#### Majjhima Nikāya 143 Middle Discourses 143

## Anāthapiṇḍikovādasutta Advice to Anāthapiṇḍika

Evam me sutam— So I have heard.

ekam samayam bhagavā sāvatthiyam viharati jetavane anāthapindikassa ārāme. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapindika's monastery.

# Tena kho pana samayena anāthapiṇḍiko gahapati ābādhiko hoti dukkhito bālhagilāno.

Now at that time the householder Anāthapindika was sick, suffering, gravely ill.

Atha kho anāthapindiko gahapati aññataram purisam āmantesi: Then he addressed a man.

"ehi tvam, ambho purisa, yena bhagavā tenupasankama; upasankamitvā mama vacanena bhagavato pāde sirasā vandāhi:

"Please, mister, go to the Buddha, and in my name bow with your head to his feet. Say to him:

'anāthapindiko, bhante, gahapati ābādhiko dukkhito bālhagilāno. 'Sir, the householder Anāthapindika is sick, suffering, gravely ill.

So bhagavato pāde sirasā vandatī'ti. He bows with his head to your feet.'

Yena cāyasmā sāriputto tenupasankama; upasankamitvā mama vacanena āyasmato sāriputtassa pāde sirasā vandāhi:

Then go to Venerable Sāriputta, and in my name bow with your head to his feet. Say to him:

'anāthapindiko, bhante, gahapati ābādhiko dukkhito bāļhagilāno. 'Sir, the householder Anāthapindika is sick, suffering, gravely ill.

So āyasmato sāriputtassa pāde sirasā vandatī'ti. He bows with his head to your feet.'

Evañca vadehi: And then say:

'sādhu kira, bhante, āyasmā sāriputto yena anāthapiņḍikassa gahapatissa nivesanam tenupasankamatu anukampam upādāyā'''ti.

'Sir, please visit him at his home out of compassion.'"

"Evam, bhante"ti kho so puriso anāthapiṇḍikassa gahapatissa paṭissutvā yena bhagavā tenupasaṅkami; upasaṅkamitvā bhagavantam abhivādetvā ekamantam nisīdi. Ekamantam nisinno kho so puriso bhagavantam etadavoca:

"Yes, sir," that man replied. He did as Anathapindika asked.

"anāthapiņdiko, bhante, gahapati ābādhiko dukkhito bāļhagilāno.

So bhagavato pāde sirasā vandatī''ti.

Yena cāyasmā sāriputto tenupasankami; upasankamitvā āyasmantam sāriputtam abhivādetvā ekamantam nisīdi. Ekamantam nisinno kho so puriso āyasmantam sāriputtam etadavoca:

"anāthapiņdiko, bhante, gahapati ābādhiko dukkhito bāļhagilāno.

So āyasmato sāriputtassa pāde sirasā vandati;

evañca vadeti:

'sādhu kira, bhante, āyasmā sāriputto yena anāthapindikassa gahapatissa nivesanam tenupasankamatu anukampam upādāyā'''ti.

Adhivāsesi kho āyasmā sāriputto tuņhībhāvena.

Sāriputta consented in silence.

Atha kho āyasmā sāriputto nivāsetvā pattacīvaramādāya āyasmatā ānandena pacchāsamaņena yena anāthapiņdikassa gahapatissa nivesanam tenupasankami; upasankamitvā paññatte āsane nisīdi. Nisajja kho āyasmā sāriputto anāthapiņdikam gahapatim etadavoca:

Then Venerable Sāriputta robed up in the morning and, taking his bowl and robe, went with Venerable Ānanda as his second monk to Anāthapindika's home. He sat down on the seat spread out, and said to Anāthapindika,

"kacci te, gahapati, khamanīyam, kacci yāpanīyam? Kacci te dukkhā vedanā patikkamanti, no abhikkamanti; patikkamosānam paññāyati, no abhikkamo"ti? "Householder, I hope you're keeping well; I hope you're alright. And I hope the pain is fading, not growing, that its fading is evident, not its growing."

"Na me, bhante sāriputta, khamanīyam na yāpanīyam. Bālhā me dukkhā vedanā abhikkamanti, no patikkamanti; abhikkamosānam paññāyati, no patikkamo.

"I'm not keeping well, Master Sāriputta, I'm not alright. The pain is terrible and growing, not fading, its growing, not its fading, is evident.

Seyyathāpi, bhante sāriputta, balavā puriso tiņhena sikharena muddhani abhimattheyya; evameva kho me, bhante sāriputta, adhimattā vātā muddhani ūhananti.

The winds piercing my head are so severe, it feels like a strong man drilling into my head with a sharp point.

Na me, bhante sāriputta, khamanīyam na yāpanīyam. Bāļhā me dukkhā vedanā abhikkamanti, no paṭikkamanti; abhikkamosānam paññāyati, no paṭikkamo.

Seyyathāpi, bhante sāriputta, balavā puriso daļhena varattakhandena sīse sīsavetham dadeyya; evameva kho me, bhante sāriputta, adhimattā sīse sīsavedanā.

The pain in my head is so severe, it feels like a strong man tightening a tough leather strap around my head.

Na me, bhante sāriputta, khamanīyam na yāpanīyam. Bāļhā me dukkhā vedanā abhikkamanti, no paṭikkamanti; abhikkamosānam paññāyati, no paṭikkamo.

Seyyathāpi, bhante sāriputta, dakkho goghātako vā goghātakantevāsī vā tiṇhena govikantanena kucchiṃ parikanteyya; evameva kho me, bhante sāriputta, adhimattā vātā kucchiṃ parikantanti.

The winds piercing my belly are so severe, it feels like a deft butcher or their apprentice is slicing my belly open with a meat cleaver.

Na me, bhante sāriputta, khamanīyam na yāpanīyam. Bāļhā me dukkhā vedanā abhikkamanti, no paṭikkamanti; abhikkamosānam paññāyati, no paṭikkamo.

Seyyathāpi, bhante sāriputta, dve balavanto purisā dubbalataram purisam nānābāhāsu gahetvā angārakāsuyā santāpeyyum, samparitāpeyyum; evameva kho me, bhante sāriputta, adhimatto kāyasmim dāho.

The burning in my body is so severe, it feels like two strong men grabbing a weaker man by the arms to burn and scorch him on a pit of glowing coals. That's how severe the burning is in my body.

Na me, bhante sāriputta, khamanīyam na yāpanīyam. Bālhā me dukkhā vedanā abhikkamanti, no patikkamanti; abhikkamosānam paññāyati, no patikkamo''ti.

I'm not keeping well, Master Sāriputta, I'm not alright. The pain is terrible and growing, not fading, its growing, not its fading, is evident."

"Tasmātiha te, gahapati, evam sikkhitabbam:

"That's why, householder, you should train like this:

'na cakkhum upādiyissāmi, na ca me cakkhunissitam viññānam bhavissatī'ti.

'I shall not grasp the eye, and there shall be no consciousness of mine dependent on the eye.'

Evañhi te, gahapati, sikkhitabbam.

That's how you should train.

Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'na sotam upādiyissāmi, na ca me sotanissitam viññānam bhavissatī'ti.

'I shall not grasp the ear, and there shall be no consciousness of mine dependent on the ear.' ...

Evañhi te, gahapati, sikkhitabbam.

Tasmātiha te, gahapati, evam sikkhitabbam:

'na ghānam upādiyissāmi, na ca me ghānanissitam viññānam bhavissatī'ti.
'I shall not grasp the nose, and there shall be no consciousness of mine dependent on the nose.' ...

Evañhi te, gahapati, sikkhitabbam.

Tasmātiha te, gahapati, evam sikkhitabbam:

'na jivham upādiyissāmi, na ca me jivhānissitam viññāṇam bhavissatī'ti.
'I shall not grasp the tongue, and there shall be no consciousness of mine dependent on the tongue.' ...

Evañhi te, gahapati, sikkhitabbam.

Tasmātiha te, gahapati, evam sikkhitabbam:

'na kāyam upādiyissāmi, na ca me kāyanissitam viññāṇam bhavissatī'ti.
'I shall not grasp the body, and there shall be no consciousness of mine dependent on the body.' ...

Evañhi te, gahapati, sikkhitabbam.

Tasmātiha te, gahapati, evam sikkhitabbam:

'na manam upādiyissāmi, na ca me manonissitam viññānam bhavissatī'ti.
'I shall not grasp the mind, and there shall be no consciousness of mine dependent on the mind.'

Evañhi te, gahapati, sikkhitabbam. (1)

That's how you should train.

Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'na rūpam upādiyissāmi, na ca me rūpanissitam viññānam bhavissatī'ti.
'I shall not grasp sight, and there shall be no consciousness of mine dependent on sight.' ...

Evañhi te, gahapati, sikkhitabbam.

# Tasmātiha te, gahapati, evam sikkhitabbam: 'na saddam upādiyissāmi ... pe ... 'I shall not grasp sound ... na gandham upādiyissāmi ... smell ... na rasam upādiyissāmi ... taste ... na photthabbam upādiyissāmi ... touch ... na dhammam upādiyissāmi, na ca me dhammanissitam viññānam bhavissatī'ti. thought, and there shall be no consciousness of mine dependent on thought.' Evañhi te, gahapati, sikkhitabbam. (2) That's how you should train. Tasmātiha te, gahapati, evam sikkhitabbam: You should train like this: 'na cakkhuviññānam upādiyissāmi, na ca me cakkhuviññānanissitam viññānam bhavissatī'ti. 'I shall not grasp eye consciousness, and there shall be no consciousness of mine dependent on eve consciousness.' ... Evañhi te, gahapati, sikkhitabbam. Tasmātiha te, gahapati, evam sikkhitabbam: 'na sotaviññānam upādiyissāmi ... 'I shall not grasp ear consciousness ... na ghānaviñnānam upādiyissāmi ... nose consciousness ... na jivhāviññānam upādiyissāmi ... tongue consciousness ... na kāyaviññānam upādiyissāmi ... body consciousness ... na manoviññānam upādiyissāmi, na ca me manoviññānanissitam viññānam bhavissatī'ti. mind consciousness, and there shall be no consciousness of mine dependent on mind consciousness.' Evañhi te, gahapati, sikkhitabbam. (3) That's how you should train. Tasmātiha te, gahapati, evam sikkhitabbam: You should train like this: 'na cakkhusamphassam upādiyissāmi, na ca me cakkhusamphassanissitam viññānam bhavissatī'ti. 'I shall not grasp eve contact ... Evañhi te, gahapati, sikkhitabbam.

Tasmātiha te, gahapati, evam sikkhitabbam:

'na sotasamphassam upādiyissāmi ...

ear contact ...

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na ghānasamphassam upādiyissāmi ...
   nose contact ...
na jivhāsamphassam upādiyissāmi ...
   tongue contact ...
na kāyasamphassam upādiyissāmi ...
  body contact ...
na manosamphassam upādiyissāmi, na ca me manosamphassanissitam viññānam
bhavissatī'ti.
  mind contact, and there shall be no consciousness of mine dependent on mind contact.'
Evañhi te, gahapati, sikkhitabbam. (4)
   That's how you should train.
Tasmātiha te, gahapati, evam sikkhitabbam:
   You should train like this:
'na cakkhusamphassajam vedanam upādiyissāmi, na ca me
cakkhusamphassajāvedanānissitam viññānam bhavissatī'ti.
   'I shall not grasp feeling born of eye contact ...
Evañhi te, gahapati, sikkhitabbam.
Tasmātiha te, gahapati, evam sikkhitabbam:
'na sotasamphassajam vedanam upādiyissāmi ...
  feeling born of ear contact ...
na ghānasamphassajam vedanam upādiyissāmi ...
  feeling born of nose contact ...
na jivhāsamphassajam vedanam upādiyissāmi ...
  feeling born of tongue contact ...
na kāyasamphassajam vedanam upādiyissāmi ...
  feeling born of body contact ...
na manosamphassajam vedanam upādiyissāmi, na ca me
manosamphassajāvedanānissitam viññānam bhavissatī'ti.
  feeling born of mind contact, and there shall be no consciousness of mine dependent on the
  feeling born of mind contact.'
Evañhi te, gahapati, sikkhitabbam. (5)
   That's how you should train.
Tasmātiha te, gahapati, evam sikkhitabbam:
   You should train like this:
'na pathavīdhātum upādiyissāmi, na ca me pathavīdhātunissitam viññānam
bhavissatī'ti.
   'I shall not grasp the earth element ...
Evañhi te, gahapati, sikkhitabbam.
Tasmātiha te, gahapati, evam sikkhitabbam:
'na āpodhātum upādiyissāmi ...
   water element ...
na tejodhātum upādiyissāmi ...
  fire element ...
na vāyodhātum upādiyissāmi ...
  air element ...
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# na ākāsadhātum upādiyissāmi ... space element ...

# na viññāṇadhātum upādiyissāmi, na ca me viññāṇadhātunissitam viññāṇaṃ bhavissatī'ti.

consciousness element, and there shall be no consciousness of mine dependent on the consciousness element.'

# Evañhi te, gahapati, sikkhitabbam. (6)

That's how you should train.

## Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'na rūpam upādiyissāmi, na ca me rūpanissitam viññāṇam bhavissatī'ti. 'I shall not grasp form ...

Evañhi te, gahapati, sikkhitabbam.

## Tasmātiha te, gahapati, evam sikkhitabbam:

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'na vedanam upādiyissāmi ... feeling ...
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na saññam upādiyissāmi ... perception ...

na saṅkhāre upādiyissāmi ...

na viññāṇam upādiyissāmi, na ca me viññāṇanissitam viññāṇam bhavissatī'ti. consciousness, and there shall be no consciousness of mine dependent on consciousness.'

# Evañhi te, gahapati, sikkhitabbam. (7)

That's how you should train.

## Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'na ākāsānañcāyatanaṃ upādiyissāmi, na ca me ākāsānañcāyatananissitaṃ viññāṇaṃ bhavissatī'ti.

'I shall not grasp the dimension of infinite space ...

Evañhi te, gahapati, sikkhitabbam.

# Tasmātiha te, gahapati, evam sikkhitabbam:

'na viññāṇañcāyatanam upādiyissāmi ...
the dimension of infinite consciousness ...

# na ākiñcaññāyatanam upādiyissāmi ...

the dimension of nothingness ...

# na nevasaññānāsaññāyatanam upādiyissāmi, na ca me

nevasaññānāsaññāyatananissitam viññāṇam bhavissatī'ti.

the dimension of neither perception nor non-perception, and there shall be no consciousness of mine dependent on the dimension of neither perception nor non-perception.'

# Evañhi te, gahapati, sikkhitabbam. (8)

That's how you should train.

# Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'na idhalokam upādiyissāmi, na ca me idhalokanissitam viññāṇam bhavissatī'ti.
'I shall not grasp this world, and there shall be no consciousness of mine dependent on this world.'

## Evañhi te, gahapati, sikkhitabbam.

That's how you should train.

# Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'na paralokam upādiyissāmi, na ca me paralokanissitam viññāṇam bhavissatī'ti.
'I shall not grasp the other world, and there shall be no consciousness of mine dependent on the other world.'

## Evañhi te, gahapati, sikkhitabbam.

That's how you should train.

## Tasmātiha te, gahapati, evam sikkhitabbam:

You should train like this:

'yampi me diṭṭḥaṃ sutaṃ mutaṃ viññātaṃ pattaṃ pariyesitaṃ anupariyesitaṃ anucaritaṃ manasā tampi na upādiyissāmi, na ca me tannissitaṃ viññāṇaṃ bhavissatī'ti.

I shall not grasp whatever is seen, heard, thought, known, sought, and explored by my mind, and there shall be no consciousness of mine dependent on that.'

# Evañhi te, gahapati, sikkhitabban"ti. (9)

That's how you should train."

# Evam vutte, anāthapiṇḍiko gahapati parodi, assūni pavattesi.

When he said this, Anāthapindika cried and burst out in tears.

# Atha kho āyasmā ānando anāthapindikam gahapatim etadavoca:

Venerable Ānanda said to him,

"olīyasi kho tvam, gahapati, samsīdasi kho tvam, gahapatī"ti? "Are you failing, householder? Are you fading, householder?"

# "Nāham, bhante ānanda, olīyāmi, napi saṃsīdāmi; "No, sir.

#### api ca me dīgharattam satthā payirupāsito manobhāvanīyā ca bhikkhū; But for a long time I have paid homage to the Buddha and the esteemed mendicants.

# na ca me evarūpī dhammī kathā sutapubbā"ti.

Yet I have never before heard such a Dhamma talk."

"Na kho, gahapati, gihīnam odātavasanānam evarūpī dhammī kathā patibhāti; "Householder, it does not occur to us to teach such a Dhamma talk to white-clothed laypeople.

# pabbajitānam kho, gahapati, evarūpī dhammī kathā paṭibhātī"ti.

Rather, we teach like this to those gone forth."

"Tena hi, bhante sāriputta, gihīnampi odātavasanānam evarūpī dhammī kathā paṭibhātu.

"Well then, Master Sāriputta, let it occur to you to teach such a Dhamma talk to white-clothed laypeople as well!

Santi hi, bhante, kulaputtā apparajakkhajātikā, assavanatā dhammassa parihāyanti; There are gentlemen with little dust in their eyes. They're in decline because they haven't heard the teaching.

#### bhavissanti dhammassa aññātāro"ti.

There will be those who understand the teaching!"

Atha kho āyasmā ca sāriputto āyasmā ca ānando anāthapiņḍikaṃ gahapatiṃ iminā ovādena ovaditvā utthāyāsanā pakkamimsu.

And when the venerables Sāriputta and Ānanda had given the householder Anāthapiṇḍika this advice they got up from their seat and left.

Atha kho anāthapindiko gahapati, acirapakkante āyasmante ca sāriputte āyasmante ca ānande, kālamakāsi tusitam kāyam upapajji.

Not long after they had left, Anāthapiṇḍika passed away and was reborn in the host of Joyful Gods.

Atha kho anāthapindiko devaputto abhikkantāya rattiyā abhikkantavanno kevalakappam jetavanam obhāsetvā yena bhagavā tenupasankami; upasankamitvā bhagavantam abhivādetvā ekamantam atthāsi.

Then, late at night, the glorious god Anāthapindika, lighting up the entire Jeta's Grove, went up to the Buddha, bowed, stood to one side,

Ekamantam thito kho anāthapindiko devaputto bhagavantam gāthāhi ajjhabhāsi: and addressed the Buddha in verse:

"Idañhi tam jetavanam, "This is indeed that Jeta's Grove,

isisanghanisevitam; frequented by the Sangha of hermits,

Āvuttham dhammarājena, where the King of Dhamma stayed:

pītisañjananam mama. *it brings me joy!* 

Kammam vijjā ca dhammo ca, Deeds, knowledge, and principle;

sīlaṃ jīvitamuttamaṃ; ethical conduct, an excellent livelihood;

Etena maccā sujjhanti, by these are mortals purified,

na gottena dhanena vā. not by clan or wealth.

Tasmā hi paṇḍito poso, That's why an astute person,

sampassam atthamattano; seeing what's good for themselves,

Yoniso vicine dhammam, would examine the teaching rationally,

evam tattha visujjhati.

and thus be purified in it.

Sāriputtova paññāya, Sāriputta has true wisdom,

sīlena upasamena ca; ethics, and also peace.

Yopi pāraṅgato bhikkhu, Any mendicant who has crossed over

etāvaparamo siyā"ti. can at best equal him."

#### Idamavoca anāthapindiko devaputto.

This is what the god Anathapindika said,

# Samanuñño satthā ahosi. and the teacher approved.

Atha kho anāthapindiko devaputto:

Then the god Anathapindika,

"samanuñño me satthā"ti bhagavantam abhivādetvā padakkhinam katvā tatthevantaradhāyi.

knowing that the teacher approved, bowed and respectfully circled the Buddha, keeping him on his right, before vanishing right there.

#### Atha kho bhagavā tassā rattiyā accayena bhikkhū āmantesi:

Then, when the night had passed, the Buddha told the mendicants all that had happened.

"imam, bhikkhave, rattim aññataro devaputto abhikkantāya rattiyā abhikkantavaṇṇo kevalakappam jetavanam obhāsetvā yenāham tenupasankami; upasankamitvā mam abhivādetvā ekamantam aṭṭhāsi.

Ekamantam thito kho so devaputto mam gāthāhi ajjhabhāsi:

'Idañhi tam jetavanam,

isisanghanisevitam;

Āvuttham dhammarājena,

pītisañjananam mama.

Kammam vijjā ca dhammo ca,

sīlam jīvitamuttamam;

Etena maccā sujihanti,

na gottena dhanena vā.

Tasmā hi paņdito poso,

sampassam atthamattano;

Yoniso vicine dhammam,

evam tattha visujjhati.

Sāriputtova paññāya,

sīlena upasamena ca;

Yopi pārangato bhikkhu,

etāvaparamo siyā'ti.

Idamavoca, bhikkhave, so devaputto.

'Samanuñño me satthā'ti mam abhivādetvā padakkhinam katvā tatthevantaradhāyī''ti.

## Evam vutte, āyasmā ānando bhagavantam etadavoca:

When he had spoken, Venerable Ananda said to the Buddha:

"so hi nūna so, bhante, anāthapindiko devaputto bhavissati. "Sir, that god must surely have been Ānāthapindika.

Anāthapiṇḍiko, bhante, gahapati āyasmante sāriputte abhippasanno ahosī''ti. For the householder Anāthapindika was devoted to Venerable Sāriputta."

"Sādhu sādhu, ānanda. "Good, good, Ānanda.

Yāvatakam kho, ānanda, takkāya pattabbam, anuppattam tam tayā. You've reached the logical conclusion, as far as logic goes.

# Anāthapiṇḍiko so, ānanda, devaputto"ti. For that was indeed the god Anāthapinḍika."

# Idamavoca bhagavā.

That is what the Buddha said.

Attamano āyasmā ānando bhagavato bhāsitam abhinandīti.

Satisfied, Venerable Ananda was happy with what the Buddha said.

Anāthapindikovādasuttam nitthitam pathamam.

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#### Channovādasutta Advice to Channa

Evam me sutam— So I have heard.

ekam samayam bhagavā rājagahe viharati veļuvane kalandakanivāpe.

At one time the Buddha was staying near Rājagaha, in the Bamboo Grove, the squirrels' feeding ground.

Tena kho pana samayena āyasmā ca sāriputto āyasmā ca mahācundo āyasmā ca channo gijjhakūte pabbate viharanti.

Now at that time the venerables Sāriputta, Mahācunda, and Channa were staying on the Vulture's Peak Mountain.

Tena kho pana samayena āyasmā channo ābādhiko hoti dukkhito bālhagilāno. Now at that time Venerable Channa was sick, suffering, gravely ill.

Atha kho āyasmā sāriputto sāyanhasamayam paṭisallānā vuṭṭhito yenāyasmā mahācundo tenupasaṅkami; upasaṅkamitvā āyasmantam mahācundam etadavoca:

Then in the late afternoon, Venerable Sāriputta came out of retreat, went to Venerable Mahācunda and said to him.

