāhaṃ samīñjeyya, evameva suddhāvāsesu devesu antarahitā bhagavato purato pāturaheṣuṃ. Atha kho tā devatā bhagavantaṃ abhivādetvā ekamantaṃ aṭṭhaṃsu. Ekamantaṃ ṭhitā kho ekā devatā bhagavato santike imaṃ gāthaṃ abhāsi –

“Mahāsamayo pavanasmim,  
devakāyā samāgatā;  
Āgatamha imaṃ dhammasamayaṃ,  
dakkhitāye aparājitasamghan”ti.

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<sup>26</sup> Dī.2.203-210.

Atha kho aparā devatā bhagavato santike imam gātham  
abhāsi –

“Tatra bhikkhavo samādahaṃsu,  
cittamattano ujukaṃ akaṃsu;  
Sārathīva nettāni gahetvā,  
indriyāni rakkhanti paṇḍitā”ti.

Atha kho aparā devatā bhagavato santike imam gātham  
abhāsi –

“Chetvā khīlam chetvā paligham,  
indakhīlam ūhacca manejā;  
Te caranti suddhā vimalā,  
cakkhumatā sudantā susunāgā”ti.

Atha kho aparā devatā bhagavato santike imam gātham  
abhāsi –

“Yekeci buddham saraṇam gatāse,  
na te gamissanti apāyabhūmim;  
Pahāya mānusaṃ deham,  
devakāyaṃ paripūressanti”ti.

### *Devatāsannipātā*

333. Atha kho bhagavā bhikkhū āmantesi – “yebhuyyena bhikkhave dasasu lokadhātūsu devatā sannipatitā honti, tathāgatam dassanāya bhikkhusaṅghaṇca. Yepi te bhikkhave ahesuṃ atītamaddhānaṃ arahanto sammāsambuddhā, tesampi bhagavantānaṃ etaṃparamāyeva devatā sannipatitā ahesuṃ seyyathāpi mayham etarahi. Yepi te bhikkhave bhavissanti anāgatamaddhānaṃ arahanto sammāsambuddhā, tesampi bhagavantānaṃ etaṃparamāyeva devatā sannipatitā bhavissanti seyyathāpi mayham etarahi. Ācikkhissāmi

bhikkhave devakāyānam nāmāni; kittayissāmi bhikkhave devakāyānam nāmāni; desessāmi bhikkhave devakāyānam nāmāni. Tam suṇātha sādhukaṃ manasikarotha, bhāssissāmi”ti. “Evaṃ bhante”ti kho te bhikkhū bhagavato paccassosum.

334. Bhagavā etadavoca —

Silokamanukassāmi, yattha bhumā tadassitā;  
Ye sitā girigabbharaṃ, pahitattā samāhitā.

Puthūsīhāva sallīnā, lomahaṃsābhisambhuno;  
Odātamanasā suddhā, vippasannamanāvilā.

Bhiyyo pañcasate ñatvā, vane kāpilavatthave;  
Tato āmantayī satthā, sāvake sāsane rate.

Devakāyā abhikkantā, te vijānātha bhikkhavo;  
Te ca ātappamakarum, sutvā buddhassa sāsanaṃ.

Tesaṃ pāturahu ñāṇaṃ, amanussānadassanaṃ;  
Appeke satamaddakkhum, sahasaṃ atha sattariṃ.

Sataṃ eke sahasānaṃ, amanussānamaddasum;  
Appekenantamaddakkhum, disā sabbā phuṭā ahum.

Taṅca sabbam abhiññāya, vavatthitvāna cakkhumā;  
Tato āmantayī satthā, sāvake sāsane rate.

Devakāyā abhikkantā, te vijānātha bhikkhavo;  
Ye vohaṃ kittayissāmi, girāhi anupubbaso.

335. Sattasahassā te yakkhā, bhumā kāpilavatthavā.

Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmur, bhikkhūnaṃ samitiṃ vanaṃ.

Chasahassā hemavatā, yakkhā nānattavaṇṇino;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmur, bhikkhūnaṃ samitiṃ vanaṃ.



Sātāgirā tisahassā, yakkhā nānattavaṇṇino;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanaṃ.

Iccete soḷasasahassā, yakkhā nānattavaṇṇino;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanaṃ.

Vessāmittā pañcasatā, yakkhā nānattavaṇṇino;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanaṃ.

Kumbhīro rājagahiko, vepullassa nivesanaṃ;  
Bhiyyo naṃ satasahassaṃ, yakkhānaṃ payirupāsati;  
Kumbhīro rājagahiko, sopāgā samitiṃ vanaṃ.

