

An Explanation on Principles

by
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AN EXPLANATION ON PRINCIPLES

**WITH TRANSLATIONS FROM
THE PĀLI**

**BY
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Prefix

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About

Welcome to this site, which I started to host Knowing, originally a talk basically on dependent-co-arising but due to it's length and depth I was never able to finish. By writing it down one can now read it back and forth at one's own pace. Because I am not a writer, nor is English my native language, there are no doubt a lot of grammar and style issues. And a home for Knowing should allow me to make the updates swiftly and with ease, that is why I started the site.

Over time there were some points I liked to address, some questions I did answer, which led to more content. Unlike Knowing there is no real order to read them in, just pick what piques your interest. Should you have any questions, found errors, or just want to discuss, feel free to contact me: minowani on @tutanota.com.

Perhaps these can be of aid on your journey to come to understand the principle for yourself.

Minowani,
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I. Bits and Pieces

A Marble Floor

Suppose a friend is helping you cleaning your new house. When you head to the store for some supplies your friend starts with the hallway floor. It is an old nice looking marble floor, and after the mopping your friend takes a break.

When you return, and start to clean the same floor, your friend tells you that they had clean it already. But when you explain that the marble is actually white, and what was taken as the pattern was in fact dirt, your friend might look at it differently. Especially after seeing that with the proper cleaning tools these "patterns" do indeed come off. So now your friend understands what should have be done, right? When they didn't see the floor as white there was no problem seen in leaving the stains as they were.

It is the same with the mind really. In Āṅguttara Nikāya 1.51-52 we find these two texts:

'This shining, almsmen, mind. OK and that stained from visiting stains, that not having learned the commoner essentially does not fathom. From that not having learned, I say 'cultivation of mind does not exist for the commoner'.'

'This shining, almsmen, mind. OK and that liberated from visiting stains, that having learned the hearer of what is noble essentially does fathom. From that having learned, I say 'cultivation of mind does exist for the hearer of what is noble'.'

So in this way it is not a statement about the mind being beautiful as it is, perfect in its nature, that it only needs to be observed, or anything like that. A clean floor is still a floor. With the dirty floor it was about not seeing dirt as dirt and thus lacking the knowledge, effort, skill, interest, to attain to the job of cleansing.

Ājīva

Ājīva is often translated as livelihood.

And it certainly has to do with livelihood; in the texts particulars of *ājīva* very often includes jobs. But also found are things like: ‘With right doing, right *ājīva*; with wrong doing, wrong *ājīva*'. Thus a foolish person has, in spite of their livelihood, the wrong *ājīva*.

So to put less emphasis on just income, we can look for an alternative. *Jīva* means life and the *ā* as prefix can indicate a transitive function, we then got living. But, especially since we are used to livelihood, living doesn't make it that much more clearer. We can also look at it as with *ācāra*:

| **Ācāra** [*ā + car*] way of conduct

We then got with [*ā+jīva*] way of life. That a foolish person would have in spite of their livelihood a wrong way of life would make sense. And it does connect:

With right view, right attitude; with right attitude, right speech; with right speech, right doing; with right doing, right way of life.

Pāli-English

| **Ājīva** [*ā+jīva*] way of life.

Ākiñcañña

Ākiñcañña is often translated as nothingness.

According to the dictionary *ākiñcaññā* means 'state of having nothing', absence of any possessions. But nothingness, stating that nothing really exists, is nihilism; a wrong view involving a view of self: 'nothing really exists and thus neither does a self'. Yet the texts do show that with *ākiñcaññāyatanaṁ*, this base for this supposed nothingness, there are perception and feeling, and thus cognition. Perhaps by focusing too much on the *state of part* instead of the *having* part it got shortened to nothingness, and thus lost meaning.

As a shorter alternative for this 'state of having nothing' *possessionlessness* would do, involving 'not self' (*anattā*) instead of 'there is no self'. Of course is a possession not you, your self; it is possessed, owned, taken up, which in turn can thus be taken down, abandoned, as well.

Pāli-English

| Ākiñcañña (nt.) possessionlessness.

Anicca

Anicca is often translated as impermanence.

You may have seen it in a sequence that roughly goes like this:

Q1: Is form permanent or impermanent?

A1: Impermanent.

Q2: What is impermanent is that suffering or happiness?

A2: Suffering.

Q3: Is of that sound to say 'this is me, this I am, this is myself'?

A3: It isn't.

The answer to the last question might be clear when it is seen that if form were you, yours, yourself, self, it would be possible to have your form 'be so', so that it wouldn't be a liability to suffering. And regarding the first question, you might find a reason to give the same answer as A1, but for the second question the answer is then not evident at all. It must be that the meaning of *anicca* has something to do with it. The dictionary does give some options, so let's see.

Let's start by making two groups. Group A for impermanence and kindred words, and group B for some other options.

Now for group A. Many people already know that f.i. form is not permanent. And what is their answer to this? 'Live life to its fullest! Enjoy while it lasts!' The negatives and the positives are seen as inevitable parts of life and one can only try to get as much of the positives as one can. And if they take this statement of things being impermanent to heart, then they would also be able to accept that there is no magical potion to make them everlasting, nor such a favour to expect from a deity, or from scientists finding a scientific solution, they won't have to worry about any possibility for those things to exist; so they can focus with an even *lesser* reserve to living their life to its fullest. The effect this impermanence has is not one that makes people want to turn away. Thus is the answer to the second question not

evident at all, and this means that the sequence has become invalid.

Then for group B, let me explain it like this: Suppose you have in another country a family vacation home where you and your family are staying. And since working on the building is part of your family's fun the house is entirely made out of untreated wood. So if someone comes to tell you that it is impermanent you can agree to it, even if you don't know what the remark was exactly about. Was it that the house won't survive for generations, or woodworms? Or was it that you can't stay there long-term? It is after all not a permanent residence. In any case, you can agree to it and you give it a thumbs up. But suppose this person was an official and your reaction was not what he expected. Figuring his English wasn't good enough he signs his colleague to help him out. And you learn that apparently, because of old minings and the recent earthquakes, the area has become very unstable and an evacuation alert was given. Would you now enjoy your stay like there is no tomorrow or would you take your loved ones and evacuate? Why? Because the liability to suffering is evident. It doesn't matter to much if the experience is an enjoyable one or not, preferable it is, but safety first! Unstable is found for *anicca* in the dictionary, and now 'sufferingly', as answer to the question now translated as 'Is what is unstable sufferingly or happily?', is evident.

Perhaps it might seem that the question 'Is form stable or unstable?' has a similar problem; why not answer it like 'Sometimes stable, sometimes unstable'? If so, what do you think, would it be better to validate something as stable at face value or after investigation? So then, what makes it that f.i. a house is unstable? What you'll arrive at is its support. And thus we need to look at the stablyness of that support. Anything that is supported by something which isn't stable, is not stable either. Now form is inclined. And what are the characteristics of the inclined? There is the arising, passing and the alteration when stood. And as these characteristics are also inclined, they too arise ... etc. Looking at it this way we can see why this situation must collapse; the whole

structure is unstable.

So the difference between these groups is not that innocent; group A is about existence through time, about views connect with eternalism and nihilism thus temporal (*kālika*) while group B is about what is atemporal (*akālika*), structural. The now valid sequence can be read as follows:

'What is unstable that is sufferingly, what is sufferingly that is not self and is thus not to be regarded as 'this is me, this I am, this is my self.'

Pāli-English

| **Anicca** (adj.) unstable.

Avijjā

Avijjā is often translated as ignorance.

I take *avijjā* to mean not knowing but that is not why this post is made. In SN12.2 this is said of *avijjā*:

'dukkhe aññānam, dukkhasamudaye aññānam,
dukkhanirodhe aññānam, dukkhanirodhagāminiyā
paṭipadāya aññānam, ayaṁ vuccati bhikkhave avijjā'

Which with ignorance for *avijjā* and not knowing for *aññāna* translates to something like this:

'Not knowing suffering, not knowing the arising of suffering, not knowing the cessation of suffering, not knowing the way going to the cessation suffering; this is called ignorance'.

However, rightly or wrongly, ignorance is often seen as linked to ignoring, and this then is used, in answering questions or in a discussion to point out *your* fault; not seldom seen together with *your* ego. A show stopper if you don't want to be rude; to continue to inquire would just be affirming what was just stated.

That ignorance is differently understood may have little to do with the Pāli, so we are free to look for synonyms. I use the same pair though but here it doesn't matter how ignorance is seen.

Aññāna = *a + ñāna* = lack of knowledge = ignorance. And as for a link with ignoring: Perhaps you have already seen people asking whether or not it is about suffering because that is not their experience at all, or that it isn't about suffering but about happiness, or about unsatisfactoriness or stress. People don't tend to like talking about sickness, death, suffering and try to avoid or soften it. Not wanting to look into suffering, they thus turn a blind eye to it. And there on that level lies the ignoring. So ignorance then forms a basis for this not knowing. Thus:

'What is the ignorance about suffering, ignorance about the rise of suffering, ignorance about the cessation of suffering, ignorance about the way going to the cessation of suffering; this is called, almsmen, not knowing.'

And now answering a question with 'because you don't know' would be a mood point to make. In the context of dependent-co-arising it wasn't about *your* ignorance or *you* don't know' in the first place, but in any case the discussion should now go a little different. To counter the lack of knowledge you *should* get yourself informed. So don't feel pressured to stop the questioning by the 'because of your ignorance/ego' arguments.

Pāli-English

Aññāna (nt.) ignorance.

Avijjā (f.) not knowing.

Citta

In the Pāli texts different words are used which in English are often translated as mind. Those words are sometimes said to be synonyms. However, their specific usage seems rather consequently applied so I like to keep those distinctions.

It is a bit like when a countryman asks you where you are from, and you might answer with a towns name. But when you are in another country and a local asks you where you are from, you might answer with a country name or, if you are from a well known city, the name of the city. It does depend on the context, and it does mean sometimes all can be used, but it doesn't mean they are synonyms. To me it is similar with mind.

Mind is used for *citta*, *ceto*, *mano* and *viññana*:

Citta

When we talk about body and mind, as duo, they are referred to in Pāli as *kāya* and *citta*; so let's then reserve mind for *citta*.

Ceto

Ceto is connected to the feeling side for which I use mentality, 'the heart'. With then *cetasika* (belonging to *ceto*) as mental, like f.i. a mental feeling:

Saññā ca vedanā ca cetasikā, ete dhammā cittappaṭibaddhā.

'And perception and feeling are mental, these principles are bound to mind.' (MN44)

Mano

Mano seems to be associated with doing, the acting side (e.g. *manokamma*), as in 'thinking-mind', 'doing-mind', for which I use intellect, 'the head'.

Viññana

And for *viññana* I use cognition, from the Latin *cognoscere* meaning 'to know':

Vijānātīti kho, bhikkhave, tasmā ‘viññāṇan’ti vuccati.
'OK it cognizes, almsmen, from that it is called cognition.'
(SN22.79)

One for All

It is a bit difficult to map these Pāli words with English where these distinctions may not that strictly be used. Intellect might feel a bit off when taken on as (being) intellectual, likewise mentality and (being) mental, while for some mentality might be more related to thinking than feeling. Anyhow here I use them just as distinctions of mind, Mind, Mind-that-undergoes, Mind-that-does and Mind-that-cognizes. And so, mind (*citta*) can be used for cognition (*viññana*) when it comes to cognizing, or for intellect (*mano*) when the emphasis lies on intention, but neither *ceto* nor *mano* contains *viññana*; they are not that freely exchangeable. So to me it is like this:

Mind (*citta*) = mentality (*ceto*) + intellect (*mano*) + cognition (*viññana*).

Pāli-English

Ceto (nt.) mentality.
Citta (nt.) mind.
Mano (nt.) intellect.
Viññana (nt.) cognition.

Dhamma

Dhamma can be found translated as norm, law, nature, law of nature, teaching, doctrine, phenomena, qualities ...

Translations for *dhamma* can sometimes be found in glossaries yet they may not get used in the texts themselves that way; this tends to make things a bit abstract and unclear. It can also have different translations in texts or be omitted which makes it not directly recognizable either, but it is just a word which would be ordinarily used by ordinarily people. By making it vague it is so abstract any-thing might do, yes even a thing.

And what makes a thing a thing? What is the thing-ness in thing? If you ponder on this you might perhaps find that this thing-ness is based on a 'blueprint', a law, nature... so thus a *principle*. And that is what *dhamma* means; principle. The teaching is a *principle*; a teaching is based on principles, it teaches principles. Law of nature; a *principle*. A basic truth; a *principle*. The essence of something; a *principle*. A theory or belief; a *principle*. No morals; no *principles*.

All those different words used in the translations for *dhamma*, can be substitute with one word: principle. It clarifies and makes it directly recognizable.

Pāli-English

| **Dhamma** (m. nt.) principle.

Dhātu

Dhātu is often translated as element.

Element seems to be a proper translation, however it can be seen in a limited way; as chemical element or organic substance. While when I say ‘there is an element of danger to it’ it is immediately understood differently. And there are those of lust, of abstinence, of anger, etc. (f.i. AN6.111). So, to avoid confusion I use aspect instead.

Pāli-English

| **Dhātu** (f.) aspect.

Dripping Soap

In AN5.28 we find a comparison that roughly goes like this:

'... There isn't anything, from all of the body, not spread with the from the withdrawal-borne pleasantness and happiness. Just as, almsmen, or an able barber or an able barber's apprentice would knead, in a bronze dish, bathing powders with water, sprinkling around and around finishing a ball from oil, affected with oil, from the inside and outside spread with oil and does not drip.'

I have always been intrigued by the last part of not dripping. Why would this matter? If you spread out pleasantness and happiness through and through, all over, why would dripping be a concern? Suppose you would paint a whole room, from top to bottom, ceiling, walls, floor everything; why would dripping on the floor matter? Not making such a mess that it piles up, just dripping. Besides... how would one even drip pleasantness and happiness?!

Today I washed my hands in a very tiny washing basin; the soap is on a shelf on another wall. So I wet my hands (closed the crane), picked up the soap, turned it in my hands a few times and was about to put it back when I noticed the soap water dripping. I turned the soap around a few times more, which made this soap water a bit thicker, so it wouldn't drip when put back. Then I thought about this text. The not dripping is not about not splashing it everywhere all around, it means it is to thin to work with; it can't be put in good use because it falls away. And it needs more of the same work first, to make it thicker, to be able to put it into good use.

Because of the oily ball part in the text the instruction itself was not lost (to thin and the ball itself would fall apart). 'Establish it' or 'Establish it, else it is not workable' do not differ in 'what to do'. And there are other texts stating the same. Thus though it was not an issue, it is fun seeing this clarified.

Dukkha & Suffering

'Is *dukkha* not unsatisfactoriness rather than suffering?'

A treatment for an accidental early discovered severe sickness is not for the not yet manifested symptoms. It doesn't matter if we don't feel sick right now. Thinking a treatment would be just for that would be a misunderstanding.

Unsatisfactoriness and suffering (bearing of pain) are as scales of the same metric system and when entertained, untreated, symptoms like birth, ageing, dying, separated from loved ones, captivity, slaughter, torture are guaranteed; which is why birth shouldn't be even approved of (SN5.6).

And a translation should do just to all this. Since the noble way is the antidote, suffering is a proper and more beneficial translation. In other words, this clergy conduct could be seen as an overkill for unsatisfactoriness. Yet suffering, while giving more a sense of urgency, should not be misunderstood as being exclusive; as if there would be only suffering (SN22.60).

Pāli-English

| **Dukkha** (adj. — n.) suffering.

Kamma

Kamma is often translated as action.

Kamma has a different meaning outside our domain and this now finds its way in but in our context it is action. There are just these three ways in which we can do things: by body, by speech and by intellect. We can only do something just now and of course, what we do leads to result; we do something precisely because of an expected result.

'Cetanāham, bhikkhave, kammam vadāmi.
Cetayitvā kammam karoti kāyena vācāya manasā.'

'Herewith the intention, almsmen, the action I say.
Intending the action, one does by body, by speech, by intellect'.
(AN6.63)

That the exact 'result', the ripening of an action, is not found out is one thing, it is one of the four which should not be considered (AN4.77), but that there is ripening is to be understood. Action is not a matter of believing.

Do yourself a favour and don't use *kamma* but use action instead, so that a misunderstanding is more easily spotted by and for yourself.

Pāli-English

| **Kamma** (nt.) action.

Kāyānupassī

'Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpi sam-pajāno satimā vineyya loke abhijjhādomanassam.'

'Here, almsmen, an almsman looking into body dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world.' (AN4.274)

If you watch television, you can dwell in it. If you look at the past, you can dwell in it. But not while you keep track of your current surrounding. So in order to dwell in them this surrounding will have to make room first. And how is this done? By loosing interest in it.

Like that; with the removal of the avarice and distress, all interests and concerns about the world are gone and world disappears for one. What then remains to dwell in is *body*, that is if what is looked into is body. Likewise we can dwell in feelings when what is looked into are feelings. So this text does not differ so much from other texts like MN121. Thus with the perception of the world gone, the remaining non-emptiness is the perception of body, with the perception of body gone, the remaining non-emptiness is the perception of feelings ... mind ... principles. It is just this emptying, stepping back, withdrawal, gradual stilling.

Letting Go

Very often it can be heard one should not attach; one should let go.

I am not to found of this letting-go. Not that we should not let go, but without proper understanding I find it not to be to helpful. Often a very rigid letting-go is viewed. While there is the case were it can also be seen as *no worries, relax, just let it go*, which already make things lighter.

Perhaps a more beneficial approach is not to take it as an instruction but seeing it as a result from developing understanding. The more wisdom is developed the more letting-go will naturally follow. But it can work as a reminder. Before engaging or when separation sets in it can be handy to remind yourself it might not be worth the trouble to hang on to things-that-follow-their-own-agenda to such an extend they will cost you your own happiness. Letting your happiness depend on things you don't have control over might not be the wisest thing to do.

This letting-go is not seen as a form of a negative mood or so, quite the contrary. After all it is really about the letting go of greed, hate and delusion and thus is there then more room for kindness, generosity, compassion, etc. So just keep it light (loose) instead of heavy (attached). Be wise about it. Let it go ... *free*.

Māna

Māna is often translated as conceit.

Of the ten yokes the first three are cut by the stream-undergoer (*sotāpanna*), the first three cut and the next two are weakened by the once-heading-back one (*sakadāgāmin*), the first five are cut by the not-heading-back one (*anāgāmin*), and all ten by the virtuous one (*arahant*). *Māna* is in the second serie of five, thus as long as one is not a virtuous one there is *māna*. Now conceit is excessive pride in oneself. But when we see someone acting selflessly would we then say this person is acting out of conceit? That feels a bit weird right? So how can we let this make sense?

'I was', 'I saw', 'I did', 'I want', 'I said', 'I feel', 'I think', ... if someone would use these in several sentences within a short period of time, we could think that this person is really full of him/her self. We could say that he/she is 'making it about him/her self' hence conceit. But suppose someone was asked a lot of questions like 'Where were you?', 'What did you see?', 'What did you do?', then answering them with 'I was', 'I saw', etc. wouldn't automatically mean this person must be full of him/her self. So, conceit is more about 'making it about you while it is not about you'. At undergoing the stream, heading-back-once and not-heading-back 'not self' (*anattā*) is understood, yet a sense of self is left (SN22.89). And this sense of self is regarding things which are not self (the *pañc'upādānakkhandhā*), so this too is 'making it about self while it is not about self'. In this way it got the characteristics of conceit, hence conceit. Conceit, arrogance, pride, etc. are manifestations of this principle of conceit.