- "āyāmāvuso cunda, yenāyasmā channo tenupasankamissāma gilānapucchakā"ti. "Come, Reverend Cunda, let's go to see Venerable Channa and ask about his illness."
- "Evamāvuso"ti kho āyasmā mahācundo āyasmato sāriputtassa paccassosi. "Yes, reverend," replied Mahācunda.

Atha kho āyasmā ca sāriputto āyasmā ca mahācundo yenāyasmā channo tenupasankamiṃsu; upasankamitvā āyasmatā channena saddhiṃ sammodiṃsu. And then Sāriputta and Mahācunda went to see Channa and exchanged greetings with him.

Sammodanīyam katham sāranīyam vītisāretvā ekamantam nisīdimsu. Ekamantam nisinno kho āyasmā sāriputto āyasmantam channam etadavoca:

When the greetings and polite conversation were over, they sat down to one side. Then Sāriputta said to Channa,

"kacci te, āvuso channa, khamanīyam, kacci yāpanīyam? Kacci te dukkhā vedanā patikkamanti, no abhikkamanti; patikkamosānam paññāyati, no abhikkamo"ti? 
"I hope you're keeping well, Reverend Channa; I hope you're alright. I hope that your pain is fading, not growing, that its fading is evident, not its growing."

"Na me, āvuso sāriputta, khamanīyam na yāpanīyam. Bālhā me dukkhā vedanā abhikkamanti, no patikkamanti; abhikkamosānam paññāyati, no patikkamo.

"Reverend Sāriputta, I'm not keeping well, I'm not alright. The pain is terrible and growing, not fading; its growing is evident, not its fading.

Seyyathāpi, āvuso sāriputta, balavā puriso tiņhena sikharena muddhani abhimattheyya; evameva kho me, āvuso sāriputta, adhimattā vātā muddhani ūhananti.

The winds piercing my head are so severe, it feels like a strong man drilling into my head with a sharp point.

Na me, āvuso sāriputta, khamanīyam na yāpanīyam. Bālhā me dukkhā vedanā abhikkamanti, no paṭikkamanti; abhikkamosānam paññāyati no paṭikkamo.

Seyyathāpi, āvuso sāriputta, balavā puriso daļhena varattakkhandena sīse sīsavetham dadeyya; evameva kho me, āvuso sāriputta, adhimattā sīse sīsavedanā. The pain in my head is so severe, it feels like a strong man tightening a tough leather strap around my head.

Na me, āvuso sāriputta, khamanīyam na yāpanīyam. Bālhā me dukkhā vedanā abhikkamanti, no patikkamanti; abhikkamosānam paññāyati, no patikkamo.

Seyyathāpi, āvuso sāriputta, dakkho goghātako vā goghātakantevāsī vā tiņhena govikantanena kucchim parikanteyya; evameva kho me, āvuso sāriputta, adhimattā vātā kucchim parikantanti.

The winds piercing my belly are so severe, it feels like a deft butcher or their apprentice is slicing my belly open with a meat cleaver.

Na me, āvuso sāriputta, khamanīyam na yāpanīyam. Bāļhā me dukkhā vedanā abhikkamanti, no patikkamanti; abhikkamosānam paññāyati, no patikkamo.

Seyyathāpi, āvuso sāriputta, dve balavanto purisā dubbalataram purisam nānābāhāsu gahetvā angārakāsuyā santāpeyyum samparitāpeyyum; evameva kho me, āvuso sāriputta, adhimatto kāyasmim dāho.

The burning in my body is so severe, it feels like two strong men grabbing a weaker man by the arms to burn and scorch him on a pit of glowing coals.

Na me, āvuso sāriputta, khamanīyam na yāpanīyam. Bāļhā me dukkhā vedanā abhikkamanti, no paṭikkamanti; abhikkamosānam paññāyati, no paṭikkamo.

I'm not keeping well, I'm not alright. The pain is terrible and growing, not fading; its growing is evident, not its fading.

Sattham, āvuso sāriputta, āharissāmi, nāvakankhāmi jīvitan"ti. Reverend Sāriputta, I will slit my wrists. I don't wish to live."

"Māyasmā channo sattham āharesi.

"Please don't slit your wrists!

Yāpetāyasmā channo. Yāpentam mayam āyasmantam channam icchāma. Venerable Channa, keep going! We want you to keep going.

Sace āyasmato channassa natthi sappāyāni bhojanāni, aham āyasmato channassa sappāyāni bhojanāni pariyesissāmi.

If you don't have any suitable food, we'll find it for you.

Sace āyasmato channassa natthi sappāyāni bhesajjāni, aham āyasmato channassa sappāyāni bhesajjāni pariyesissāmi.

If you don't have suitable medicine, we'll find it for you.

Sace āyasmato channassa natthi patirūpā upaṭṭhākā, ahaṃ āyasmantaṃ channaṃ upatthahissāmi.

If you don't have a capable carer, we'll find one for you.

Māyasmā channo sattham āharesi.

Please don't slit your wrists!

Yāpetāyasmā channo. Yāpentam mayam āyasmantam channam icchāmā"ti. Venerable Channa, keep going! We want you to keep going."

"Napi me, āvuso sāriputta, natthi sappāyāni bhojanāni; "Reverend Sāriputta, it's not that I don't have suitable food,

napi me natthi sappāyāni bhesajjāni;

or suitable medicine,

napi me natthi patirūpā upaṭṭhākā;

or a capable carer.

api cāvuso sāriputta, pariciṇṇo me satthā dīgharattaṃ manāpeneva no amanāpena. *Moreover, for a long time now I have served the Teacher with love, not without love.* 

Etañhi, āvuso sāriputta, sāvakassa patirūpam yam satthāram paricareyya manāpeneva no amanāpena.

For it is proper for a disciple to serve the Teacher with love, not without love.

'Anupavajjam channo bhikkhu sattham āharissatī'ti evametam, āvuso sāriputta, dhārehī''ti.

You should remember this: 'The mendicant Channa slit his wrists blamelessly.'"

"Puccheyyāma mayam āyasmantam channam kañcideva desam, sace āyasmā channo okāsam karoti pañhassa veyyākaranāyā"ti.

"I'd like to ask you about a certain point, if you'd take the time to answer."

"Pucchāvuso sāriputta, sutvā vedissāmī"ti.

"Ask, Reverend Sariputta. When I've heard it I'll know."

"Cakkhum, āvuso channa, cakkhuviññāṇam cakkhuviññāṇaviññātabbe dhamme 'etam mama, esohamasmi, eso me attā'ti samanupassasi?

"Reverend Channa, do you regard the eye, eye consciousness, and things knowable by eye consciousness in this way: 'This is mine, I am this, this is my self'?

Sotam, āvuso channa, sotaviññāṇam ... pe ... Do you regard the ear ...

ghānam, āvuso channa, ghānaviññāṇam ...

jivham, āvuso channa, jivhāviññāṇam ... tongue ...

kāyam, āvuso channa, kāyaviññāṇam ... body ...

manam, āvuso channa, manoviññāṇam manoviññāṇaviññātabbe dhamme 'etam mama, esohamasmi, eso me attā'ti samanupassasī''ti?

mind, mind consciousness, and things knowable by mind consciousness in this way: 'This is mine, I am this, this is my self'?"

"Cakkhum, āvuso sāriputta, cakkhuviññāṇam cakkhuviññāṇaviññātabbe dhamme 'netam mama, nesohamasmi, na meso attā'ti samanupassāmi.

"Reverend Sāriputta, I regard the eye, eye consciousness, and things knowable by eye consciousness in this way: 'This is not mine, I am not this, this is not my self.'

Sotam, āvuso sāriputta ... pe ... *I regard the ear* ...

ghānam, āvuso sāriputta ...

jivham, āvuso sāriputta ...

kāyam, āvuso sāriputta ... body ...

manam, āvuso sāriputta, manoviññāṇam manoviññāṇaviññātabbe dhamme 'netam mama, nesohamasmi, na meso attā'ti samanupassāmī''ti.

mind, mind consciousness, and things knowable by mind consciousness in this way: 'This is not mine, I am not this, this is not my self'."

"Cakkhusmim, āvuso channa, cakkhuviññāne cakkhuviññānaviññātabbesu dhammesu kim disvā kim abhiññāya cakkhum cakkhuviññānam cakkhuviññānaviññātabbe dhamme 'netam mama, nesohamasmi, na meso attā'ti samanupassasi?

"Reverend Channa, what have you seen, what have you directly known in these things that you regard them in this way: 'This is not mine, I am not this, this is not my self'?"

Sotasmim, āvuso channa, sotaviññāne ...

ghānasmim, āvuso channa, ghānaviññāņe ...

jivhāya, āvuso channa, jivhāviññāne ...

kāyasmim, āvuso channa, kāyaviññāne ...

manasmim, āvuso channa, manoviññāne manoviññānaviññātabbesu dhammesu kim disvā kim abhiññāya manam manoviññāṇam manoviññāṇaviññātabbe dhamme 'netam mama, nesohamasmi, na meso attā'ti samanupassasī"ti?

"Cakkhusmim, āvuso sāriputta, cakkhuviññāņe cakkhuviññāṇaviññātabbesu dhammesu nirodham disvā nirodham abhiññaya cakkhum cakkhuviññanam cakkhuviññānaviññātabbe dhamme 'netam mama, nesohamasmi, na meso attā'ti samanupassāmi.

"Reverend Sāriputta, after seeing cessation, after directly knowing cessation in these things I regard them in this way: 'This is not mine, I am not this, this is not my self'."

Sotasmim, āvuso sāriputta, sotaviññāne ...

ghānasmim, āvuso sāriputta, ghānaviññāne ...

jivhāya, āvuso sāriputta, jivhāviññāne ...

kāyasmim, āvuso sāriputta, kāyaviññāne ...

manasmim, āvuso sāriputta, manoviññāne manoviññānaviññātabbesu dhammesu nirodham disvā nirodham abhiññāya manam manoviññānam manoviññanaviññatabbe dhamme 'netam mama, nesohamasmi, na meso atta'ti samanupassāmī"ti.

# Evam vutte, āyasmā mahācundo āyasmantam channam etadavoca:

When he said this, Venerable Mahācunda said to Venerable Channa:

"tasmātiha, āvuso channa, idampi tassa bhagavato sāsanam, niccakappam manasi

"So, Reverend Channa, you should pay close attention to this instruction of the Buddha whenever you can:

#### 'nissitassa calitam, anissitassa calitam natthi.

'For the dependent there is agitation. For the independent there's no agitation.

#### Calite asati passaddhi,

When there's no agitation there is tranquility.

#### passaddhiyā sati nati na hoti.

When there is tranquility there's no inclination.

#### Natiyā asati āgatigati na hoti.

When there's no inclination there's no coming and going.

#### Agatigatiyā asati cutūpapāto na hoti.

When there's no coming and going there's no passing away and reappearing.

### Cutūpapāte asati nevidha na huram na ubhayamantarena.

When there's no passing away and reappearing there's no this world or world beyond or between the two.

# Esevanto dukkhassā""ti.

Just this is the end of suffering."

Atha kho āyasmā ca sāriputto āyasmā ca mahācundo āyasmantam channam iminā ovādena ovaditvā utthāyāsanā pakkamimsu.

And when the venerables Sāriputta and Mahācunda had given Venerable Channa this advice they got up from their seat and left.

Atha kho āyasmā channo acirapakkante āyasmante ca sāriputte āyasmante ca mahācunde sattham āharesi.

Not long after those venerables had left, Venerable Channa slit his wrists.

Atha kho āyasmā sāriputto yena bhagavā tenupasankami; upasankamitvā bhagavantam abhivādetvā ekamantam nisīdi. Ekamantam nisinno kho āyasmā sāriputto bhagavantam etadavoca:

Then Sariputta went up to the Buddha, bowed, sat down to one side, and said to him,

"āyasmatā, bhante, channena sattham āharitam.

"Sir, Venerable Channa has slit his wrists."

Tassa kā gati, ko abhisamparāyo"ti?

Where has he been reborn in his next life?"

"Nanu te, sāriputta, channena bhikkhunā sammukhāyeva anupavajjatā byākatā"ti? "Sāriputta, didn't the mendicant Channa declare his blamelessness to you personally?"

"Atthi, bhante, pubbajiram nāma vajjigāmo.

"Sir, there is a Vajjian village named Pubbavijjhana

Tatthāyasmato channassa mittakulāni suhajjakulāni upavajjakulānī''ti. where Channa had families with whom he was friendly, intimate, and familiar."

"Honti hete, sāriputta, channassa bhikkhuno mittakulāni suhajjakulāni upavajjakulāni.

"The mendicant Channa did indeed have such families.

Nāham, sāriputta, ettāvatā 'saupavajjo'ti vadāmi.

But this is not enough for me to call someone 'blameworthy'.

Yo kho, sāriputta, imañca kāyam nikkhipati aññañca kāyam upādiyati tamaham 'saupavajjo'ti vadāmi.

When someone lays down this body and takes up another body, I call them 'blameworthy'.

Tam channassa bhikkhuno natthi.

But the mendicant Channa did no such thing.

'Anupavajjo channo bhikkhu sattham āharesī'ti evametam, sāriputta, dhārehī'ti.

You should remember this: 'The mendicant Channa slit his wrists blamelessly.'"

Idamavoca bhagavā.

That is what the Buddha said.

Attamano āyasmā sāriputto bhagavato bhāsitam abhinandīti.

Satisfied, Venerable Sāriputta was happy with what the Buddha said.

Channovādasuttam nitthitam dutiyam.

#### Majjhima Nikāya 145 Middle Discourses 145

#### Puṇṇovādasutta Ādvice to Punna

### Evam me sutam— So I have heard.

ekam samayam bhagavā sāvatthiyam viharati jetavane anāthapindikassa ārāme. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapindika's monastery.

Atha kho āyasmā puṇṇo sāyanhasamayam paṭisallānā vuṭṭhito yena bhagavā tenupasankami; upasankamitvā bhagavantam abhivādetvā ekamantam nisīdi. Ekamantam nisinno kho āyasmā punno bhagavantam etadavoca:

Then in the late afternoon, Venerable Punna came out of retreat and went to the Buddha. He bowed, sat down to one side, and said to the Buddha,

"sādhu maṃ, bhante, bhagavā saṃkhittena ovādena ovadatu, yamahaṃ bhagavato dhammaṃ sutvā eko vūpakaṭṭho appamatto ātāpī pahitatto vihareyyan"ti.

"Sir, may the Buddha please teach me Dhamma in brief. When I've heard it, I'll live alone, withdrawn, diligent, keen, and resolute."

"Tena hi, punna, sunāhi, sādhukam manasi karohi; bhāsissāmī"ti. "Well then, Punna, listen and pay close attention, I will speak."

"Evam, bhante"ti kho āyasmā puṇṇo bhagavato paccassosi. "Yes, sir," replied Punna.

# Bhagavā etadavoca:

The Buddha said this:

"Santi kho, puṇṇa, cakkhuviññeyyā rūpā iṭṭhā kantā manāpā piyarūpā kāmūpasamhitā rajanīyā.

"Punna, there are sights known by the eye that are likable, desirable, agreeable, pleasant, sensual, and arousing.

Tañce bhikkhu abhinandati abhivadati ajjhosāya tiṭṭhati. *If a mendicant approves, welcomes, and keeps clinging to them,* 

Tassa tam abhinandato abhivadato ajjhosāya tiṭṭhato uppajjati nandī. this gives rise to relishing.

'Nandīsamudayā dukkhasamudayo, puṇṇā'ti vadāmi. Relishing is the origin of suffering, I say.

Santi kho, puṇṇa, sotaviññeyyā saddā ...

There are sounds known by the ear ...

ghānaviññeyyā gandhā ... smells known by the nose ...

jivhāviññeyyā rasā ... tastes known by the tongue ...

kāyaviññeyyā photthabbā ... touches known by the body ...

manoviññeyyā dhammā iṭṭhā kantā manāpā piyarūpā kāmūpasaṃhitā rajanīyā. thoughts known by the mind that are likable, desirable, agreeable, pleasant, sensual, and arousing.

Tañce bhikkhu abhinandati abhivadati ajjhosāya tiṭṭhati. If a mendicant approves, welcomes, and keeps clinging to them,

Tassa tam abhinandato abhivadato ajjhosāya tiṭṭhato uppajjati nandī. this gives rise to relishing.

'Nandīsamudayā dukkhasamudayo, puņņā'ti vadāmi.

Relishing is the origin of suffering, I say.

Santi ca kho, puṇṇa, cakkhuviññeyyā rūpā iṭṭhā kantā manāpā piyarūpā kāmūpasamhitā rajanīyā.

There are sights known by the eye that are likable, desirable, agreeable, pleasant, sensual, and arousing.

Tañce bhikkhu nābhinandati nābhivadati nājjhosāya titthati.

If a mendicant doesn't approve, welcome, and keep clinging to them,

Tassa tam anabhinandato anabhivadato anajjhosāya tiṭṭhato nandī nirujjhati. relishing ceases.

'Nandīnirodhā dukkhanirodho, punnā'ti vadāmi.

When relishing ceases, suffering ceases, I say.

Santi ca kho, punna, sotaviññeyyā saddā ...

There are sounds known by the ear ...

ghānaviñneyyā gandhā ...

smells known by the nose ...

jivhāviñneyyā rasā ...

tastes known by the tongue ...

kāyaviññeyyā photthabbā ... touches known by the body ...

manoviññeyyā dhammā iṭṭhā kantā manāpā piyarūpā kāmūpasaṃhitā rajanīyā.

thoughts known by the mind that are likable, desirable, agreeable, pleasant, sensual, and arousing.

Tañce bhikkhu nābhinandati nābhivadati nājjhosāya titthati.

If a mendicant doesn't approve, welcome, and keep clinging to them,

Tassa tam anabhinandato anabhivadato anajjhosāya tiṭṭhato nandī nirujjhati. relishing ceases.

'Nandīnirodhā dukkhanirodho, punnā'ti vadāmi.

When relishing ceases, suffering ceases, I say.

Iminā ca tvam, punna, mayā sankhittena ovādena ovadito katarasmim janapade viharissasī''ti?

Punna, now that I've given you this brief advice, what country will you live in?"

"Imināham, bhante, bhagavatā sankhittena ovādena ovadito, atthi sunāparanto nāma janapado, tatthāham viharissāmī"ti.

"Sir, there's a country named Sunaparanta. I shall live there."

"Candā kho, punna, sunāparantakā manussā;

"The people of Sunaparanta are wild and rough, Punna.

pharusā kho, puņņa, sunāparantakā manussā.

Sace tam, punna, sunāparantakā manussā akkosissanti paribhāsissanti, tattha te, punna, kinti bhavissatī'ti?

If they abuse and insult you, what will you think of them?"

"Sace mam, bhante, sunāparantakā manussā akkosissanti paribhāsissanti, tattha me evam bhavissati:

"If they abuse and insult me, I will think:

'bhaddakā vatime sunāparantakā manussā, subhaddakā vatime sunāparantakā manussā, yam me nayime pāṇinā pahāram dentī'ti.

'These people of Sunāparanta are gracious, truly gracious, since they don't hit me with their fists.'

# Evamettha, bhagavā, bhavissati;

That's what I'll think, Blessed One.

## evamettha, sugata, bhavissatī"ti.

That's what I'll think, Holy One."

"Sace pana te, puṇṇa, sunāparantakā manussā pāṇinā pahāraṃ dassanti, tattha pana te, punna, kinti bhavissatī"ti?

"But if they do hit you with their fists, what will you think of them then?"

"Sace me, bhante, sunāparantakā manussā pāṇinā pahāraṃ dassanti, tattha me evaṃ bhavissati:

"If they hit me with their fists, I'll think:

'bhaddakā vatime sunāparantakā manussā, subhaddakā vatime sunāparantakā manussā, yam me nayime leddunā pahāram dentī'ti.

'These people of Sunāparanta are gracious, truly gracious, since they don't throw stones at me'

#### Evamettha, bhagavā, bhavissati;

That's what I'll think, Blessed One.

#### evamettha, sugata, bhavissatī"ti.

That's what I'll think, Holy One."

"Sace pana te, punna, sunāparantakā manussā leddunā pahāram dassanti, tattha pana te, punna, kinti bhavissatī"ti?

"But if they do throw stones at you, what will you think of them then?"

"Sace me, bhante, sunāparantakā manussā leḍḍunā pahāraṃ dassanti, tattha me evam bhavissati:

"If they throw stones at me, I'll think:

'bhaddakā vatime sunāparantakā manussā, subhaddakā vatime sunāparantakā manussā, yam me nayime daņḍena pahāram dentī'ti.

'These people of Sunāparanta are gracious, truly gracious, since they don't beat me with a club.'

#### Evamettha, bhagavā, bhavissati;

That's what I'll think, Blessed One.

## evamettha, sugata, bhavissatī''ti.

That's what I'll think, Holy One."

"Sace pana te, punna, sunāparantakā manussā daņdena pahāram dassanti, tattha pana te, punna, kinti bhavissatī"ti?

"But if they do beat you with a club, what will you think of them then?"

"Sace me, bhante, sunāparantakā manussā daņḍena pahāraṃ dassanti, tattha me evam bhavissati:

"If they beat me with a club, I'll think:

'bhaddakā vatime sunāparantakā manussā, subhaddakā vatime sunāparantakā manussā, yam me nayime satthena pahāram dentī'ti.

'These people of Sunāparanta are gracious, truly gracious, since they don't stab me with a knife.'

#### Evamettha, bhagavā, bhavissati;

That's what I'll think, Blessed One.

#### evamettha, sugata, bhavissatī''ti.

That's what I'll think, Holy One."

"Sace pana te, puṇṇa, sunāparantakā manussā satthena pahāraṃ dassanti, tattha pana te, punna, kinti bhavissatī"ti?

"But if they do stab you with a knife, what will you think of them then?"

"Sace me, bhante, sunāparantakā manussā satthena pahāram dassanti, tattha me evam bhavissati:

"If they stab me with a knife, I'll think:

'bhaddakā vatime sunāparantakā manussā, subhaddakā vatime sunāparantakā manussā, yam mam nayime tiņhena satthena jīvitā voropentī'ti.

'These people of Sunāparanta are gracious, truly gracious, since they don't take my life with a sharp knife.'

### Evamettha, bhagavā, bhavissati;

That's what I'll think. Blessed One.

evamettha, sugata, bhavissatī'ti.

That's what I'll think, Holy One."

"Sace pana tam, punna, sunāparantakā manussā tinhena satthena jīvitā voropessanti, tattha pana te, punna, kinti bhavissatī"ti?

"But if they do take your life with a sharp knife, what will you think of them then?"

"Sace maṃ, bhante, sunāparantakā manussā tiņhena satthena jīvitā voropessanti, tattha me evam bhavissati:

"If they take my life with a sharp knife, I'll think:

'santi kho bhagavato sāvakā kāye ca jīvite ca aṭṭīyamānā harāyamānā jigucchamānā satthahārakaṃ pariyesanti. Taṃ me idaṃ apariyiṭṭhaṃyeva satthahārakaṃ laddhan'ti.

'There are disciples of the Buddha who looked for someone to assist with slitting their wrists because they were horrified, repelled, and disgusted with the body and with life. And I have found this without looking!'