336. Purimañca disaṃ rājā, dhataratṭho pasāsati.  
Gandhabbānaṃ adhipati, mahārājā yasassiso.

Puttāpi tassa bahavo, indanāmā mahabbalā;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanaṃ.

Dakkhiṇaṃca disaṃ rājā, virūḷho taṃ pasāsati;  
Kumbhaṇḍānaṃ adhipati, mahārājā yasassiso.

Puttāpi tassa bahavo, indanāmā mahabbalā;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanaṃ.

Pacchimañca disaṃ rājā, virūpakkho pasāsati;  
Nāgānañca adhipati, mahārājā yasassiso.

Puttāpi tassa bahavo, indanāmā mahabbalā;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanaṃ.

Uttarañca disaṃ rājā, kuvero taṃ pasāsati;  
Yakkhānañca adhipati, mahārājā yasassiso.

Puttāpi tassa bahavo, indanāmā mahabbalā;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanam.

Purimaṃ disaṃ dhatarattho, dakkhiṇena virūlhako;  
Pacchimana virūpakkho, kuvero uttaram disaṃ.

Cattāro te mahārājā, samantā caturo disā;  
Daddallamānā aṭṭhaṃsu, vane kāpilavatthave.

337. Tesam māyāvino dāsā, āguṃ vañcanikā saṭhā.  
Māyā kuṭeṇḍu viṭeṇḍu, viṭucca viṭuṭo saha.

Candano kāmasettho ca, kinnighaṇḍu nighaṇḍu ca;  
Panādo opamañño ca, devasūto ca mātaḷi.

Cittaseno ca gandhabbo, naḷorājā janesabho;  
Āgā pañcasikho ceva, timbarū sūriyavacchāsā.

Ete caññe ca rājāno, gandhabbā saha rājubhi;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanam.

338. Athāguṃ nāgasā nāgā, vesālā sahatacchakā.  
Kambalassatarā āguṃ, pāyāgā saha ñātibhi.

Yāmunā dhataratthā ca, āgū nāgā yasassino;  
Erāvaṇo mahānāgo, sopāgā samitiṃ vanam.

Ye nāgarāje sahasā haranti,  
dibbā dijā pakkhi visuddhacakkhū;  
Vehāyasā te vanamajjhapatā, citrā supaṇṇā iti tesa nāmaṃ.

Abhayam tadā nāgarājānamakāsi,  
supaṇṇato khemamakāsi buddho;  
Saṅhāhi vācāhi upavhayantā,  
nāgā supaṇṇā saraṇamakāṃsu buddham.

339. Jitā vajirahatthena, samuddam asurāsītā.  
Bhātaro vāsavassete, iddhimanto yasassino.  
Kālakañcā mahābhismā, asurā dānaveghasā;  
Vepacitti sucitti ca, pahārādo namucī saha.  
Satañca baliputtānam, sabbe verocanāmakā;  
Sannayhitvā balisenam, rāhubhaddamupāgamum;  
Samayodāni bhaddante, bhikkhūnam samitim vanam.
340. Āpo ca devā pathavī, tejo vāyo tadāgamum.  
Varuṇā vāraṇā devā, somo ca yāsasā saha.  
Mettā karuṇā kāyikā, āgum devā yasassino;  
Dasete dasadhā kāyā, sabbe nānattavaṇṇino.  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmun, bhikkhūnam samitim vanam.  
Veṇḍudevā sahali ca, asamā ca duve yamā;  
Candassūpanisā devā, candamāgum purakkhatvā.  
Sūriyassūpanisā devā, sūriyamāgum purakkhatvā;  
Nakkhattāni purakkhatvā, āgum mandavalāhakā.  
Vasūnam vāsavo setṭho, sakkopāgā purindado;  
Dasete dasadhā kāyā, sabbe nānattavaṇṇino.  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmun, bhikkhūnam samitim vanam.  
Athāgum sahabhū devā, jalamaggisikhāriva;  
Ariṭṭhakā ca rojā ca, umāpupphanibhāsino.  
Varuṇā sahadhammā ca, accutā ca anejakā;  
Sūleyyarucirā āgum, āgum vāsavanesino;  
Dasete dasadhā kāyā, sabbe nānattavaṇṇino.  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmun, bhikkhūnam samitim vanam.