Having said that, the dictionary shows that *māna* also means honour, respect and there is a third meaning in the form of measure. And an English word that covers all three meanings is *esteem* of which the most subtlest form is the self-esteem 'I am' (*asmimāna*); which is a form of measurement. Thus not only does esteem seem to fit better, it also steers a bit away from selfishness or ego to which *māna* can be found reduced

to. It might be that esteem can more easily be associated with holding, 'held in high esteem', and what can be held can be let go.

Pāli-English

| **Māna** esteem.

Mind is Matter

Some time ago I had my first few encounters with people claiming mind to be matter, as a product of the brain. I was then unaware of people having this view but the for me interesting part was to discover I had not questioned my own view on this matter at all. As long as I can remember I took for granted we have a mind, as the non-matter part of a being.

In support for their view they claimed to have gotten it from someone and asserted that with the right equipment we can see things lighting up in the brain, explained as the mind thus originating from the brain. Which to me is an odd conclusion. After all, what is looked at is matter, it is matter that is seen, how would this say anything about the non-matter part to begin with?

In terms of language mind and matter are two things, so there is that difference, but let's reason a bit further. If two things are the same, there must be some sameness, at least within a certain context. A house differs from a store, so these are two different things. But on a more general level we can say that as both are buildings; they can be seen as occurrences of a same thing. So we have two particulars (house & store) of a (more) general (building). A house differs from a cave and caves are not necessarily called buildings, so to see if they are particulars of a same thing we would have to go to a more general level. Then we might end up with something like shelters. In the end the highest form of generalization for matter are the aspects of earth, water, fire and air. These four great essences can be discovered by us through our senses and to some extend they can be shared; the tree I see can be seen by others too.

Thus if mind is matter then it must be possible to generalize it with these same qualities as well. So let's take anger for example. When we are angry we know that. But is it tangible? Visible (does light reflect)? Can it be tasted? Smelled or heard? Can it be shared? When someone is angry there often are signs to see but

again, that is just the matter part not the anger itself. And it might become more difficult to sense things like knowledge, trustworthiness, and so on. We can see that any of those things do not behave what we know of matter to be like at all. Not discoverable through our five senses and not shareable, not having this same-ness on a very general level, then thus not the same thing. And being totally different things they are then not derived from one another, to be with each other.

Now some might say ‘Well, then it is all energy’. If energy is assumed to be an even more general level, then care should be taken because sooner or later we think of atoms, electrons, etc. which is just matter. It would then also be open to the view ‘matter is mind’ while ‘mind is matter’ is really meant to deny any non-matter in the first place. And if you are willing to let energy to be just an abstract, without anything concrete, then the question remains *‘to what end?’*

Stating that mind is matter is really implying something about life-and-death, which in the end forms an excuse of why we live our lives the way we do. How ever we understand life to be, that forms our justification. In a way we could say the awakened one did view a more general level, *suffering*, but then gave the anti-dote for it as well.

Nibbāna

Nibbāna is often left untranslated and/or is unclear.

Translations for *nibbāna* can sometimes be found in glossaries yet they may not be used in the texts. And extinction, extinguishing, unbinding don't make it clear enough. When translating *nibbāna* there are a few points to take into account:

1. It is a word which would be ordinarily used by ordinarily people. People do have a perception of what *nibbāna* is even when they don't directly know it for themselves.
2. It is seen as positive.
3. It has to do with stilling, stopping, specifically regarding greed, hate and delusion.
4. It is the highest goal; it comes after freedom, emancipation!

I use peace for *nibbāna*. Let's check it against the points above:

1. People know what peace is, even though they might not have experienced it directly or fully by themselves.
2. Peace is seen as positive.
3. It can be understood that with greed, hate and delusion there is no real peace.
4. Freedom, but for what purpose? For doing what you like? Then you are not really free; a slave of desires. But for the ultimate peace? That surely is the highest!

Many questions about *nibbāna* are not that careful, because *nibbāna* has become an abstract. If instead of 'Is *nibbāna* not boring?', 'Is peace not boring?' was asked, it is easier to see that then peace would be lacking. So this translation clarifies and takes the points above into account as well.

Pāli-English

- | **Nibbāna** (nt.) peace.

Nīvaraṇā

A popular translation for *nīvaraṇā* is hindrances.

Language is a bit ambiguous so understand that they don't feel as a hindrance to you, quite the contrary, but they are showstoppers to wisdom.

There are these five obstructions:

1. *Kāmacchanda*
2. *Byāpāda*
3. *Thinamiddha*
4. *Uddhaccakukkucca*
5. *Vicikicchā*

1. Kāmacchanda

Kāmacchanda is a compound of *kāma* (lust) and *chanda* (desire) and the desire for lust is what normally drives one to find happiness when engaged with the world, not when drawn back from it. It depends on improper attention to an indication of attraction (*subhanimittam*). The more that keeps being fed, the more it grows. The analogy given in SN46.55 is about a bowl of water mixed with various dyes which when used as a mirror gives a distorted view. Thus when open to it we get enchanted by all the beautiful colourings. When fed it consumes, obsesses, giving less room for more beneficial things. Under its influence we turn away from doing what is wise to do.

2. Byāpāda

Byāpāda is an obstruction which depends on an indication of friction (*patighanimittam*) and with improper attention to that it appears and develops. The analogy given is about a bowl of water heated up which when used as a mirror gives a distorted view. The more heated up we are the less room we give for wise things. Heated up, out of friction, is generally an image for the display of anger. So let's call it just that.

3. Thinamiddha

Thinamiddha is a compound of *thīna* + *middha*. *Thīna* is to congeal, and *middha* is 'to be fat', torpor. This obstruction gets fed by improper attention to things such as dislike or discontentment, weariness, yawning, drowsiness after a meal, mental sluggishness. The analogy given is a bowl of water covered up with weeds which couldn't be used as a mirror. Weed takes time to grow so one had no interest in keeping it tidy. Thus being bored or lazy; which makes you dull. Taken all together this obstruction seems to stand for that dullness. It wouldn't be too difficult to see dullness being a showstopper for wisdom.

4. Uddhaccakukkucca

Uddhaccakukkucca is a compound of *uddhacca* and *kukkucca*, describing this obstruction. *Uddhacca* means something like agitation, excitement, and *kukkucca* bad doing, bad character. Further is this obstruction fed by improper attention to things that bring no ease of mind (*cetaso avūpasamo*) so there is unrest. Agitation over bad doings, fed by unrest, describes what we could call remorse. The analogy is a bowl of water being stirred which when used as a mirror would give a distorted view. And stirring up emotions or feelings, is what to excite is. Being stirred with too much unrest, to excited, to leave it alone. To busy crying over spilled milk which is already generally understood as not being helpful for anything, let alone wisdom.

5. Vicikicchā

Vicikicchā comes from *vi+cikicchati*, dis-reflect. The analogy says one can't use a bowl with muddy water in the dark as mirror. Thus a visual distinction can't be made. All look the same; without clarity, obscure, vague. When this as yoke is dealt with then there is that clarity and then there is no doubt (*kankhā*). With doubt things might not be so clear, but at least they are clear enough to have doubt about them; they can be seen or considered (there is just no certainty about it) but when vague,

lacking distinction, then as such it isn't even considered thus then there is not even that doubt. Unseen it will not be reflected on. This obstruction is fed by the improper attention to clarity lacking principles.

In Common

These five obstructions are all fed (to appear or grow) by improper attention:

- desire for lust by improper attention to an indication of attraction.
- anger by improper attention to an indication of friction.
- dullness by improper attention to dislike, weariness, drowsiness, etc.
- remorse by improper attention to what brings no ease of mind.
- unclarity by improper attention to clarity lacking principles.

Thus when paying proper attention, e.g. when honestly studying the texts, those obstructions are absent (SN46.38).

Pāli-English

Nīvaraṇā obstructions.

Kāmacchanda desire for lust.

Byāpāda anger.

Thinamiddha dullness.

Uddhaccakukkucca remorse.

Vicikicchā unclarity.

Opportunity

In AN8.29 *Akkhanasuttam* we find people thinking the world had a chance, an opportunity, to benefit from the awakened one, because he was then there in the world.

But we find the awakened one stating people mistake his being in the world for an opportunity. Even with him there those in hell can't benefit, nor the animals, nor the ghosts, nor some certain gods, nor those living in regions where the awakened one's followers do not travel to, nor those living close enough but with to strong wrong views, nor those simply to dumb to understand. For those it is a miss.

There is also the case when a person is capable but the principle has not been made clear, then too it will be a miss. Thus with the principle made clear don't miss out on the opportunity; study the texts so once in a while.

Parimukham

Parimukham is used in the context of *ānāpānasati*. It is found in the phrase '*parimukham satim upatthapetvā*', and is a compound with *pari* (around) and *mukha* (mouth, entrance). According to the dictionary *pari* also means '(lit.) away from, off' and *mukha* 'face, entrance, front, top'.

Ānāpānasati is a compound of *ānāpāna* and *sati*. *Sati* is meditation (see Sati) and *ānāpāna* is about the breathe not breath if that distinction helps. Meditation is something we need to develop and here we hone this on the breathe.

We are told to be meditative on the breathe knowing whether it is in or out and f.i. long or short. Whilst knowing so we thus train with f.i. body, feeling, mind and principles (SN54.1, SN54.13). *Parimukham* describes this way of attending (*upatthapetvā*). We can describe it as 'away from the front', 'around the front' to indicate what is at the centre of our attention and what at the side. Or at the foreground and background. What we fathom and train gets to be the centre of our attention, the foreground, and the meditative breathe in or breathe out then surrounds that, as the context or background. This manner then is covered by the word peripheral, with peripherally (*parimukham*) being the adverb.

Pāli-English

| **Parimukham** (adv.) peripherally.

Perfections

Ever so now and then I hear about "the perfections" (*pāramī*) and I would like to make a general remark.

Hearing about "the perfections" some may feel they then understand what needs to be done. However when one understands what needs to be done then one underwent the stream, till then things are not quite so understood. Now more things are not clear till they are but a perfection has a ring to it of something pretty much flawless from each and every angle, or maxed-out; something quite out of reach. If you need to judge your own actions along what you consider to be perfect then it is seldom good enough.

To them I would emphasize the words good enough. Good enough for the goal gives some more room, air, right? Your behaviour does not have to be perfect, just good enough. Your concentration does not have to be perfect, just good enough. Your wisdom does not have to be perfect, just good enough.

This is not just a trick to get some air in. The *pāramī* are not found in the four *Nikāyā*, and in these texts we do see virtuous ones (*arahants*) behaving in a way which others saw as rude or careless etc. So to others it did not look like the perfect behaviour at all. We also see the virtuous ones differ in concentration. Some had supernatural abilities, others not, yet their concentration was developed good enough. Likewise there were differences in wisdom, yet the developed wisdom was good enough to uproot not knowing. Those cultivations were of a much higher degree than what is needed to undergo the stream for which less behaviour, less concentration and less wisdom are good enough. In any case, when good enough, well... that is just perfect.

Rebirth & Reincarnation

We don't need to consult many buddhist texts to read that according to them death is not the end of it all. Were it so a knife would then already have been a far more easier tool. Rebirth and reincarnation don't have this problem but share the idea that a certain something is carried over, or remains, from one life to another and that is there the problem.

Eternalism (*sassatavādā*) and nihilism (*ucchedavādā*) are the two worldly views on existence. Eternalism opposes nihilism and must first hold time as never ending (the here forever part). The breaking up, disintegration, perishing, of the existence-through-time is what nihilism is (the here not forever part). And both rebirth and reincarnation are based on these misconceptions. And though used as argument against nihilism, existence-through-time until-no-more is really just a delayed nihilism which is how "enlightenment" can be seen as not appealing. Now for something you never ever have experienced, heard of, etc., you have no name. So if you do have a name it is for a certain experience, but when this is misunderstood the name includes the misunderstanding. Things can be remembered (SN22.79), thought out, perceived, yet misunderstood. And so do rebirth and reincarnation not just indicate life after dead, they must also include a certain *how*. And depending on this how these views can be seen different or as synonyms, but what these outsiders' views did not and do not include is dependent-co-arising.

If rebirth and reincarnation were to be redefined to imply dependent-co-arising, a buddhist version of rebirth or reincarnation? why such horrible construct? it would still solve nothing. Rooted in wrong view they don't disentangle anything but build further on top what is not understood; it added another concept to the confusion thus requiring more explanation not less. Just as with eating; it doesn't matter how often you eat it stays eating (eating is eating) you wouldn't then suddenly re-eat which would then also require more of an explanation not

less: 'Is it about vomit? or what cows do?' So this redefinition engraves and masquerades the already underlying wrong views which now forms support for pernicious explanations like dependent-co-arising with lifetimes. But dependent-co-arising explained as existence through time, lifetimes, rebirth, stays to be *sassatavādā* & *ucchedavādā*. Instead of rebranding rebirth and reincarnation it is now dependent-co-arising that has become subjected to this car cloning as the world *must* keep faring towards opposite ends. So what happens is that this "dependent-co-arising" now affirms rebirth and reincarnation as it is molded into them; it has become the new *how* for these views and justifies them. The middle has been thrown out, the jargon kept.

With rebirth and reincarnation being viewed as reborn or reincarnated. Thus both views must at least acknowledge birth and it is precisely birth here which is not being understood. The texts themselves talk f.i. about birth, next birth, a following becoming; translations as rebirth and reincarnation are just translational liberties but unlike them birth is not just a view. Whether one understands it or not, birth already includes the possibility for a next birth (birth is birth) for it is dependently-co-arisen. The usage of next birth, future birth, further becoming, is already correct and enough to explain that death may no need to be the end of it all. There is no need to seek shelter in wrong views, two wrongs don't make a right.

The world fares towards opposite ends (eternalism, nihilism). It was the Tathāgata who taught by the middle, and the middle simply can not be grouped with either end.

Sabbe Dhammā Anattā

*Sabbe saṅkhārā anicca
Sabbe saṅkhārā dukkhā
Sabbe dhammā anattā*

A common explanation is that since the third line talks about *dhammā*, instead of *saṅkhārā*, it includes both *saṅkhārā* and *asaṅkhārā*. And *nibbāna*, being *asaṅkhārā*, is thus included. But is this a valid inference?

One who underwent the stream has understood *anattā*, then the last line is clear. Till then *anattā* is misunderstood (idem the others). To come to understand *anattā* we need to train. And what is there to train? In this context we can look at SN22.15 where is said that masses (*khandhā*) are unstable (*anicca*). And what is unstable is suffering (*dukkha*). What is suffering is not self (*anattā*) and should be seen with wisdom just as it is: 'Not this is of me, not this is the I exist, not this is to me self'. Which leads to getting fed up and with being fed up comes fading. Through fading, emancipation and with emancipation there is that knowledge of emancipated.

That the masses are unstable is here a given, a statement; it is here not explained. In order to understand we need to learn to see for ourselves how this is so, which requires a thorough grasping of their principle. When we understand the principle of f.i. matter, we can even say something about matter which we have never ever encountered before. And to look at this principle we need to look for, a more general level. What do all manifestations of matter have in common? That what it is, is then its characteristic and all matter behave accordingly. Thus when wood is understood then to that extend all wooden things are understood. Likewise, when *saṅkhārā* are understood (as unstable) then all *dhammā* are understood (as thus not self). And that is what those three lines say. This way they can be seen as a very compact instruction.

But would that rule out *nibbāna*?

By implying *nibbāna* as being included, it must also imply unstableness (*anattā* is seen because unstableness is seen) and with unstableness suffering, which simply can't be. The line '*sabbe dhammā anattā*' does not justify making such (*atta* or *anattā*) claims about the *asaṅkhāta* at all.

Saddhā

Saddhā is often translated as faith.

The dictionary gives for *saddhā* but one word: faith. There are a few other words used in translations but when it comes to f.i. the *saddhānusārī* ("faith-follower" one who underwent the stream but underway to its fruition, SN25.1) faith is used.

Now faith is mutually exclusive with knowing and understanding. One who underwent the stream knows and understands, it is thus a bit odd to assign faith here. One wouldn't be even open to the teachings without some kind of faith or trust, but when it is understood then there is no doubt about it.

That there is then no doubt about it now that is with the strength of *saddhā* (SN48.44). And *saddhā* can come from wisdom (SN48.45). Thus if faith has room for doubt then *saddhā* can't be it. So, when you have no doubt about it, what do you have? To stay close to faith I opted for confidence. When one knows and understands one is confident. Confidence can come from wisdom but it can come from faith or belief as well. In one case there is no doubt and in the other case there is no room given to doubt, thus so for the strength of confidence.

Pāli-English

| **Saddhā** (f.) confidence.

Saṅkappa

Saṅkappa is often translated as thought.

We got thoughts all over the path... it seems so vague.

What we can read is that there are three right ones *nekhammasaṅkappo*, *abyāpādasaṅkappo*, *avihimsāsaṅkappo* and three wrong ones *kāmasaṅkappo*, *byāpādasaṅkappo*, *vihimsāsaṅkappo*.

Nekhamma has to do with putting away lust (*kāma*) thus abstinence, *abyāpāda* is 'without anger' and *avihimsā* is 'without harm'. The three wrong ones are the ones 'with lust', 'with anger' and 'with harm'. They correspond with greed, hatred and delusion. The links with greed and hate might be clear, and for the last one it shouldn't be hard to see that if someone doesn't know what he or she is doing, is deluded about that, it will cause harm; thus harmful.

While we can have thoughts with abstinence (*nekhammavitakko*), thoughts without anger (*abyāpādavitakko*) and thoughts without harm (*avihimsāvitakko*), it is a bit different from how to actually approach things, carry yourself, position yourself as with abstinence, without anger, without harm. And this is to me what *saṅkappa* is, attitude. Which does connect:

With right view, right attitude.

Pāli-English

| Saṅkappa attitude.

Saṅkhārā

Saṅkhārā is often seen translated as (volitional) formations, fabrications, etc.

It is certainly understandable how certain aspects of *saṅkhārā* got to be translated as *saṅkhārā*, but in doing so it also got a bit abstract and unclear.

Important is to remember that all what is taken up as 'me, this I am, this is myself' which do not fall into one of the other masses-with-the-taking-up, fall into this one. And what do you think, do you sense you to be (volitional) formations or fabrications?

Saṅkhārā translates as inclinations. When we say one is wired in such way or one is of such or so character it relates to this mass, and when something goes against how you are wired, thus inclined, *then* you'll quickly notice how strongly this goes against your sense of being; *you*.

(For a more in-depth explanation on inclinations in the context of dependent-co-arising see Knowing)

Pāli-English

- | **Saṅkhārā** (pl.) inclinations.

Sati

Sati is often found translated as mindfulness or recollection.

It is a member of the noble eight-membered way, on the path heading to the cessation of suffering. Mindfulness, awareness, would be *sampajañña* (SN47.2, SN47.35) so we can quickly skip that as a valid interpretation. Of *sati* it is said that it means memory. It would be handy if a translation could be done by meaning and by letter, but memory doesn't quite fit hence the use of recollection. But let's look into this a bit more. First textual, by looking at what is called *sati* (SN45.8) and then practical, discoverable, by looking at the noble eight-membered way as here these members lead on from one to another. With recollection for *sati* we would get:

As to what is called recollection:

'Here, almsmen, an almsman looking into body dwells in body as the ardent aware recollector would be disciplining the avarice and distress about the world ... feelings ... mind ... principles ... This is called, almsmen, right recollection.'

And as member of the noble eight-membered way:

'With right view, right attitude; with right attitude, right speech; with right speech, right doing; with right doing, right way of life; with right way of life, right exertion; with right exertion, right recollection; with right recollection, right concentration'.