#### Evamettha, bhagavā, bhavissati;

That's what I'll think, Blessed One.

#### evamettha, sugata, bhavissatī''ti.

That's what I'll think, Holy One."

### "Sādhu sādhu, puṇṇa.

"Good, good Punna!

Sakkhissasi kho tvam, punna, imina damupasamena samannagato sunaparantasmim janapade viharitum.

Having such self-control and peacefulness, you will be quite capable of living in Sunaparanta.

#### Yassadāni tvam, punna, kālam maññasī"ti.

Now, Punna, go at your convenience."

Atha kho āyasmā puṇṇo bhagavato bhāsitam abhinanditvā anumoditvā uṭṭhāyāsanā bhagavantam abhivādetvā padakkhiṇam katvā senāsanam saṃsāmetvā pattacīvaramādāya yena sunāparanto janapado tena cārikam pakkāmi.

And then Punna welcomed and agreed with the Buddha's words. He got up from his seat, bowed, and respectfully circled the Buddha, keeping him on his right. Then he set his lodgings in order and, taking his bowl and robe, set out for Sunāparanta.

Anupubbena cārikam caramāno yena sunāparanto janapado tadavasari.

Traveling stage by stage, he arrived at Sunāparanta,

Tatra sudam āyasmā puṇṇo sunāparantasmim janapade viharati. and staved there.

Atha kho āyasmā puņņo tenevantaravassena pañcamattāni upāsakasatāni paṭivedesi, tenevantaravassena pañcamattāni upāsikasatāni paṭivedesi, tenevantaravassena tisso vijjā sacchākāsi.

Within that rainy season he confirmed around five hundred male and five hundred female lay followers. And within that same rainy season he realized the three knowledges.

#### Atha kho āyasmā punno aparena samayena parinibbāyi.

Some time later he became fully extinguished.

Atha kho sambahulā bhikkhū yena bhagavā tenupasankamimsu; upasankamitvā bhagavantam abhivādetvā ekamantam nisīdimsu. Ekamantam nisinnā kho te bhikkhū bhagavantam etadavocum:

Then several mendicants went up to the Buddha, bowed, sat down to one side, and said to him,

"yo so, bhante, puṇṇo nāma kulaputto bhagavatā saṃkhittena ovādena ovadito so kālankato.

"Sir, the gentleman named Punna, who was advised in brief by the Buddha, has passed away.

#### Tassa kā gati, ko abhisamparāyo"ti?

Where has he been reborn in his next life?"

"Paṇḍito, bhikkhave, puṇṇo kulaputto paccapādi dhammassānudhammam, na ca maṃ dhammādhikaraṇaṃ vihethesi.

"Mendicants, Punna was astute. He practiced in line with the teachings, and did not trouble me about the teachings.

#### Parinibbuto, bhikkhave, punno kulaputto"ti.

Punna has become completely extinguished."

# Idamavoca bhagavā.

That is what the Buddha said.

#### Attamanā te bhikkhū bhagavato bhāsitam abhinandunti.

Satisfied, the mendicants were happy with what the Buddha said.

Punnovādasuttam nitthitam tatiyam.

#### Majjhima Nikāya 146 Middle Discourses 146

#### Nandakovādasutta Advice from Nandaka

#### Evam me sutam— So I have heard.

ekam samayam bhagavā sāvatthiyam viharati jetavane anāthapindikassa ārāme. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapindika's monastery.

Atha kho mahāpajāpatigotamī pañcamattehi bhikkhunisatehi saddhim yena bhagavā tenupasankami; upasankamitvā bhagavantam abhivādetvā ekamantam aṭṭhāsi. Ekamantam thitā kho mahāpajāpatigotamī bhagavantam etadavoca:

Then Mahāpajāpatī Gotamī together with around five hundred nuns approached the Buddha, bowed, stood to one side, and said to him,

"ovadatu, bhante, bhagavā bhikkhuniyo; "Sir, may the Buddha please advise

anusāsatu, bhante, bhagavā bhikkhuniyo;

karotu, bhante, bhagavā bhikkhunīnam dhammim kathan"ti. Please give the nuns a Dhamma talk."

Tena kho pana samayena therā bhikkhū bhikkhuniyo ovadanti pariyāyena. Now at that time the senior monks were taking turns to advise the nuns.

Äyasmā nandako na icchati bhikkhuniyo ovaditum pariyāyena.

But Venerable Nandaka didn't want to take his turn.

Atha kho bhagavā āyasmantam ānandam āmantesi:

Then the Buddha said to Venerable Ānanda,

"kassa nu kho, ānanda, ajja pariyāyo bhikkhuniyo ovaditum pariyāyenā"ti? "Ānanda, whose turn is it to advise the nuns today?"

"Sabbeheva, bhante, kato pariyāyo bhikkhuniyo ovaditum pariyāyena. "It's Nandaka's turn, sir,

Ayam, bhante, āyasmā nandako na icchati bhikkhuniyo ovaditum pariyāyenā"ti. but he doesn't want to do it."

# Atha kho bhagavā āyasmantam nandakam āmantesi:

Then the Buddha said to Nandaka,

# "ovada, nandaka, bhikkhuniyo;

"Nandaka, please advise

# anusāsa, nandaka, bhikkhuniyo;

and instruct the nuns.

karohi tvam, brāhmana, bhikkhunīnam dhammim kathan"ti.

Please, brahmin, give the nuns a Dhamma talk."

"Evam, bhante"ti kho āyasmā nandako bhagavato paṭissutvā pubbanhasamayam nivāsetvā pattacīvaramādāya sāvatthim pinḍāya pāvisi.

"Yes, sir," replied Nandaka. Then, in the morning, he robed up and, taking his bowl and robe, entered Sāvatthī for alms.

Sāvatthiyam piṇḍāya caritvā pacchābhattam piṇḍapātapaṭikkanto attadutiyo yena rājakārāmo tenupasaṅkami.

He wandered for alms in Sāvatthī. After the meal, on his return from alms-round, he went to the Royal Monastery with a companion.

Addasaṃsu kho tā bhikkhuniyo āyasmantaṃ nandakaṃ dūratova āgacchantaṃ. *Those nuns saw him coming off in the distance*,

Disvāna āsanam paññāpesum, udakañca pādānam upaṭṭhapesum.

so they spread out a seat and placed water for washing the feet.

Nisīdi kho āyasmā nandako paññatte āsane.

Nandaka sat down on the seat spread out,

Nisajja pāde pakkhālesi.

and washed his feet.

Tāpi kho bhikkhuniyo āyasmantam nandakam abhivādetvā ekamantam nisīdimsu. *Those nuns bowed, and sat down to one side.* 

Ekamantam nisinnā kho tā bhikkhuniyo āyasmā nandako etadavoca:

Nandaka said to them,

"paṭipucchakathā kho, bhaginiyo, bhavissati.

"Sisters, this talk shall be in the form of questions.

Tattha ājānantīhi: 'ājānāmā' tissa vacanīyam, na ājānantīhi: 'na ājānāmā' tissa vacanīyam.

When you understand, say so. When you don't understand, say so.

Yassā vā panassa kankhā vā vimati vā ahameva tattha paṭipucchitabbo:

If anyone has a doubt or uncertainty, ask me about it:

'idam, bhante, katham; imassa kvattho'"ti?
'Why, sir, does it say this? What does that mean?'"

"Ettakenapi mayam, bhante, ayyassa nandakassa attamanā abhiraddhā yam no ayyo nandako pavāretī"ti.

"We're already delighted and satisfied with Venerable Nandaka, since he invites us like this."

"Tam kim maññatha, bhaginiyo,

"What do you think, sisters?

cakkhu niccam vā aniccam vā "ti?

Is the eye permanent or impermanent?"

"Aniccam, bhante".

"Impermanent, sir."

"Yam panāniccam dukkham vā tam sukham vā"ti?

"But if it's impermanent, is it suffering or happiness?"

"Dukkham, bhante".

"Suffering, sir."

"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum: "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:

'etam mama, esohamasmi, eso me attā'"ti?

'This is mine, I am this, this is my self'?"

"No hetam, bhante".

"No, sir.

"Taṃ kiṃ maññatha, bhaginiyo,

"What do you think, sisters?

sotam niccam vā aniccam vā"ti?

"Aniccam, bhante ... pe ...

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ghānam niccam vā aniccam vā"ti?
  nose
"Aniccam, bhante" ...
"jivhā niccā vā aniccā vā"ti?
  tongue ...
"Aniccā, bhante" ...
"kāyo nicco vā anicco vā"ti?
  body ...
"Anicco, bhante" ...
"mano nicco vā anicco vā"ti?
  mind permanent or impermanent?"
"Anicco, bhante".
   "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No. sir.
"Tam kissa hetu"?
   Why is that?
"Pubbeva no etam, bhante, yathābhūtam sammappaññāya sudiṭṭham:
   Because we have already truly seen this with right wisdom:
'itipime cha ajjhattikā āyatanā aniccā'"ti.
   'So these six interior sense fields are impermanent.'"
"Sādhu sādhu, bhaginiyo.
   "Good, good, sisters!
Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.
   That's how it is for a noble disciple who truly sees with right wisdom.
Tam kim maññatha, bhaginiyo,
   What do you think, sisters?
rūpā niccā vā aniccā vā"ti?
  Are sights permanent or impermanent?"
"Aniccā, bhante".
   "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if they're impermanent, are they suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
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"But if they're impermanent, suffering, and perishable, are they fit to be regarded thus:

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'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No. sir.;
"Tam kim maññatha, bhaginiyo,
   "What do you think, sisters?
saddā niccā vā aniccā vā"ti?
  Are sounds
"Aniccā, bhante ... pe ...
gandhā niccā vā aniccā vā"ti?
  smells
"Aniccā, bhante" ...
"rasā niccā vā aniccā vā"ti?
   tastes
"Aniccā, bhante" ...
"photthabbā niccā vā aniccā vā"ti?
  touches ...
"Aniccā, bhante" ...
"dhammā niccā vā aniccā vā"ti?
  thoughts permanent or impermanent?"
"Aniccā, bhante".
"Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if they're impermanent, are they suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if they're impermanent, suffering, and perishable, are they fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No. sir.
"Tam kissa hetu"?
   Why is that?
"Pubbeva no etam, bhante, yathābhūtam sammappaññāya sudittham:
   Because we have already truly seen this with right wisdom:
'itipime cha bāhirā āyatanā aniccā'"ti.
   'So these six exterior sense fields are impermanent.'"
"Sādhu sādhu, bhaginiyo.
   "Good, good, sisters!
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Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.

That's how it is for a noble disciple who truly sees with right wisdom.

Taṃ kiṃ mañnatha, bhaginiyo, What do you think, sisters?

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cakkhuviññānam niccam vā aniccam vā"ti?
  Is eye consciousness ...
"Aniccam, bhante".
"Yam panāniccam dukkham vā tam sukham vā"ti?
"Dukkham, bhante".
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
'etam mama, esohamasmi, eso me attā'"ti?
"No hetam, bhante".
"Tam kim maññatha, bhaginiyo, sotaviññānam niccam vā aniccam vā"ti?
  ear consciousness ...
"Aniccam, bhante ... pe ...
ghānaviññāṇam niccam vā aniccam vā"ti?
  nose consciousness ...
"Aniccam, bhante" ...
"jivhāviññānam niccam vā aniccam vā"ti?
  tongue consciousness ...
"Aniccam, bhante" ...
"kāyaviññānam niccam vā aniccam vā"ti?
  body consciousness ...
"Aniccam, bhante" ...
"manoviññānam niccam vā aniccam vā"ti?
  mind consciousness permanent or impermanent?"
"Aniccam, bhante".
  "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vāti"?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
  "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No, sir.
"Tam kissa hetu"?
  Why is that?
"Pubbeva no etam, bhante, yathābhūtam sammappaññāya sudittham:
  Because we have already truly seen this with right wisdom:
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'itipime cha viññāṇakāyā aniccā'"ti.

'So these six classes of consciousness are impermanent."

"Sādhu sādhu, bhaginiyo.

"Good, good, sisters!

Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato. *That's how it is for a noble disciple who truly sees with right wisdom.* 

Seyyathāpi, bhaginiyo, telappadīpassa jhāyato telampi aniccam viparināmadhammam, vaṭṭipi aniccā viparināmadhammā, accipi aniccā viparināmadhammā. ābhāpi aniccā viparināmadhammā.

Suppose there was an oil lamp burning. The oil, wick, flame, and light were all impermanent and perishable.

Yo nu kho, bhaginiyo, evam vadeyya:

Now, suppose someone was to say:

'amussa telappadīpassa jhāyato telampi aniccam vipariņāmadhammam, vaṭṭipi aniccā vipariṇāmadhammā, accipi aniccā vipariṇāmadhammā;

While this oil lamp is burning, the oil, the wick, and the flame are all impermanent and perishable.

yā ca khvāssa ābhā sā niccā dhuvā sassatā aviparināmadhammā'ti; But the light is permanent, lasting, eternal, and imperishable.'

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti? Would they be speaking rightly?"

"No hetam, bhante".

"No. sir.

"Tam kissa hetu"?
Why is that?

"Amussa hi, bhante, telappadīpassa jhāyato telampi aniccam viparināmadhammam, vaṭṭipi aniccā viparināmadhammā, accipi aniccā viparināmadhammā;

Because that oil lamp's oil, wick, and flame are all impermanent and perishable,

pagevassa ābhā aniccā viparināmadhammā"ti.

let alone the light."

"Evameva kho, bhaginiyo, yo nu kho evam vadeyya:

"In the same way, suppose someone was to say:

'cha khome ajjhattikā āyatanā aniccā;

'These six interior sense fields are impermanent.

yañca kho cha ajjhattike āyatane paţicca paṭisaṃvedeti sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā taṃ niccaṃ dhuvaṃ sassataṃ avipariṇāmadhamman'ti;

But the feeling—whether pleasant, painful, or neutral—that I experience due to these six interior sense fields is permanent, lasting, eternal, and imperishable.'

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti? Would they be speaking rightly?"

"No hetam, bhante".

"No, sir.

"Tam kissa hetu"?

Why is that?

"Tajjam tajjam, bhante, paccayam paticca tajjā tajjā vedanā uppajjanti.

Because each kind of feeling arises dependent on the corresponding condition.

Tajjassa tajjassa paccayassa nirodhā tajjā tajjā vedanā nirujjhantī"ti.

When the corresponding condition ceases, the appropriate feeling ceases."

"Sādhu sādhu, bhaginiyo.

"Good, good, sisters!

Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato. That's how it is for a noble disciple who truly sees with right wisdom.

Seyyathāpi, bhaginiyo, mahato rukkhassa titthato sāravato mūlampi aniccam viparināmadhammam, khandhopi anicco viparināmadhammo, sākhāpalāsampi aniccam viparināmadhammam, chāyāpi aniccā viparināmadhammā.

Suppose there was a large tree standing with heartwood. The roots, trunk, branches and leaves, and shadow were all impermanent and perishable.

Yo nu kho, bhaginiyo, evam vadeyya:

Now, suppose someone was to say:

'amussa mahato rukkhassa titthato sāravato mūlampi aniccam viparināmadhammam, khandhopi anicco viparināmadhammo, sākhāpalāsampi aniccam viparināmadhammam, yā ca khvāssa chāyā sā niccā dhuvā sassatā aviparināmadhammā'ti;

There's a large tree standing with heartwood. The roots, trunk, and branches and leaves are all impermanent and perishable. But the shadow is permanent, lasting, eternal, and imperishable.'

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti?

Would they be speaking rightly?"

"No hetam, bhante".

"No. sir.

"Tam kissa hetu"?

Why is that?

"Amussa hi, bhante, mahato rukkhassa titthato sāravato mūlampi aniccam viparināmadhammam, khandhopi anicco viparināmadhammo, sākhāpalāsampi aniccam viparināmadhammam;

Because that large tree's roots, trunk, and branches and leaves are all impermanent and perishable,

pagevassa chāyā aniccā viparināmadhammā"ti.

let alone the shadow."

"Evameva kho, bhaginiyo, yo nu kho evam vadeyya:

"In the same way, suppose someone was to say:

'cha khome bāhirā āyatanā aniccā.

'These six exterior sense fields are impermanent.

Yañca kho cha bāhire āyatane paţicca paţisamvedeti sukham vā dukkham vā adukkhamasukham vā tam niccam dhuvam sassatam aviparināmadhamman'ti;

But the feeling—whether pleasant, painful, or neutral—that I experience due to these six exterior sense fields is permanent, lasting, eternal, and imperishable.'

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti?

Would they be speaking rightly?"

"No hetam, bhante".

"No. sir.

"Tam kissa hetu"?

Why is that?

"Tajjam tajjam, bhante, paccayam paticca tajjā tajjā vedanā uppajjanti." Because each kind of feeling arises dependent on the corresponding condition.

Tajjassa tajjassa paccayassa nirodhā tajjā tajjā vedanā nirujjhantī"ti. When the corresponding condition ceases, the appropriate feeling ceases."

"Sādhu sādhu, bhaginiyo.

"Good, good, sisters!

Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato. *That's how it is for a noble disciple who truly sees with right wisdom.* 

Seyyathāpi, bhaginiyo, dakkho goghātako vā goghātakantevāsī vā gāvim vadhitvā tinhena govikantanena gāvim sankanteyya anupahacca antaram mamsakāyam anupahacca bāhiram cammakāyam.

Suppose a deft butcher or their apprentice was to kill a cow and carve it with a sharp meat cleaver. Without damaging the flesh inside or the hide outside,

Yam yadeva tattha antarā vilimamsam antarā nhāru antarā bandhanam tam tadeva tinhena govikantanena sañchindeyya sankanteyya sampakanteyya samparikanteyya. *they'd cut, carve, sever, and slice through the connecting tendons, sinews, and ligaments,* 

Sañchinditvā saṅkantitvā sampakantitvā samparikantitvā vidhunitvā bāhiraṃ cammakāyaṃ teneva cammena taṃ gāviṃ paṭicchādetvā evaṃ vadeyya:

and then peel off the outer hide. Then they'd wrap that cow up in that very same hide and say:

'tathevāyam gāvī samyuttā imināva cammenā'ti; 'This cow is joined to its hide just like before.'

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti? Would they be speaking rightly?"

"No hetam, bhante".

"No, sir.

"Tam kissa hetu"?
Why is that?

"Amu hi, bhante, dakkho goghātako vā goghātakantevāsī vā gāvim vadhitvā tinhena govikantanena gāvim sankanteyya anupahacca antaram mamsakāyam anupahacca bāhiram cammakāyam.

Yam yadeva tattha antarā vilimamsam antarā nhāru antarā bandhanam tam tadeva tinhena govikantanena sañchindeyya sankanteyya sampakanteyya samparikanteyya.

Sañchinditvā saṅkantitvā sampakantitvā samparikantitvā vidhunitvā bāhiram cammakāyam teneva cammena tam gāvim paṭicchādetvā kiñcāpi so evam vadeyya:

\*\*Because even if they wrap that cow up in that very same hide and say:

'tathevāyam gāvī samyuttā imināva cammenā'ti; 'This cow is joined to its hide just like before,'

atha kho sā gāvī visaṃyuttā teneva cammenā"ti. still that cow is not joined to that hide."

"Upamā kho me ayam, bhaginiyo, katā atthassa viññāpanāya. "I've made up this simile to make a point."

#### Ayamevettha attho;

And this is the point.

'antarā maṃsakāyo'ti kho, bhaginiyo, channetaṃ ajjhattikānaṃ āyatanānaṃ adhiyacanam;

'The inner flesh' is a term for the six interior sense fields.

'bāhiro cammakāyo'ti kho, bhaginiyo, channetam bāhirānam āyatanānam adhivacanam:

'The outer hide' is a term for the six exterior sense fields.

'antarā vilimaṃsaṃ, antarā nhāru, antarā bandhanan'ti kho, bhaginiyo, nandīrāgassetam adhivacanam;

'The connecting tendons, sinews, and ligaments' is a term for desire with relishing.

'tinham govikantanan'ti kho, bhaginiyo, ariyāyetam paññāya adhivacanam; 'A sharp meat cleaver' is a term for noble wisdom.

yāyam ariyā paññā antarā kilesam antarā samyojanam antarā bandhanam sañchindati sankantati sampakantati samparikantati.

And it is that noble wisdom which cuts, carves, severs, and slices the connecting corruption, fetter, and bond.

Satta kho panime, bhaginiyo, bojjhangā, yesam bhāvitattā bahulīkatattā bhikkhu āsavānam khayā anāsavam cetovimuttim paññāvimuttim diṭṭheva dhamme sayam abhiññā sacchikatvā upasampajja viharati.

Sisters, by developing and cultivating these seven awakening factors, a mendicant realizes the undefiled freedom of heart and freedom by wisdom in this very life. And they live having realized it with their own insight due to the ending of defilements.

# Katame satta?

Idha, bhaginiyo, bhikkhu satisambojjhangam bhāveti vivekanissitam virāganissitam nirodhanissitam vossaggaparināmim, dhammavicayasambojjhangam bhāveti ... pe ... vīriyasambojjhangam bhāveti ... pītisambojjhangam bhāveti ... passaddhisambojjhangam bhāveti ... samādhisambojjhangam bhāveti ... upekkhāsambojjhangam bhāveti vivekanissitam virāganissitam nirodhanissitam vossaggaparināmim.

It's when a mendicant develops the awakening factors of mindfulness, investigation of principles, energy, rapture, tranquility, immersion, and equanimity, which rely on seclusion, fading away, and cessation, and ripen as letting go.

Ime kho, bhaginiyo, satta bojjhangā, yesam bhāvitattā bahulīkatattā bhikkhu āsavānam khayā anāsavam cetovimuttim paññāvimuttim diṭṭheva dhamme sayam abhiññā sacchikatvā upasampajja viharatī"ti.

It is by developing and cultivating these seven awakening factors that a mendicant realizes the undefiled freedom of heart and freedom by wisdom in this very life. And they live having realized it with their own insight due to the ending of defilements."

Atha kho āyasmā nandako tā bhikkhuniyo iminā ovādena ovaditvā uyyojesi: Then after giving this advice to the nuns, Nandaka dismissed them, saying,

"gacchatha, bhaginiyo; kālo"ti.

"Go, sisters, it is time."

Atha kho tā bhikkhuniyo āyasmato nandakassa bhāsitam abhinanditvā anumoditvā uṭṭhāyāsanā āyasmantam nandakam abhivādetvā padakkhiṇam katvā yena bhagavā tenupasankamiṃsu; upasankamitvā bhagavantam abhivādetvā ekamantam aṭṭhaṃsu. Ekamantam ṭḥitā kho tā bhikkhuniyo bhagavā etadavoca:

And then those nuns approved and agreed with what Nandaka had said. They got up from their seat, bowed, and respectfully circled him, keeping him on their right. Then they went up to the Buddha, bowed, and stood to one side. The Buddha said to them,

"gacchatha, bhikkhuniyo; kālo"ti.

"Go, nuns, it is time."

Atha kho tā bhikkhuniyo bhagavantam abhivādetvā padakkhinam katvā pakkamimsu.

Then those nuns bowed to the Buddha respectfully circled him, keeping him on their right, before departing.