Samānā mahāsamanā, mānūsā mānūsuttamā;  
Khiddāpadosikā āguṃ, āguṃ manopadosikā.

Athāguṃ harayo devā, ye ca lohitavāsino;  
Pāragā mahāpāragā, āguṃ devā yasassino;  
Dasete dasadhā kāyā, sabbe nānattavaṇṇino.

Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanam.

Sukkā karambhā aruṇā, āguṃ veghanasā saha;  
Odātagayhā pāmokkhā, āguṃ devā vicakkhaṇā.

Sadāmatā hāragajā, missakā ca yasassino;  
Thanayaṃ āga pajjunno, yo disā abhivassati.

Dasete dasadhā kāyā, sabbe nānattavaṇṇino;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanam.

Khemiya tūsitā yāmā, kaṭṭhakā ca yasassino;  
Lambītakā lāmaseṭṭhā, jotināmā ca āsavā;  
Nimmānaratino āguṃ, athāguṃ paranimmitā.

Dasete dasadhā kāyā, sabbe nānattavaṇṇino;  
Iddhimanto jutimanto, vaṇṇavanto yasassino;  
Modamānā abhikkāmuṃ, bhikkhūnaṃ samitiṃ vanam.

Saṭṭhete devanikāyā, sabbe nānattavaṇṇino;  
Nāmanvayena āgacchum, ye caññe sadisā saha.

Pavutṭhajātikhilam, oghatiṇṇamanāsavam;  
Dakkhemoghataram nāgam, candaṃva asitātigam.

341. Subrahmā paramatto ca, puttā iddhimato saha.  
Sanaṅkumāro tisso ca, sopāga samitiṃ vanam.

Sahassam brahmalokānam, mahābrahmābhitiṭṭhati;  
Upapanno jutimanto, bhismākāyo yasassiso.

Dasettha issarā āgum, paccekavasavattino;  
Tesañca majjhato āga, hārito parivārito.

342. Te ca sabbe abhikkante, sainde deve sabrahmake.  
Mārasenā abhikkāmi, passa kaṇhassa mandiyam.

Etha gaṇhatha bandhatha, rāgena baddhamatthu vo;  
Samantā parivāretha, mā vo muñcitha koci nam.

Iti tattha mahāseno, kaṇho senam apesayi;  
Pāṇinā talamāhacca, saram katvāna bheravam.

Yathā pāvussako megho, thanayanto savijjuko;  
Tadā so paccudāvatti, saṅkuddho asayamvase.

343. Tañca sabbam abhiññāya, vavatthitvāna cakkhumā.  
Tato āmantayī sathā, sāvake sāsane rate.

Mārasenā abhikkantā, te vijānātha bhikkhavo;  
Te ca ātappamakarum, sutvā buddhassa sāsanam;  
Vītarāgehi pakkāmurū, nesam lomāpi iñjayum.

Sabbe vijitasāṅgāmā, bhayātītā yasassino;  
Modanti saha bhūtehi, sāvakā te janēsutāti.

*Mahāsamayasuttam niṭṭhitam.*

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*Alms-food Reflection and Sending Lovingkindness  
at meal times in Myanmar Language*

**Ee thi sar bhwe a mae mae go myuu yea man jwa hla pa ye(yei) sin pyei phyo chin nghan ma thon bar buu, lay phyar dat soung ee ko gaung thee shay aung tee leyat a thet myha tan ma mo pan nyar, phayar thar tha nar jint nhet phyar go jint bar naing zay vay da nar how thit ma phyit say ya, yar pai(pike) myha lit khat thein pyit ko ma pyit lay aung cham myei aung hu thon soung mhe wae bar tha dee. [1]**

With proper discernment I make use of almsfood, not for sport, or for showing off, not for ornament, or for adornment, but only to maintain this body, and to carry on, to inhibit annoyance, and to assist in the spiritual life, and so I will get rid of any old feeling, and not produce any new feeling, and I will carry on, being blameless, and living comfortably.

**Pyit see lay bar daryakar, chann thar ko seit myea bar zay, u bat yan bay kinn sin way, nyein aye jya bar zay. (x 3)**

May the donors of the four requisites be healthy and happy always, being free from obstructions, may they be peaceful.

**Way yar wisa daryakar, chann thar ko seit myea bar zay, u bat yan bay kin sin way, nyein aye jya bar zay. (x 3)**

May the volunteers be healthy and happy always, being free from obstructions, may they be peaceful.

**Thardu! Thardu! Thardu!**

**Sadhu! Sadhu! Sadhu!**

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