And so, recollection would take some justification to make it seem to work; that what is called *sati* doesn't quite look like what we would expect to see for what recollection, or memory, is at all, and it doesn't flow quite smoothly from the previous member into the following one either. So it doesn't quite work. Then let's approach *sati* differently.

What we know is that right exertion enables right *sati* and right

sati enables right concentration. The four radiances (*jhāna*) are the summit of right concentration and from the second one on thoughts and thinking (*vitakkavicāra*) are not present any more. And that means that in *sati* they are. *Right exertion* creates desire, exerts and applies vigour, strains and confronts the mind for the (non)-arising of (un)arisen (un)wholesome principles. So when right exertion is exerted what is then here left to do? We can't say 'to stop thoughts and thinking' because that stilling belongs to the next member, so what is left?

Normally we dwell in the world, going after all sorts of interesting experiences. We can dwell in a book, we can dwell in the past, but when not falling for that, then what is there left to dwell in? Body, if what is looked into is body, or feelings if what looked into are feelings, or mind ... or principles ... thus to dwell in one's own domain is here what is left to do. Suppose someone is reading a book, quite absorbed, oblivious to the world outside. It can happen that when a person calls them they would not hear it. It doesn't mean they don't hear sounds; suppose there was music playing and that gets stopped, this might get noticed even though they were oblivious to what was playing; it just all became background noise. So this person is absorbed while they are seen turning the pages, while the story is very much alive for them. We call this being absorbed, dwelling, living, in the story. But how would you call it when someone sets aside the avarice and distress about the world in order to turn inwards?

I would call this meditating. So, shouldn't I call it just that then? Let's see if it would fit the two points:

As to what is called meditation:

'Here, almsmen, an almsman looking into body dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world ... feelings ... mind ... principles ... This is called, almsmen, right meditation.'

So far it fits nicely;

And as member of the noble eight-membered way:

'with right exertion, right meditation; with right meditation, right concentration.'

Here too it flows smoothly right? That meditation sides with concentration is something even people who don't know anything about the noble eight-membered way might say; it is not strange to see that the training to advance in mind would involve meditation. Right meditation enables right concentration.

It doesn't seem to be the case that *sati*, in this context, *must* mean memory. It is not used that way, not in the translations nor in the Pāli. By looking at what it is that is called *sati*, and its place on the path, we got a fitting rendering which may or may not be done by the letter, for all I know it could be a homonym. I used to find meditation vague 'what is it you do?' but explained as *dwelling in body, feeling, mind, principles*, so to turn inwards into one's own domain, and by telling what is preliminary done through right exertion '*by removing the avarice and distress about the world*' it became quite practical.

Pāli-English

| **Sati** (f.) meditation.

Sīla

Sīla is often translated as virtue.

A virtue is a trait, quality, that is deemed morally good. Now would you consider right concentration to be a virtue? Or right exertion? And what about right view? I do, yet those are not *sīla*.

And what to think of bad virtue? A bad quality which is deemed morally good? This is rather strange right? Yet *sīla* can be good or bad.

Good or bad speech, good or bad doing, good or bad way of life, those are *sīla*. When someone is seen with them we say they are behaving well or badly; it is seen as good or bad behaviour, so let's just call it that, behaviour.

Pāli-English

| **Sīla** (nt.) behaviour.

Taking Refuge

Everyone thinks they are right, there is no one thinking they are wrong. When it turned out later you were wrong, you are then now right about being then wrong. And even if you think 'This action is bad, I shouldn't be doing this' it is mere a double right: you already know it is a bad action so you are right about that, and for some reason it is still the right thing for you to do so now.

Basically you can't do things which on all levels are seen by you as wrong, which is already covered by the words right and wrong which do have some relation to you. We can't directly see our wrong view but we can try to understand it indirectly f.i. with the thought: 'I am not awakened therefore I must have wrong view' however, this comes from taking up that view as right first; so you are then still, first right. Things are thus met with certain blindfolds on; they are in a blind corner and are not seen.

Taking refuge is basically resorting to another one's proclamation to see what is more true; it is like using mirrors to be able to see what is in your blind spot. When some asks in how far a principle is in agreement with science, it usually shows their refuge lies foremost in science. Or when concerned whether it is confirm their school, foremost their school. And refuge to the awakened one does have its own problems, for the question remains 'Which awakened one?' Some say the texts, within and across schools, are in contradiction, some argue it is all the same, in any case when taking refuge you still already decided what you hold as true first. A safer approach then is to investigate what you hold as true and then go by what you 'understand to be true for yourself'. Without accepting and denying things you don't understand, else you would just imply you do understand which just shows where your refuge lies foremost. It can be handy not to take to big chunks all at once but to work with smaller steps; the more you work with what you really know the deeper and wider your understanding grows. Till someday you can be your own refuge without the blindfolds on.

The Desire Paradox

'Isn't the desire to end desire a paradox?'

Suppose you grab a log and you caught a splinter. This splinter is a sharp foreign object and it would be wise to remove it (it could lead to an infection). To remove it we could make use of a (disinfected) needle. A needle is another sharp foreign object. So, we use a sharp foreign object to remove a sharp foreign object. Do you see any paradox in there?

We don't just stick a needle in there and leave it there too, that would not be skilful. When the splinter has come out that needle is easily cleaned and put away. And with it the desire to remove the splinter is away too.

The desire on the path can be compared to the desire to make use of the needle to remove the splinter. Letting go of all desire is in that sense more about implying what will be done instead of something that you need to focus on as need to do. So don't erroneously try to take all the desire and fun for the path away; skilful desire leads to the end of desire and it is something that *must* be created.

The Threefold Training

When upholding right speech we do so because it goes for us in a right direction. So that is a wise thing to do. To that extend this is a right view which, structurally thus, comes first. And this is what the *ariyo atthaṅgiko maggo* (commonly translated as the noble eightfold path) tells us. And doing so we'll also want to watch our mind, which does take some exertion and concentration, else our thoughts would be all over the place. Our speech could then turn out to be not right. So working on one member is then not without involving the others. Hence there is no need to worry about getting right view first, or fear about missing out by seeing *sīla* as a surrogate start. That unclarity itself is an obstruction. We do however, need to be well informed and we do need to be paying attention; this supports right view.

Magga is often translated as path. I use path for *patipadā* and way for *magga* (and eight-membered for *attha-aṅgika*) so I have a noble eight-membered way. If a path has steps, what would you say a (high) way got? Right, lanes. To illustrate this highway with eight lanes we set up a wooden train set for kids. As it is not so intuitively to set up we have to get ourselves well informed. If we build this highway we must know where we are heading to right? So lets say we want to go to ... well, to the outside, so our highway is then build in accordance to this path. It is set up by glueing eight tracks together, as lanes (which thus form the way), prolonged with the remaining tracks glued to their ends. Each track is magnetic and got its own little wooden magnetic train car with a small eye bolt on top. Here we run a wire through so they are all attached. We add the accompanied name tags to the appropriate lanes and when the cars have been placed on their tracks all is set and ready to go.

On this path our highway advances through three "landmasses" (rooms). The landmass of *sīla*, the mass of *samādhi* and the mass of *paññā*. Thus when moving train car number 3, at 'right speech', all cars advance through the mass of *sīla*. *Sīla* is behaviour and *samādhi* concentration. When we leave the mass

of Behaviour and arrive in the mass of Concentration it doesn't mean concentration is without behaviour. Concentration is build on top of behaviour; they are (on) different stages. Had we not been informed we would have found an outside at a horizontal level which in the long run, as the earth is round, would cause us to be circling around. Now our highway first goes through the ceilings, before going through the roof.

Hence we can find in MN44:

'Yet lady, is the noble eight-membered way inclined or un-inclined?'

OK the noble, Mr Visākha, eight-membered way is inclined.

OK now lady are, by the noble eight-membered way, three masses included, or is by three masses the noble eight-membered way included?

OK not, Mr Visākha, are by the noble eight-membered way three masses included; and OK by three, Mr Visākha, masses is the noble eight-membered way included.

What is said here is that these three masses are not included by the noble eight-membered way, thus not a lower or equal level, but they include the noble eight-membered way, thus a higher level. The mass of *sīla* then got a higher level of right speech, a higher level of right action, a higher level of a right way of life, plus the other members of the way which have not gone higher yet. As if several train cars, e.g. 3, 4 and 5, are being pushed, leaving some distance between them and the others.

So what these little train cars represent is this advancement, cultivation, on the path. Cultivation on the path will gradually give a more refined, advanced, noble eight-membered way; cultivation pours over by cultivation. For example not-lying does takes some exertion and concentration. If we don't talk we don't tell a lie, let alone when thoughts and thinking have stopped, the second radiance, *jhāna*, which takes a higher level of exertion and concentration. Or with not-stealing; if we don't take any things which are not ours there is no stealing, and things which are not

ours include the five masses and without even holding them the final yokes are cut; which takes this higher level of wisdom. And this is possible *because* it is the noble eight-membered way that is inclined.

This noble eight-membered way is inclined as its members are inclined, which allows for a gradual training on gradual levels. Thus when on the way a further training is undertaken to advance in behaviour (*adhisīla*), advance in mind (*adhicitta*) and advance in wisdom (*adhipaññā*); hence the threefold training. A refinement on refinements. And with this refinement, this difference in stages viz. *sīla, samādhi, paññā*, is there the difference in persons; the *sotṭāpanna, sakadāgāmin, anāgāmin* and *arahant*.

Three Types of Dukkha

In the texts (e.g. SN38.14, SN45.165, DN33) the three types of suffering are just named, not explained. They are explained outside the texts but so far I have seen them those led to weird implications. So here an alternative.

1. Dukkhadukkhatā

Dukkha due to suffering (*dukkha*). And what is suffering? Birth, ageing-and-death. This doesn't mean one must feel sorrow or have an unhappy life. One can be very happy and joyful in this life. The point is that when there is no security from them, sooner or later, grievous things will happen for sure.

Thus for the virtuous one there is no *dukkhadukkhatā* since birth, ageing and dying has stopped; the deathless has been reached.

2. Saṅkhāradukkhatā

Dukkha due to inclination (*saṅkhāra*). Sometimes people keep making bad decisions and suffer the consequences. It might seem as if they just can't help themselves, as if they are wired that way (inclined). They are more inclined to act out of greed, hatred and delusion.

Thus for the virtuous one there is no *saṅkhāradukkhatā* since unwholesome choices can't be made as greed, hatred and delusion are uprooted; there is thus no such inclination.

3. Vipariṇāmadukkhatā

Dukkha due to change (*vipariṇāma*). As suffering is due to it, it is a change for the worse. We might get robbed, our environment may have to deal with severe weather conditions, we might get sick, our countries might get into war, etc. So suffering due to all these sort of changes, as when run out of luck (so to speak) or in case of force majeure.

Thus for the virtuous one there is no *vipariṇāmadukkhatā* since there is no appropriation, no regarding things as me, mine, for me, to me; there is no suffering depending on this.

II. Transicalities

About Transicalities

Here I address some Pāli words I had to deal with while their meaning is for me not directly discoverable nor is it unambiguously following from the texts. They are not *dhammā* and thus not showstoppers but because of some oddities I could not commit to the known translations.

The inferences made here are based on some grammar and logic but language does not need to work like that; so this doesn't give any guarantee. However since these inferences did tackle the oddities, while bringing up some positives, I decided to use them.

Sitting Cross-Legged

Sitting cross-legged has never been that clear to me. Is it about the full lotus position? Or that position where you sit with your knees up high? And doesn't this automatically devalue the half lotus position, or the position where you lay your legs bent in front of you, or sitting on a chair, by basically putting down this part of the instruction? My advise was not to worry about it and just sit stable. But now, while working on a translation, I had to deal with it. So far all the translations I have seen say the same thing. But let's see if an "alternative" without the instruction to sit cross-legged can be made.

'*Idha, bhikkhave, bhikkhu araññagato vā rukkhamūlagato vā suññāgāragato vā nisīdati pallaṅkam ābhujitvā...*'

This usually gets translated into something like:

'Here, almsmen, an almsman gone to a forest, or gone to the foot of a tree, or gone to an empty home, sits down having bent the legs crosswise...'

To avoid sitting crosswise I need to look at the phrase '*pallaṅkam ābhujitvā*'. *Pallaṅkam* is said to mean sitting cross-legged. It also means divan, sofa, couch, seat and it is used this way. To keep things consequent and uncomplicated let's try that here too then. And *ābhujitvā* is the aor. ger. of *ābhujati* and *ābhujati* = 3pers. of 'a' + 'bhūja'. *Bhūja* can mean bend, with *ābhujitvā* then as 'having bent' or 'having folded'.

A quick peek, also outside the four Nikāyā, learns that *pallaṅka*:

1. Is used as something to sit on. So far I have not yet seen a conclusion it must be a manner in which to sit. Just like that in this context there is not spoken of a manner to keep your hands or eyes. — There is spoken of a manner to sit (directing, the body straight) which as in 'aspiring' could be followed even if your body isn't straight.

2. Is used by those travelling in the air. It is a strong image, flying through the air sitting crosswise but here I am reminded of the story of the flying carpet; it isn't that a rug or carpet could then not make sense (and here is in Pāli the instrumental form used).
3. Shelters the knees from the rain. Sitting crosswise would then have to protect the knees from getting wet. The knees are a weak spot and having them protected from rain and cold by means of folding some cloth (the robe even?) to tuck them in would seem to make sense. The covering function reminds me also of AN3.64 *Venāgapurasuttam* where the exalted one collected some grasses and leaves and then "sat down on it folding his legs crosswise", which perhaps could also be read as having folded a cover, over that pile, to make a cushion to sit on.

More and more *pallanka* seems to me as if it could be related to some kind of mat, rug, cover. It is found in a combination with animal skin (e.g. hair *vāla* removed from a *pallanka*). Yet a spread, rug, mat is *santhata*, a sitting cloth. Then again, a sitting cloth functions as a cover. There is an example of a body covered with veins, and also a *pallanka* covered with a woollen rug, thus the sitting cloth as cover (*santhata*) might fit. Suppose you don't have a sitting cloth but a friend lends you one so you both can have your own seats. Then when asked if that is your seat, you could answer this by saying that it is your seat but not your sitting cloth. And if you would clean it and hang it to dry, it is the sitting cloth (*santhata*) that hangs and not the seat (*pallanka*). It is in this way that we can look at their relation.

Thus a cloth can be folded to also protect the knees, it can be spread over a pile of leaves to fold a cushion, it can be folded to get some difference in height for hips and knees. All in all I think that 'folding a seat' could make sense. It could perhaps even be a form of just saying to get tucked in, but that might be a stretch? In any case, by putting it grammatically in the form as is used in Pāli, and without using sitting cross-legged, we could get:

'Here, almsmen, an almsman gone to a forest, or gone to the foot of a tree, or gone to an empty home, having folded a seat he sits down...'

In this way the instruction doesn't need to say you must sit cross-wise. Which doesn't mean you can't sit like that, but if you do perhaps do so for the right reasons. Perhaps you don't need to damage your legs thinking you must sit in a certain way, perhaps you don't need to train to sit this way to impress or take it as a measurement of improvement and perhaps you don't need to feel unable to follow 'the sitting instruction'; what if you even don't have two legs to begin with.

Ariyasāvaka

Ariyasāvaka is often found translated as noble disciple.

It is a compound formed with the words *ariya* and *sāvaka*. *Ariya* is said to refer to the generally approved and esteemed customs and ideals of the Aryan clans, covering the racial, social and ethical aspects translated as noble and *sāvaka* as disciple.

Noble disciple seems to indicate the disciple as the noble one, but note that in this context for an *arahant 'sāvaka'* is used, not *ariyasāvaka*, which makes this a little odd. It ironically also seem to make some people wonder who exactly is when noble.

Another rendering is disciple of the noble one(s). At least here people can be disciples without worrying about their status as nobility, but again for the *arahant* is in this context *sāvakā* used. Thus if for the *arahant* noble falls off then it is a bit odd to then suddenly refer to them here as noble ones.

Both translations leave some oddness by trying to assign noble to a certain person. But noble here stood for the social and ethical direction. So it was about the learning/following the good, the highest, righteousness, of all of those traits for which aryan stood example. And for this generalization we then can get to use nobleness. A monastic is here not a noble one, a virtuous one is here not a noble one, the exalted one is here not a noble one, and the *dhamma* is here not noble (after all there are unwholesome *dhammā*) but nobleness is and noble principles are.

So then, disciple of nobleness? But what exactly would that mean? The word disciple implies a certain relationship with nobleness and since nobleness is an abstract word it leaves this ambiguous. Then let's look at *sāvaka* as well.

The dictionary says:

| **Sāvaka** [fr. śru] a hearer, disciple.

And with hearer we would not have the problem as with disciple. Hearers also have a long standing relation with oral traditions, so that fits.

Then for *ariyasāvaka* we can have 'hearer of nobleness', as in hearer of the good. Even when the exalted ones' words are long gone, one can set certain things as nobler, higher, not to admire but to advance to; thus as to undertake, as practise. Advancing this way keeps siding with the good. And when the *dhamma* is discovered then it is set as the new highest. So as principle this seems to fit as well.

So for the compound *ariyasāvaka* we now have removed an assumed person from being assigned to as noble, and we have removed an assumed person from being assigned to as having disciples. This doesn't mean you can't regard someone as noble or regard someone as having disciples, it is just that it doesn't have to be that this is here what it is about. Now noble is inclined for nobleness; again it is not a person who is noble but rather the nobleness of what is noble. And of what is noble that a hearer gets to be educated about. The *ariyasāvaka* and *arahant* are both *sāvakā* (hearers, hearers of the exalted one's word). Since the *arahant* is done with going, siding, that *direction towards* the good, that undertaking, the education, does not apply. This way it can be understood why an *arahant* is then not referred to as *ariyasāvaka*.

With the problems gone and to make sense both and grammatically and in meaning, we can use either 'hearer of nobleness' or 'hearer of what is noble'. Both say the same but perhaps the least abstract version makes it more clear. Then a line could go something like this: '*OK here, almsmen, having learned, the hearer of what is noble pays attention ...*'

Pāli-English

Ariya (adj. — n.) noble. — sāvaka hearer of what is noble.

III. Threads

A Certain Clergyman

Samyutta Nikāya
Nidānasamyuttam
Aññatarabrāhmaṇasuttam
SN12.46

Situated at Sāvatthi.

OK, then a certain clergyman approached there where the exalted one was. Having approached the exalted one he exchanged greetings with him. Having finished the politely exchanged greetings he sat down at one end. OK, at one end seated he, the clergyman, said this to the exalted one:

'OK now what is it, dear Gotama, is he who does, he who gets to experience?'

"Is he who does, he who gets to experience', OK clergyman, this is one end.'

'Yet what is it, dear Gotama, another does, another gets to experience?'

"Another does, another gets to experience', OK clergyman, this is the second end.

These are for you, clergyman, the both ends having to go by; the Tathāgata points out the principle by the middle:

With support of not knowing, inclinations. With support of inclinations, cognition. With support of cognition, name-and-form. With support of name-and-form, hexad-base. With support of hexad-base, touch. With support of touch, feeling. With support of feeling, longing. With support of longing, taking up. With support of taking up, becoming. With support of becoming, birth. With support of birth, ageing-and-death, sorrow, lamentation, suffering, distress, unrest appear. So for this entire mass of suffering the rise is.