Atha kho bhagavā acirapakkantīsu tāsu bhikkhunīsu bhikkhū āmantesi:

Soon after those nuns had left, the Buddha addressed the mendicants:

"seyyathāpi, bhikkhave, tadahuposathe cātuddase na hoti bahuno janassa kaṅkhā vā vimati vā:

"Suppose, mendicants, it was the sabbath of the fourteenth day. You wouldn't get lots of people

'ūno nu kho cando, punno nu kho cando'ti, atha kho ūno cando tveva hoti. wondering whether the moon is full or not, since it is obviously not full.

Evameva kho, bhikkhave, tā bhikkhuniyo nandakassa dhammadesanāya attamanā honti no ca kho paripuṇṇasaṅkappā"ti.

In the same way, those nuns were uplifted by Nandaka's Dhamma teaching, but they still haven't found what they're looking for."

Atha kho bhagavā āyasmantam nandakam āmantesi:

Then the Buddha said to Nandaka,

"tena hi tvam, nandaka, svepi tā bhikkhuniyo tenevovādena ovadeyyāsī"ti. "Well then, Nandaka, tomorrow you should give those nuns the same advice again."

"Evam, bhante"ti kho āyasmā nandako bhagavato paccassosi. "Yes, sir," Nandaka replied.

Atha kho āyasmā nandako tassā rattiyā accayena pubbaņhasamayam nivāsetvā pattacīvaramādāya sāvatthim pindāya pāvisi.

And the next day he went to those nuns, and all unfolded just like the previous day.

Sāvatthiyam pindāya caritvā pacchābhattam pindapātapatikkanto attadutiyo yena rājakārāmo tenupasankami.

Addasaṃsu kho tā bhikkhuniyo āyasmantaṃ nandakaṃ dūratova āgacchantaṃ.

Disvāna āsanam paññāpesum, udakañca pādānam upaṭṭhapesum.

Nisīdi kho āyasmā nandako paññatte āsane.

Nisajja pāde pakkhālesi.

Tāpi kho bhikkhuniyo āyasmantam nandakam abhivādetvā ekamantam nisīdimsu.

Ekamantam nisinnā kho tā bhikkhuniyo āyasmā nandako etadavoca:

"paṭipucchakathā kho, bhaginiyo, bhavissati.

Tattha ājānantīhi 'ājānāmā' tissa vacanīyam, na ājānantīhi 'na ājānāmā' tissa vacanīyam.

Yassā vā panassa kaṅkhā vā vimati vā, ahameva tattha paṭipucchitabbo:

'idam, bhante, katham; imassa kvattho'"ti.

"Ettakenapi mayam, bhante, ayyassa nandakassa attamanā abhiraddhā yam no ayyo nandako pavāretī"ti.

"Taṃ kiṃ maññatha, bhaginiyo, cakkhu niccaṃ vā aniccaṃ vā"ti?

"Aniccam, bhante".

"Yam panāniccam dukkham vā tam sukham vā"ti?

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"Dukkham, bhante".
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
'etam mama, esohamasmi, eso me attā'"ti?
"No hetam, bhante".
"Tam kim maññatha, bhaginiyo, sotam niccam vā aniccam vā"ti?
"Aniccam, bhante ... pe ...
ghānam niccam vā aniccam vā"ti?
"Aniccam, bhante ...
jivhā ...
kāyo ...
mano nicco vā anicco vā"ti?
"Anicco, bhante".
"Yam panāniccam dukkham vā tam sukham vā"ti?
"Dukkham, bhante".
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
'etam mama, esohamasmi, eso me attā'"ti?
"No hetam, bhante".
"Tam kissa hetu"?
"Pubbeva no etam, bhante, yathābhūtam sammappaññāya sudittham:
'itipime cha ajjhattikā āyatanā aniccā'"ti.
"Sādhu sādhu, bhaginiyo.
Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.
Tam kim maññatha, bhaginiyo, rūpā niccā vā aniccā vā"ti?
"Aniccā, bhante".
"Yam panāniccam dukkham vā tam sukham vā"ti?
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"Dukkham, bhante".
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
'etam mama, esohamasmi, eso me attā'"ti?
"No hetam, bhante".
"Tam kim maññatha, bhaginiyo, saddā niccā vā aniccā vā"ti?
"Aniccā, bhante ... pe ...
gandhā niccā vā aniccā vā"ti?
"Aniccā, bhante ...
rasā niccā vā aniccā vā"ti?
"Aniccā, bhante ...
photthabbā niccā vā aniccā vā"ti?
"Aniccā, bhante ...
dhammā niccā vā aniccā vā"ti?
"Aniccā, bhante".
"Yam panāniccam dukkham vā tam sukham vā"ti?
"Dukkham, bhante".
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
'etam mama, esohamasmi, eso me attā'"ti?
"No hetam, bhante".
"Tam kissa hetu"?
"Pubbeva no etam, bhante, yathābhūtam sammappaññāya sudittham:
'itipime cha bāhirā āyatanā aniccā'"ti.
"Sādhu sādhu, bhaginiyo.
Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.
Tam kim maññatha, bhaginiyo, cakkhuviññāṇam niccam vā aniccam vā "ti?
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"Aniccam, bhante ... pe ...
sotaviññanam niccam va aniccam va "ti?
"Aniccam, bhante ...
ghānaviññānam niccam vā aniccam vā"ti?
"Aniccam, bhante ...
jivhāviññānam niccam vā aniccam vā"ti?
"Aniccam, bhante ...
kāyaviññānam niccam vā aniccam vā"ti?
"Aniccam, bhante ...
manoviññanam niccam va aniccam va"ti?
"Aniccam, bhante".
"Yam panāniccam dukkham vā tam sukham vā"ti?
"Dukkham, bhante".
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
'etam mama, esohamasmi, eso me attā'"ti?
"No hetam, bhante".
"Tam kissa hetu"?
"Pubbeva no etam, bhante, yathābhūtam sammappaññāya sudittham:
'itipime cha viññānakāyā aniccā'"ti.
"Sādhu sādhu, bhaginiyo.
Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.
Seyyathāpi, bhaginiyo, telappadīpassa jhāyato telampi aniccam
viparināmadhammam, vattipi aniccā viparināmadhammā, accipi aniccā
viparināmadhammā, ābhāpi aniccā viparināmadhammā.
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'amussa telappadīpassa jhāyato telampi aniccam vipariņāmadhammam, vaṭṭipi aniccā vipariṇāmadhammā, accipi aniccā vipariṇāmadhammā;

Yo nu kho, bhaginiyo, evam vadeyya:

yā ca khvāssa ābhā sā niccā dhuvā sassatā avipariņāmadhammā'ti;

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti?

"No hetam, bhante".

"Taṃ kissa hetu"?

"Amussa hi, bhante, telappadīpassa jhāyato telampi aniccam vipariṇāmadhammam, vaṭṭipi aniccā vipariṇāmadhammā, accipi aniccā vipariṇāmadhammā;

pagevassa ābhā aniccā viparināmadhammā"ti.

"Evameva kho, bhaginiyo, yo nu kho evam vadeyya:

'cha khome ajjhattikā āyatanā aniccā.

Yañca kho cha ajjhattike āyatane paṭicca paṭisaṃvedeti sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā taṃ niccaṃ dhuvaṃ sassataṃ avipariṇāmadhamman'ti;

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti?

"No hetam, bhante".

"Tam kissa hetu"?

"Tajjam tajjam, bhante, paccayam paticca tajjā tajjā vedanā uppajjanti.

Tajjassa tajjassa paccayassa nirodhā tajjā tajjā vedanā nirujjhantī"ti.

"Sādhu sādhu, bhaginiyo.

Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.

Seyyathāpi, bhaginiyo, mahato rukkhassa titthato sāravato mūlampi aniccam viparināmadhammam, khandhopi anicco viparināmadhammo, sākhāpalāsampi aniccam viparināmadhammam, chāyāpi aniccā viparināmadhammā.

Yo nu kho, bhaginiyo, evam vadeyya:

ʻamussa mahato rukkhassa titthato sāravato mūlampi aniccam viparināmadhammam, khandhopi anicco viparināmadhammo, sākhāpalāsampi aniccam viparināmadhammam;

yā ca khvāssa chāyā sā niccā dhuvā sassatā avipariņāmadhammā'ti;

sammā nu kho so bhaginiyo, vadamāno vadeyyā"ti?

"No hetam, bhante".

"Tam kissa hetu"?

"Amussa hi, bhante, mahato rukkhassa titthato sāravato mūlampi aniccam viparināmadhammam, khandhopi anicco viparināmadhammo, sākhāpalāsampi aniccam viparināmadhammam;

pagevassa chāyā aniccā vipariņāmadhammā"ti.

"Evameva kho, bhaginiyo, yo nu kho evam vadeyya:

'cha khome bāhirā āyatanā aniccā.

Yañca kho bāhire āyatane paţicca paţisaṃvedeti sukhaṃ vā dukkhaṃ vā adukkhamasukhaṃ vā taṃ niccaṃ dhuvaṃ sassataṃ avipariṇāmadhamman'ti;

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti?

"No hetam, bhante".

"Tam kissa hetu"?

"Tajjam tajjam, bhante, paccayam paṭicca tajjā tajjā vedanā uppajjanti.

Tajjassa tajjassa paccayassa nirodhā tajjā tajjā vedanā nirujjhantī"ti.

"Sādhu sādhu, bhaginiyo.

Evañhetam, bhaginiyo, hoti ariyasāvakassa yathābhūtam sammappaññāya passato.

Seyyathāpi, bhaginiyo, dakkho goghātako vā goghātakantevāsī vā gāvim vadhitvā tiņhena govikantanena gāvim sankanteyya anupahacca antaram mamsakāyam anupahacca bāhiram cammakāyam.

Yam yadeva tattha antarā vilimaṃsaṃ antarā nhāru antarā bandhanaṃ taṃ tadeva tiṇhena govikantanena sañchindeyya saṅkanteyya sampakanteyya samparikanteyya.

Sañchinditvā saṅkantitvā sampakantitvā samparikantitvā vidhunitvā bāhiraṃ cammakāyaṃ teneva cammena taṃ gāviṃ paṭicchādetvā evaṃ vadeyya:

'tathevāyam gāvī samyuttā imināva cammenā'ti;

sammā nu kho so, bhaginiyo, vadamāno vadeyyā"ti?

"No hetam, bhante".

"Tam kissa hetu"?

"Amu hi, bhante, dakkho goghātako vā goghātakantevāsī vā gāvim vadhitvā tinhena govikantanena gāvim sankanteyya anupahacca antaram maṃsakāyam anupahacca bāhiram cammakāyam.

Yam yadeva tattha antarā vilimaṃsaṃ antarā nhāru antarā bandhanaṃ taṃ tadeva tiṇhena govikantanena sañchindeyya saṅkanteyya sampakanteyya samparikanteyya.

Sañchinditvā saṅkantitvā sampakantitvā samparikantitvā vidhunitvā bāhiraṃ cammakāyaṃ teneva cammena taṃ gāviṃ paṭicchādetvā kiñcāpi so evaṃ vadeyya:

'tathevāyam gāvī samyuttā imināva cammenā'ti;

atha kho sā gāvī visamyuttā teneva cammenā"ti.

"Upamā kho me ayam, bhaginiyo, katā atthassa viññāpanāya ayamevettha attho.

'Antarā maṃsakāyo'ti kho, bhaginiyo, channetaṃ ajjhattikānaṃ āyatanānaṃ adhivacanaṃ;

'bāhiro cammakāyo'ti kho, bhaginiyo, channetam bāhirānam āyatanānam adhivacanam;

'antarā vilimaṃsaṃ antarā nhāru antarā bandhanan'ti kho, bhaginiyo, nandīrāgassetaṃ adhivacanam;

'tinham govikantanan'ti kho, bhaginiyo, ariyāyetam paññāya adhivacanam;

yāyam ariyā paññā antarā kilesam antarā samyojanam antarā bandhanam sañchindati sankantati sampakantati samparikantati.

Satta kho panime, bhaginiyo, bojjhangā, yesam bhāvitattā bahulīkatattā bhikkhu āsavānam khayā anāsavam cetovimuttim paññāvimuttim dittheva dhamme sayam abhiññā sacchikatvā upasampajja viharati.

## Katame satta?

Idha, bhaginiyo, bhikkhu satisambojjhangam bhāveti vivekanissitam virāganissitam nirodhanissitam vossaggaparināmim. Dhammavicayasambojjhangam bhāveti ... pe ... vīriyasambojjhangam bhāveti ... pītisambojjhangam bhāveti ... passaddhisambojjhangam bhāveti ... samādhisambojjhangam bhāveti ... upekkhāsambojjhangam bhāveti vivekanissitam virāganissitam nirodhanissitam vossaggaparināmim.

Ime kho, bhaginiyo, satta bojjhangā yesam bhāvitattā bahulīkatattā bhikkhu āsavānam khayā anāsavam cetovimuttim paññāvimuttim diṭṭheva dhamme sayam abhiññā sacchikatvā upasampajja viharatī'ti.

Atha kho āyasmā nandako tā bhikkhuniyo iminā ovādena ovaditvā uyyojesi:

"gacchatha, bhaginiyo; kālo"ti.

Atha kho tā bhikkhuniyo āyasmato nandakassa bhāsitam abhinanditvā anumoditvā uṭṭhāyāsanā āyasmantam nandakam abhivādetvā padakkhinam katvā yena bhagavā tenupasankamimsu; upasankamitvā bhagavantam abhivādetvā ekamantam aṭṭhaṃsu. Ekamantam thitā kho tā bhikkhuniyo bhagavā etadavoca:

"gacchatha, bhikkhuniyo; kālo"ti.

Atha kho tā bhikkhuniyo bhagavantam abhivādetvā padakkhinam katvā pakkamimsu.

Atha kho bhagavā acirapakkantīsu tāsu bhikkhunīsu bhikkhū āmantesi: Soon after those nuns had left, the Buddha addressed the mendicants:

"seyyathāpi, bhikkhave, tadahuposathe pannarase na hoti bahuno janassa kaṅkhā vā vimati vā:

"Suppose, mendicants, it was the sabbath of the fifteenth day. You wouldn't get lots of people

'ūno nu kho cando, punno nu kho cando'ti, atha kho punno cando tveva hoti; wondering whether the moon is full or not, since it is obviously full.

evameva kho, bhikkhave, tā bhikkhuniyo nandakassa dhammadesanāya attamanā ceva paripunnasaṅkappā ca.

In the same way, those nuns were uplifted by Nandaka's Dhamma teaching, and they found what they're looking for.

Tāsam, bhikkhave, pañcannam bhikkhunisatānam yā pacchimikā bhikkhunī sā sotāpannā avinipātadhammā niyatā sambodhiparāyanā"ti.

Even the last of these five hundred nuns is a stream-enterer, not liable to be reborn in the underworld, bound for awakening."

Idamavoca bhagavā.

That is what the Buddha said.

Attamanā te bhikkhū bhagavato bhāsitam abhinandunti. Satisfied, the mendicants were happy with what the Buddha said.

Nandakovādasuttam nitthitam catuttham.

#### Majjhima Nikāya 147 Middle Discourses 147

### Cūlarāhulovādasutta

The Shorter Advice to Rāhula

### Evam me sutam— So I have heard.

ekam samayam bhagavā sāvatthiyam viharati jetavane anāthapindikassa ārāme. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapindika's monastery.

Atha kho bhagavato rahogatassa paṭisallīnassa evam cetaso parivitakko udapādi: Then as he was in private retreat this thought came to his mind,

"paripakkā kho rāhulassa vimuttiparipācanīyā dhammā.

"The qualities that ripen in freedom have ripened in Rāhula.

Yannūnāham rāhulam uttarim āsavānam khaye vineyyan"ti.

Why don't I lead him further to the ending of defilements?"

Atha kho bhagavā pubbaņhasamayam nivāsetvā pattacīvaramādāya sāvatthim pindāya pāvisi.

Then the Buddha robed up in the morning and, taking his bowl and robe, entered Sāvatthī for alms.

Sāvatthiyam piṇḍāya caritvā pacchābhattam piṇḍapātapaṭikkanto āyasmantam rāhulam āmantesi:

Then, after the meal, on his return from alms-round, he addressed Venerable Rāhula,

### "ganhāhi, rāhula, nisīdanam;

"Rāhula, get your sitting cloth.

yena andhavanam tenupasankamissāma divāvihārāyā"ti.

Let's go to the Dark Forest for the day's meditation."

"Evam, bhante"ti kho āyasmā rāhulo bhagavato patissutvā nisīdanam ādāya bhagavantam pitthito pitthito anubandhi.

"Yes, sir," replied Rāhula. Taking his sitting cloth he followed behind the Buddha.

Tena kho pana samayena anekāni devatāsahassāni bhagavantam anubandhāni honti: *Now at that time many thousands of deities followed the Buddha, thinking,* 

"ajja bhagavā āyasmantam rāhulam uttarim āsavānam khaye vinessatī"ti.
"Today the Buddha will lead Rāhula further to the ending of defilements!"

Atha kho bhagavā andhavanam ajjhogāhetvā aññatarasmim rukkhamūle paññatte āsane nisīdi.

Then the Buddha plunged deep into the Dark Forest and sat at the root of a tree on the seat spread out.

Āyasmāpi kho rāhulo bhagavantam abhivādetvā ekamantam nisīdi.

Rāhula bowed to the Buddha and sat down to one side.

Ekamantam nisinnam kho āyasmantam rāhulam bhagavā etadavoca: The Buddha said to him:

"Taṃ kiṃ maññasi, rāhula, "What do you think, Rāhula?

cakkhu niccam vā aniccam vā"ti?

Is the eye permanent or impermanent?"

"Aniccam, bhante".

"Impermanent, sir."

"Yam panāniccam dukkham vā tam sukham vā"ti?

"But if it's impermanent, is it suffering or happiness?"

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"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?'
"No hetam, bhante".
   "No sir;
"Tam kim maññasi, rāhula,
   "What do you think, Rāhula?
rūpā niccā vā aniccā vā"ti?
  Are sights permanent or impermanent?"
"Aniccā, bhante".
"Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if they're impermanent, are they suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if they're impermanent, suffering, and perishable, are they fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No, sir.
"Tam kim maññasi, rāhula,
   "What do you think, Rāhula?
cakkhuviññānam niccam vā aniccam vā"ti?
  Is eye consciousness permanent or impermanent?"
"Aniccam, bhante".
   "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No sir
"Tam kim maññasi, rāhula,
   "What do you think, Rāhula?
cakkhusamphasso nicco vā anicco vā"ti?
   Is eve contact permanent or impermanent?"
"Anicco, bhante".
"Impermanent, sir."
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"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?'
"No hetam, bhante".
   "No. sir.
"Tam kim maññasi, rāhula,
   "What do you think, Rāhula?
yamidam cakkhusamphassapaccayā uppajjati vedanāgatam saññāgatam
sankhāragatam viññānagatam tampi niccam vā aniccam vā"ti?
   Anything included in feeling, perception, choices, and consciousness that arises conditioned by
   eye contact: is that permanent or impermanent?"
"Aniccam, bhante".
   "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?"
"No hetam, bhante".
   "No, sir.
"Tam kim maññasi rāhula, sotam niccam vā aniccam vā"ti?
   "What do you think, Rāhula? Is the ear ...
"Aniccam, bhante ... pe ...
ghānam niccam vā aniccam vā"ti?
"Aniccam, bhante ... pe ...
iivhā niccā vā aniccā vā"ti?
   tongue ...
"Aniccā, bhante ...
kāyo nicco vā anicco vā"ti?
   body ...
"Anicco, bhante ...
mano nicco vā anicco vā"ti?
   mind permanent or impermanent?"
"Anicco, bhante"
   "Impermanent, sir."
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"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?'
"No hetam, bhante".
   "No. sir.
"Tam kim maññasi rāhula, dhammā niccā vā aniccā vā"ti?
   "What do you think, Rāhula? Are thoughts permanent or impermanent?"
"Aniccā, bhante"
   "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if they're impermanent, are they suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if they're impermanent, suffering, and perishable, are they fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine, I am this, this is my self'?'
"No hetam, bhante".
   "No. sir.
"Tam kim maññasi rāhula, manoviññāṇam niccam vā aniccam vā"ti?
   "What do you think. Rāhula? Is mind consciousness permanent or impermanent?"
"Aniccam, bhante".
   "Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
   "But if it's impermanent, is it suffering or happiness?"
"Dukkham, bhante".
   "Suffering, sir."
"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum:
   "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:
'etam mama, esohamasmi, eso me attā'"ti?
   'This is mine. I am this, this is my self'?"
"No hetam, bhante".
   "No, sir.
"Tam kim maññasi rāhula, manosamphasso nicco vā anicco vā"ti?
   "What do you think, Rāhula? Is mind contact permanent or impermanent?"
"Anicco, bhante".
"Impermanent, sir."
"Yam panāniccam dukkham vā tam sukham vā"ti?
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"But if it's impermanent, is it suffering or happiness?"

"Dukkham, bhante".

"Yam panāniccam dukkham viparināmadhammam, kallam nu tam samanupassitum: "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:

### 'etam mama, esohamasmi, eso me attā'"ti?

'This is mine, I am this, this is my self'?'

"No hetam, bhante". "No, sir.

"Tam kim maññasi, rāhula, "What do you think, Rāhula?

### yamidam manosamphassapaccayā uppajjati vedanāgatam saññāgatam sankhāragatam viññānagatam, tampi niccam vā aniccam vā"ti?

Anything included in feeling, perception, choices, and consciousness that arises conditioned by mind contact: is that permanent or impermanent?"

"Aniccam, bhante".

"Impermanent, sir."

"Yam panāniccam dukkham vā tam sukham vā"ti?

"But if it's impermanent, is it suffering or happiness?"

"Dukkham, bhante".

"Suffering, sir."

"Yam panāniccam dukkham viparināmadhammam kallam nu tam samanupassitum: "But if it's impermanent, suffering, and perishable, is it fit to be regarded thus:

'etam mama, esohamasmi, eso me attā'"ti? 'This is mine, I am this, this is my self'?"

"No hetam, bhante".

"No, sir.

"Evam passam, rāhula, sutavā ariyasāvako cakkhusmim nibbindati, rūpesu nibbindati, cakkhuviññāne nibbindati, cakkhusamphasse nibbindati, yamidam cakkhusamphassapaccayā uppajjati vedanāgatam saññāgatam sankhāragatam viññānagatam tasmimpi nibbindati.

"Seeing this, a learned noble disciple grows disillusioned with the eye, sights, eye consciousness, and eye contact. And they grow disillusioned with anything included in feeling, perception, choices, and consciousness that arises conditioned by eye contact.

Sotasmim nibbindati, saddesu nibbindati ... pe ...

They grow disillusioned with the ear ...

ghānasmim nibbindati, gandhesu nibbindati ... nose ...

jivhāya nibbindati, rasesu nibbindati ...

kāyasmim nibbindati, photthabbesu nibbindati ...

manasmim nibbindati, dhammesu nibbindati, manoviññāne nibbindati, manosamphasse nibbindati, yamidam manosamphassapaccayā uppajjati vedanāgatam saññāgatam sankhāragatam viññānagatam tasmimpi nibbindati. mind, thoughts, mind consciousness, and mind contact. And they grow disillusioned with anything included in feeling, perception, choices, and consciousness that arises conditioned by mind contact.

