

I

Paṭisaṅkhā yoniso cīvaram paṭisevāmi:

With reflection wise the robe use I:

‘Yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,

Only cold’s counteraction for heat’s counteraction for,

Ḍaṃsa·makasa·vāt·ātapa·sirīmsapa·samphassānam paṭighātāya,

Gadfly-mosquito-wind-heat [of the sun]-creeping-thing-contact-with counteraction for,

Yāvadeva hiri·kopīna·ppaṭicchādan·attham’.

[1] Only [4] the shame·[5] loins·[3]·covering·[2]·for the purpose of

II

Paṭisaṅkhā yoniso piṇḍapātaṃ paṭisevāmi:

With reflection wise the almsfood use I:

‘Neva davāya, na madāya, na maṇḍanāya, na vibhūsanāya.

Neither for fun,² nor for intoxication³ nor for beautification⁴ nor for embellishment,⁵

Yāvadeva imassa kāyassa ṭhitiyā yāpanāya,

Only this body’s subsistence for maintenance for,

Vihims·ūparatiyā, brahma·cariy·ānuggahāya.

Harm prevention for the holy life assisting for.

Iti purāṇañ·ca vedanaṃ paṭihaṅkhāmi,

Thus, [by eating] old-and sensation [of hunger] an end I put,

Navañ·ca vedanaṃ na uppādessāmi,

New-and sensation [of overeating] not I arouse,

Yātrā ca me bhavissati anavajjatā ca phāsu·vihāro ca.’ti

Livelihood and my will be blameless and, comfort living also.

¹ ‘Khuddasikkhā-mūlasikkhā’ (English Translation) *Please see* M.I.i.2 ‘Sabb-Āsava-Suttaṃ’ (‘All the Taints Sutta’) and A.VI.vi.4 ‘Āsava-Suttaṃ’ (‘Taint Sutta’)

² *fun: eating for the pleasure of eating, or as a social event (analyses derived from Vis.i.87ff.)*

³ *intoxication* infatuation with health and strength, as in athletes

⁴ *beautification* to look attractive, as in concubines and prostitutes etc.

⁵ *embellishment* to look graceful, as in actors, dancers etc.

III

Paṭisaṅkhā yoniso sen-āsanam paṭisevāmi:

With reflection wise the bed&seat [dwelling] use I:

‘Yāvadeva sītassa paṭighātāya, uṇhassa paṭighātāya,

Only cold’s counteraction for heat’s counteraction for,

Ḍaṃsa-makasa-vāt-ātapa-sirīmsapa-samphassānam paṭighātāya,

Gadfly-mosquito-wind-heat [of the sun]-creeping-thing-contact-with counteraction for,

Yāvadeva utu-parissaya-vinodana-paṭisallān-ārām-attham.’

[1] Only [3]climate-[4]perils-[5]warding off-[6]solitude-[7]fondness-[2]for the purpose of.

IV

Paṭisaṅkhā yoniso

[1] With reflection wise

gilāna-ppaccaya-bhessaṃja-parikkhāram paṭisevāmi:

[4] the sick-[3] to help-[2] the medicine-requisite [5] use I:

‘Yāvadeva uppannānam veyyābādhikānam vedanānam paṭighātāya,

Only arisen painful sensations counteraction for

A-byābajjha-paramatāya’ti.

Non-affliction-complete for.