However, with complete fading and cessation of not knowing, cessation of inclinations. With cessation of inclinations, cessation of cognition. With cessation of cognition, cessation of name-and-form. With cessation of name-and-form, cessation of hexad-base. With cessation of hexad-base, cessation of touch. With cessation of touch, cessation of feeling. With cessation of feeling, cessation of longing. With cessation of longing, cessation of taking up. With cessation of taking up, cessation of becoming. With cessation of becoming, cessation of birth. With cessation of birth, ageing-and-death, sorrow, lamentation, suffering, distress, unrest cease. So for this entire mass of suffering the cessation is.'

So said he, the clergyman, said this to the exalted one:

'Excellent dear Gotama, excellent dear Gotama ... I the follower, have you Gotama for endorser, from this day on while endowed with breath, as the refuge gone to.'

A Concise Catechism

Majjhima Nikāya
Mūlapaṇṇasapāli
Cūlāyamakavaggo
Cūlavedallasuttam
MN44

So I learned:

On one occasion the exalted one dwells at Bamboo's Grove, at the squirrels' feeding area, at Rājagaha. OK, then the follower Visākha approached there where almswoman Dhammadinnā was. Having approached the almswoman Dhammadinnā, having saluted, he sat down at one end. OK, at one end seated the follower Visākha said this to the almswoman Dhammadinnā:

'Embodiment, embodiment, lady, it is said. OK now which, lady, is by the exalted one the said embodiment?'

'OK, these five, Mr Visākha, the masses-with-the-taking-up are the said embodiment by the exalted one, viz: the mass-of-form-with-the-taking-up, the mass-of-feeling-with-the-taking-up, the mass-of-perception-with-the-taking-up, the mass-of-inclinations-with-the-taking-up, the mass-of-cognition-with-the-taking-up. OK these, Mr Visākha, the five masses-with-the-taking-up, are the said embodiment by the exalted one.'

'Good, lady.'

OK, the follower Visākha welcoming, appreciating, the talk of the almswoman Dhammadinnā, asked a question beyond.

'Rise of embodiment, rise of embodiment, lady, it is said. OK now which, lady, is by the exalted one the said rise of embodiment?'

'This what is, Mr Visākha, the longing, the gone together of joy and passion, the welcoming of this and that, it pertains to a

following becoming, viz: longing for lust, longing for becoming, longing for non-becoming. OK this, Mr Visākha, is by the exalted one the said rise of embodiment.'

'*Cessation of embodiment, cessation of embodiment*, lady, it is said. OK now which, lady, is by the exalted one the said cessation of embodiment?'

'OK what is, Mr Visākha, just of that longing the complete fading and cessation, the abandoning, relinquishment, release, non-clinging. OK this, Mr Visākha, is by the exalted one the said cessation of embodiment.'

'*The path heading for the cessation of embodiment, the path heading for the cessation of embodiment*, lady, it is said. OK now which, lady, is by the exalted one the said path heading for the cessation of embodiment?'

'OK just this, Mr Visākha, noble eight-membered way is by the exalted one the said path heading for the cessation of embodiment, viz: right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration.'

'OK now just that, lady, taking up; is it those five masses-with-the-taking-up, or is the taking up separate from the five masses-with-the-taking-up?'

'OK it is not, Mr Visākha, just that the taking up is those five masses-with-the-taking-up, the taking up is also not separate from the five masses-with-the-taking-up. OK what, Mr Visākha, amongst the five, amongst the masses-with-the-taking-up, the desire and passion is, that there the taking up.'

'Yet lady, view on embodiment is how?'

'Here, Mr Visākha, not having learned the commoner, is not one who sees nobleness, is not keen of the principle of nobleness, is uneducated in the principle of nobleness. Is not one who sees authentic men, is not keen of the principle of authentic men, is

uneducated in the principle of authentic men. He sees form as self, or self having form, or in self form, or in form self ... feeling ... perception ... inclinations ... cognition ... OK so, Mr Visākha, view on embodiment is.'

'Yet lady, view on embodiment is how not?'

'Here, Mr Visākha, having learned the hearer of what is noble, is one who sees nobleness, is keen of the principle of nobleness, is educated in the principle of nobleness. Is one who sees authentic men, is keen of the principle of authentic men, is educated in the principle of authentic men. He not sees form as self, nor self having form, nor in self form, nor in form self ... feeling ... perception ... inclinations ... cognition ... OK so, Mr Visākha, view on embodiment is not.'

'Yet lady, which noble eight-membered way?'

'OK just this, Mr Visākha, noble eight-membered way, viz: right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration.'

'Yet lady, is the noble eight-membered way inclined or uninclined?'

'OK the noble, Mr Visākha, eight-membered way is inclined.'

'OK now lady are, by the noble eight-membered way, three masses included, or is by three masses the noble eight-membered way included?'

'OK not, Mr Visākha, are by the noble eight-membered way three masses included; and OK by three, Mr Visākha, masses is the noble eight-membered way included: and, Mr Visākha, what is right speech, and what is right doing, and what right way of life, these principles are included with the mass of behaviour. And what is right exertion, and what is right meditation, and what is right concentration, these principles are included with the mass of concentration. And what is right view, and what is right attitude, these principles are included with the mass of

wisdom.'

'Yet lady, which concentration? which are the principles for the indication of concentration? which are the principles for the requirement for concentration? which the cultivation for concentration?'

'OK what, Mr Visākha, is focus of mind, this is concentration; the four attendances of meditation are the indication of concentration; the four exertions are requirements for concentration; what just of these principles is the indulgence, the cultivation, the making a lot of, this here is the cultivation for concentration.'

'Yet lady, inclinations; how many?'

'These three, Mr Visākha, inclinations: inclination for body, inclination for speech, inclination for mind.'

'Yet lady, which inclination for body? which inclination for speech? which inclination for mind?'

'OK, Mr Visākha, breathing in and breathing out: inclination for body, thoughts and thinking: inclination for speech, and perception and feeling: inclination for mind.'

'Yet lady, why is breathing in and breathing out inclination for body? why are thoughts and thinking inclination for speech? why are and perception and feeling the inclination for mind?'

'OK, breathing in and breathing out, Mr Visākha, are bodily; these principles are bound to body. From that, breathing in and breathing out are inclination for body. OK prior, Mr Visākha, having reasoned, having wandered, afterwards one breaks into speech. From that, thoughts and thinking are inclination for speech. And perception and feeling are mental; these principles are bound to mind. From that, and perception and feeling are inclination for mind.'

'Yet lady, engagement with cessation of perception of the felt is how?'

'OK, Mr Visākha, of this engaged cessation of perception of the felt, for an almsman it is not so: *or* 'I shall engage with cessation of perception of the felt', *nor* 'I am engaged with cessation of perception of the felt', *nor* 'I have engaged with cessation of perception of the felt'; OK for this then, just prior is a mind like that cultivated what therefor brought it to such a state.'

'Yet lady, of the engaged cessation of perception of the felt, for an almsman which principles are the first to cease? Or is it that inclination for body? or is it that inclination for speech? or is it that inclination for mind?'

'OK, Mr Visākha, of the engaged cessation of perception of the felt, for an almsman first ceases inclination for speech, from that inclination for body, from that inclination for mind.'

'Yet lady, from engagement with cessation of perception of the felt, the return is how?'

'OK, Mr Visākha, from engagement with cessation of perception of the felt, for an almsman the return is not such: *or* 'I shall be returning from engagement with cessation of perception of the felt', *or* 'I am returning from engagement with cessation of perception of the felt', *or* 'I have returned from engagement with cessation of perception of the felt'; OK for this then, just prior is a mind like that cultivated what therefor brought it to such a state.

'Yet lady, of the return from the engagement with cessation of perception of the felt, for an almsman which principles are first to arise? Or be it that inclination for body? or be it that inclination for speech? or be it that inclination for mind?'

'OK, Mr Visākha, of the return from engagement with cessation of perception of the felt, for an almsman inclination for mind is first to arise, from that inclination for body, from that inclination for speech.'

'Yet lady, from the touch of the return from engagement with ces-

sation of perception of the felt, how many do touch the almsman?’

‘OK, Mr Visākha, from the touch of the return from engagement with cessation of perception of the felt, three do touch the almsman: the touch from emptiness, the touch from the absence of indication, the touch from the absence of direction.’

‘Yet lady, of the return from engagement with cessation of perception of the felt, for an almsman sloping from what is the mind? gradating from what? slanting from what?’

‘OK, Mr Visākha, of the return from engagement with cessation of perception of the felt for an almsman, sloping from withdrawal is the mind, gradating from withdrawal, slanting from withdrawal.’

‘Yet lady, feelings; how many?’

‘OK these three, Mr Visākha, feelings: Feelings of happiness, feelings of suffering, feelings of neither happiness nor suffering.’

‘Yet lady, which feeling of suffering? which feelings of happiness? which feelings of neither happiness nor suffering?’

‘OK what is, Mr Visākha, or bodily or mentally happily agreeable felt; this the feeling of happiness. OK what is, Mr Visākha, or bodily or mentally sufferingly, disagreeable felt; this the feeling of suffering. OK what is, Mr Visākha, or bodily or mentally neither agreeable nor disagreeable felt; this the feeling of neither happiness nor suffering.’

‘Yet lady, feelings of happiness what is the happiness, what the suffering? feelings of suffering what is the happiness, what the suffering? feelings of neither happiness nor suffering what is the happiness, what the suffering?’

‘OK, Mr Visākha, feelings of happiness: happiness with the stood, suffering with the change; feelings of suffering: suffering with the stood, happiness with the change; feelings of nei-

ther happiness nor suffering: happiness with the knowledge, suffering with the lack of knowledge.'

'Yet lady, what is for a feeling to be happy the dormant dormancy? what is for a feeling to suffer the dormant dormancy? what is for a feeling neither happily nor sufferingly the dormant dormancy?

'OK, Mr Visākha, to a feeling to be happy the dormancy of passion is dormant, to a feeling to suffer the dormancy of friction is dormant, to a feeling neither happily nor sufferingly the dormancy of not knowing is dormant.'

'OK now lady, is to all the feeling to be happy the dormancy of passion dormant? is to all the feeling to suffer the dormancy of friction dormant? is to all the feeling neither happily nor sufferingly the dormancy of not knowing dormant?'

'OK now Mr Visākha, not to all the feeling to be happy is the dormancy of passion dormant, not to all the feeling to suffer is the dormancy of friction dormant, not to all the feeling neither happily nor sufferingly is the dormancy of not knowing dormant.'

'Yet lady, what should be given up to a feeling to be happy? what should be given up to a feeling to suffer? what should be given up to a feeling neither happily nor sufferingly?'

'OK, Mr Visākha, to a feeling to be happy the dormancy of passion should be given up, to a feeling to suffer the dormancy of friction should be given up, to a feeling neither happily nor sufferingly the dormancy of not knowing should be given up.'

'OK now lady, to all feeling to be happy the dormancy of passion should be given up? to all feeling to suffer the dormancy of friction should be given up? to all feeling neither happily or sufferingly should the dormancy of not knowing be given up?'

'OK, Mr Visākha, not to all feeling to be happy the dormancy of passion should be given up, not to all feeling to suffer the dormancy of friction should be given up, not to all feeling neither

happily nor sufferingly should the dormancy of not knowing be given up. Here, Mr Visākha, an almsman is just withdrawing from lusts, withdrawing from unwholesome principles, with thoughts with thinking, withdrawal-bore the pleasantness and happiness, he dwells having obtained the first radiance. By that he gives up the passion; the dormancy of passion is not dormant there. Here, Mr Visākha, an almsman reflects thus: 'O when may I hail for this; I shall dwell having obtained then as base what nobles dwell at having obtained presently as base?' Thus without a beyond, providing in the deliverance from where envy arises, the support for envy, the distress. By that he gives up the friction; the dormancy of friction is not dormant there. Here, Mr Visākha, an almsman and from the rejection of happiness and from the rejection of suffering, from the disappearance of the just prior contentment and distress, neither happily nor sufferingly, pure objective the meditation, he dwells having obtained the fourth radiance. By that he gives up not knowing; the dormancy of not knowing is not dormant there.

'Yet lady, by a feeling to be happy what is the contrary share?'

'OK, Mr Visākha, by a feeling to be happy the feeling of suffering is the contrary share.'

'Yet lady, by a feeling to suffer, what is the contrary share?'

'OK, Mr Visākha, by a feeling to suffer the feeling to be happy is the contrary share.'

'Yet lady, a feeling to neither suffer nor to be happy, what is the contrary share?'

'OK, Mr Visākha, a feeling to neither suffer nor to be happy not knowing is the contrary share.'

'Yet lady, of not knowing, what is the contrary share?'

'OK, Mr Visākha, of not knowing, knowing is the contrary share.'

'Yet lady, of knowing, what is the contrary share?'

'OK, Mr Visākha, of knowing, emancipation is the contrary share.'

'Yet lady, of emancipation, what is the contrary share?'

'OK, Mr Visākha, of emancipation is peace the contrary share.'

'Yet lady, of peace, what is the contrary share?'

'You went over, Mr Visākha, the question, you were not able to grasp the limit of the question. For immersing in peace, Mr Visākha, is the clergy conduct. Peace is the relief, peace fulfils the stopping. And when in doubt, Mr Visākha, having approached the exalted one you could ask this here, and as the exalted one answers you, like that you might endorse it.'

OK then the follower Visākha welcoming, appreciating, the talk from the almswoman Dhammadinnā, having saluted the almswoman Dhammadinnā, rose, having kept the right, approached there where the exalted one was. Having approached the exalted one, having saluted, he sat down at one end. OK, at one end seated he, the follower Visākha, as far as the conversation with almswoman Dhammadinnā was with him all that he related to the exalted one. So said, the exalted one said this to the follower Visākha:

'Wise, Visākha, is the almswoman Dhammadinnā, of great wisdom, Visākha, is the almswoman Dhammadinnā. Also if you Visākha would ask me this here, I also would answer that just so as that answer from the almswoman Dhammadinnā. And so, this and just from this here, may you endorse it.'

This said the exalted one.

Pleased the follower Visākha welcomed the exalted one's talk.

A World Question

Samyutta Nikāya
Salāyatanaavaggo
Salāyatanaśamyuttam
Gilānavaggo
Lokapañhāsuttam
SN35.82

OK then a certain almsman approached there where the exalted one was. Having approached the exalted one he exchanged greetings with him. Having finished the politely exchanged greetings he sat down at one end. OK at one end seated he, the almsman, said this to the exalted one:

'The world, the world, venerable, it is said. OK, now to what extend, venerable, is it called 'world'?

'OK, it is open to "we're old", almsman, from that it is called 'world'.

And what is open to "we're old"?

OK, eye, almsmen, is open to "we're old". Forms are open to "we're old". Eye-cognition is open to "we're old". With-eye-touch is open to "we're old". Also this what with support of with-eye-touch arises, the felt or happiness or suffering or neither happiness nor suffering, that also is open to "we're old".

Ear ... Nose ... Tongue ... Body ... Intellect ...

OK, open to "we're old", almsman, from that it is called 'world'.

Ānanda I

Samyutta Nikāya
Mahāvaggo
Ānāpānasamyuttam
Dutiyavaggo
Pathamāanandasuttam
SN54.13

At Sāvatthi.

OK, then senior Ānanda approached there where the exalted one was. Having approached the exalted one, having saluted, he sat down at one end. OK, at one end seated senior Ānanda said this to the exalted one:

'OK now does it exist, venerable, one principle, when cultivated, when made a lot of, pours over into four principles, four principles, when cultivated, when made much of, pour over into seven principles, seven principles, when cultivated, when made much of, pour over into two principles?'

'OK it does exist, Ānanda, one principle, when cultivated, when made a lot of, pours over into four principles, four principles, when cultivated, when made a lot of, pour over into seven principles, seven principles, when cultivated, when made a lot of, pour over into two principles.'

'Yet which, venerable, one principle, when cultivated, when made a lot of, pours over into four principles, four principles, when cultivated, when made a lot of, pour over into seven principles, seven principles when cultivated, when made a lot of pour over into two principles?'

'OK, concentration from meditation on the in breathe and out breathe, Ānanda, is one principle, when cultivated, when made a lot of, pours over into the four attendances of meditation, the four attendances of meditation, when cultivated, when made a

lot of, pour over into the seven members of enlightenment, the seven members of enlightenment, when cultivated, when made a lot of, pour over into knowledge and emancipation.

Cultivated how, Ānanda, made much of how, does concentration from meditation on the in breathe and out breathe pour over into the four attendances of meditation?

Here Ānanda, an almsman, gone to a forest or gone to the root of a tree, or gone to an empty home, having folded a seat he sits down, directing the body straight, peripherally attending the meditation.

He either meditative breathes in,
or meditative breathes out.

Or while breathing in long fathoms 'long, I'll breathe in',

...

trains 'while looking into relinquishment, I'll breathe out'.

On what occasion, Ānanda, an almsman or while breathing in long fathoms 'long, I'll breathe in' ... trains 'while calming inclinations for body, I'll breathe out' he is looking into body, Ānanda, the almsman on that occasion dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world.

Of what is this the reason?

I say this is a certain body, Ānanda, this what is the breathing in and the breathing out. Thus from that, Ānanda, looking into body an almsman on that occasion dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world.

On what occasion, Ānanda, an almsman trains 'while experiencing pleasantness, I'll breathe in' ... trains 'while calming inclinations for mind I'll breathe out'. he is looking into feelings, Ānanda, the almsman on that occasion dwells in feelings as the ardent aware meditator would be disciplining the avarice and

distress about the world.

Of what is this the reason?

I say this is a certain feeling, Ānanda, this what is the in breathe and out breathe when well payed attention to. Thus from that, Ānanda, looking into feelings an almsman on that occasion dwells in feelings as the ardent aware meditator would be disciplining the avarice and distress about the world.

On what occasion, Ānanda, an almsman trains 'while experiencing mind, I'll breathe in' ... trains 'while emancipating mind, I'll breathe out' he is looking into mind, Ānanda, the almsman on that occasion dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world.

Of what is this the reason?

I do not say of the cultivation of the concentration from meditation on the in breathe and out breathe the meditation is forgotten, without awareness. Therefore, Ānanda, looking into mind an almsman on that occasion dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world.

On what occasion, Ānanda, an almsman trains 'while looking into unstableness, I'll breathe in' ... trains 'while looking into relinquishment, I'll breathe out' he is looking into principles, Ānanda, the almsman on that occasion dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world. Therefor what this, the rejection of the avarice and distress, is, for knowing, viewing, it well it is therefor here objectivated. Therefore Ānanda, looking into principles an almsman on that occasion dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world.

OK, cultivated so, made a lot of so, Ānanda, concentration from meditation on the in breathe and out breathe pours over into the

four attendances of meditation.

And cultivated how, Ānanda, made a lot of how do the four attendances for meditation pour over into the seven members of enlightenment?

On what occasion, Ānanda, an almsman looking into body dwells in body on that occasion for the almsman the attended meditation is not forgotten.

On what occasion, Ānanda, for the almsman the attended meditation is not forgotten, on that occasion for the almsman meditation as member of enlightenment is started. On that occasion the almsman cultivates meditation as member of enlightenment. On that occasion for the almsman meditation as member of enlightenment goes on pouring over by cultivation.

Like that he, the meditative dweller, for knowing the principle therefor investigates, inspects, scrutinizes.

On what occasion, Ānanda, an almsman, like that meditative dweller for knowing the principle therefor investigates, inspects, scrutinizes, on that occasion for the almsman discernment of principles as member of enlightenment is started. On that occasion the almsman cultivates discernment of principles as member of enlightenment. On that occasion for the almsman discernment of principles as member of enlightenment goes on pouring over by cultivation.