Nibbindam virajjati, virāgā vimuccati. Vimuttasmim vimuttamiti ñāṇam hoti. Being disillusioned, desire fades away. When desire fades away they're freed. When they're freed, they know they're freed.

'Khīṇā jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇīyaṃ, nāparaṃ itthattāyā'ti pajānātī''ti.

They understand: 'Rebirth is ended, the spiritual journey has been completed, what had to be done has been done, there is no return to any state of existence.'"

#### Idamavoca bhagavā.

That is what the Buddha said.

Attamano āyasmā rāhulo bhagavato bhāsitam abhinandīti.

Satisfied, Venerable Rāhula was happy with what the Buddha said.

Imasmiñca pana veyyākaraṇasmiṃ bhaññamāne āyasmato rāhulassa anupādāya āsavehi cittam vimucci.

And while this discourse was being spoken, Rāhula's mind was freed from defilements by not grasping.

Tāsañca anekānam devatāsahassānam virajam vītamalam dhammacakkhum udapādi:

And the stainless, immaculate vision of the Dhamma arose in those thousands of deities:

"yam kiñci samudayadhammam sabbam tam nirodhadhamman"ti.
"Everything that has a beginning has an end."

Cūļarāhulovādasuttam nitthitam pañcamam.

#### Majjhima Nikāya 148 Middle Discourses 148

#### Chachakkasutta Six By Six

#### Evam me sutam— So I have heard.

ekam samayam bhagavā sāvatthiyam viharati jetavane anāthapindikassa ārāme. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapindika's monastery.

### Tatra kho bhagavā bhikkhū āmantesi:

There the Buddha addressed the mendicants,

# "bhikkhavo"ti. "Mendicants!"

"Bhadante"ti te bhikkhū bhagavato paccassosum.

"Venerable sir," they replied.

### Bhagavā etadavoca:

The Buddha said this:

"dhammam vo, bhikkhave, desessāmi ādikalyāṇam majjhekalyāṇam pariyosānakalyāṇam sāttham sabyañjanam, kevalaparipuṇṇam parisuddham brahmacariyam pakāsessāmi, yadidam—

"Mendicants, I shall teach you the Dhamma that's good in the beginning, good in the middle, and good in the end, meaningful and well-phrased. And I shall reveal a spiritual practice that's entirely full and pure, namely,

#### cha chakkāni.

the six sets of six.

Tam sunātha, sādhukam manasi karotha, bhāsissāmī"ti.

Listen and pay close attention, I will speak."

"Evam, bhante"ti kho te bhikkhū bhagavato paccassosum.

"Yes, sir," they replied.

#### Bhagavā etadavoca:

The Buddha said this:

"Cha ajjhattikāni āyatanāni veditabbāni, cha bāhirāni āyatanāni veditabbāni, cha viññāṇakāyā veditabbā, cha phassakāyā veditabbā, cha vedanākāyā veditabbā, cha tanhākāyā veditabbā.

"The six interior sense fields should be understood. The six exterior sense fields should be understood. The six classes of consciousness should be understood. The six classes of contact should be understood. The six classes of feeling should be understood. The six classes of craving should be understood.

### 'Cha ajjhattikāni āyatanāni veditabbānī'ti-

'The six interior sense fields should be understood.'

### iti kho panetam vuttam. Kiñcetam paticca vuttam?

That's what I said, but why did I say it?

Cakkhāyatanam, sotāyatanam, ghānāyatanam, jivhāyatanam, kāyāyatanam, manāyatanam.

There are the sense fields of the eye, ear, nose, tongue, body, and mind.

### 'Cha ajjhattikāni āyatanāni veditabbānī'ti—

'The six interior sense fields should be understood.'

### iti yam tam vuttam, idametam paticca vuttam.

That's what I said, and this is why I said it.

### Idam pathamam chakkam. (1)

This is the first set of six.

### 'Cha bāhirāni āyatanāni veditabbānī'ti—

'The six exterior sense fields should be understood.'

### iti kho panetam vuttam. Kiñcetam paticca vuttam?

That's what I said, but why did I say it?

# Rūpāyatanam, saddāyatanam, gandhāyatanam, rasāyatanam, phoṭṭhabbāyatanam, dhammāyatanam.

There are the sense fields of sights, sounds, smells, tastes, touches, and thoughts.

### 'Cha bāhirāni āyatanāni veditabbānī'ti—

'The six exterior sense fields should be understood.'

### iti yam tam vuttam, idametam paticca vuttam.

That's what I said, and this is why I said it.

### Idam dutiyam chakkam. (2)

This is the second set of six.

### 'Cha viññānakāyā veditabbā'ti—

'The six classes of consciousness should be understood.'

### iti kho panetam vuttam. Kiñcetam pațicca vuttam?

That's what I said, but why did I say it?

### Cakkhuñca paticca rūpe ca uppajjati cakkhuviññāṇam,

Eye consciousness arises dependent on the eye and sights. sotañca paticca sadde ca uppajjati sotaviññanam,

Ear consciousness arises dependent on the ear and sounds.

# ghānañca paṭicca gandhe ca uppajjati ghānaviññānaṃ, Nose consciousness arises dependent on the nose and smells.

jivhañca paṭicca rase ca uppajjati jivhāviññāṇaṃ,

Tongue consciousness arises dependent on the tongue and tastes.

### kāyañca paticca photthabbe ca uppajjati kāyaviññāṇaṃ, Body consciousness arises dependent on the body and touches.

# manañca paticca dhamme ca uppajjati manoviññāṇaṃ. Mind consciousness arises dependent on the mind and thoughts.

### 'Cha viññānakāyā veditabbā'ti—

'The six classes of consciousness should be understood.'

### iti yam tam vuttam, idametam pațicca vuttam.

That's what I said, and this is why I said it.

### Idam tatiyam chakkam. (3)

This is the third set of six.

#### 'Cha phassakāyā veditabbā'ti—

'The six classes of contact should be understood.'

### iti kho panetam vuttam. Kiñcetam pațicca vuttam?

That's what I said, but why did I say it?

### Cakkhuñca paticca rūpe ca uppajjati cakkhuviññānam, tinnam sangati phasso; Eye consciousness arises dependent on the eye and sights. The meeting of the three is contact.

### sotanca paticca sadde ca uppajjati sotavinnānam, tinnam sangati phasso;

Ear consciousness arises dependent on the ear and sounds. The meeting of the three is contact.

- ghānañca paṭicca gandhe ca uppajjati ghānaviññāṇaṃ, tiṇṇaṃ saṅgati phasso; Nose consciousness arises dependent on the nose and smells. The meeting of the three is contact.
- jivhañca paṭicca rase ca uppajjati jivhāviññāṇaṃ, tiṇṇaṃ saṅgati phasso; Tongue consciousness arises dependent on the tongue and tastes. The meeting of the three is contact.
- kāyañca paṭicca phoṭṭhabbe ca uppajjati kāyaviññāṇaṃ, tiṇṇaṃ saṅgati phasso; Body consciousness arises dependent on the body and touches. The meeting of the three is contact.
- manañca paticca dhamme ca uppajjati manoviññāṇaṃ, tiṇṇaṃ saṅgati phasso.

  Mind consciousness arises dependent on the mind and thoughts. The meeting of the three is

  contact.

#### 'Cha phassakāyā veditabbā'ti—

'The six classes of contact should be understood.'

iti yam tam vuttam, idametam paticca vuttam.

That's what I said, and this is why I said it.

#### Idam catuttham chakkam. (4)

This is the fourth set of six.

### 'Cha vedanākāyā veditabbā'ti-

'The six classes of feeling should be understood.'

### iti kho panetam vuttam. Kiñcetam paţicca vuttam?

That's what I said, but why did I say it?

Cakkhuñca paticca rūpe ca uppajjati cakkhuviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā;

Eye consciousness arises dependent on the eye and sights. The meeting of the three is contact. Contact is a condition for feeling.

sotañca pațicca sadde ca uppajjati sotaviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā;

Ear consciousness arises dependent on the ear and sounds. The meeting of the three is contact. Contact is a condition for feeling.

ghānañca paticca gandhe ca uppajjati ghānaviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā;

Nose consciousness arises dependent on the nose and smells. The meeting of the three is contact. Contact is a condition for feeling.

jivhanca paţicca rase ca uppajjati jivhāvinnāṇam, tinnam sangati phasso, phassapaccayā vedanā;

Tongue consciousness arises dependent on the tongue and tastes. The meeting of the three is contact. Contact is a condition for feeling.

kāyañca paţicca photthabbe ca uppajjati kāyaviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā;

Body consciousness arises dependent on the body and touches. The meeting of the three is contact. Contact is a condition for feeling.

manañca pațicca dhamme ca uppajjati manoviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā.

Mind consciousness arises dependent on the mind and thoughts. The meeting of the three is contact. Contact is a condition for feeling.

#### 'Cha vedanākāyā veditabbā'ti—

'The six classes of feeling should be understood.'

#### iti yam tam vuttam, idametam paticca vuttam.

That's what I said, and this is why I said it.

### Idam pañcamam chakkam. (5)

This is the fifth set of six.

### 'Cha tanhākāyā veditabbā'ti—

'The six classes of craving should be understood.'

### iti kho panetam vuttam. Kiñcetam paticca vuttam?

That's what I said, but why did I say it?

# Cakkhuñca paţicca rūpe ca uppajjati cakkhuviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā, vedanāpaccayā tanhā;

Eye consciousness arises dependent on the eye and sights. The meeting of the three is contact. Contact is a condition for feeling. Feeling is a condition for craving.

### sotanca paticca sadde ca uppajjati sotavinnāṇam ... pe ...

Ear consciousness ...

### ghānañca paţicca gandhe ca uppajjati ghānaviññāṇaṃ ...

Nose consciousness ...

### jivhañca paţicca rase ca uppajjati jivhāviññāṇaṃ ...

Tongue consciousness ...

### kāyañca paticca photthabbe ca uppajjati kāyaviññāṇam ...

Body consciousness ...

# manañca paţicca dhamme ca uppajjati manoviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā vedanā, vedanāpaccayā tanhā.

Mind consciousness arises dependent on the mind and thoughts. The meeting of the three is contact. Contact is a condition for feeling. Feeling is a condition for craving.

### 'Cha tanhākāyā veditabbā'ti-

'The six classes of craving should be understood.'

### iti yam tam vuttam, idametam pațicca vuttam.

That's what I said, and this is why I said it.

#### Idam chattham chakkam. (6)

This is the sixth set of six.

### 'Cakkhu attā'ti yo vadeyya tam na upapajjati.

If anyone says, 'the eye is self,' that is not tenable.

### Cakkhussa uppādopi vayopi paññāyati.

The arising and vanishing of the eye is evident,

# Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

### Tasmā tam na upapajjati:

That's why it's not tenable to claim that

### 'cakkhu attā'ti yo vadeyya.

the eye is self.

### Iti cakkhu anattā.

So the eye is not self.

#### 'Rūpā attā'ti vo vadevya tam na upapajjati.

If anyone says, 'sights are self,' that is not tenable.

### Rūpānam uppādopi vayopi paññāyati.

The arising and vanishing of sights is evident,

# Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

### Tasmā tam na upapajjati:

That's why it's not tenable to claim that

### 'rūpā attā'ti yo vadeyya.

sights are self.

### Iti cakkhu anattā, rūpā anattā.

So the eye is not self and sights are not self.

### 'Cakkhuviññāṇam attā'ti yo vadeyya tam na upapajjati.

If anyone says, 'eye consciousness is self,' that is not tenable.

### Cakkhuviññāṇassa uppādopi vayopi paññāyati.

The arising and vanishing of eye consciousness is evident,

# Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti ca'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

### Tasmā tam na upapajiati:

That's why it's not tenable to claim that

### 'cakkhuviññāṇaṃ attā'ti yo vadeyya.

eye consciousness is self.

### Iti cakkhu anattā, rūpā anattā, cakkhuviññānam anattā.

So the eye, sights, and eye consciousness are not self.

### 'Cakkhusamphasso attā'ti yo vadeyya tam na upapajjati.

If anyone says, 'eye contact is self,' that is not tenable.

### Cakkhusamphassassa uppādopi vayopi paññāyati.

The arising and vanishing of eye contact is evident,

# Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

#### Tasmā tam na upapajjati:

That's why it's not tenable to claim that

### 'cakkhusamphasso attā'ti yo vadeyya.

eye contact is self.

# Iti cakkhu anattā, rūpā anattā, cakkhuviññāṇaṃ anattā, cakkhusamphasso anattā. So the eye, sights, eye consciousness, and eye contact are not self.

### 'Vedanā attā'ti yo vadeyya tam na upapajjati.

If anyone says, 'feeling is self,' that is not tenable.

### Vedanāya uppādopi vayopi paññāyati.

The arising and vanishing of feeling is evident,

# Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

#### Tasmā tam na upapajjati:

That's why it's not tenable to claim that

### 'vedanā attā'ti yo vadeyya.

feeling is self.

# Iti cakkhu anattā, rūpā anattā, cakkhuviññāṇaṃ anattā, cakkhusamphasso anattā, vedanā anattā.

So the eye, sights, eye consciousness, eye contact, and feeling are not self.

### 'Tanhā attā'ti yo vadeyya tam na upapajjati.

If anyone says, 'craving is self,' that is not tenable.

Tanhāya uppādopi vayopi paññāyati.

The arising and vanishing of craving is evident,

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

### Tasmā tam na upapajjati:

That's why it's not tenable to claim that

'tanhā attā'ti yo vadeyya.

craving is self.

Iti cakkhu anattā, rūpā anattā, cakkhuviññāṇaṃ anattā, cakkhusamphasso anattā, vedanā anattā, taṇhā anattā.

So the eye, sights, eye consciousness, eye contact, feeling, and craving are not self.

'Sotam attā'ti yo vadeyya ... pe ... If anyone says, 'the ear is self' ...

'ghānaṃ attā'ti yo vadeyya ... pe ... 'the nose is self' ...

'jivhā attā'ti yo vadeyya ... pe ... 'the tongue is self' ...

'kāyo attā'ti yo vadeyya ... pe ... 'the body is self' ...

'mano attā'ti yo vadeyya tam na upapajjati.

'the mind is self,' that is not tenable.

### Manassa uppādopi vayopi paññāyati.

The arising and vanishing of the mind is evident,

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

#### Tasmā tam na upapajjati:

That's why it's not tenable to claim that

'mano attā'ti yo vadeyya.

the mind is self.

#### Iti mano anattā.

So the mind is not self.

'Dhammā attā'ti yo vadeyya tam na upapajjati.

If anyone says, 'thoughts are self' ...

Dhammānam uppādopi vayopi paññāyati.

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

Tasmā tam na upapajjati:

'dhammā attā'ti yo vadeyya.

Iti mano anattā, dhammā anattā.

'Manoviññāṇam attā'ti yo vadeyya tam na upapajjati.

'mind consciousness is self' ...

Manoviññānassa uppādopi vayopi paññāyati.

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

Tasmā tam na upapajjati:

'manoviññānam attā'ti yo vadeyya.

Iti mano anattā, dhammā anattā, manoviññānam anattā.

'Manosamphasso attā'ti yo vadeyya tam na upapajjati. 'mind contact is self' ...

Manosamphassassa uppādopi vayopi paññāyati.

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

Tasmā tam na upapajjati:

'manosamphasso attā'ti yo vadeyya.

Iti mano anattā, dhammā anattā, manoviññāṇam anattā, manosamphasso anattā.

'Vedanā attā'ti yo vadeyya tam na upapajjati. 'feeling is self' ...

Vedanāya uppādopi vayopi paññāyati.

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

Tasmā tam na upapajjati:

'vedanā attā'ti yo vadeyya.

Iti mano anattā, dhammā anattā, manoviññānam anattā, manosamphasso anattā, vedanā anattā.

'Tanhā attā'ti yo vadeyya tam na upapajjati.

'craving is self,' that is not tenable.

Tanhāya uppādopi vayopi paññāyati.

The arising and vanishing of craving is evident,

Yassa kho pana uppādopi vayopi paññāyati, 'attā me uppajjati ca veti cā'ti iccassa evamāgatam hoti.

so it would follow that one's self arises and vanishes.

Tasmā tam na upapajjati:

That's why it's not tenable to claim that

'tanhā attā'ti yo vadeyya.

craving is self.

Iti mano anattā, dhammā anattā, manoviññāṇaṃ anattā, manosamphasso anattā, vedanā anattā, tanhā anattā.

So the mind, thoughts, mind consciousness, mind contact, feeling, and craving are not self.

- Ayam kho pana, bhikkhave, sakkāyasamudayagāminī paṭipadā— Now, mendicants, this is the way that leads to the origin of identity.
- cakkhum 'etam mama, esohamasmi, eso me attā'ti samanupassati; You regard the eye like this: 'This is mine, I am this, this is my self.'
- rūpe 'etam mama, esohamasmi, eso me attā'ti samanupassati; You regard sights ...
- cakkhuviññāṇaṃ 'etaṃ mama, esohamasmi, eso me attā'ti samanupassati;
- cakkhusamphassam 'etam mama, esohamasmi, eso me attā'ti samanupassati; eye contact ...
- vedanam 'etam mama, esohamasmi, eso me att $\bar{a}$ 'ti samanupassati; feeling ...
- tanham 'etam mama, esohamasmi, eso me attā'ti samanupassati; craving like this: 'This is mine, I am this, this is my self.'
- sotam 'etam mama, esohamasmi, eso me attā'ti samanupassati ... pe ... *You regard the ear* ...
- ghānam 'etam mama, esohamasmi, eso me attā'ti samanupassati ... pe ...
- jivham 'etam mama, esohamasmi, eso me attā'ti samanupassati ... pe ... tongue ...
- kāyam 'etam mama, esohamasmi, eso me attā'ti samanupassati ... pe ... body ...
- manam 'etam mama, esohamasmi, eso me attā'ti samanupassati, dhamme 'etam mama, esohamasmi, eso me attā'ti samanupassati, manoviññāṇam 'etam mama, esohamasmi, eso me attā'ti samanupassati, manosamphassam 'etam mama, esohamasmi, eso me attā'ti samanupassati, vedanam 'etam mama, esohamasmi, eso me attā'ti samanupassati, taṇhaṃ 'etaṃ mama, esohamasmi, eso me attā'ti samanupassati.

mind ... thoughts ... mind consciousness ... mind contact ... feeling ... craving like this: 'This is mine, I am this, this is my self.'

- Ayam kho pana, bhikkhave, sakkāyanirodhagāminī paṭipadā— But this is the way that leads to the cessation of identity.
- cakkhuṃ 'netaṃ mama, nesohamasmi, na meso attā'ti samanupassati. You regard the eye like this: 'This is not mine, I am not this, this is not my self.'
- Rūpe 'netaṃ mama, nesohamasmi, na meso attā'ti samanupassati. *You regard sights ...*
- Cakkhuviññāṇaṃ 'netaṃ mama, nesohamasmi, na meso attā'ti samanupassati. eye consciousness ...
- Cakkhusamphassam 'netam mama, nesohamasmi, na meso attā'ti samanupassati. eye contact ...
- Vedanam 'netam mama, nesohamasmi, na meso attā'ti samanupassati. feeling ...
- Taṇhaṃ 'netaṃ mama, nesohamasmi, na meso attā'ti samanupassati. craving like this: 'This is not mine, I am not this, this is not my self.'

- Sotam 'netam mama, nesohamasmi, na meso attā'ti samanupassati ... pe ... You regard the ear ...
- ghānam 'netam mama, nesohamasmi, na meso attā'ti samanupassati ... pe ...
- jivham 'netam mama, nesohamasmi, na meso attā'ti samanupassati ... pe ... tongue ...
- kāyam 'netam mama, nesohamasmi, na meso attā'ti samanupassati ... pe ... body ...
- manam 'netam mama, nesohamasmi, na meso attā'ti samanupassati. mind like this: 'This is not mine, I am not this, this is not my self.'
- Dhamme 'netam mama, nesohamasmi, na meso attā'ti samanupassati. *You regard thoughts ...*
- Manoviññaṇaṃ 'netaṃ mama, nesohamasmi, na meso attā'ti samanupassati. mind consciousness ...
- Manosamphassam 'netam mama, nesohamasmi, na meso attā'ti samanupassati.
- Vedanam 'netam mama, nesohamasmi, na meso attā'ti samanupassati. feeling ...
- Tanham 'netam mama, nesohamasmi, na meso attā'ti samanupassati. craving like this: 'This is not mine, I am not this, this is not my self.'

Cakkhuñca, bhikkhave, paticca rūpe ca uppajjati cakkhuviññāṇam, tinnam sangati phasso, phassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā.

Eye consciousness arises dependent on the eye and sights. The meeting of the three is contact. Contact is a condition for the arising of what is felt as pleasant, painful, or neutral.

So sukhāya vedanāya phuṭṭho samāno abhinandati abhivadati ajjhosāya tiṭṭhati. When you experience a pleasant feeling, if you approve, welcome, and keep clinging to it,

### Tassa rāgānusayo anuseti.

the underlying tendency to greed underlies that.

Dukkhāya vedanāya phuṭṭho samāno socati kilamati paridevati urattāļim kandati sammoham āpajjati.

When you experience a painful feeling, if you sorrow and wail and lament, beating your breast and falling into confusion,

#### Tassa patighānusayo anuseti.

the underlying tendency to repulsion underlies that.

Adukkhamasukhāya vedanāya phuttho samāno tassā vedanāya samudayañca atthangamañca assādañca ādīnavañca nissaraṇañca yathābhūtaṃ nappajānāti.

When you experience a neutral feeling, if you don't truly understand that feeling's origin, ending, gratification, drawback, and escape,

#### Tassa avijjānusayo anuseti.

the underlying tendency to ignorance underlies that.

So vata, bhikkhave, sukhāya vedanāya rāgānusayam appahāya dukkhāya vedanāya paṭighānusayam appaṭivinodetvā adukkhamasukhāya vedanāya avijjānusayam asamūhanitvā avijjam appahāya vijjam anuppādetvā diṭṭheva dhamme dukkhassantakaro bhavissatīti—netam thānam vijjati.

Mendicants, without giving up the underlying tendency to greed for pleasant feeling, without dispelling the underlying tendency to repulsion towards painful feeling, without eradicating ignorance in the case of neutral feeling, without giving up ignorance and without giving rise to knowledge, it's simply impossible to make an end of suffering in the present life.

- Sotañca, bhikkhave, paṭicca sadde ca uppajjati sotaviññāṇaṃ ... pe ... Ear consciousness ...
- ghānañca, bhikkhave, paṭicca gandhe ca uppajjati ghānaviññāṇaṃ ... pe ... Nose consciousness ...
- jivhanca, bhikkhave, paṭicca rase ca uppajjati jivhāvinnāṇam ... pe ...