Therefor for him for knowing the principle, by investigation, by inspection, by scrutinizing, without sluggishness, vigour is started.

On what occasion, Ānanda, therefor for the almsman for knowing the principle, by investigation, by inspection, by scrutinizing, without sluggishness, vigour is started, on that occasion for the almsman vigour as member of enlightenment is started. On that occasion for the almsman vigour as member of enlightenment is cultivated. On that occasion for the almsman vigour as member of enlightenment goes on pouring over by cultivation.

Of the started vigour arises pleasantness not of the flesh.

On what occasion, Ānanda, for the almsman of the started vigour arises pleasantness not of the flesh, on that occasion for the almsman pleasantness as member of enlightenment is started. On that occasion the almsman cultivates pleasantness as member of enlightenment. On that occasion for the almsman pleasantness as member of enlightenment goes on pouring over by cultivation.

The contentment calms also the body, calms also the mind.

On what occasion, Ānanda, for the almsman the contentment calms also the body, calms also the mind, on that occasion for the almsman calmness as member of enlightenment is started. On that occasion the almsman cultivates calmness as member of enlightenment. On that occasion for the almsman calmness as member of enlightenment goes on pouring over by cultivation.

For with calmness of body, the happy mind concentrates.

On what occasion, Ānanda, for the almsman with calmness of body the happy mind concentrates, on that occasion for the almsman concentration as member of enlightenment is started. On that occasion the almsman cultivates concentration as member of enlightenment. On that occasion for the almsman concentration as member of enlightenment goes on pouring over by cultivation.

Well concentrated like that, that mind is here objectivated.

On what occasion, Ānanda, the almsman is well concentrated like that, mind is here objectivated, on that occasion for the almsman objectivity as member of enlightenment is started. On that occasion the almsman cultivates objectivity as member of enlightenment. On that occasion for the almsman objectivity as member of enlightenment goes on pouring over by cultivation.

... feelings ... mind ... principles ...

OK cultivated so, Ānanda, made a lot of so, the four attendances of meditation pour over into the seven members of enlightenment.

Cultivated how, Ānanda, made a lot of how, do the seven members of enlightenment pour over into knowing and emancipation?

Here, Ānanda, an almsman cultivates meditation ... discernment of principles ... vigour ... pleasantness ... calmness ... concentration ... objectivity as a member of enlightenment relying on withdrawal, relying on fading, relying on cessation, resulting in waivering.

OK cultivated so, Ānanda, made a lot of so, the seven members of enlightenment pour over into knowledge and emancipation.'

Arising of View

Aṅguttara Nikāya
Dukanipātapāli
Tatiyapanññasakam
Āsāduppajahavaggo

AN2.126

'These two, almsmen, supports are for the arising of wrong view. Which two? And the proclamation from others and improper attention. OK these, almsmen, two supports are for the arising of wrong view.'

AN2.127

'These two, almsmen, supports are for the arising of right view. Which two? And the proclamation from others and proper attention. OK these, almsmen, two supports are for the arising of right view.'

Attendances of Meditation

Aṅguttara Nikāya,
Catukkanipātapāli
Satipaṭṭhānasuttam
AN4.274

'Of passion, almsmen, for getting acquainted with, four principles should be cultivated.

Which four?

Here, almsmen, an almsman looking into body dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world.

Looking into feelings dwells in feelings as the ardent aware meditator would be disciplining the avarice and distress about the world.

Looking into mind dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world.

Looking into principles dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world.

Of passion, almsmen, for getting acquainted with, these four principles should be cultivated.'

Becoming I

Ānguttara Nikāya
Tikanipātapāli
Ānandavaggo
Pathamabhavasuttam
AN3.77

OK, then senior Ānanda approached there where the exalted one was. Having approached the exalted one, having saluted, he sat down at one end. OK, at one end seated senior Ānanda said this to the exalted one:

'Becoming, becoming, venerable, it is said. OK now in what respect, venerable, becoming is?'

'OK now on to becoming with lust, Ānanda, if not were the action, *and* the aspect of lust *and* the ripening could they be fathomed?'

'Of course not, venerable.'

'OK thus, Ānanda, is action the field, cognition the seed, longing the moisture.

Not knowing the obstructions, for beings with yokes of longing for the lower aspects, cognition is established. So is the stretching forth, the production towards a following becoming.

OK now on to becoming with form, Ānanda, if not were the action, *and* the aspect of form *and* the ripening could they be fathomed?'

'Of course not, venerable.'

'OK thus, Ānanda, is action the field, cognition the seed, longing the moisture. Not knowing the obstructions, for beings with yokes of longing for the medium aspects, cognition is established. So is the stretching forth, the production towards a

following becoming.

OK now on to becoming without form, Ānanda, if not were the action, *and* the aspect of formlessness *and* the ripening could they be fathomed?"

'Of course not, venerable.'

'OK thus, Ānanda, is action the field, cognition the seed, longing the moisture. Not knowing the obstructions, for beings with yokes of longing for the higher aspects, cognition is established. So is the stretching forth, the production towards a following becoming.

OK so, Ānanda, becoming is.'

Cessation of Action

Samyutta Nikāya
Salāyatanaṇavaggo
Salāyatanaṇasamyuttam
Navapurāṇavaggo
Kammanirodhasuttam
SN35.146

'I shall point out, almsmen, old and new actions, cessation of action, and heading for the cessation of action the path. Hear that, pay attention well, I shall talk.

And which is, almsmen, old action?

Eye, almsmen, is to be viewed as old action; arranged, intended, to be felt. *Ear... Nose... Tongue... Body... Intellect ...* This is called, almsmen, old action.

And which is, almsmen, new action?

OK what, almsmen, action one does at present by body, by speech, by intellect. This is called, almsmen, new action.

And which is, almsmen, cessation of action?

OK what, almsmen, emancipation one touches by cessation of action by body, of action by speech, of action by intellect. This is called, almsmen, cessation of action.

And which is, almsmen, the path heading for the cessation of action?

Just this noble eight-membered way viz. right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration. This is called, almsmen, the path heading for the cessation of action.

OK thus, almsmen, is by me pointed out old action, pointed out

new action, pointed out cessation of action, pointed out the path heading for the cessation of action.

OK what, almsmen, should be done by a predecessor for the welfare of hearers, taking it up with mercy, out of mercy, that is done by me for you. These are, almsmen, roots of trees, these are empty homes; radiate, almsmen, don't be negligent, don't become regretful afterwards. This is our instruction to you.'

Characteristics of the Inclined

Aṅguttara Nikāya
Tikanipātapāli
Saṅkhatalakkhaṇasuttam

AN3.47

'These three, almsmen, are the inclined characteristics of the inclined. Which three? Arising is to be fathomed, passing is to be fathomed, alteration when stood is to be fathomed. OK these, almsmen, are the three inclined characteristics of the inclined.'

AN3.48

'These three, almsmen, are the uninclined characteristics of the uninclined. Which three? No arising is to be fathomed, no passing is to be fathomed, no alteration when stood is to be fathomed. OK these, almsmen, are the three uninclined characteristics of the uninclined.'

Characteristics of not Self

Samyutta Nikāya
Khandhasamyuttam
Anattalakkhaṇasuttam
SN22.59

On one occasion the exalted one dwells at the deer park at Isipatana, at Bārāṇasi. OK, there the exalted one addressed the almsmen of the group of five:

'Almsmen'

Those almsmen replied to the exalted one:

'Venerable sir'

The exalted one said this:

'Form, almsmen, is not self. And form, almsmen, for this self if it becomes, this not would lead form to oppression and you would get at form: 'My form be so, as my form was not so'. OK and because, almsmen, form is not self, from that form leads to oppression and you not get at form: 'My form be so, as my form was not so'.'

Feeling ... Perception ... Inclinations ... Cognition ...

'What is it that you deem, almsmen, is form or stable or unstable?'

'Unstable, venerable'

'What is yet unstable, is that sufferingly or happily?'

'Sufferingly, venerable'

'What is yet unstable, sufferingly, the principle for change, is that now sound to see as: 'This is of me, this is the I exist, this is to me self'?'

'Of course not, venerable.'

... feeling ... perception ... inclinations ... cognition ...

'Therefore, almsmen, 'whatever form, past, not yet come, current, or inner or outer, or gross or subtle, or low or high, what is in the distant or in the vicinity, all form is essentially with right wisdom similarly to be viewed as 'Not this is of me, not this is the I exist, not this is to me self'.'

... feeling ... perception ... inclinations ... cognition...

'Seeing so, almsmen, having learned, the hearer of what is noble gets fed up also on form, gets fed up also on feeling, gets fed up also on perception, gets fed up also on inclinations, gets fed up also on cognition. Fed up, he lacks interest; from the fading he is to be emancipated. Upon emancipation, thus emancipated, the knowledge is. He fathoms 'Birth is barren, the clergy conduct spent, done is what ought to be done, no more earning of presence'.'

This said the exalted one.

Pleased, the almsmen of the group of five welcomed the exalted one's talk. And while this explanation was yet being recited, the almsmen of the group of five were without taking it up as drains; the minds thus emancipated.

Clergyman Uṇṇābha

Samyutta Nikāya

Indriyasamyuttam

Uṇṇābhābrāhmaṇasuttam

SN48.42

Situated at Sāvatthi.

OK, then clergyman Uṇṇābha approached there where the exalted one was. Having approached the exalted one he exchanged greetings with him. OK, at one end seated clergyman Uṇṇābha said this to the exalted one:

'These five, dear Gotama, strengths of so and so realms, of so and so pasturelands, do not involve one another's realms and pasturelands. Which five? Strength of eye, strength of ear, strength of nose, strength of tongue, strength of body. OK now, dear Gotama, of these five strengths of so and so realms, of so and so pasturelands, they do not involve one another's realms and pasturelands; what is the resort and what does it involve from those realms and pasturelands?'

'These five, clergyman, strengths of so and so realms, of so and so pasturelands do not involve one another's realms and pasturelands. Which five? Strength of eye, strength of ear, strength of nose, strength of tongue, strength of body. OK these, clergyman, five strengths of so and so realms, of so and so pasturelands they do not involve one another's realms and pasturelands; intellect is the resort, it involves just the intellect from those realms and pasturelands.'

'Yet for intellect, dear Gotama, what is the resort?'

'OK for intellect, clergyman, meditation is the resort.'

'Yet for meditation, dear Gotama, what is the resort?'

'OK for meditation, clergyman, emancipation is the resort.'

'Yet for emancipation, dear Gotama, what is the resort?'

'OK for emancipation, clergyman, peace is the resort.'

'Yet for peace, dear Gotama, what is the resort?'

'You went over, clergyman, the question; you were not able to grasp the limit of the question. For immersing in peace, clergyman, the clergy conduct is spent. Peace is the relief, peace fulfils the stopping.'

OK then clergyman Uṇṇābha welcoming, appreciating, the exalted one's talk, rose, having saluted the exalted one, having kept the right, set out. OK then the exalted one, when clergyman Uṇṇābha had recently set out, addressed the almsman:

'Also as that, almsmen, or a roofed home or a roofed pavilion with an eastern window, at sunrise, a ray of light entering the eastern window, where would it be established?'

'At the western wall, venerable.'

'OK just so, almsmen, the confidence of the clergyman Uṇṇābha in the Tathāgata is set, born at the root, established, firm, not to be shattered or by recluse or by clergyman or by deity or by Māra or by Brahma or by anything in the world. This for if, almsmen, in the occasion the clergyman Uṇṇābha would have done his time: the yoke does not exist following by which, connected by the yoke, the clergyman Uṇṇābha would come back to this world.'

Consumed

Samyutta Nikāya
Khandhasamyuttam
Khajjanīyasuttam
SN22.79

Situated at Sāvatthi.

'For whatever, almsmen, or recluses or clergymen remembering various prior abodes, they remember all these five masses-with-the-taking-up together or they remember certain.

Which five?

'With such form I was in past durations' or thus for, almsmen, the remembrance he remembers just form. 'With such feeling I was in past durations' or thus for, almsmen, the remembrance he remembers just feeling. 'With such perception I was in past durations' or thus for, almsmen, the remembrance he remembers just perception. 'With such inclinations I was in past durations' or thus for, almsmen, the remembrance he remembers just inclinations. 'With such cognition I was in past durations' or thus for, almsmen, the remembrance he remembers just the cognition.

And what, almsmen, would they say is form?

OK thus it deforms, almsmen, from that it is to be called *form*. Deforms with what? Deforms with cold, deforms with heat, deforms with hunger, deforms with thirst, deforms also with the touch of the gadfly, mosquito, wind, heat, creepers. OK thus it deforms, almsmen, from that it is to be called *form*.

And what, almsmen, would they say is feeling?

OK thus it gets to feel, almsmen, from that it is to be called *feeling*. And what does it get to feel? It gets to feel also happily, it gets to feel also sufferingly, it gets to feel also neither happily nor sufferingly. OK thus it gets to feel, almsmen, from that it is to be

called *feeling*.

And what, almsmen, would they say is perception?

OK thus it perceives, almsmen, from that it is to be called *perception*. And what it perceives? Also dark it perceives, also yellow it perceives, also red it perceives, also light it perceives. OK thus it perceives, almsmen, from that it is to be called *perception*.

And what, almsmen, would they say are inclinations?

OK thus they incline the inclined, almsmen, from that it is to be called *inclinations*. And what are the inclined they incline? form for the form-ness is the inclined they incline, feeling for the feeling-ness is the inclined they incline, perception for the perception-ness is the inclined they incline, inclinations for the inclination-ness is the inclined they incline, cognition for the cognition-ness is the inclined they incline. OK thus they incline the inclined, almsmen, from that it is to be called *inclinations*.

And what, almsmen, would they say is cognition?

OK thus it cognizes, almsmen, from that it is to be called *cognition*. And what it cognizes? Also sour it cognizes, also bitter it cognizes, also sharp it cognizes, also sweet it cognizes, also soapy it cognizes, also not soapy it cognizes, also salty it cognizes, also bland it cognizes. OK thus it cognizes, almsmen, from that it is to be called *cognition*.

There, almsmen, having learned, a hearer of what is noble reflects thus:

*'OK I am presently consumed with form,
for periods in the past I was consumed with form just so,
also as that I am presently consumed with current form.
OK and like I yet would welcome the form not yet come,
for periods not yet come I also would be consumed with form just
so,
also as that I am presently consumed with current form.'*

Thus reflecting he has no expectation in the form not yet come. He does not welcome the form not yet come. He opposed, by disenchantment, by fading, by cessation, to the current form.

... feeling ... perception ... inclinations ... cognition ...

'What is it that you deem, almsmen, is form or stable or unstable?'

'Unstable, venerable.'

'What is yet unstable is that or sufferingly or happily?'

'Sufferingly, venerable.'

'What is yet unstable, sufferingly, the principle for change, now is that sound to see as: *'This is of me, this is the I exist, this to me is self'*?'

'Of course not, venerable.'

... feeling ... perception ... inclinations ... cognition ...

'Therefore this, almsmen, 'whatever form, past, not yet come, current, or inner or outer, or gross or subtle, or low or high, what is in the distant or in the vicinity, all form is essentially with right wisdom similarly to be viewed as *'Not this is of me, not this is the I exist, not this is to me self'*'.

... feeling ... perception ... inclinations ... cognition ...

This is called, almsmen, a hearer of what is noble who decreases, not increases; who gives up, not takes up; who turns from, not turns to; who disperses, not congregates.

And what does he decreases, not increases? Form he decreases, not increases. Feeling ... Perception ... Inclinations ... Cognition he decreases, not increases.

And what does he gives up, not takes up? Form he gives up, not takes up. Feeling ... Perception ... Inclinations ... Cognition he gives up, not takes up.

And what does he turns from, not turns to? Form he turns from, not turns to. Feeling ... Perception ... Inclinations ... Cognition he turns from, not turns to.

And what does he disperses, not congregates? Form he disperses, not congregates. Feeling ... Perception ... Inclinations ... Cognition he disperses, not congregates.

Seeing so, almsmen, having learned, a hearer of what is noble gets fed up also on form, ... feeling ... perception ... inclinations, gets fed up also on cognition. Fed up, he lacks interest. From the fading he is to be emancipated. Upon emancipation, thus emancipated, the knowledge is. He fathoms 'Birth is barren, the clergy conduct spent, done is what ought to be done, no more earning of presence'. This is called, almsmen, the almsman who neither increases nor decreases.

Stood having decreased, he neither gives up nor takes up. Stood having given up, he neither turns from nor turns to. Stood having turned from, he neither disperses nor congregates. He stood having dispersed.

And what does he neither increases nor decrease?

Stood having decreased form, he neither increases nor decreases it. Stood having decreased feeling ... perception ... inclinations ... cognition, he neither increases nor decreases it. He stood having decreased.

And what does he neither gives up nor takes up?

Stood having given up form, he neither gives it up nor takes it up. Stood having given up feeling ... perception ... inclinations ... cognition, he neither gives it up nor takes it up. He stood having given up.

And what does he neither turns from nor turns to?

Stood having turned from form, he neither turns from nor turns too it. Stood having turned from feeling ... perception ... inclina-

tions ... cognition, he neither turns from nor turns to it. He stood having turned from.

And what does he neither disperses nor congregates?

Stood having dispersed form, he neither disperses nor congregates it. Stood having dispersed feeling ... perception ... inclinations ... cognition, he neither disperses nor congregates it. He stood having dispersed.

OK with the mind so emancipated, almsmen, deities grouped with Inda, grouped with Brahma, grouped with Pajāpati, like from far, they hail the almsman:

*Hail you thoroughbred man,
hail you highest man.
Of what you rely on, also what radiates,
we are not acquainted with.'*

Division

Samyutta Nikāya

Mahāvaggo

Maggasamyuttam

Avijjāvaggo

Vibhangasuttam

SN45.8

Situated at Sāvatthi.

'I shall point out, I shall divide, to you, almsmen, the noble eight-membered way. Hear that, pay attention well, I shall talk'.

OK, so those almsmen replied to the exalted one:

'Venerable'

The exalted one said this:

'And which, almsmen, noble eight-membered way? viz. right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration.'

And which, almsmen, right view?

OK what is, almsmen, knowledge about suffering, knowledge about the rise of suffering, knowledge about the cessation of suffering, knowledge about the path heading for the cessation of suffering. This is called, almsmen, right view.

And which, almsmen, right attitude?

OK what is, almsmen, an attitude of abstinence, an attitude without anger, an attitude without harm. This is called, almsmen, right attitude.

And which, almsmen, right speech?

OK what is, almsmen, refrainment from false theorization, re-

frainment from gossip, refrainment from aggressive speech, refrainment from nonsense. This is called, almsmen, right speech.

And which, almsmen, right doing?

OK what is, almsmen, refrainment from attacking the breath, refrainment from taking the not given, refrainment from unclergy conduct. This is called, almsmen, right doing.

And which, almsmen, right way of life?

Here almsmen, the hearer of what is noble gives up a wrong way of life, constructs a living by a right way of life. This is called, almsmen, right way of life.

And which is, almsmen, right exertion?

Here, almsmen, an almsman creates desire, exerts & applies vigour, strains & confronts the mind, for the non-arising of the unarisen evil unwholesome principles. He creates desire ... for the rejection of the arisen evil unwholesome principles. He creates desire ... for the arising of the wholesome principles. He creates desire, exerts & applies vigour, strains & confronts the mind, for the state of non-confusion, for the increase, for the fullness, for the pouring over, of the arisen wholesome principles. This is called, almsmen, right exertion.

And which, almsmen, right meditation?

Here, almsmen, an almsman looking into body dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into feelings dwells in feelings as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into mind dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into principles dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world. This is called, almsmen, right meditation.

And which, almsmen, right concentration?

Here, almsmen, an almsmen is just withdrawing from lusts, withdrawing from unwholesome principles, with thoughts with thinking, withdrawal-borne the pleasantness and happiness, he dwells having obtained the first radiance. From the ease of thoughts and thinking, inner serenity, determination of mind, without thoughts without thinking, concentration-borne the pleasantness and happiness, he dwells having obtained the second radiance. And from the pleasantness fading he dwells and objective and meditative, aware, and the happiness with the body he does experience, that what nobles disclose: 'An objective meditator, a happy dweller', he dwells having obtained the third radiance. And from the rejection of happiness and from the rejection of suffering, from the settling down of the just prior contentment and distress, neither happily nor sufferingly, pure objective the meditation, he dwells having obtained the fourth radiance. This is called, almsmen, right concentration.'

Division

Samyutta Nikāya
Mahāvaggo
Satipatṭhānasamyuttam
Ananussutavaggo
Vibhangasuttam
SN47.40

'I shall point out to you, almsmen, and the attendance of meditation, and the cultivation for the attendance of meditation, and for the cultivation for the attendance of meditation the path. Hear that.

And which, almsmen, attendance of meditation?

Here, almsmen, and almsman looking into body dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into feelings dwells in feelings as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into mind dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into principles dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world. This is called, almsmen, the attendance of meditation.

And which, almsmen, cultivation for the attendance of meditation?

Here, almsmen, an almsman is looking into the rise of principles as he dwells in body, is looking into the passing of principles as he dwells in body, is looking into the rise and passing of principles as he dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world; is looking into the rise of principles as he dwells in feelings, is looking into the passing of principles as he dwells in feelings, is looking into the rise and passing of principles as he dwells in feelings

as the ardent aware meditator would be disciplining the avarice and distress about the world; is looking into the rise of principles as he dwells in mind, is looking into the passing of principles as he dwells in mind, is looking into the rise and passing of principles as he dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world; is looking into the rise of principles as he dwells in principles, is looking into the passing of principles as he dwells in principles, is looking into the rise and passing of principles as he dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world. This is called, almsmen, the cultivation for the attendance of principles.

And which, almsmen, the path for the cultivation for the attendance of meditation?

Just this noble eight-membered way, viz. right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration. This is called, almsmen, the path heading for the cultivation for the attendance of meditation.'

Emptiness, concise

Majjhima Nikāya
Cūlasuññatasuttam
MN121

So I learned:

On one occasion the exalted one dwells at the eastern park, at Migāramātupāsāda, at Sāvatthi. OK, then senior Ānanda, on an evening occasion, returned from seclusion, approached there where the exalted one was. Having approached the exalted one, having saluted, he sat down at one end. OK, at one end seated, senior Ānanda said this to the exalted one:

'On this one occasion, venerable, the exalted one he dwells amongst the Sakyans at a market town of the Sakyans, named Nagaraka. There I, venerable, learned in front of, received in front of, the exalted one: 'I by dwelling with emptiness, Ānanda, at present dwell a lot'. I hope this by me, venerable, well learned, well grasped, well payed attention to, well retained?'

'Surely you got this, Ānanda, well learned, well grasped, well payed attention to, well retained. I also in the prior, Ānanda, also at present, dwell at lot by dwelling with emptiness. Also as that, Ānanda, this Migāramātupāsāda is empty of elephants, cows, horses and meres, empty of gold and silver, empty of female and male assemblies and so this exist, the non-emptiness; this what is the generalization depending on the order of almsmen. OK just so, Ānanda, an almsmen not paying attention to the perception of village, not paying attention to the perception of men, pays attention to the generalization depending on the perception of forest. For him at the perception of forest the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of village, here those not exist. What might be the wearinesses depending on the perception of men, here those not exist. And so this exist, the moderation of weariness; this what is the generalization depend-*

ing on the perception of forest.' He fathoms '*This empty; from the perception of village the perception is gone*', fathoms '*This empty; from the perception of men the perception is gone*', '*And so this exist, the non-emptiness; this what is the generalization depending on the perception of forest*'. OK thus for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of men, not paying attention to the perception of forest, pays attention to the generalization depending on the perception of earth. For him at the perception of earth the mind jumps at, reconciles, coincides, attaches. Also as that, Ānanda, a bull's hide, well spread by a hundred pegs, is having the folds gone away, OK just so, Ānanda, an almsmen what of this earth are the highs and lows, rivers with difficult passages, places with stumps and thorns, irregular rocks, is not paying attention to that all; he pays attention to the generalization depending on the perception of earth. For him at the perception of earth the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of men here those not exist. What might be the wearinesses depending on the perception offorest, here those not exist. And so this exist, the moderation of weariness; this what is the generalization depending on the perception of earth.*' He fathoms '*This empty; from the perception of men the perception is gone*', fathoms '*This empty; from the perception of forest the perception is gone*', '*And so this exist, the moderation of weariness; this what is the generalization depending on the perception of earth.*' OK thus for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of forest, not paying attention to the perception of earth, pays attention to the generalization depending on the perception of boundless sky as base. For him at the perception of

boundless sky as base the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of forest here those not exist. What might be the wearinesses depending on the perception of earth, here those not exist. And so this exist, the moderation of weariness; this what is the generalization depending on the perception of boundless sky as base.*' He fathoms '*This empty; from the perception of forest the perception is gone*', fathoms '*This empty; from the perception of earth the perception is gone*', '*And so this exist, the moderation of weariness; this what is the generalization depending on the perception of boundless sky as base.*' OK, so for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of earth, not paying attention to the perception of boundless sky as base, pays attention to the generalization depending on the perception of boundless cognition as base. For him at the perception of boundless cognition as base the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of earth here those not exist. What might be the wearinesses depending on the perception of boundless sky as base, here those not exist. And so this exist, the moderation of weariness; this what is the generalization depending on the perception of boundless cognition as base.*' He fathoms '*This empty; from the perception of earth the perception is gone*', fathoms '*This empty; from the perception of boundless sky as base the perception is gone*', '*And so this exist, the moderation of weariness; this what is the generalization depending on the perception of boundless cognition as base.*' OK, so for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of boundless sky as base, not paying at-

tention to the perception of boundless cognition as base, pays attention to the generalization depending on the perception of possessionlessness as base. For him at the perception of possessionlessness as base the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of boundless sky as base, here those not exist. What might be the wearinesses depending on the perception of boundless cognition as base, here those not exist. And so this exist, the moderation of weariness; this what is the generalization depending on the perception of possessionlessness as base.*' He fathoms '*This empty; from the perception of boundless sky as base the perception is gone*', fathoms '*This empty; from the perception of boundless cognition as base the perception is gone*', '*And so this exist, the moderation of weariness; this what is the generalization depending on the perception of possessionlessness as base.*' OK, so for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of boundless cognition as base, not paying attention to the perception of possessionlessness as base, pays attention to the generalization depending on the perception of neither-perception-nor-no-perception as base. For him at the perception of neither-perception-nor-no-perception as base the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of boundless cognition as base, here those not exist. What might be the wearinesses depending on the perception of possessionlessness as base, here those not exist. And so this exist, the moderation of weariness; this what is the generalization depending on the perception of neither-perception-nor-no-perception as base.*' He fathoms '*This empty; from the perception of boundless cognition as base the perception is gone*', fathoms '*This empty; from the perception of possessionlessness as base the perception is gone*', '*And so this exist, the moderation of weariness; this what is the generalization depending on the*

perception of neither-perception-nor-no-perception as base.' OK, so for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of possessionlessness as base, not paying attention to the perception of neither-perception-nor-no-perception as base, pays attention to the generalization depending on the absence of indication mental-concentration. For him at the absence of indication mental-concentration the mind jumps at, reconciles, coincides, attaches. So he fathoms '*What might be the wearinesses depending on the perception of possessionlessness as base, here those not exist. What might be the wearinesses depending on the perception of neither-perception-nor-no-perception as base, here those not exist. And so this exist, the moderation of weariness; this what is just this body depending on the hexad-base support for life*''. He fathoms '*This empty; from the perception of possessionlessness as base the perception is gone*', fathoms '*This empty; from the perception of neither-perception-nor-no-perception as base the perception is gone*', '*And so this exist, the non-emptiness; this what is just this body depending on the hexad-base support for life*'. OK, so for what is not there by that he sees that is empty, yet what is left there therefor he fathoms '*Soothed this exists*'. So also for him this is, Ānanda, being as it is, the undistorted clear entry into emptiness.

And further following, Ānanda, an almsmen not paying attention to the perception of possessionlessness as base, not paying attention to the perception of neither-perception-nor-no-perception as base, pays attention to the generalization depending on the absence of indication mental-concentration. For him at the absence of indication mental-concentration the mind jumps at, reconciles, coincides, attaches. So he fathoms '*OK also this absence of indication mental-concentration is arranged, intended*', fathoms '*OK yet anything what is arranged,*

intended, that is unstable; the principle of cessation'. For him thus from knowing, thus from seeing, and the mind emancipated from the drain of lust, and the mind emancipated from the drain of becoming, and the minded emancipated from the drain of not knowing, upon emancipation, thus emancipated, the knowledge is. He fathoms 'Birth is barren, the clergy conduct spent, done is what ought to be done, no more earning of presence'. So he fathoms 'What might be the wearinesses depending on the drain of lust, here those not exist. What might be the wearinesses depending on the drain of becoming, here those not exist. What might be the wearinesses depending on the drain of not knowing, here those not exist. And so this exist, the moderation of weariness; this what is just this body depending on the hexad-base support for life.' He fathoms 'This empty from the drain of lust', fathoms 'This empty from the drain of becoming', fathoms 'This empty from the drain of not knowing, And so this exist, the non-emptiness; this what is just this body depending on the hexad-base support for life.' OK, so for what is not there by that he sees that is empty, yet what is left there therefor he fathoms 'Soothed this exists'. So also for him this is, Ānanda, being as it is, the undistorted clean, furthest, without a beyond, entry into emptiness.

Also for whatever, Ānanda, in past durations, or recluses or clergymen obtaining the clean, the furthest, without a beyond, emptiness, they all dwelt obtaining just this clean, furthest, without a beyond, emptiness. Also what for, Ānanda, in durations not yet come, or recluses or clergymen, obtaining the clean, the furthest, without a beyond, emptiness, they all will dwell obtaining just this clean, furthest, without a beyond, emptiness. Also what for, Ānanda, at present, or recluses or clergymen, obtaining the clean, the furthest, without a beyond, emptiness, they all dwell obtaining just this clean, furthest, without a beyond, emptiness. Therefore, Ānanda, 'We shall dwell obtaining the clean, the furthest, without a beyond, emptiness' for so by you guys, Ānanda, it should be trained.'

This said the exalted one.

Forerunner

Aṅguttara Nikāya
Ekakanipātapāli
Accharāsaṅghātavaggo

AN1.56

'Whatever, almsmen, principles, unwholesome,
have a share in the unwholesome,
are siding with the unwholesome,
all those have intellect going prior.
Intellect is for those principles the first to arise,
just along the unwholesome principles.'

AN1.57

'Whatever, almsmen, principles, wholesome,
have a share in the wholesome,
are siding with the wholesome,
all those have intellect going prior.
Intellect is for these principles the first to arise,
just along the wholesome principles.'

Masses

Samyutta Nikāya
Khandhasuttam
SN22.48

At Sāvatthi.

'I shall point out, almsmen, five masses and five masses-with-the-taking-up. Hear that.

And which, almsmen, five masses?

Whatever, almsmen, form, past, not yet come, current, or inner or outer, or gross or subtle, or low or high, what is in the distant or in the vicinity, this is called the mass-of-form ... *feeling* ... *perception* ... *inclinations* ... *cognition* ... These are called, almsmen, the five masses.

And which, almsmen, five masses-with-the-taking-up?

Whatever, almsmen, form, past, not yet come, current, or inner or outer, or gross or subtle, or low or high, what is in the distant or in the vicinity, is altogether as drain uptakable; this is called the mass-of-form-with-the-taking-up ... *feeling* ... *perception* ... *inclinations* ... *cognition* ... These are called, almsmen, the five masses-with-the-taking-up.'

Masses

Samyutta Nikāya

Mahāvaggo

Saccasamyuttam

Khandhasuttam

SN56.13

'These four, almsmen, noble truths.

Which four?

1. Suffering as a noble truth.
2. Rise of suffering as a noble truth.
3. Cessation of suffering as a noble truth.
4. The path heading for the cessation of suffering as a noble truth.

And which, almsmen, suffering as a noble truth?

'The five masses-with-the-taking-up' is to this to be answered, viz. the mass-of-form-with-the-taking-up, the mass-of-feeling-with-the-taking-up, the mass-of-perception-with-the-taking-up, the mass-of-inclinations-with-the-taking-up, the mass-of-cognition-with-the-taking-up. This is called, almsmen, suffering as a noble truth.

And which, almsmen, rise of suffering as a noble truth?

This what is the longing, the gone together of joy and passion, the welcoming of this and that, pertains to a following becoming; viz. the longing for lust, the longing for becoming, the longing for non-becoming.

And which, almsmen, cessation of suffering as a noble truth?

What just of that longing, is the complete fading and cessation, the abandoning, relinquishment, release, non-clinging. This is called, almsmen, cessation of suffering as a noble truth.

And which, almsmen, the path heading for the cessation of suffering as a noble truth?

Just this noble eight-membered way, viz. right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration. This is called, almsmen, the path heading for the cessation of suffering as a noble truth.

OK these, almsmen, are four noble truths. Therefore, almsmen, '*This*, is suffering' is the exertion to be made. '*This*, is rise of suffering' is the exertion to be made. '*This*, is cessation of suffering' is the exertion to be made. '*This*, is the path heading for the cessation of suffering' is the exertion to be made.'

Meditative

Samyutta Nikāya
Mahāvaggo
Satipaṭṭhānasamyuttam
Ananussutavaggo
Satisuttam
SN47.35

At Sāvatthi.

'Meditative, almsmen, aware, an almsman should dwell. This is our instruction to you.

And how, almsmen, is an almsman meditative?

Here, almsmen, and almsman looking into body dwells in body as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into feelings dwells in feelings as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into mind dwells in mind as the ardent aware meditator would be disciplining the avarice and distress about the world; looking into principles dwells in principles as the ardent aware meditator would be disciplining the avarice and distress about the world. OK so, almsmen, is an almsmen meditative.

And how, almsmen, is an almsman aware?

Here, almsmen, feelings to an almsman he found out as they arise, he found out as they do attend, he found out as they go on as a cloud in settlement; thoughts he found as they arise, he found as they do attend, he found as they go on as a cloud in settlement; perceptions he found as they arise, he found as they do attend, he found out as they go on as a cloud in settlement. OK so, almsmen, is an almsman aware.

Meditative, almsmen, aware, an almsman should dwell. This is our instruction to you.'

Noble Way

Aṅguttara Nikāya
Dasakanipātapaṭī
Tatiyapanñāsakam
Ariyavaggo
Ariyamaggasuttam
AN10.145

'I shall point out to you, almsmen, a principle: noble way and ignoble way. Hear that, pay attention well, I shall talk.

And which, almsmen, ignoble way?

Wrong view, wrong attitude, wrong speech, wrong doing, wrong way of life, wrong effort, wrong meditation, wrong concentration, wrong knowledge, wrong emancipation.

This is called, almsmen, ignoble way.

And which, almsmen, noble way?

Right view, right attitude, right speech, right doing, right way of life, right effort, right meditation, right concentration, right knowledge, right emancipation.

This is called, almsmen, noble way.'

Noble Way

Aṅguttara Nikāya
Dasakanipātāpāli
Catutthapaññāsakam
Ariyamaggavaggo
Ariyamaggasuttam
AN10.189

'I shall point out to you, almsmen, the principle: noble way and ignoble way. Hear that, pay attention well, I shall talk.

And which, almsmen, ignoble way?

Attacking the breath, taking the not given, wrong conduct on lusts, false theorization, gossip, aggressive speech, nonsense, avarice, anger, wrong view.

This is called, almsmen, ignoble way.

And which, almsmen, noble way?

Refrainment from attacking the breath, refrainment from taking the not given, refrainment from wrong conduct on lusts, refrainment from false theorization, refrainment from gossip, refrainment from aggressive speech, refrainment from nonsense, refrainment from avarice, refrainment from anger, refrainment from wrong view.

This is called, almsmen, noble way.'

Not exists

Samyutta Nikāya
Khandhavaggo
Dīghanikāya
Sotāpattivaggo
Nathidinnasuttam
SN24.5

At Sāvatthi.

'OK now, almsmen, when exists what, taking it up, settling into what, does such view arises:

'Not exists, the given. Not exists, the sacrificed. Not exists, the offered. Not exists, fruitfully ripening of well done and badly done actions. Not exists, this world. Not exists, the other world. Not exists, mother. Not exists, father. Not exists, beings from spontaneous attainment. Not exists, recluses and clergymen in the world, having gone rightly, having followed rightly, confirming what is and this world and the other world. This man is of four great essences, when he does his time, earth forwards along, goes down along, the body of earth; water forwards along, goes down along, the body of water; fire forwards along, goes down along, the body of fire; air forwards along, goes down along, the body of air; the strengths join space. With the bier as fifth the men, having received the death one, they go. They are to be fathomed as far as the cemetery grounds. Pale bones they have become. The offerings crumbled; this what is a gift, the stupid declared. For those vain, falsely, idle, theories of existence they say whatever; and the fool, and the wise, from the breaking up of the body are annihilated, they perish; from death they are no further'?

'Our principles are, venerable, rooted in the exalted one, guided by the exalted, have the exalted one as resort. As good custom, venerable, may the exalted one just so illuminate the settlement of this talk. Having learned from the exalted one the almsmen will endorse it.'

'OK when form, almsmen, exists, taking it up as form, settling into form, such view arises: '*Not exists, the given ... from death they are no further.*' ... *feeling ... perception ... inclinations ... cognition ...*

OK what is it that you deem, almsmen, is form or stable or unstable?

'Unstable, venerable.'

'What is yet unstable, is that or sufferingly or happily?'

'Sufferingly, venerable.'

'What is yet unstable, sufferingly, the principle for change, therefore also now without taking it up, would such view arise: '*Not exists, the given from death they are no further?*'

'Of course not, venerable.'

... feeling ... perception ... inclinations ... cognition ...

Also this what is the view, learned, deemed, cognized, reached, searched, thought out by the intellect, is that also or stable or unstable?

'Unstable, venerable.'

'What is yet unstable, is that or sufferingly or happily?'

'Sufferingly, venerable.'

'What is yet unstable, sufferingly, the principle for change, therefore now also without taking it up, would such view arise: '*Not exists, the given from death they are no further?*'

'Of course not, venerable.'

'OK from what, almsmen, for the hearer of what is noble, and the doubt about these standings is given up, the doubt also about suffering is given up, the doubt also about the path heading to

the cessation of suffering is given up. This is called, almsmen,
the hearer of what is noble, the stream-undergoer, bound to the
principle without a downfall, with enlightenment as final goal.

Not what would be considered

Aṅguttara Nikāya
Catukkaniपातपालि
Dutiyapaññāsakam
Apaññakavaggo
Acinteyyasuttam
AN4.77

'These four, almsman, are not what would be considered; they not should be considered. Who is a considerator of this is a shareholder of madness, of vexation.

Which four?

For the ones awakened, almsmen, the realm of awakening is not what would be considered; it not should be considered. Who is a considerator of this is a shareholder of madness, of vexation.