  Tongue consciousness ...
- kāyañca, bhikkhave, paṭicca phoṭṭhabbe ca uppajjati kāyaviññāṇaṃ ... pe ... Body consciousness ...

manañca, bhikkhave, paṭicca dhamme ca uppajjati manoviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukham vā.

Mind consciousness arises dependent on the mind and thoughts. The meeting of the three is contact. Contact is a condition for the arising of what is felt as pleasant, painful, or neutral.

So sukhāya vedanāya phuṭṭho samāno abhinandati abhivadati ajjhosāya tiṭṭhati. When you experience a pleasant feeling, if you approve, welcome, and keep clinging to it,

### Tassa rāgānusayo anuseti.

the underlying tendency to greed underlies that.

Dukkhāya vedanāya phuṭṭho samāno socati kilamati paridevati urattāļim kandati sammoham āpajjati.

When you experience a painful feeling, if you sorrow and wail and lament, beating your breast and falling into confusion,

### Tassa patighānusayo anuseti.

the underlying tendency to repulsion underlies that.

Adukkhamasukhāya vedanāya phuttho samāno tassā vedanāya samudayañca atthangamañca assādañca ādīnavañca nissaraṇañca yathābhūtam nappajānāti.

When you experience a neutral feeling, if you don't truly understand that feeling's origin, ending, gratification, drawback, and escape,

#### Tassa avijjānusayo anuseti.

the underlying tendency to ignorance underlies that.

So vata, bhikkhave, sukhāya vedanāya rāgānusayam appahāya dukkhāya vedanāya paṭighānusayam appaṭivinodetvā adukkhamasukhāya vedanāya avijjānusayam asamūhanitvā avijjam appahāya vijjam anuppādetvā diṭṭheva dhamme dukkhassantakaro bhavissatīti—netam thānam vijjati.

Mendicants, without giving up the underlying tendency to greed for pleasant feeling, without dispelling the underlying tendency to repulsion towards painful feeling, without eradicating ignorance in the case of neutral feeling, without giving up ignorance and without giving rise to knowledge, it's simply impossible to make an end of suffering in the present life.

Cakkhuñca, bhikkhave, paṭicca rūpe ca uppajjati cakkhuviññāṇaṃ, tiṇṇaṃ saṅgati phasso, phassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukham vā.

Eye consciousness arises dependent on the eye and sights. The meeting of the three is contact. Contact is a condition for the arising of what is felt as pleasant, painful, or neutral.

So sukhāya vedanāya phuṭṭho samāno nābhinandati nābhivadati nājjhosāya tiṭṭhati. When you experience a pleasant feeling, if you don't approve, welcome, and keep clinging to it,

### Tassa rāgānusayo nānuseti.

the underlying tendency to greed does not underlie that.

Dukkhāya vedanāya phuṭṭho samāno na socati na kilamati na paridevati na urattālim kandati na sammoham āpajjati.

When you experience a painful feeling, if you don't sorrow or wail or lament, beating your breast and falling into confusion,

### Tassa patighānusayo nānuseti.

the underlying tendency to repulsion does not underlie that.

Adukkhamasukhāya vedanāya phuttho samāno tassā vedanāya samudayañca atthangamañca assādañca ādīnavañca nissaranañca yathābhūtam pajānāti.

When you experience a neutral feeling, if you truly understand that feeling's origin, ending, gratification, drawback, and escape,

### Tassa avijjānusayo nānuseti.

the underlying tendency to ignorance does not underlie that.

So vata, bhikkhave, sukhāya vedanāya rāgānusayam pahāya dukkhāya vedanāya paṭighānusayam paṭivinodetvā adukkhamasukhāya vedanāya avijjāmusayam samūhanitvā avijjam pahāya vijjam uppādetvā diṭṭheva dhamme dukkhassantakaro bhavissatīti—thānametam vijjati.

Mendicants, after giving up the underlying tendency to greed for pleasant feeling, after dispelling the underlying tendency to repulsion towards painful feeling, after eradicating ignorance in the case of neutral feeling, after giving up ignorance and giving rise to knowledge, it's totally possible to make an end of suffering in the present life.

- Sotañca, bhikkhave, pațicca sadde ca uppajjati sotaviññāṇaṃ ... pe ....
- Ghānañca, bhikkhave, paṭicca gandhe ca uppajjati ghānaviññāṇaṃ ... pe ....

  Nose consciousness ...
- Jivhañca, bhikkhave, paṭicca rase ca uppajjati jivhāviññāṇaṃ ... pe .... Tongue consciousness ...
- Kāyañca, bhikkhave, paṭicca phoṭṭhabbe ca uppajjati kāyaviññāṇaṃ ... pe .... Body consciousness ...
- "Manañca, bhikkhave, paticca dhamme ca uppajjati manoviññaṇaṃ tiṇṇaṃ saṅgati phasso, phassapaccayā uppajjati vedayitaṃ sukhaṃ vā dukkhaṃ vā adukkhamasukham vā.

Mind consciousness arises dependent on the mind and thoughts. The meeting of the three is contact. Contact is a condition for what is felt as pleasant, painful, or neutral.

So sukhāya vedanāya phuṭṭho samāno nābhinandati nābhivadati nājjhosāya tiṭṭhati. When you experience a pleasant feeling, if you don't approve, welcome, and keep clinging to it,

### Tassa rāgānusayo nānuseti.

the underlying tendency to greed does not underlie that.

Dukkhāya vedanāya phuṭṭho samāno na socati na kilamati na paridevati na urattālim kandati na sammoham āpajjati.

When you experience a painful feeling, if you don't sorrow or wail or lament, beating your breast and falling into confusion,

#### Tassa patighānusayo nānuseti.

the underlying tendency to repulsion does not underlie that.

Adukkhamasukhāya vedanāya phuṭṭho samāno tassā vedanāya samudayañca atthangamañca assādañca ādīnavañca nissaranañca yathābhūtam pajānāti.

When you experience a neutral feeling, if you truly understand that feeling's origin, ending, gratification, drawback, and escape,

#### Tassa avijjānusayo nānuseti.

the underlying tendency to ignorance does not underlie that.

So vata, bhikkhave, sukhāya vedanāya rāgānusayam pahāya dukkhāya vedanāya paṭighānusayam paṭivinodetvā adukkhamasukhāya vedanāya avijjānusayam samūhanitvā avijjam pahāya vijjam uppādetvā diṭṭheva dhamme dukkhassantakaro bhavissatīti—thānametam vijjati.

Mendicants, after giving up the underlying tendency to greed for pleasant feeling, after dispelling the underlying tendency to repulsion towards painful feeling, after eradicating ignorance in the case of neutral feeling, after giving up ignorance and giving rise to knowledge, it's totally possible to make an end of suffering in the present life.

Evam passam, bhikkhave, sutavā ariyasāvako cakkhusmim nibbindati, rūpesu nibbindati, cakkhuviññāne nibbindati, cakkhusamphasse nibbindati, vedanāya nibbindati, tanhāya nibbindati.

Seeing this, a learned noble disciple grows disillusioned with the eye, sights, eye consciousness, eye contact, feeling, and craving.

Sotasmim nibbindati, saddesu nibbindati ... pe ...

They grow disillusioned with the ear ...

ghānasmiṃ nibbindati, gandhesu nibbindati ...

jivhāya nibbindati, rasesu nibbindati ... tongue ...

kāyasmim nibbindati, phoṭṭhabbesu nibbindati ...

manasmim nibbindati, dhammesu nibbindati, manoviññāne nibbindati, manosamphasse nibbindati, vedanāya nibbindati, tanhāya nibbindati. *mind, thoughts, mind consciousness, mind contact, feeling, and craving.* 

Nibbindam virajjati, virāgā vimuccati. Vimuttasmim vimuttamiti ñāṇam hoti. Being disillusioned, desire fades away. When desire fades away they're freed. When it is freed, they know it is freed.

'Khīṇā jāti, vusitaṃ brahmacariyaṃ, kataṃ karaṇīyaṃ, nāparaṃ itthattāyā'ti pajānātī''ti.

They understand: 'Rebirth is ended, the spiritual journey has been completed, what had to be done has been done, there is no return to any state of existence.'"

Idamavoca bhagavā.

That is what the Buddha said.

Attamanā te bhikkhū bhagavato bhāsitam abhinandunti.

Satisfied, the mendicants were happy with what the Buddha said.

Imasmim kho pana veyyākaraṇasmim bhaññamāne saṭṭhimattānam bhikkhūnam anupādāya āsavehi cittāni vimuccimsūti.

And while this discourse was being spoken, the minds of sixty mendicants were freed from defilements by not grasping.

Chachakkasuttam nitthitam chattham.

#### Majjhima Nikāya 149 Middle Discourses 149

### Mahāsalāvatanikasutta

The Great Discourse on the Six Sense Fields

### Evam me sutam-

So I have heard.

ekam samayam bhagavā sāvatthiyam viharati jetavane anāthapindikassa ārāme. At one time the Buddha was staying near Sāvatthī in Jeta's Grove, Anāthapindika's monastery.

### Tatra kho bhagavā bhikkhū āmantesi:

There the Buddha addressed the mendicants.

"bhikkhavo"ti.

"Bhadante"ti te bhikkhū bhagavato paccassosum.

"Venerable sir," they replied.

### Bhagavā etadavoca:

The Buddha said this:

"mahāsaļāyatanikam vo, bhikkhave, desessāmi.

"Mendicants, I shall teach you the great discourse on the six sense fields.

Taṃ suṇātha, sādhukaṃ manasi karotha, bhāsissāmī''ti. Listen and pay close attention, I will speak."

"Evam, bhante"ti kho te bhikkhū bhagavato paccassosum. "Yes, sir," they replied.

### Bhagavā etadavoca:

The Buddha said this:

"Cakkhum, bhikkhave, ajānam apassam yathābhūtam, rūpe ajānam apassam yathābhūtam, cakkhuviññāṇam ajānam apassam yathābhūtam, cakkhusamphassam ajānam apassam yathābhūtam, yamidam cakkhusamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tampi ajānam apassam yathābhūtam, cakkhusmim sārajjati, rūpesu sārajjati, cakkhuviññāṇe sārajjati, cakkhusamphasse sārajjati, yamidam cakkhusamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmimpi sārajjati.

"Mendicants, when you don't truly know and see the eye, sights, eye consciousness, eye contact, and what is felt as pleasant, painful, or neutral that arises conditioned by eye contact, you're aroused by desire for these things.

Tassa sārattassa samyuttassa sammūļhassa assādānupassino viharato āyatim pañcupādānakkhandhā upacayam gacchanti.

Someone who lives aroused like this—fettered, confused, concentrating on gratification—accumulates the five grasping aggregates for themselves in the future.

 $Taṇh\bar{a}$  cassa ponobbhavik $\bar{a}$  nand $\bar{i}$ ragasahagata tatratatrabhinandin $\bar{i}$ , sa cassa pavaddhati.

And their craving—which leads to future rebirth, mixed up with relishing and greed, looking for enjoyment in various different realms—grows.

Tassa kāyikāpi darathā pavaddhanti, cetasikāpi darathā pavaddhanti; Their physical and mental stress,

kāyikāpi santāpā pavaḍḍhanti, cetasikāpi santāpā pavaḍḍhanti;

kāyikāpi pariļāhā pavaḍḍhanti, cetasikāpi pariļāhā pavaḍḍhanti. and fever grow.

### So kāyadukkhampi cetodukkhampi patisamvedeti.

And they experience physical and mental suffering.

Sotam, bhikkhave, ajānam apassam yathābhūtam ... pe ... When you don't truly know and see the ear ...

ghānam, bhikkhave, ajānam apassam yathābhūtam ... pe ...

jivham, bhikkhave, ajānam apassam yathābhūtam ... pe ... tongue ...

kāyam, bhikkhave, ajānam apassam yathābhūtam ... pe ... body ...

manam, bhikkhave, ajānam apassam yathābhūtam, dhamme, bhikkhave, ajānam apassam yathābhūtam, manoviññāṇam, bhikkhave, ajānam apassam yathābhūtam, manosamphassam, bhikkhave, ajānam apassam yathābhūtam, yamidam manosamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tampi ajānam apassam yathābhūtam, manasmim sārajjati, dhammesu sārajjati, manoviññāṇe sārajjati, manosamphasse sārajjati, yamidam manosamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmimpi sārajjati.

mind, thoughts, mind consciousness, mind contact, and what is felt as pleasant, painful, or neutral that arises conditioned by mind contact, you're aroused by desire for these things.

Tassa sārattassa saṃyuttassa sammūļhassa assādānupassino viharato āyatiṃ pañcupādānakkhandhā upacayaṃ gacchanti.

Someone who lives aroused like this—fettered, confused, concentrating on gratification—accumulates the five grasping aggregates for themselves in the future.

Taṇhā cassa ponobbhavikā nandīrāgasahagatā tatratatrābhinandinī, sā cassa pavaddhati.

And their craving—which leads to future rebirth, mixed up with relishing and greed, looking for enjoyment in various different realms—grows.

Tassa kāyikāpi darathā pavaḍḍhanti, cetasikāpi darathā pavaḍḍhanti; Their physical and mental stress,

kāyikāpi santāpā pavaḍḍhanti, cetasikāpi santāpā pavaḍḍhanti;

kāyikāpi pariļāhā pavaḍḍhanti, cetasikāpi pariļāhā pavaḍḍhanti. and fever grow.

So kāyadukkhampi cetodukkhampi patisamvedeti. And they experience physical and mental suffering.

Cakkhuñca kho, bhikkhave, jānam passam yathābhūtam, rūpe jānam passam yathābhūtam, cakkhuviññāṇam jānam passam yathābhūtam, cakkhusamphassam jānam passam yathābhūtam, yamidam cakkhusamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukhamasukham vā tampi jānam passam yathābhūtam, cakkhusmim na sārajjati, rūpesu na sārajjati, cakkhuviññāṇe na sārajjati, cakkhusamphasse na sārajjati, yamidam cakkhusamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmimpi na sārajjati.

When you do truly know and see the eye, sights, eye consciousness, eye contact, and what is felt as pleasant, painful, or neutral that arises conditioned by eye contact, you're not aroused by desire for these things.

Tassa asārattassa asamyuttassa asammūlhassa ādīnavānupassino viharato āyatim pañcupādānakkhandhā apacayam gacchanti.

Someone who lives unaroused like this—unfettered, unconfused, concentrating on drawbacks—disperses the the five grasping aggregates for themselves in the future.

Taṇhā cassa ponobbhavikā nandīrāgasahagatā tatratatrābhinandinī, sā cassa pahīyati. And their craving—which leads to future rebirth, mixed up with relishing and greed, looking for enjoyment in various different realms—is given up.

Tassa kāyikāpi darathā pahīyanti, cetasikāpi darathā pahīyanti; Their physical and mental stress,

kāyikāpi santāpā pahīyanti, cetasikāpi santāpā pahīyanti;

kāyikāpi pariļāhā pahīyanti, cetasikāpi pariļāhā pahīyanti. and fever are given up.

So kāyasukhampi cetosukhampi patisamvedeti. And they experience physical and mental pleasure.

Yā tathābhūtassa ditthi sāssa hoti sammāditthi; The view of such a person is right view.

yo tathābhūtassa saṅkappo svāssa hoti sammāsaṅkappo; Their intention is right intention,

yo tathābhūtassa vāyāmo svāssa hoti sammāvāyāmo; their effort is right effort,

yā tathābhūtassa sati sāssa hoti sammāsati; their mindfulness is right mindfulness,

yo tathābhūtassa samādhi svāssa hoti sammāsamādhi. and their immersion is right immersion.

Pubbeva kho panassa kāyakammam vacīkammam ājīvo suparisuddho hoti. *And their actions of body and speech have already been fully purified before.* 

Evamassāyam ariyo aṭṭhangiko maggo bhāvanāpāripūrim gacchati. So this noble eightfold path is fully developed.

Tassa evam imam ariyam atthangikam maggam bhāvayato cattāropi satipatthānā bhāvanāpāripūrim gacchanti, cattāropi sammappadhānā bhāvanāpāripūrim gacchanti, cattāropi iddhipādā bhāvanāpāripūrim gacchanti, pañcapi indriyāni bhāvanāpāripūrim gacchanti, pañcapi balāni bhāvanāpāripūrim gacchanti, sattapi bojjhangā bhāvanāpāripūrim gacchanti.

When the noble eightfold path is developed, the following are fully developed: the four kinds of mindfulness meditation, the four right efforts, the four bases of psychic power, the five faculties, the five powers, and the seven awakening factors.

Tassime dve dhammā yuganandhā vattanti— And these two qualities proceed in conjunction:

samatho ca vipassanā ca. serenity and discernment.

So ye dhammā abhiññā pariññeyyā te dhamme abhiññā parijānāti.

They completely understand by direct knowledge those things that should be completely understood by direct knowledge.

Ye dhammā abhiññā pahātabbā te dhamme abhiññā pajahati.

They give up by direct knowledge those things that should be given up by direct knowledge.

Ye dhammā abhiññā bhāvetabbā te dhamme abhiññā bhāveti.

They develop by direct knowledge those things that should be developed by direct knowledge.

Ye dhammā abhiññā sacchikātabbā te dhamme abhiññā sacchikaroti.

They realize by direct knowledge those things that should be realized by direct knowledge.

Katame ca, bhikkhave, dhammā abhiññā pariññeyyā?

And what are the things that should be completely understood by direct knowledge?

### 'Pañcupādānakkhandhā' tissa vacanīyam,

You should say: 'The five grasping aggregates.'

### seyyathidam—rūpupādānakkhandho, vedanupādānakkhandho,

saññupādānakkhandho, sankhārupādānakkhandho, viññānupādānakkhandho.

That is: form, feeling, perception, choices, and consciousness.

### Ime dhammā abhiññā pariññeyyā.

These are the things that should be completely understood by direct knowledge.

### Katame ca, bhikkhave, dhammā abhiññā pahātabbā?

And what are the things that should be given up by direct knowledge?

### Avijjā ca bhavatanhā ca—

Ignorance and craving for continued existence.

### ime dhammā abhiññā pahātabbā.

These are the things that should be given up by direct knowledge.

### Katame ca, bhikkhave, dhammā abhiññā bhāvetabbā?

And what are the things that should be developed by direct knowledge?

### Samatho ca vipassanā ca—

Serenity and discernment.

### ime dhammā abhiññā bhāvetabbā.

These are the things that should be developed by direct knowledge.

#### Katame ca, bhikkhave, dhammā abhiññā sacchikātabbā? And what are the things that should be realized by direct knowledge?

#### Vijjā ca vimutti ca—

Knowledge and freedom.

### ime dhammā abhiññā sacchikātabbā.

These are the things that should be realized by direct knowledge.

### Sotam, bhikkhave, jānam passam yathābhūtam ... pe ...

When you truly know and see the ear ...

## ghānam bhikkhave, jānam passam yathābhūtam ... pe ...

jivham, bhikkhave, jānam passam yathābhūtam ... pe ... tonģue ...

# kāyam, bhikkhave, jānam passam yathābhūtam ... pe ... body ...

manam, bhikkhave, jānam passam yathābhūtam, dhamme jānam passam yathābhūtam, manoviññānam jānam passam yathābhūtam, manosamphassam jānam passam yathābhūtam, yamidam manosamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tampi jānam passam yathābhūtam, manasmim na sārajjati, dhammesu na sārajjati, manoviññāne na sārajjati, manosamphasse na sārajjati, yamidam manosamphassapaccayā uppajjati vedayitam sukham vā dukkham vā adukkhamasukham vā tasmimpi na sārajjati.

mind, thoughts, mind consciousness, mind contact, and what is felt as pleasant, painful, or neutral that arises conditioned by mind contact, you are not aroused by desire for these things.

Tassa asārattassa asaṃyuttassa asammūļhassa ādīnavānupassino viharato āyatiṃ pañcupādānakkhandhā apacayaṃ gacchanti.

Taṇhā cassa ponobbhavikā nandīrāgasahagatā tatratatrābhinandinī, sā cassa pahīyati.

Tassa kāyikāpi darathā pahīyanti, cetasikāpi darathā pahīyanti;

kāyikāpi santāpā pahīyanti, cetasikāpi santāpā pahīyanti;

kāyikāpi pariļāhā pahīyanti, cetasikāpi pariļāhā pahīyanti.

So kāyasukhampi cetosukhampi paṭisaṃvedeti.

Yā tathābhūtassa ditthi sāssa hoti sammāditthi;

yo tathābhūtassa saṅkappo svāssa hoti sammāsaṅkappo;

yo tathābhūtassa vāyāmo svāssa hoti sammāvāyāmo;

yā tathābhūtassa sati sāssa hoti sammāsati;

yo tathābhūtassa samādhi svāssa hoti sammāsamādhi.

Pubbeva kho panassa kāyakammam vacīkammam ājīvo suparisuddho hoti.

Evamassāyam ariyo atthangiko maggo bhāvanāpāripūrim gacchati.

Tassa evam imam ariyam atthangikam maggam bhāvayato cattāropi satipatthānā bhāvanāpāripūrim gacchanti, cattāropi sammappadhānā bhāvanāpāripūrim gacchanti, cattāropi iddhipādā bhāvanāpāripūrim gacchanti, pañcapi indriyāni bhāvanāpāripūrim gacchanti, pañcapi balāni bhāvanāpāripūrim gacchanti, sattapi bojjhangā bhāvanāpāripūrim gacchanti.

Tassime dve dhammā yuganandhā vattanti—

samatho ca vipassanā ca.

So ye dhammā abhiññā pariññeyyā te dhamme abhiññā parijānāti.

Ye dhammā abhiññā pahātabbā te dhamme abhiññā pajahati.

Ye dhammā abhiññā bhāvetabbā te dhamme abhiññā bhāveti.

Ye dhammā abhiññā sacchikātabbā te dhamme abhiññā sacchikaroti.

Katame ca, bhikkhave, dhammā abhiññā pariññeyyā?

'Pañcupādānakkhandhā' tissa vacanīyam, seyyathidam—

rūpupādānakkhandho, vedanupādānakkhandho, saññupādānakkhandho, sankhārupādānakkhandho, viññāṇupādānakkhandho.

Ime dhammā abhiññā pariññeyyā.

Katame ca, bhikkhave, dhammā abhiññā pahātabbā?

Avijjā ca bhavataņhā ca-

ime dhammā abhiññā pahātabbā.

Katame ca, bhikkhave, dhammā abhiññā bhāvetabbā?

Samatho ca vipassanā ca—

ime dhammā abhiññā bhāvetabbā.

Katame ca, bhikkhave, dhammā abhiññā sacchikātabbā?

Vijjā ca vimutti ca—

ime dhammā abhiññā sacchikātabbā"ti.

These are the things that should be realized by direct knowledge."

Idamavoca bhagavā.

That is what the Buddha said.

Attamanā te bhikkhū bhagavato bhāsitam abhinandunti. Satisfied, the mendicants were happy with what the Buddha said.

Mahāsaļāyatanikasuttam nitthitam sattamam.

Majjhima Nikāya 150 Middle Discourses 150

Nagaravindeyyasutta
With the People of Nagaravinda

Evam me sutam— So I have heard.

ekam samayam bhagavā kosalesu cārikam caramāno mahatā bhikkhusamghena saddhim yena nagaravindam nāma kosalānam brāhmaṇānam gāmo tadavasari.