For the ones radiating, almsmen, the realm of radiance is not what would be considered; it not should be considered. Who is a considerator of this is a shareholder of madness, of vexation.

The ripening the action has, almsman, is not what would be considered; it not should be considered. Who is a considerator of this is a shareholder of madness, of vexation.

Considerations about the world, almsmen, are not what would be considered; it not should be considered. Who is a considerator of this, is a shareholder of madness, of vexation.

OK these, almsmen, four are not what would be considered; they not should be considered. Who is a considerator of this, is a shareholder of madness, of vexation.'

Obstacles, Obstructions

Samyutta Nikāya

Mahāvaggo

Bojjhaṅgasamyoṭṭam

Nīvaraṇavaggo

Āvaraṇānīvaraṇasuttam

SN46.38

These five, almsmen, are obstacles, obstructions, stains of mind, for making it difficult for wisdom to be powerful.

Which five?

Desire for lust, almsman, is an obstacle, an obstruction, a stain of mind, for making it difficult for wisdom to be powerful. Anger ... Dullness ... Remorse ... Unclarity ... OK these, almsmen, five are obstacles, obstructions, stains of mind, for making it difficult for wisdom to be powerful.

These seven, almsmen, members of enlightenment are not obstacles, not obstructions, not stains of mind, for cultivated, for made a lot of, they lead to realisation of the fruits knowing and emancipation.

Which seven?

Meditation as member of enlightenment, almsmen, is not an obstacle, not an obstruction, not a stain of mind, for cultivated, for made a lot of, it lead to realisation of the fruits knowing and emancipation. Discernment of principles ... Vigour ... Pleasantness ... Calmness ... Concentration ... Objectivity ... OK these, almsmen, seven members of enlightenment are not obstacles, not obstructions, not a stain of mind, for cultivated, for made a lot of, they lead to realisation of the fruits knowing and emancipation.

On what, almsmen, occasion a hearer of what is noble is genuine paying attention, having collected together all of mind, lend an

ear, hears the principle, for this the five obstructions on that occasion are not. The seven members of enlightenment on that occasion are going to pour over by cultivation.

Which five obstructions on that occasion are not?

The obstruction of desire for lust on that occasion is not, the obstruction of anger ... dullness ... remorse ... unclarity ... For this the five obstructions on that occasion are not.

Which seven members of enlightenment on that occasion are going to pour over by cultivation?

Meditation as member of enlightenment on that occasion is going to pour over by cultivation. Discernment of principles as member of enlightenment ... Vigour as member of enlightenment ... Pleasantness as member of enlightenment ... Calmness as member of enlightenment ... Concentration as member of enlightenment ... Objectivity as member of enlightenment ... These seven members of enlightenment on that occasion are going to pour over by cultivation.

On what, almsmen, occasion a hearer of what is noble is genuine paying attention, having collected together all of mind, lend an ear, hears the principle, for this the five obstructions on that occasion are not. These seven members of enlightenment on that occasion are going to pour over by cultivation.

One Principle

Samyutta Nikāya

Mahāvaggo

Ānāpānasamyuttam

Ekadhammavaggo

Ekadhammasuttam

SN54.1

Situated at Sāvatthi.

OK, there ... said this:

'One principle, almsmen, when cultivated, when made a lot of, is great of fruit, great of benefit. Which one principle?

Meditation on the in breathe and out breathe.

And from cultivated how, almsmen, from made a lot of how, is meditation on the in breathe and out breathe great of fruit, great of benefit?

Here, almsmen, an almsman gone to a forest or gone to the root of a tree, or gone to an empty home, having folded a seat he sits down, directing the body straight, peripherally attending the meditation.

He either meditative breathes in,
or meditative breathes out.

Or while breathing in long fathoms 'long, I'll breathe in',
or while breathing out long fathoms 'long, I'll breathe out'.

Or while breathing in short fathoms 'short, I'll breathe in',
or while breathing out short fathoms 'short, I'll breathe out'.

Trains 'while wholly experiencing body, I'll breathe in',
trains 'while wholly experiencing body, I'll breathe out'.

Trains 'while calming inclinations for body, I'll breathe in',
trains 'while calming inclinations for body, I'll breathe out'.

Trains 'while experiencing pleasantness, I'll breathe in'.
trains 'while experiencing pleasantness, I'll breathe out'.

Trains 'while experiencing happiness, I'll breathe in',
trains 'while experiencing happiness, I'll breathe out'.

Trains 'while experiencing inclinations for mind, I'll breathe in',
trains 'while experiencing inclinations for mind, I'll breathe out'.

Trains 'while calming inclinations for mind, I'll breathe in',
trains 'while calming inclinations for mind, I'll breathe out'.

Trains 'while experiencing mind, I'll breathe in',
trains 'while experiencing mind, I'll breathe out'.

Trains 'while gratifying mind, I'll breathe in',
trains 'while gratifying mind, I'll breathe out'.

Trains 'while concentrating mind, I'll breathe in',
trains 'while concentrating mind, I'll breathe out'.

Trains 'while emancipating mind, I'll breathe in',
trains 'while emancipating mind, I'll breathe out'.

Trains 'while looking into unstableness, I'll breathe in',
trains 'while looking into unstableness, I'll breathe out'.

Trains 'while looking into fading, I'll breathe in',
trains 'while looking into fading, I'll breathe out'.

Trains 'while looking into cessation, I'll breathe in',
trains 'while looking into cessation, I'll breathe out'.

Trains 'while looking into relinquishment, I'll breathe in',
trains 'while looking into relinquishment, I'll breathe out'.

OK when cultivated so, almsmen, when made a lot of so, meditation on the in breathe and out breathe is great of fruit, great of benefit.'

Penetrative

Aṅguttara Nikāya
Dutiyapaññāsakam
Mahāvaggo
Nibbedhikasuttam
AN6.63

'I shall point out to you, almsmen, a penetrative course on a course on principles. Hear that, pay attention well, I shall talk.'

OK, so those almsmen replied to the exalted one:

'Venerable'

The exalted one said this:

'And which is that, almsmen, penetrative course on a course on principles?

Lusts, almsmen, should be recognized. Of lusts the situation for appearing should be recognized, of lusts the difference should be recognized, of lusts the ripening should be recognized. The cessation of lusts should be recognized. The path heading for the cessation of lusts should be recognized.

Feelings, almsmen, should be recognized. Of feelings the situation for appearing should be recognized, of feelings the difference should be recognized, of feelings the ripening should be recognized. The cessation of feelings should be recognized. The path heading for the cessation of feelings should be recognized.

Perceptions, almsmen, should be recognized. Of perceptions the situation for appearing should be recognized, of perceptions the difference should be recognized, of perceptions the ripening should be recognized. The cessation of perceptions should be recognized. The path heading for the cessation of perceptions should be recognized.

Drains, almsmen, should be recognized. Of drains the situation for appearing should be recognized, of drains the difference should be recognized, of drains the ripening should be recognized. The cessation of drains should be recognized. The path heading for the cessation of drains should be recognized.

Action, almsmen, should be recognized. Of actions the situation for appearing should be recognized, of actions the difference should be recognized, of actions the ripening should be recognized. The cessation of action should be recognized. The path heading for the cessation of action should be recognized.

Suffering, almsmen, should be recognized. Of suffering the situation for appearing should be recognized, of suffering the difference should be recognized, of suffering the ripening should be recognized. The cessation of suffering should be recognized. The path heading for the cessation of suffering should be recognized.'

'Lusts, almsmen, should be recognized. Of lusts the situation for appearing should be recognized, of lusts the difference should be recognized, of lusts the ripening should be recognized. The cessation of lusts should be recognized. The path heading for the cessation of lusts should be recognized', OK thus this yet was said:

'And what was this said depending on? These five, almsmen, strings to lust: Forms to be cognized by eye; wanted, lovable, charming, dear forms to be dyed connected with lusts. Sounds to be cognized by ear ... Scents to be cognized by nose ... Tastes to be cognized by tongue ... Tangibles to be cognized by body; wanted, lovable, charming, dear forms to be dyed connected with lusts. OK but also, almsmen, these are not the lusts, in the discipline of what is noble they are called this name '*'strings to lust'*.

Passional attitude is mans' lust.

Not these are the lusts, what are the colourings in the world.

Passional attitude is mans' lust.

*The colourings they stand in the world just so,
but here the firm they discipline desire.*

And which is, almsmen, of lusts the situation for appearing? Touch is, almsmen, of lusts the situation for appearing. And which is, almsmen of lusts the difference? Another is, almsmen, lust upon forms, another is lust upon sounds, another is lust upon scents, another is lust upon tastes, another is lust upon tangibles. This is called, almsmen, of lusts the difference. And which is, almsmen, of lusts the ripening? OK what, almsmen, one is lusting for, like this, like that, an individual produces or a share in merit, or a share in demerit. This is called, almsmen, of lusts the ripening. And which is, almsmen, the cessation of lusts? Cessation of touch is, almsmen, the cessation of lusts. Just this noble eight-membered way is the path heading for the cessation of lusts, viz. right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration. OK from what, almsmen, the hearer of what is noble so fathoms lusts, so fathoms of lusts the situation for appearing, so fathoms of lusts the difference, so fathoms of lusts the ripening, so fathoms the cessation of lusts, so fathoms the path heading for the cessation of lusts. He fathoms this penetrative clergy conduct, the cessation of lusts. '*Lusts, almsmen, should be recognized ... The path heading for the cessation of lusts should be recognized*', thus that what was said, depending on this here it was said.'

'*Feelings, almsmen, should be recognized ... The path heading for the cessation of feelings should be recognized*', OK thus this yet was said:

'And what is this said depending on? These three, almsmen, feelings: feelings of happiness, feelings of suffering, feelings of neither happiness nor suffering. And which is, almsmen, of feelings the situation for appearing? Touch is, almsmen, of feelings the situation for appearing. And which is, almsmen of feelings the

difference? Feelings of happiness of the flesh, almsmen, exist; feelings of happiness not of the flesh exist; feelings of suffering of the flesh exist; feelings of suffering not of the flesh exist; feelings of neither happiness nor suffering of the flesh exist; feelings of neither happiness nor suffering not of the flesh exist. This is called, almsmen, of feelings the difference. And which is, almsmen, of feelings the ripening? OK what is, almsmen, being felt like this, like that, the individual produces or a share in merit, or a share in demerit. This is called, almsmen, the ripening of feelings. And which is, almsmen, the cessation of feelings? Cessation of touch is, almsmen, the cessation of feelings. Just this noble eight-membered way is the path heading for the cessation of feelings, viz. right view ... right concentration, OK from what, almsmen, the hearer of what is noble: So fathoms feelings. So fathoms of feelings the situation for appearing, so fathoms of feelings the difference, so fathoms of feelings the ripening. So fathoms the cessation of feelings. So fathoms the path heading for the cessation of feelings. He fathoms this penetrative clergy conduct, the cessation of feelings. '*Feelings, almsman, should be recognized ... The path heading for the cessation of feelings should be recognized*', thus that what was said, depending on this here it was said.'

'Perceptions, almsmen, should be recognized ... The path heading for the cessation of perceptions should be recognized', OK thus this yet was said:

'And what depending on was it said? These six, almsmen, perceptions: perception of forms, perception of sounds, perception of scents, perception of tastes, perception of tangibles, perception of principles. And which is, almsmen, of perceptions the situation for appearing? Touch is, almsmen, of perceptions the situation for appearing. And which is, almsmen, of perceptions the difference? Another is, almsmen, perceptions upon forms, another is perceptions upon sounds, another is perceptions upon scents, another is perceptions upon tastes, another is perceptions upon tangibles, another is perceptions upon principles. This is called, almsmen, of perceptions the

difference. And which is, almsmen, of perceptions the ripening? Fully ripening in expression is, almsmen, perception I say. Whatever one perceives like that and like that one expresses: '*So I perceived*'. This is called, almsmen, of perception the ripening. And which is, almsmen, the cessation of perceptions? Cessation of touch is, almsmen, the cessation of perceptions. Just this noble eight-membered way is the path heading for the cessation of feelings, viz. right view ... right concentration, OK from what, almsmen, the hearer of what is noble: So fathoms perception. So fathoms of perceptions the situation for appearing, so fathoms of perceptions the difference, so fathoms of perceptions the ripening. So fathoms the cessation of perceptions. So fathoms the path heading for the cessation of perceptions. He fathoms this penetrative clergy conduct, the cessation of perceptions. '*Perceptions, almsman, should be recognized ... The path heading for the cessation of perceptions should be recognized*', thus that what was said, depending on this here it was said.'

'*Drains, almsmen, should be recognized ... The path heading for the cessation of drains should be recognized*' was said, OK thus this yet was said:

'And what depending on was it said? These three, almsmen, drains: the drain of lust, the drain of becoming, the drain of not knowing. And which is, almsmen, of drains the situation for appearing? Not knowing is, almsmen, of drains the situation for appearing. And which is, almsmen, of drains the difference? The drains that led one to go to hell, almsmen, exist; the drains that led one to go to the animal domain exist; the drains that led one to go to the realm of ghosts exist; the drains that led one to go to the world of humans exist; the drains that led one to go to the world of deities exist. This is called, almsmen, of drains the difference. And which is, almsmen, of drains the ripening? OK what, almsmen, is coming from not knowing, like this, like that, the individual produces or a share in merit, or a share in demerit. This is called, almsmen, of drains the ripening. And which is, almsmen, the cessation of drains? Cessation of not knowing is, almsmen, the cessation of drains. Just this noble

eight-membered way is the path heading for the cessation of drains, viz. right view ... right concentration, OK from what, almsmen, the hearer of what is noble: So fathoms drains. So fathoms of drains the situation for appearing, so fathoms of drains the difference, so fathoms of drains the ripening. So fathoms the cessation of drains. So fathoms the path heading for the cessation of drains. He fathoms this penetrative clergy conduct, the cessation of drains. '*Drains, almsman, should be recognized ... The path heading for the cessation of drains should be recognized*', thus that what was said, depending on this here it was said.'

'*Action, almsmen, should be recognized ... The path heading for the cessation of actions should be recognized*' was said, OK thus this yet was said:

'And what depending on was it said? Herewith the intention, almsmen, the action I say. Intending the action one does by body, by speech, by intellect. And which is, almsmen, of actions the situation for appearing? Touch is, almsmen, of actions the situation for appearing. And which is, almsmen, of actions the difference? Action to be felt in hell, almsmen, exist; action to be felt in the animal domain exist; action to be felt in the ghost realm exist; action to be felt in the human world exist; action to be felt in the deity world exist. This is called, almsmen, of actions the difference. And which is, almsmen, of actions the ripening? Triply, almsmen, is the ripening of actions I say. Or viewed in principle, or at attaining, or more in due course. This is called, almsmen, of actions the ripening. And which is, almsmen, the cessation of actions? Cessation of not knowing is, almsmen, the cessation of actions. Just this noble eight-membered way is the path heading for the cessation of actions, viz. right view ... right concentration, OK from what, almsmen, the hearer of what is noble: So fathoms actions. So fathoms of actions the situation for appearing, so fathoms of actions the difference, so fathoms of actions the ripening. So fathoms the cessation of actions. So fathoms the path heading for the cessation of actions. He fathoms this penetrative clergy conduct, the cessation of actions.

'Actions, almsman, should be recognized ... The path heading for the cessation of actions should be recognized', thus that what was said, depending on this here it was said.'

'Suffering, almsmen, should be recognized. Of suffering the situation for appearing should be recognized, of suffering the difference should be recognized, of suffering the ripening should be recognized. The cessation of suffering should be recognized. The path heading for the cessation of suffering should be recognized', OK thus this yet was said:

'And what was this said depending on? also birth is sufferingly, also ageing is sufferingly, also sickness is sufferingly, also death is sufferingly, also grief, lamentation, suffering, distress, unrest are sufferingly, also wishing what one not acquires that also is sufferingly. In short, the five masses-with-the-taking-up are sufferingly. And which is, almsmen, of suffering the situation for appearing? Longing is, almsmen, of suffering the situation for appearing. And which is, almsmen, of suffering the difference? Extreme suffering, almsmen, exist; little suffering exist; slow in fading exist; quick in fading exist. This is called, almsmen, of suffering the difference. And which is, almsmen, of suffering the ripening? Here, almsmen, where someone overwhelmed by suffering, with the mind exhausted, grieves, distresses, laments, beats the chest, bewails, undergoes bewilderment, or where yet overwhelmed by suffering, with the mind exhausted, undergoes an quest outside: *'Who fathoms a verse or two for this suffering's cessation?'* Fully ripening in bewilderment, a cartload, almsmen, is suffering I say, or fully ripening in quest. This is called, almsmen, of suffering the ripening. And which is, almsmen, the cessation of suffering? Cessation of longing is, almsmen, the cessation of suffering. Just this noble eight-membered way it the path heading for the cessation of suffering, viz. right view, right attitude, right speech, right doing, right way of life, right exertion, right meditation, right concentration, from what, almsmen, a hearer of what is noble: So fathoms suffering. So fathoms of suffering the situation for appearing, so fathoms of suffering the difference, so fathoms of suffering the ripening. So fathoms the cess-

tion of suffering. So fathoms the path heading for the cessation of suffering. He fathoms this penetrative clergy conduct, the cessation of suffering. '*Suffering, almsmen, should be recognized. Of suffering the situation for appearing should be recognized, of suffering the difference should be recognized, of suffering the ripening should be recognized. The cessation of suffering should be recognized. The path heading for the cessation of suffering should be recognized*', thus that what was said, depending on this here it was said.'

'OK this is it, almsmen, a penetrative course on a course on principles.'

Restraint

Aṅguttara Nikāya
Catukkaniपातपालि
Pathamapaññāsakam
Caravaggo
Samvarasuttam
AN4.14

'These four, almsmen, efforts.

Which four?

1. effort of restraint.
2. effort of rejection.
3. effort of cultivation.
4. effort of preservation.

And which, almsmen, effort of restraint?

Here, almsmen, an almsman, viewing form by eye, is not a holder of indications, not a holder of details, by reason of which there to, the strength of the eye abiding unrestrained, he would befall to avarice and distress, evil, unwholesome principles. To restrain that he goes against, he guards against, the strength of the eye. The strength of the eye undergoes the restraint. Hearing a sound by ear ... Smelling a scent by nose ... Tasting a taste by tongue ... Touching a tangible by body ... Cognizing a principle by intellect ... This is called, almsmen, effort of restraint.

And which, almsmen, effort of rejection?

Here, almsmen, an almsman not endures, gives up, dispels, destroys, annihilates arisen lustful thoughts ... arisen angry thoughts ... arisen harmful thoughts ... whichever arisen evil, unwholesome principles. This is called, almsmen, effort of rejection.

And which, almsmen, effort of cultivation?

Here, almsmen, an almsman cultivates meditation as member of enlightenment, relying on withdrawal, relying on fading, relying on cessation, resulting in waivering. discernment of principles as member of enlightenment ... vigour as member of enlightenment ... pleasantness as member of enlightenment ... calmness as member of enlightenment ... concentration as member of enlightenment ... objectivity as member of enlightenment ... This is called, almsmen, effort of cultivation.

And which, almsmen, effort of preservation?

Here, almsmen, an almsman preserves an arisen suitable indication of concentration: the perception of a skeleton, the perception of a maggot infested cadaver, the perception of a discoloured cadaver, the perception of a festering cadaver, the perception of a fissured cadaver, the perception of a bloated cadaver. This is called, almsmen, effort of preservation.

OK these, almsmen, are the four efforts.'