At one time the Buddha was wandering in the land of the Kosalans together with a large Sangha of mendicants when he arrived at a village of the Kosalan brahmins named Nagaravinda.

Assosum kho nagaravindeyyakā brāhmaņagahapatikā:

The brahmins and householders of Nagaravinda heard,

"samano khalu, bho, gotamo sakyaputto sakyakulā pabbajito kosalesu cārikam caramāno mahatā bhikkhusamghena saddhim nagaravindam anuppatto.

"It seems the ascetic Gotama—a Sakyan, gone forth from a Sakyan family—while wandering in the land of the Kosalans has arrived at Nagaravinda, together with a large Sangha of mendicants.

Taṃ kho pana bhavantaṃ gotamaṃ evaṃ kalyāṇo kittisaddo abbhuggato: He has this good reputation:

'itipi so bhagavā araham sammāsambuddho vijjācaraṇasampanno sugato lokavidū anuttaro purisadammasārathi satthā devamanussānam buddho bhagavā'ti.

'That Blessed One is perfected, a fully awakened Buddha, accomplished in knowledge and conduct, holy, knower of the world, supreme guide for those who wish to train, teacher of gods and humans, awakened, blessed.'

So imam lokam sadevakam samārakam sabrahmakam sassamaṇabrāhmaṇim pajam sadevamanussam sayam abhiññā sacchikatvā pavedeti.

He has realized with his own insight this world—with its gods, Māras and Brahmās, this population with its ascetics and brahmins, gods and humans—and he makes it known to others.

So dhammam deseti ādikalyāṇam majjhekalyāṇam pariyosānakalyāṇam sāttham sabyañjanam, kevalaparipuṇṇam parisuddham brahmacariyam pakāseti.

He teaches Dhamma that's good in the beginning, good in the middle, and good in the end, meaningful and well-phrased. And he reveals a spiritual practice that's entirely full and pure.

Sādhu kho pana tathārūpānam arahatam dassanam hotī''ti. It's good to see such perfected ones."

Atha kho nagaravindeyyakā brāhmanagahapatikā yena bhagavā tenupasankamimsu; upasankamitvā appekacce bhagavantam abhivādetvā ekamantam nisīdimsu. Appekacce bhagavatā saddhim sammodimsu; sammodanīyam katham sāranīyam vītisāretvā ekamantam nisīdimsu. Appekacce yena bhagavā tenañjalim paṇāmetvā ekamantam nisīdimsu. Appekacce bhagavato santike nāmagottam sāvetvā ekamantam nisīdimsu. Appekacce tuṇhībhūtā ekamantam nisīdimsu. Ekamantam nisīne kho nagaravindeyyake brāhmaṇagahapatike bhagavā etadavoca:

Then the brahmins and householders of Nagaravinda went up to the Buddha. Before sitting down to one side, some bowed, some exchanged greetings and polite conversation, some held up their joined palms toward the Buddha, some announced their name and clan, while some kept silent. The Buddha said to them:

"Sace vo, gahapatayo, aññatitthiyā paribbājakā evam puccheyyum:

"Householders, if wanderers who follow another path were to ask you:

'kathaṃbhūtā, gahapatayo, samaṇabrāhmaṇā na sakkātabbā na garukātabbā na mānetabbā na pūjetabbā'ti?

'What kind of ascetic or brahmin doesn't deserve honor, respect, reverence, and veneration?'

Evam putthā tumhe, gahapatayo, tesam aññatitthiyānam paribbājakānam evam byākareyyātha:

You should answer them:

'ye te samanabrāhmanā cakkhuviññeyyesu rūpesu avītarāgā avītadosā avītamohā, ajjhattam avūpasantacittā, samavisamam caranti kāyena vācāya manasā, evarūpā samanabrāhmanā na sakkātabbā na garukātabbā na mānetabbā na pūjetabbā.

'There are ascetics and brahmins who are not free of greed, hate, and delusion for sights known by the eye, who are not peaceful inside, and who conduct themselves badly among the good by way of body, speech, and mind. They don't deserve honor, respect, reverence, and veneration.

#### Tam kissa hetu?

Why is that?

Mayampi hi cakkhuviññeyyesu rūpesu avītarāgā avītadosā avītamohā, ajjhattam avūpasantacittā, samavisamam carāma kāyena vācāya manasā, tesam no samacariyampi hetam uttari apassatam.

Because we ourselves are not free of these things, so we do not see that they have any higher good conduct than us.

Tasmā te bhonto samaṇabrāhmaṇā na sakkātabbā na garukātabbā na mānetabbā na pūjetabbā.

That's why they don't deserve honor, respect, reverence, and veneration.

Ye te samanabrāhmanā sotaviñneyyesu saddesu ...

There are ascetics and brahmins who are not free of greed, hate, and delusion for sounds known by the ear ...

ghānaviññeyyesu gandhesu ...

smells known by the nose ...

jivhāviññeyyesu rasesu ...

tastes known by the tongue...

kāyaviññeyyesu photthabbesu ... touches known by the body ...

manoviññeyyesu dhammesu avītarāgā avītadosā avītamohā, ajjhattam avūpasantacittā, samavisamam caranti kāyena vācāya manasā, evarūpā samaṇabrāhmaṇā na sakkātabbā na garukātabbā na mānetabbā na pūjetabbā. thoughts known by the mind, who are not peaceful inside, and who conduct themselves badly among the good by way of body, speech, and mind. They don't deserve honor, respect, reverence, and veneration.

### Tam kissa hetu?

Why is that?

Mayampi hi manoviññeyyesu dhammesu avītarāgā avītadosā avītamohā, ajjhattam avūpasantacittā, samavisamam carāma kāyena vācāya manasā, tesam no samacariyampi hetam uttari apassatam.

Because we ourselves are not free of these things, so we do not see that they have any higher good conduct than us.

Tasmā te bhonto samaṇabrāhmaṇā na sakkātabbā na garukātabbā na mānetabbā na pūjetabbā'ti.

That's why they don't deserve honor, respect, reverence, and veneration.'

Evam puṭṭhā tumhe, gahapatayo, tesam aññatitthiyānam paribbājakānam evam byākareyyātha.

When questioned by wanderers who follow other paths, that's how you should answer them.

Sace pana vo, gahapatayo, aññatitthiyā paribbājakā evam puccheyyum: If wanderers who follow other paths were to ask you:

'kathaṃbhūtā, gahapatayo, samaṇabrāhmaṇā sakkātabbā garukātabbā mānetabbā pūjetabbā'ti?

"What kind of ascetic or brahmin deserves honor, respect, reverence, and veneration?"

Evam putthā tumhe, gahapatayo, tesam aññatitthiyānam paribbājakānam evam byākareyyātha:

You should answer them:

'ye te samanabrāhmaṇā cakkhuviññeyyesu rūpesu vītarāgā vītadosā vītamohā, ajjhattaṃ vūpasantacittā, samacariyaṃ caranti kāyena vācāya manasā, evarūpā samaṇabrāhmanā sakkātabbā garukātabbā mānetabbā pūjetabbā.

There are ascetics and brahmins who are free of greed, hate, and delusion for sights known by the eye, who are peaceful inside, and who conduct themselves well by way of body, speech, and mind. They deserve honor, respect, reverence, and veneration.

#### Tam kissa hetu?

Why is that?

Mayampi hi cakkhuviññeyyesu rūpesu avītarāgā avītadosā avītamohā, ajjhattam avūpasantacittā, samavisamam carāma kāyena vācāya manasā, tesam no samacariyampi hetam uttari passatam.

Because we ourselves are not free of these things, but we see that they have a higher good conduct than us.

Tasmā te bhonto samanabrāhmaṇā sakkātabbā garukātabbā mānetabbā pūjetabbā. That's why they deserve honor, respect, reverence, and veneration.

### Ye te samanabrāhmanā sotaviñneyyesu saddesu ...

There are ascetics and brahmins who are free of greed, hate, and delusion for sounds known by the ear ...

### ghānaviññeyyesu gandhesu ...

smells known by the nose ...

### jivhāviñneyyesu rasesu ...

tastes known by the tongue ...

### kāyaviññeyyesu photthabbesu ...

touches known by the body ...

manoviññeyyesu dhammesu vītarāgā vītadosā vītamohā, ajjhattaṃ vūpasantacittā, samacariyaṃ caranti kāyena vācāya manasā, evarūpā samaṇabrāhmaṇā sakkātabbā garukātabbā mānetabbā pūjetabbā.

thoughts known by the mind, who are peaceful inside, and who conduct themselves well by way of body, speech, and mind. They deserve honor, respect, reverence, and veneration.

### Tam kissa hetu?

Why is that?

Mayampi hi manoviññeyyesu dhammesu avītarāgā avītadosā avītamohā ajjhattam avūpasantacittā, samavisamam carāma kāyena vācāya manasā, tesam no samacariyampi hetam uttari passatam.

Because we ourselves are not free of these things, but we see that they have a higher good conduct than us.

Tasmā te bhonto samaṇabrāhmaṇā sakkātabbā garukātabbā mānetabbā pūjetabbā'ti. That's why they deserve honor, respect, reverence, and veneration.

Evam putthā tumhe, gahapatayo, tesam aññatitthiyānam paribbājakānam evam byākarevyātha.

When questioned by wanderers who follow other paths, that's how you should answer them.

Sace pana vo, gahapatayo, aññatitthiyā paribbājakā evam puccheyyum: If wanderers who follow other paths were to ask you:

'ke panāyasmantānam ākārā, ke anvayā, yena tumhe āyasmanto evam vadetha? 'But what reasons and evidence do you have regarding those venerables that justifies saying, Addhā te āyasmanto vītarāgā vā rāgavinayāya vā paṭipannā, vītadosā vā dosavinayāya vā paṭipannā, vītamohā vā mohavinayāya vā paṭipannā'ti?

"Clearly those venerables are free of greed, hate, and delusion, or practicing to be free of them"?"

Evam putthā tumhe, gahapatayo, tesam aññatitthiyānam paribbājakānam evam byākareyyātha:

You should answer them:

'tathā hi te āyasmanto araññavanapatthāni pantāni senāsanāni patisevanti. 'It's because those venerables frequent remote lodgings in the wilderness and the forest.

Natthi kho pana tattha tathārūpā cakkhuviññeyyā rūpā ye disvā disvā abhirameyyum, natthi kho pana tattha tathārūpā sotaviññeyyā saddā ye sutvā sutvā abhirameyyum, natthi kho pana tattha tathārūpā ghānaviññeyyā gandhā ye ghāyitvā ghāyitvā abhirameyyum, natthi kho pana tattha tathārūpā jivhāviñňeyyā rasā ye sāyitvā sāyitvā abhirameyyum, natthi kho pana tattha tathārūpā kāyaviñňeyyā photthabbā ye phusitvā phusitvā abhirameyyum.

In such places there are no sights known by the eye to see and enjoy, there are no sounds known by the ear to hear and enjoy, no odors known by the nose to smell and enjoy, no flavors known by the tongue to taste and enjoy, and no touches known by the body to feel and enjoy.

Ime kho no, āvuso, ākārā, ime anvayā, yena mayam evam vadema—

These are the reasons and evidence that you have regarding those venerables that justifies saying,

addhā te āyasmanto vītarāgā vā rāgavinayāya vā paṭipannā, vītadosā vā dosavinayāya vā patipannā, vītamohā vā mohavinayāya vā patipannā'ti.

"Clearly those venerables are free of greed, hate, and delusion, or practicing to be free of them".'

Evam putthā tumhe, gahapatayo, tesam aññatitthiyānam paribbājakānam evam byākareyyāthā"ti.

When questioned by wanderers who follow other paths, that's how you should answer them."

Evam vutte, nagaravindeyyakā brāhmanagahapatikā bhagavantam etadavocum: When he had spoken, the brahmins and householders of Nagaravinda said to the Buddha,

"abhikkantam, bho gotama, abhikkantam, bho gotama.

"Excellent, Master Gotama! Excellent!

Seyyathāpi, bho gotama, nikkujjitam vā ukkujjeyya, paṭicchannam vā vivareyya, mūļhassa vā maggam ācikkheyya, andhakāre vā telapajjotam dhāreyya: 'cakkhumanto rūpāni dakkhantī'ti; evamevam bhotā gotamena anekapariyāyena dhammo pakāsito.

As if he were righting the overturned, or revealing the hidden, or pointing out the path to the lost, or lighting a lamp in the dark so people with good eyes can see what's there, Master Gotama has made the Teaching clear in many ways.

Ete mayam bhavantam gotamam saranam gacchāma dhammañca bhikkhusanghañca.

We go for refuge to Master Gotama, to the teaching, and to the mendicant Sangha.

Upāsake no bhavam gotamo dhāretu ajjatagge pānupete saraṇam gate"ti. From this day forth, may Master Gotama remember us as lay followers who have gone for refuge for life."

Nagaravindeyyasuttam nitthitam atthamam.

#### Majjhima Nikāya 151 Middle Discourses 151

### Piṇḍapātapārisuddhisutta *The Purification of Alms*

Evam me sutam— So I have heard.

ekam samayam bhagavā rājagahe viharati veļuvane kalandakanivāpe.

At one time the Buddha was staying near Rājagaha, in the Bamboo Grove, the squirrels' feeding ground.

Atha kho āyasmā sāriputto sāyanhasamayam paṭisallānā vuṭṭhito yena bhagavā tenupasankami; upasankamitvā bhagavantam abhivādetvā ekamantam nisīdi. Ekamantam nisinnam kho āyasmantam sāriputtam bhagavā etadavoca:

Then in the late afternoon, Sāriputta came out of retreat and went to the Buddha. He bowed and sat down to one side. The Buddha said to him,

"Vippasannāni kho te, sāriputta, indriyāni, parisuddho chavivanno pariyodāto. "Sāriputta, your faculties are so very clear, and your complexion is pure and bright.

Katamena kho tvam, sāriputta, vihārena etarahi bahulam viharasī"ti? What kind of meditation are you usually practicing these days?"

"Suññatāvihārena kho aham, bhante, etarahi bahulam viharāmī"ti. "Sir, these days I usually practice the meditation on emptiness."

"Sādhu sādhu, sāriputta. "Good, good, Sāriputta!

Mahāpurisavihārena kira tvam, sāriputta, etarahi bahulam viharasi. *It seems you usually practice the meditation of a great man.* 

Mahāpurisavihāro eso, sāriputta, yadidam— For emptiness is the meditation of a great man.

suññatā.

Tasmātiha, sāriputta, bhikkhu sace ākaṅkheyya:

Now, a mendicant might wish:

'suññatāvihārena bahulam vihareyyan'ti, tena, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

'May I usually practice the meditation on emptiness.' So they should reflect:

'yena cāhaṃ maggena gāmaṃ piṇḍāya pāvisiṃ, yasmiñca padese piṇḍāya acariṃ, yena ca maggena gāmato piṇḍāya paṭikkamiṃ, atthi nu kho me tattha cakkhuviññeyyesu rūpesu chando vā rāgo vā doso vā moho vā paṭighaṃ vāpi cetaso'ti?

'Along the path that I went for alms, or in the place I wandered for alms, or along the path that I returned from alms, was there any desire or greed or hate or delusion or repulsion in my heart for sights known by the eye?'

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

'yena cāhaṃ maggena gāmaṃ piṇḍāya pāvisiṃ, yasmiñca padese piṇḍāya acariṃ, yena ca maggena gāmato piṇḍāya paṭikkamiṃ, atthi me tattha cakkhuviññeyyesu rūpesu chando vā rāgo vā doso vā moho vā paṭighaṃ vāpi cetaso'ti, tena, sāriputta, bhikkhunā tesaṃyeva pāpakānaṃ akusalānaṃ dhammānaṃ pahānāya vāyamitabbam.

there was such desire or greed or hate or delusion or repulsion in their heart, they should make an effort to give up those unskillful qualities.

### Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

'yena cāhaṃ maggena gāmaṃ piṇḍāya pāvisiṃ, yasmiñca padese piṇḍāya acariṃ, yena ca maggena gāmato piṇḍāya paṭikkamiṃ, natthi me tattha cakkhuviññeyyesu rūpesu chando vā rāgo vā doso vā moho vā paṭighaṃ vāpi cetaso'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbaṃ ahorattānusikkhinā kusalesu dhammesu.

there was no such desire or greed or hate or delusion or repulsion in their heart, they should meditate with rapture and joy, training day and night in skillful qualities.

### Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

Furthermore, a mendicant should reflect:

'yena cāhaṃ maggena gāmaṃ piṇḍāya pāvisiṃ, yasmiñca padese piṇḍāya acariṃ, yena ca maggena gāmato piṇḍāya paṭikkamiṃ, atthi nu kho me tattha sotaviññeyyesu saddesu ... pe ...

'Along the path that I went for alms, or in the place I wandered for alms, or along the path that I returned from alms, was there any desire or greed or hate or delusion or repulsion in my heart for sounds known by the ear ...

### ghānaviññeyyesu gandhesu ...

smells known by the nose ...

### jivhāviññeyyesu rasesu ...

tastes known by the tongue ...

### kāyaviññeyyesu photthabbesu ...

touches known by the body ...

manoviñ<br/>ñeyyesu dhammesu chando vā rāgo vā doso vā moho vā paṭighaṃ vāpi cetaso<br/>'ti?

thoughts known by the mind?'

### Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

'yena cāhaṃ maggena gāmaṃ piṇḍāya pāvisiṃ, yasmiñca padese piṇḍāya acariṃ, yena ca maggena gāmato piṇḍāya paṭikkamiṃ, atthi me tattha manoviññeyyesu dhammesu chando vā rāgo vā doso vā moho vā paṭighaṃ vāpi cetaso'ti, tena, sāriputta, bhikkhunā tesaṃyeva pāpakānaṃ akusalānaṃ dhammānaṃ pahānāya vāyamitabbaṃ.

there was such desire or greed or hate or delusion or repulsion in their heart, they should make an effort to give up those unskillful qualities.

### Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

'yena cāhaṃ maggena gāmaṃ piṇḍāya pāvisiṃ, yasmiñca padese piṇḍāya acariṃ, yena ca maggena gāmato piṇḍāya paṭikkamiṃ, natthi me tattha manoviññeyyesu dhammesu chando vā rāgo vā doso vā moho vā paṭighaṃ vāpi cetaso'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbaṃ ahorattānusikkhinā kusalesu dhammesu.

there was no such desire or greed or hate or delusion or repulsion in their heart, they should meditate with rapture and joy, training day and night in skillful qualities.

### Puna caparam, sāriputta, bhikkhunā iti patisañcikkhitabbam:

Furthermore, a mendicant should reflect:

### 'pahīnā nu kho me pañca kāmaguṇā'ti?

'Have I given up the five kinds of sensual stimulation?'

### Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

# 'appahīnā kho me pañca kāmaguṇā'ti, tena, sāriputta, bhikkhunā pañcannaṃ kāmagunānam pahānāya vāyamitabbam.

they have not given them up, they should make an effort to do so.

### Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

# ʻpahīnā kho me pañca kāmaguṇā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have given them up, they should meditate with rapture and joy, training day and night in skillful qualities.

### Puna caparam, sāriputta, bhikkhunā iti patisañcikkhitabbam:

Furthermore, a mendicant should reflect:

### 'pahīnā nu kho me pañca nīvaraṇā'ti?

'Have I given up the five hindrances?'

### Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

# 'appahīnā kho me pañca nīvaraṇā'ti, tena, sāriputta, bhikkhunā pañcannam nīvaranānam pahānāya vāyamitabbam.

they have not given them up, they should make an effort to do so.

### Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

# 'pahīnā kho me pañca nīvaraṇā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have given them up, they should meditate with rapture and joy, training day and night in skillful qualities.

### Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

Furthermore, a mendicant should reflect:

#### 'pariññātā nu kho me pañcupādānakkhandhā'ti?

'Have I completely understood the five grasping aggregates?'

#### Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

# 'apariññātā kho me pañcupādānakkhandha'ti, tena, sāriputta, bhikkhunā pañcannam upādānakkhandhānam pariññāya vāyamitabbam.

they have not completely understood them, they should make an effort to do so.

#### Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

# 'pariññātā kho me pañcupādānakkhandhā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have completely understood them, they should meditate with rapture and joy, training day and night in skillful qualities.

### Puna caparam, sāriputta, bhikkhunā iti paţisañcikkhitabbam:

Furthermore, a mendicant should reflect:

#### 'bhāvitā nu kho me cattāro satipatthānā'ti?

'Have I developed the four kinds of mindfulness meditation?'

### Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

# 'abhāvitā kho me cattāro satipaṭṭhānā'ti, tena, sāriputta, bhikkhunā catunnaṃ satipaṭṭhānānaṃ bhāvanāya vāyamitabbaṃ.

they haven't developed them, they should make an effort to do so.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

'bhāvitā kho me cattāro satipaṭṭhānā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have developed them, they should meditate with rapture and joy, training day and night in skillful qualities.

Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

Furthermore, a mendicant should reflect:

'bhāvitā nu kho me cattāro sammappadhānā'ti?

'Have I developed the four right efforts ...

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'abhāvitā kho me cattāro sammappadhānā'ti, tena, sāriputta, bhikkhunā catunnaṃ sammappadhānānaṃ bhāvanāya vāyamitabbaṃ.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'bhāvitā kho me cattāro sammappadhānā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbaṃ ahorattānusikkhinā kusalesu dhammesu.

Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

'bhāvitā nu kho me cattāro iddhipādā'ti? the four bases of psychic power ...

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

ʻabhāvitā kho me cattāro iddhipādā'ti, tena, sāriputta, bhikkhunā catunnam iddhipādānam bhāvanāya vāyamitabbam.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'bhāvitā kho me cattāro iddhipādā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

'bhāvitāni nu kho me pañcindriyānī'ti? the five faculties ...

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

ʻabhāvitāni kho me pañcindriyānī'ti, tena, sāriputta, bhikkhunā pañcannaṃ indriyānaṃ bhāvanāya vāyamitabbaṃ.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'bhāvitāni kho me pañcindriyānī'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

'bhāvitāni nu kho me pañca balānī'ti? *the five powers* ...

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

ʻabhāvitāni kho me pañca balānī'ti, tena, sāriputta, bhikkhunā pañcannaṃ balānaṃ bhāvanāya vāyamitabbaṃ.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'bhāvitāni kho me pañca balānī'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbaṃ ahorattānusikkhinā kusalesu dhammesu.

Puna caparam, sāriputta, bhikkhunā iti paţisañcikkhitabbam:

'bhāvitā nu kho me satta bojjhangā'ti?

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'abhāvitā kho me satta bojjhaṅgā'ti, tena, sāriputta, bhikkhunā sattannaṃ bojjhaṅgānam bhāvanāya vāyamitabbam.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

'bhāvitā kho me satta bojjhaṅgā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbaṃ ahorattānusikkhinā kusalesu dhammesu.

Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

'bhāvito nu kho me ariyo aṭṭhaṅgiko maggo'ti?

the noble eightfold path?'

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti: Suppose that, upon checking, a mendicant knows that

ʻabhāvito kho me ariyo aṭṭhaṅgiko maggo'ti, tena, sāriputta, bhikkhunā ariyassa aṭṭhaṅgikassa maggassa bhāvanāya vāyamitabbaṃ.

they haven't developed it, they should make an effort to do so.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

'bhāvito kho me ariyo aṭṭhangiko maggo'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have developed it, they should meditate with rapture and joy, training day and night in skillful qualities.

Puna caparam, sāriputta, bhikkhunā iti paţisañcikkhitabbam:

Furthermore, a mendicant should reflect:

'bhāvitā nu kho me samatho ca vipassanā cā'ti?

'Have I developed serenity and discernment?'

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

'abhāvitā kho me samatho ca vipassanā cā'ti, tena, sāriputta, bhikkhunā samathavipassanānam bhāvanāya vāyamitabbam.

they haven't developed them, they should make an effort to do so.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

'bhāvitā kho me samatho ca vipassanā cā'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have developed them, they should meditate with rapture and joy, training day and night in skillful qualities.

Puna caparam, sāriputta, bhikkhunā iti paṭisañcikkhitabbam:

Furthermore, a mendicant should reflect:

'sacchikatā nu kho me vijjā ca vimutti cā'ti?

'Have I realized knowledge and freedom?'

Sace, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

Suppose that, upon checking, a mendicant knows that

'asacchikatā kho me vijjā ca vimutti cā'ti, tena, sāriputta, bhikkhunā vijjāya vimuttiyā sacchikiriyāya vāyamitabbam.

they haven't realized them, they should make an effort to do so.

Sace pana, sāriputta, bhikkhu paccavekkhamāno evam jānāti:

But suppose that, upon checking, a mendicant knows that

'sacchikatā kho me vijjā ca vimutti ca'ti, tena, sāriputta, bhikkhunā teneva pītipāmojjena vihātabbam ahorattānusikkhinā kusalesu dhammesu.

they have realized them, they should meditate with rapture and joy, training day and night in skillful qualities.

Ye hi keci, sāriputta, atītamaddhānam samaņā vā brāhmaņā vā piṇḍapātam parisodhesum, sabbe te evameva paccavekkhitvā paccavekkhitvā piṇḍapātam parisodhesum.

Whether in the past, future, or present, all those who purify their alms-food do so by continually checking in this way.

Yepi hi keci, sāriputta, anāgatamaddhānam samaṇā vā brāhmaṇā vā piṇḍapātam parisodhessanti, sabbe te evameva paccavekkhitvā paccavekkhitvā piṇḍapātam parisodhessanti.

Yepi hi keci, sāriputta, etarahi samaņā vā brāhmaņā vā piņḍapātam parisodhenti, sabbe te evameva paccavekkhitvā paccavekkhitvā piṇḍapātam parisodhenti.

Tasmātiha, sāriputta, 'paccavekkhitvā paccavekkhitvā piņḍapātaṃ parisodhessāmā'ti—

So, Sāriputta, you should all train like this: 'We shall purify our alms-food by continually checking.'"

evañhi vo, sāriputta, sikkhitabban"ti.

Idamavoca bhagavā.

That is what the Buddha said.

Attamano āyasmā sāriputto bhagavato bhāsitam abhinandīti.

Satisfied, Venerable Sāriputta was happy with what the Buddha said.

Pindapātapārisuddhisuttam nitthitam navamam.

#### Majjhima Nikāya 152 Middle Discourses 152

### Indriyabhāvanāsutta

The Development of the Faculties

#### Evam me sutam— So I have heard.

ekam samayam bhagavā gajangalāyam viharati suveļuvane.

At one time the Buddha was staying near Kajangalā in a bamboo grove.

Atha kho uttaro māṇavo pārāsiviyantevāsī yena bhagavā tenupasankami; upasankamitvā bhagavatā saddhim sammodi.

Then the brahmin student Uttara, a pupil of the brahmin Pārāsariya, approached the Buddha, and exchanged greetings with him.

Sammodanīyam katham sāranīyam vītisāretvā ekamantam nisīdi. Ekamantam nisinnam kho uttaram mānavam pārāsiviyantevāsim bhagavā etadavoca:

When the greetings and polite conversation were over, he sat down to one side. The Buddha said to him,

"deseti, uttara, pārāsiviyo brāhmano sāvakānam indriyabhāvanan"ti? "Uttara, does Pārāsariya teach his disciples the development of the faculties?"

"Deseti, bho gotama, pārāsiviyo brāhmaņo sāvakānam indriyabhāvanan"ti. "He does, Master Gotama."

"Yathā katham pana, uttara, deseti pārāsiviyo brāhmaņo sāvakānam indriyabhāvanan"ti?

"But how does he teach it?"

"Idha, bho gotama, cakkhunā rūpam na passati, sotena saddam na sunāti— "Master Gotama, it's when the eye sees no sight and the ear hears no sound.

evam kho, bho gotama, deseti pārāsiviyo brāhmaņo sāvakānam indriyabhāvanan"ti. That's how Pārāsariya teaches his disciples the development of the faculties."

"Evaṃ sante kho, uttara, andho bhāvitindriyo bhavissati, badhiro bhāvitindriyo bhavissati;

"In that case, Uttara, a blind person and a deaf person will have developed faculties

yathā pārāsiviyassa brāhmaņassa vacanam. according to what Pārāsariya says.

Andho hi, uttara, cakkhunā rūpam na passati, badhiro sotena saddam na sunātī"ti. For a blind person sees no sight with the eye and a deaf person hears no sound with the ear."

Evam vutte, uttaro māṇavo pārāsiviyantevāsī tunhībhūto mankubhūto pattakkhandho adhomukho pajjhāyanto appatibhāno nisīdi.

When he said this, Uttara sat silent, embarrassed, shoulders drooping, downcast, depressed, with nothing to say.

Atha kho bhagavā uttaram māṇavam pārāsiviyantevāsim tunhībhūtam maṅkubhūtam pattakkhandham adhomukham pajjhāyantam appaṭibhānam viditvā āyasmantam ānandam āmantesi:

Knowing this, the Buddha addressed Venerable Ānanda,

"aññathā kho, ānanda, deseti pārāsiviyo brāhmaņo sāvakānam indriyabhāvanam, aññathā ca panānanda, ariyassa vinaye anuttarā indriyabhāvanā hoti"ti.

"Ānanda, the development of the faculties taught by Pārāsariya is quite different from the supreme development of the faculties in the training of the noble one."

"Etassa, bhagavā, kālo; etassa, sugata, kālo

"Now is the time, Blessed One! Now is the time, Holy One.

# yam bhagavā ariyassa vinaye anuttaram indriyabhāvanam deseyya. Bhagavato sutvā bhikkhū dhāressantī''ti.

Let the Buddha teach the supreme development of the faculties in the training of the noble one. The mendicants will listen and remember it."

### "Tenahānanda, sunāhi, sādhukam manasi karohi; bhāsissāmī"ti.

"Well then, Ananda, listen and pay close attention, I will speak."

### "Evam, bhante"ti kho āyasmā ānando bhagavato paccassosi.

"Yes, sir," Ānanda replied.

#### Bhagavā etadavoca:

The Buddha said this:

### "Kathañcānanda, ariyassa vinaye anuttarā indriyabhāvanā hoti?

"And how, Ānanda, is there the supreme development of the faculties in the training of the noble one?

# Idhānanda, bhikkhuno cakkhunā rūpam disvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

When a mendicant sees a sight with their eyes, liking, disliking, and both liking and disliking come up in them.

### So evam pajānāti:

They understand:

# 'uppannam kho me idam manāpam, uppannam amanāpam, uppannam manāpāmanāpam.

'Liking, disliking, and both liking and disliking have come up in me.

### Tañca kho sankhatam olārikam paticcasamuppannam.

That's conditioned, coarse, and dependently originated.

### Etam santam etam panītam yadidam—

But this is peaceful and sublime, namely

#### upekkhā'ti.

equanimity.'

# Tassa tam uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam nirujihati;

Then the liking, disliking, and both liking and disliking that came up in them cease,

#### upekkhā santhāti.

and equanimity becomes stabilized.

# Seyyathāpi, ānanda, cakkhumā puriso ummīletvā vā nimīleyya, nimīletvā vā ummīleyya;

It's like how a person with good sight might open their eyes then shut them; or might shut their eyes then open them.

# evameva kho, ānanda, yassa kassaci evaṃsīghaṃ evaṃtuvaṭaṃ evaṃappakasirena uppannaṃ manāpaṃ uppannaṃ amanāpaṃ uppannaṃ manāpāmanāpaṃ nirujjhati, upekkhā santhāti—

Such is the speed, the swiftness, the ease with which any liking, disliking, and both liking and disliking at all that came up in them cease, and equanimity becomes stabilized.

# ayam vuccatānanda, ariyassa vinaye anuttarā indriyabhāvanā cakkhuviññeyyesu rūpesu.

In the training of the noble one this is called the supreme development of the faculties regarding sights known by the eye.

# Puna caparam, ānanda, bhikkhuno sotena saddam sutvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

Furthermore, when a mendicant hears a sound with their ears, liking, disliking, and both liking and disliking come up in them.

### So evam pajānāti:

They understand:

# 'uppannam kho me idam manāpam, uppannam amanāpam, uppannam manāpāmanāpam.

'Liking, disliking, and both liking and disliking have come up in me.

### Tañca kho sankhatam olārikam paticcasamuppannam.

That's conditioned, coarse, and dependently originated.

### Etam santam etam panītam yadidam—

But this is peaceful and sublime, namely

### upekkhā'ti.

equanimity.'

# Tassa tam uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam nirujjhati;

Then the liking, disliking, and both liking and disliking that came up in them cease,

#### upekkhā santhāti.

and equanimity becomes stabilized.

### Seyyathāpi, ānanda, balavā puriso appakasireneva accharam pahareyya;

It's like how a strong person can effortlessly snap their fingers.

# evameva kho, ānanda, yassa kassaci evaṃsīghaṃ evaṃtuvaṭaṃ evaṃappakasirena uppannaṃ manāpaṃ uppannaṃ amanāpaṃ uppannaṃ manāpāmanāpaṃ nirujjhati, upekkhā sanṭhāti—

Such is the speed, the swiftness, the ease with which any liking, disliking, and both liking and disliking at all that came up in them cease, and equanimity becomes stabilized.

# ayam vuccatānanda, ariyassa vinaye anuttarā indriyabhāvanā sotaviññeyyesu saddesu.

In the training of the noble one this is called the supreme development of the faculties regarding sounds known by the ear.

# Puna caparam, ānanda, bhikkhuno ghānena gandham ghāyitvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

Furthermore, when a mendicant smells an odor with their nose, liking, disliking, and both liking and disliking come up in them.

### So evam pajānāti:

They understand:

# 'uppannam kho me idam manāpam, uppannam amanāpam, uppannam manāpāmanāpam.

'Liking, disliking, and both liking and disliking have come up in me.

### Tañca kho sankhatam olārikam paticcasamuppannam.

That's conditioned, coarse, and dependently originated.

### Etam santam etam panītam yadidam—

But this is peaceful and sublime, namely

#### upekkhā'ti.

equanimity.'

# Tassa tam uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam nirujjhati;

Then the liking, disliking, and both liking and disliking that came up in them cease,

#### upekkhā santhāti.

and equanimity becomes stabilized.

Seyyathāpi, ānanda, īsakampoņe padumapalāse udakaphusitāni pavattanti, na santhanti;

It's like how a drop of water would roll off a gently sloping lotus leaf, and would not stay there.

evameva kho, ānanda, yassa kassaci evaṃsīghaṃ evaṃtuvaṭaṃ evaṃappakasirena uppannaṃ manāpaṃ uppannaṃ amanāpaṃ uppannaṃ manāpāmanāpaṃ nirujjhati, upekkhā santhāti—

Such is the speed, the swiftness, the ease with which any liking, disliking, and both liking and disliking at all that came up in them cease, and equanimity becomes stabilized.

ayam vuccatānanda, ariyassa vinaye anuttarā indriyabhāvanā ghānaviññeyyesu gandhesu.

In the training of the noble one this is called the supreme development of the faculties regarding smells known by the nose.

Puna caparam, ānanda, bhikkhuno jivhāya rasam sāyitvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

Furthermore, when a mendicant tastes a flavor with their tongue, liking, disliking, and both liking and disliking come up in them.

### So evam pajānāti:

They understand:

'uppannam kho me idam manāpam, uppannam amanāpam, uppannam manāpāmanāpam.

'Liking, disliking, and both liking and disliking have come up in me.

Tañca kho sankhatam olārikam paticcasamuppannam.

That's conditioned, coarse, and dependently originated.

Etam santam etam panītam yadidam— But this is peaceful and sublime, namely

### upekkhā'ti.

equanimity.'

Tassa tam uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam nirujjhati;

Then the liking, disliking, and both liking and disliking that came up in them cease,

#### upekkhā santhāti.

and equanimity becomes stabilized.

Seyyathāpi, ānanda, balavā puriso jivhagge kheļapiņḍaṃ saṃyūhitvā appakasirena vameyya;

It's like how a strong person who's formed a glob of spit on the tip of their tongue could easily spit it out.

evameva kho, ānanda, yassa kassaci evaṃsīghaṃ evaṃtuvaṭaṃ evaṃappakasirena uppannaṃ manāpaṃ uppannaṃ amanāpaṃ uppannaṃ manāpāmanāpaṃ nirujjhati, upekkhā santhāti—

Such is the speed, the swiftness, the ease with which any liking, disliking, and both liking and disliking at all that came up in them cease, and equanimity becomes stabilized.

ayam vuccatānanda, ariyassa vinaye anuttarā indriyabhāvanā jivhāviññeyyesu rasesu.

In the training of the noble one this is called the supreme development of the faculties regarding tastes known by the tongue.

Puna caparam, ānanda, bhikkhuno kāyena phoṭṭhabbam phusitvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

Furthermore, when a mendicant feels a touch with their body, liking, disliking, and both liking and disliking come up in them.

#### So evam pajānāti:

They understand:

# 'uppannam kho me idam manāpam, uppannam amanāpam, uppannam manāpāmanāpam.

'Liking, disliking, and both liking and disliking have come up in me.

### Tañca kho sankhatam olārikam paticcasamuppannam.

That's conditioned, coarse, and dependently originated.

### Etam santam etam panītam yadidam—

But this is peaceful and sublime, namely

#### upekkhā'ti.

equanimity.'

# Tassa tam uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam nirujjhati;

Then the liking, disliking, and both liking and disliking that came up in them cease,

### upekkhā santhāti.

and equanimity becomes stabilized.

# Seyyathāpi, ānanda, balavā puriso samiñjitam vā bāham pasāreyya, pasāritam vā bāham samiñjeyya;

It's like how a strong person can extend or contract their arm.

# evameva kho, ānanda, yassa kassaci evamsīgham evamtuvaṭam evamappakasirena uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam nirujjhati, upekkhā santhāti—

Such is the speed, the swiftness, the ease with which any liking, disliking, and both liking and disliking at all that came up in them cease, and equanimity becomes stabilized.

# ayam vuccatānanda, ariyassa vinaye anuttarā indriyabhāvanā kāyaviññeyyesu photthabbesu.

in the training of the noble one this is called the supreme development of the faculties regarding touches known by the body.

# Puna caparam, ānanda, bhikkhuno manasā dhammam viññāya uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

Furthermore, when a mendicant knows a thought with their mind, liking, disliking, and both liking and disliking come up in them.

### So evam pajānāti:

They understand:

# 'uppannam kho me idam manāpam, uppannam amanāpam, uppannam manāpāmanāpam.

'Liking, disliking, and both liking and disliking have come up in me.

### Tañca kho sankhatam olārikam paticcasamuppannam.

That's conditioned, coarse, and dependently originated.

#### Etam santam etam panītam yadidam—

But this is peaceful and sublime, namely

#### upekkhā'ti.

equanimity.'

# Tassa tam uppannam manāpam uppannam amanāpam uppannam manāpāmanāpam niruiihati:

Then the liking, disliking, and both liking and disliking that came up in them cease,

#### upekkhā santhāti.

and equanimity becomes stabilized.

# Seyyathāpi, ānanda, balavā puriso divasaṃsantatte ayokaṭāhe dve vā tīṇi vā udakaphusitāni nipāteyya.

It's like how a strong person could let two or three drops of water fall onto an iron cauldron that had been heated all day.

Dandho, ānanda, udakaphusitānam nipāto, atha kho nam khippameva parikkhayam pariyādānam gaccheyya;

The drops would be slow to fall, but they'd quickly dry up and evaporate.

evameva kho, ānanda, yassa kassaci evaṃsīghaṃ evaṃtuvaṭaṃ evaṃappakasirena uppannaṃ manāpaṃ uppannaṃ amanāpaṃ uppannaṃ manāpāmanāpaṃ nirujjhati, upekkhā santhāti—

Such is the speed, the swiftness, the ease with which any liking, disliking, and both liking and disliking at all that came up in them cease, and equanimity becomes stabilized.

ayam vuccatānanda, ariyassa vinaye anuttarā indriyabhāvanā manoviññeyyesu dhammesu.

In the training of the noble one this is called the supreme development of the faculties regarding thoughts known by the mind.

Evam kho, ānanda, ariyassa vinaye anuttarā indriyabhāvanā hoti.

That's how there is the supreme development of the faculties in the training of the noble one.

Kathañcānanda, sekho hoti pātipado?

And how are they a practicing trainee?

Idhānanda, bhikkhuno cakkhunā rūpam disvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

When a mendicant sees a sight with their eyes, liking, disliking, and both liking and disliking come up in them.

So tena uppannena manāpena uppannena amanāpena uppannena manāpāmanāpena attīyati harāyati jigucchati.

They are horrified, repelled, and disgusted by that.

Sotena saddam sutvā ... pe ...

When they hear a sound with their ears ...

ghānena gandham ghāyitvā ...

When they smell an odor with their nose ...

jivhāya rasam sāyitvā ...

When they taste a flavor with their tongue ...

kāyena photthabbam phusitvā ...

When they feel a touch with their body ...

manasā dhammam viññāya uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

When they know a thought with their mind, liking, disliking, and both liking and disliking come up in them.

So tena uppannena manāpena uppannena amanāpena uppannena manāpāmanāpena attīvati harāyati jigucchati.

They are horrified, repelled, and disgusted by that.

Evam kho, ānanda, sekho hoti pāṭipado.

That's how they are a practicing trainee.

Kathañcānanda, ariyo hoti bhāvitindriyo?

And how are they a noble one with developed faculties?

Idhānanda, bhikkhuno cakkhunā rūpam disvā uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

When a mendicant sees a sight with their eyes, liking, disliking, and both liking and disliking come up in them.

So sace ākankhati: 'paṭikūle appaṭikūlasaññī vihareyyan'ti, appaṭikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the unrepulsive in the repulsive,' that's what they do.

Sace ākaṅkhati: 'appaṭikūle paṭikūlasaññī vihareyyan'ti, paṭikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the repulsive in the unrepulsive,' that's what they do.

Sace ākankhati: 'paṭikūle ca appaṭikūle ca appaṭikūlasaññī vihareyyan'ti, appatikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the unrepulsive in the repulsive and the unrepulsive,' that's what they do.

Sace ākankhati: 'appaţikūle ca paṭikūle ca paṭikūlasaññī vihareyyan'ti, patikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the repulsive in the unrepulsive and the repulsive,' that's what they do.

Sace ākankhati: 'paṭikūlañca appaṭikūlañca tadubhayam abhinivajjetvā upekkhako vihareyyam sato sampajāno'ti, upekkhako tattha viharati sato sampajāno.

If they wish: 'May I meditate staying equanimous, mindful and aware, rejecting both the repulsive and the unrepulsive,' that's what they do.

Puna caparam, ānanda, bhikkhuno sotena saddam sutvā ... pe ... When they hear a sound with their ear ...

ghānena gandham ghāyitvā ...

When they smell an odor with their nose ...

jivhāya rasam sāyitvā ...

When they taste a flavor with their tongue ...

kāyena photthabbam phusitvā ...

When they feel a touch with their body ...

manasā dhammam viññāya uppajjati manāpam, uppajjati amanāpam, uppajjati manāpāmanāpam.

When they know a thought with their mind, liking, disliking, and both liking and disliking come up in them.

So sace ākaṅkhati: 'paṭikūle appaṭikūlasaññī vihareyyan'ti, appaṭikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the unrepulsive in the repulsive,' that's what they do.

Sace ākankhati: 'appaţikūle paţikūlasaññī vihareyyan'ti, paţikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the repulsive in the unrepulsive,' that's what they do.

Sace ākankhati: 'paṭikūle ca appaṭikūle ca appaṭikūlasaññī vihareyyan'ti, appaṭikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the unrepulsive in the repulsive and the unrepulsive,' that's what they do.

Sace ākankhati: 'appaţikūle ca paţikūle ca paţikūlasaññī vihareyyan'ti, paţikūlasaññī tattha viharati.

If they wish: 'May I meditate perceiving the repulsive in the unrepulsive and the repulsive,' that's what they do.

Sace ākankhati: 'patikūlañca appatikūlañca tadubhayampi abhinivajjetvā upekkhako vihareyyam sato sampajāno ti, upekkhako tattha viharati sato sampajāno.

If they wish: 'May I meditate staying equanimous, mindful and aware, rejecting both the repulsive and the unrepulsive,' that's what they do.

Evam kho, ānanda, ariyo hoti bhāvitindriyo.

That's how they are a noble one with developed faculties.

Iti kho, ānanda, desitā mayā ariyassa vinaye anuttarā indriyabhāvanā, desito sekho pātipado, desito ariyo bhāvitindriyo.

So, Ānanda, I have taught the supreme development of the faculties in the training of the noble one, I have taught the practicing trainee, and I have taught the noble one with developed faculties.

Yam kho, ānanda, satthārā karanīyam sāvakānam hitesinā anukampakena anukampam upādāya, katam vo tam mayā.

Out of compassion, I've done what a teacher should do who wants what's best for their disciples.

Etāni, ānanda, rukkhamūlāni, etāni suññāgārāni, jhāyathānanda, mā pamādattha, mā pacchā vippatisārino ahuvattha. Ayam vo amhākam anusāsanī''ti.

Here are these roots of trees, and here are these empty huts. Practice absorption, Ānanda! Don't be negligent! Don't regret it later! This is my instruction to you."

#### Idamavoca bhagavā.

That is what the Buddha said.

Attamano āyasmā ānando bhagavato bhāsitam abhinandīti.

Satisfied, Venerable Ānanda was happy with what the Buddha said.

Indriyabhāvanāsuttam niţţhitam dasamam.

Saļāyatanavaggo nitthito pañcamo.

Anāthapiņdiko channo,

punno nandakarāhulā;

Chachakkam salāyatanikam,

nagaravindeyyasuddhikā;

Indriyabhāvanā cāpi,

vaggo ovādapañcamoti.

Devadahonupado ca,

Suññato ca vibhangako;

Saļāyatanoti vaggā,

Uparipannāsake thitāti.

Uparipaṇṇāsakaṃ samattaṃ.

Tīhi paṇṇāsakehi paṭimaṇḍito sakalo

majjhimanikāyo samatto.

The Middle Discourses is completed.