*'And restraint and rejection, cultivation, preservation
these four efforts are pointed out by the Kinsman of the Sun
by which the here ardent almsman
ought to reach the barrenness of suffering'*

Rise

Samyutta Nikāya

Mahāvaggo

Satipatṭhānasamyuttam

Samudayasuttam

SN47.42

'Of the four, almsmen, attendances of meditation, I shall point out and the rise and the settling down. Hear that.

And what, almsmen, is the rise for body? With the rise of food, the rise for body; with the cessation of food, the settling down for body. With the rise of contact, the rise for feelings; with the cessation of contact, the settling down for feelings. With the rise of name-and-form, the rise for mind; with the cessation of name-and-form the settling down for mind. With the rise of attention, the rise for principles; with the cessation of attention, the settling down for principles.'

Seven Aspects

Samyutta Nikāya

Nidānavaggo

Dhātusamyuttam

Dutiyavaggo

Sattadhātusuttam

SN14.11

At Sāvatthi.

'These seven, almsmen, aspects. Which seven?

The aspect of light, the aspect of beauty, the aspect of boundless sky as base, the aspect of boundless cognition as base, the aspect of possessionlessness as base, the aspect of neither-perception-nor-no-perception as base, the aspect of cessation of perception of the felt. OK these, almsmen, are seven aspects.'

So said, a certain almsman said this to the exalted one:

'And this what is, venerable, the aspect of light, and what is the aspect of beauty, and what aspect of boundless sky as base and what is the aspect of boundless cognition as base, and what is the aspect of possessionlessness as base, and what is the aspect of neither-perception-nor-no-perception as base, and what is the aspect of cessation of perception of the felt, OK now these, venerable, the aspects, depending on what are they to be fathomed?'

'This what is, almsmen, the aspect of light, this aspect is fathomed depending on darkness. This what is, almsman, the aspect beauty, this aspect is fathomed depending on ugly. This what is, almsmen, the aspect of boundless sky, this aspect is fathomed depending on form. This what is, almsmen, the aspect of boundless cognition as base, this aspect is fathomed depending on boundless sky as base. This what is, almsmen, the aspect of possessionlessness, this aspect is fathomed depending on boundless cognition as base. This what is, almsmen, the aspect of neither-perception-nor-no-perception, this aspect is

fathomed depending on possessionlessness as base. This what is, almsmen, the aspect of perception of the felt, this aspect is fathomed depending on cessation.'

'And this what is, venerable, the aspect of light, and what is the aspect of beauty, and what is the aspect of boundless sky as base and what is the aspect of boundless cognition as base, and what is the aspect of possessionlessness as base, and what is the aspect of neither-perception-nor-no-perception as base, and what is the aspect of cessation of perception of the felt, OK now these, venerable, the aspects, how is the engagement to be reached?'

'And this what is, almsman, the aspect of light, and what is the aspect of beauty, and what aspect of boundless sky as base and what is the aspect of boundless cognition as base, and what is the aspect of possessionlessness as base, these aspects are to be reached through engagement with perception. This what is, almsmen, the aspect of neither-perception-nor-no-perception as base, this aspect is to be reached through engagement with the remaining inclination. This what is, almsmen, the aspect of cessation of perception of the felt, this aspect is to be reached through engagement with cessation.'

Situation I

Āṅguttara Nikāya
Tatiyapanñāsakam
Sambodhavaggo
Pathamanidānasuttam
AN3.112

'These three are, almsmen, situations for the rise of actions.

Which three?

Greed is a situation for the rise of actions, hate is a situation for the rise of actions, delusion is a situation for the rise of actions.

What, almsmen, action is made with greed, is greed-borne, is situated with greed, the rise is with greed, that action is unwholesome, that action is blameable, that action has a sufferable ripening. That action does lead to the rise of action, that action does not lead to the cessation of action.

What, almsmen, action is made with hate, is hate-borne, is situated with hate, the rise is with hate, that action is unwholesome, that action is blameable, that action has a sufferable ripening. That action does lead to the rise of action, that action does not lead to the cessation of action.

What, almsmen, action is made with delusion, is delusion-borne, is situated with delusion, the rise is with delusion, that action is unwholesome, that action is blameable, that action has a sufferable ripening. That action does lead to the rise of action, that action does not lead to the cessation of action.

OK these are, almsmen, three situations for the rise of actions.

These three are, almsmen, situations for the rise of actions.

Which three?

Without greed is a situation for the rise of actions, without hatred is a situation for the rise of actions, without delusion is a situation for the rise of actions.

What, almsmen, action is made without greed, is without greed-borne, is situated without greed, the rise is without greed, that action is wholesome, that action is unblameable, that action has a happy ripening. That action does lead to the cessation of action, that action does not lead to the rise of action.

What, almsmen, action is made without hatred, is without hate-borne, is situated without hate, the rise is without hate, that action is wholesome, that action is unblameable, that action has a happy ripening. That action does lead to the cessation of action, that action does not lead to the rise of action.

What, almsmen, action is made without delusion, is without delusion-borne, is situated without delusion, the rise is without delusion, that action is wholesome, that action is unblameable, that action has a happy ripening. That action does lead to the cessation of action, that action does not lead to the rise of action.

OK these are, almsmen, three situations for the rise of actions.'

Spike

Samyutta Nikāya
Salāyatana-vaggo
Vedanā-samyuttam
Sagāthā-vaggo
Salla-suttam
SN36.6

'Not having learned, almsmen, the commoner gets to feel a feeling also happily, gets to feel a feeling also sufferingly, gets to feel a feeling also neither happily nor sufferingly. In this, almsmen, what is the distinction, what is the peculiarity, what is making the difference for the learned hearer of what is noble with the not learned commoner?'

'Our principles are, venerable, rooted in the exalted one...'

'Not having learned, almsmen, the commoner being touched by a feeling to suffer grieves, is in misery, wails, beats the chest, laments, gets into bewilderment. He gets to feel two feelings: and a bodily and a mental. Also as that, almsmen, a man would be pierced with a spike that with this, along the piercing, he would be pierced by a second spike. Because so, almsmen, that man gets to feel the feeling by two spikes. OK just so, almsmen, not having learned the commoner being touched by a feeling to suffer grieves, is in misery, wails, beats the chest, laments, undergoes bewilderment. He gets to feel two feelings: and a bodily and a mental. OK just of that, yet while being touched by a feeling to suffer, friction is. That with this, with a feeling to suffer, the frictional; what to a feeling to suffer the dormancy of friction is, that is dormant. He, being touched by a feeling to suffer, welcomes the happiness by lust.'

Of what is that the reason?

For he, almsmen, doesn't fathom, the commoner has not learned the departure of a feeling to suffer separate from the

happiness by lust. For that he has been pleased with happiness by lust and what by a feeling to be happy the dormancy of passion is, that is dormant. He essentially does not fathom and the rise, and the settling down, and the sweetness, and the wretchedness, and the departure of those feelings. For he essentially not fathomed and the rise, and the settling down, and the sweetness, and the wretchedness, and the departure of those feelings, what to a feeling neither happily nor sufferingly the dormancy of not knowing is that is dormant. That if he gets to feel a feeling happily, he gets to feel this linked. If he gets to feel a feeling sufferingly, he gets to feel this linked. If he gets to feel a feeling neither happily nor sufferingly, he gets to feel this linked. This is called, almsmen, 'the commoner who has not learned: linked with birth, with ageing, with death, with sorrows, with lamentations, with sufferings, with distresses, with unrests; linked to suffering' I say.

OK and having learned, almsmen, the hearer of what is noble being touched by feeling to suffer grieves not, is not in misery, wails not, not beats the chest, laments not, not undergoes bewilderment; he gets to feel one feeling: bodily, not mental. Also as that, almsmen, a man would be pierced with a spike. That with this, after the piercing, he would not be pierced by a second spike. Because so, almsmen, that man gets to feel the feeling by one spike. OK just so, almsmen, having learned the hearer of what is noble being touched by a feeling to suffer grieves not, is not in misery, wails not, not beats the chest, laments not, not undergoes bewilderment; he gets to feel one feeling: bodily, not mental. OK just of that, yet while being touched by a feeling to suffer, friction is not. That with this, with a feeling to suffer, the frictionless; what to a feeling to suffer the dormancy of friction is, that is not dormant. He, being touched by a feeling to suffer, does not welcome the happiness by lust.

Of what is that the reason?

For he, almsmen, does fathom, the hearer of what is noble has learned the departure of a feeling to suffer separate from happiness by lust. For that he has not been welcoming the happiness

by lust; what by a feeling to be happy the dormancy of passion is, that is not dormant. He essentially does fathom and the rise, and the settling down, and the sweetness, and the wretchedness, and the departure of those feelings. For he essentially fathomed and the rise, and the settling down, and the sweetness, and the wretchedness, and the departure of those feelings, what to a feeling neither happily nor sufferingly the dormancy of not knowing is, that is not dormant. That if he gets to feel a feeling happily, he gets to feel this unlinked. If he gets to feel a feeling sufferingly, he gets to feel this unlinked. If he gets to feel a feeling neither happily nor sufferingly, he gets to feel this unlinked. This is called, almsmen, 'the hearer of what is noble who has learned: unlinked with birth, with ageing, with death, with sorrows, with lamentations, with sufferings, with distresses, with unrests; unlinked to suffering' I say.

OK this, almsmen, is the distinction, this is the peculiarity, this is making the difference for the learned hearer of what is noble with the not learned commoner.'

The wise gets to feel no feeling,
also happily also sufferingly, also he learned a lot.
And this, of the steadfast with the commoner,
is the great distinction of wholesomeness.

For having learned a lot, having recognized the principle,
insighted is this world and further.
With wanted principles the mind does not shake,
with the unwanted no friction comes.

For those compliances and/or non-compliances
are scattered, they are gone; not 'they are'.
And the step having familiarized the stainless, sorrowless,
he rightly does fathom having gone across of becoming.

Successive Cessations

Aṅguttara Nikāya
Navakanipātapaṭī
Paṭhamapaṇṇasakam
Sattāvāsavaggo
Anupubbanirodhasuttam
AN9.31

'These nine, almsmen, are successive cessations. Which nine?

1. First radiance, when engaged in, lust perception has ceased.
2. Second radiance, when engaged in, thoughts and thinking have ceased.
3. Third radiance, when engaged in, pleasantness has ceased.
4. Forth radiance, when engaged in, breathing in and breathing out have ceased.
5. Boundless sky as base, when engaged in, perception of form has ceased.
6. Boundless cognition as base, when engaged in, perception of boundless sky as base has ceased.
7. Possessionlessness as base, when engaged in, perception of boundless cognition as base has ceased.
8. Neither-perception-nor-no-perception as base, when engaged in, perception of possessionlessness as base has ceased.
9. Cessation of perception of the felt, when engaged in, and perception and feeling have ceased.

OK these, almsmen, are nine successive cessations.'

Suffering

Samyutta Nikāya
Nidānasamyuttam
Dukkhasuttam
SN12.43

At Sāvatthi.

'Of suffering, almsmen, I shall point out and the rise, and the settling down. Hear that, pay attention well, I shall talk.'

OK, so those almsmen replied to the exalted one:

'Venerable'

The exalted one said this:

'And which is, almsmen, of suffering the rise?

Depending on and eye and forms arises eye-cognition. The going together of the three is the touch. With support of touch, feeling. With support of feeling, longing. OK this, almsmen, is of suffering the rise. Depending on and ear and sounds arises ear-cognition ... and nose and scents ... and tongue and tastes ... and body and to be touched ... and intellect and principles arises intellect-cognition. The going together of the three is the touch. With support of touch, feeling. With support of feeling, longing. OK this, almsmen, is of suffering the rise.

And which is, almsmen, of suffering the settling down?

Depending on and eye and forms, arises eye-cognition. The going together of the three is the touch. With support of touch, feeling. With support of feeling, longing. With complete fading and cessation, just of that longing, cessation of taking up. With cessation of taking up, cessation of becoming. With cessation of becoming, cessation of birth. With cessation of birth, ageing-and-death, sorrow, lamentation, suffering, distress, unrest cease. So for this entire mass of suffering the cessation is. OK this, almsmen, is of suffering the settling down.

Depending on and ear and sounds ... Depending on and nose and scents ... Depending on and tongue and tastes ... Depending on and body and to be touched ... Depending on and intellect and principles arises intellect-cognition. The going together of the three is the touch. With support of touch, feeling. With support of feeling, longing. With complete fading and cessation, just of that longing, cessation of taking up. With cessation of taking up, cessation of becoming. With cessation of becoming, cessation of birth. With cessation of birth, ageing-and-death, sorrow, lamentation, suffering, distress, unrest cease. So for this entire mass of suffering the cessation is. OK this, almsmen, is of suffering the settling down.'

The Eastern Gatehouse

Samyutta Nikāya
Mahāvaggo
Indriyasamyuttam
Jarāvaggo
Pubbakotthakasuttam
SN48.44

So I learned:

On one occasion the exalted one dwells at the eastern gatehouse, at Sāvatthi. OK, there the exalted one addressed senior Sāriputta:

'Do you believe, Sāriputta, the strength of confidence, cultivated, made a lot of, is immersed in immortality. Immortality is the relief; immortality fulfils the stopping. *The strength of vigour ... meditation ... concentration ... wisdom ...*

'OK I don't go here, venerable, to the exalted one for confidence: the strength of confidence cultivated, made a lot of, is immersed in immortality, immortality is the relief, immortality fulfils the stopping. *The strength of vigour ... meditation ... concentration ... wisdom ...* Of course for whom, venerable, it has not been familiarized, not viewed, not found out, not realised, not touched by wisdom, there one would go to others for this confidence: the strength of confidence cultivated, made a lot of, is immersed in immortality, immortality is the relief, immortality fulfils the stopping. *The strength of vigour ... meditation ... concentration ... wisdom ...* OK and for those that, venerable, familiarized, viewed, found out, realised, touched by wisdom, there one without doubt has the reliance: the strength of confidence cultivated, made a lot of, is immersed in immortality, immortality is the relief, immortality fulfils the stopping. *The strength of vigour ... meditation ... concentration ... wisdom ...* OK and for me this, venerable, has been familiarized, found out, realised, touched by wisdom, there I without doubt have the reliance: the strength of confidence cultivated, made a lot of, is immersed

in immortality, immortality is the relief, immortality fulfils the stopping. *The strength of vigour ... meditation ... concentration ... wisdom ...'*

'Good, good, Sāriputta, so for whoever, Sāriputta, it has not been familiarized, not viewed, not found out, not realised, not touched by wisdom, there those would go to others for this confidence: the strength of confidence cultivated, made a lot of, is immersed in immortality, immortality is the relief, immortality fulfils the stopping. *The strength of vigour ... meditation ... concentration ... wisdom ...* OK and of those that, Sāriputta, familiarized, found out, realised, touched by by wisdom, there they without doubt have the reliance: the strength of confidence cultivated, made a lot of, is immersed in immortality; immortality is the relief, immortality fulfils the stopping. The strength of vigour cultivated, made a lot of, is immersed in immortality; immortality is the relief, immortality fulfils the stopping. The strength of meditation cultivated, made a lot of, is immersed in immortality; immortality is the relief, immortality fulfils the stopping. The strength of concentration cultivated, made a lot of, is immersed in immortality; immortality is the relief, immortality fulfils the stopping. The strength of wisdom cultivated, made a lot of, is immersed in immortality; immortality is the relief, immortality fulfils the stopping.'

The Eastern Park I

Samyutta Nikāya
Indriyasamyuttam
Pathamapubbārāmasuttam
SN48.45

So I learned:

On one occasion the exalted one dwells at the eastern park Migāramātupāsāda, at Sāvatthi. OK, there the exalted one addressed the almsmen:

'OK now, almsmen, from the cultivation, making a lot of, of how many strengths, the drains barren, an almsman answers another: 'I fathom birth is barren, the clergy conduct spent, done is what ought to be done, no more earning of presence'?

'Our principles are, venerable, rooted in the exalted one, guided by the exalted, have the exalted one as resort. As good custom, venerable, may the exalted one just so illuminate the settlement of this talk. Having learned from the exalted one the almsmen will endorse it.'

'OK, almsmen, from the cultivation, from making a lot of, of one strength, the drains barren, an almsman answers another: 'I fathom birth is barren, the clergy conduct spent, done is what ought to be done, no more earning of presence.' Of which one? Of the strength of wisdom; from wisdom, almsmen, for the hearer of what is noble confirmation then accordingly coincides, vigour then accordingly coincides, meditation then accordingly coincides, concentration then accordingly coincides. OK for this, almsmen, from the cultivation, making a lot of, of one strength, the drains barren, an almsman answers another: 'I fathom birth is barren, the clergy conduct spent, done is what ought to be done, no more earning of presence'.

This Shining Mind

Āṅguttara Nikāya
Ekakanipātapāli
Accharāsaṅghātavaggo

AN1.51

'This shining, almsmen, mind. OK and that stained from visiting stains, that not having learned the commoner essentially does not fathom. From that not having learned, I say 'cultivation of mind does not exist for the commoner'.'

AN1.52

'This shining, almsmen, mind. OK and that liberated from visiting stains, that having learned the hearer of what is noble essentially does fathom. From that having learned, I say 'cultivation of mind does exist for the hearer of what is noble'.'

Timbaruka

Samyutta Nikāya
Nidānavaggo
Nidānasamyuttam
Āhāravaggo
Timbarukasuttam
SN12.18

At Sāvatthi.

OK then Timbaruka the wanderer approached there where the exalted one was. Having approached the exalted one he exchanged greetings with him. Having finished the politely exchanged greetings he sat down at one end. OK, at one end seated the wanderer Timbaruka said this to the exalted one:

'OK now what, dear Gotama, are happiness and suffering made by one's own?'

'Not for so, Timbaruka' said the exalted one.

'Yet what, dear Gotama, are happiness and suffering made by others?'

'Not for so, Timbaruka' said the exalted one.

'OK now what, dear Gotama, are happiness and suffering, and made by one's own and made by others?'

'Not for so, Timbaruka' said the exalted one.

'Yet what, dear Gotama, are happiness and suffering, a fortuitous engagement, not made by one's own, not made by others?'

'Not for so, Timbaruka' said the exalted one.

'OK now what, dear Gotama, do happiness and suffering not exist?'

'OK not, Timbaruka, do happiness and suffering not exist, OK Timbaruka, happiness and suffering do exist.'

'By that, for the exalted Gotama is not familiar with, does not see, happiness and suffering?'

'OK I not, Timbaruka, am not familiar, do not see, happiness and suffering. OK I am familiar, Timbaruka, with happiness and suffering; OK I do see, Timbaruka, happiness and suffering.'

'OK now what, dear Gotama, 'happiness and suffering are made by one's own', thus similar asked, 'Not for so, Timbaruka' you say 'Yet what, dear Gotama, happiness and suffering are made by others', thus similar asked, 'Not for so, Timbaruka' you say 'OK now what, dear Gotama, happiness and suffering are made by others', thus similar asked, 'Not for so, Timbaruka' you say 'Yet what, dear Gotama, is happiness and suffering a fortuitous engagement, not made by one's own, not made by others?', thus similar asked, 'Not for so, Timbaruka' you say 'OK what now, dear Gotama, do happiness and suffering not exit?', thus similar asked, 'OK not, Timbaruka, do happiness and suffering not exist; OK it exist, Timbaruka, happiness and suffering' you say 'By that, for the exalted Gotama is not familiar with, does not see, happiness and suffering?', thus similar asked, 'OK I not, Timbaruka, am not familiar, do not see, happiness and suffering. OK I am familiar with, Timbaruka, happiness and suffering' OK I do see, Timbaruka, happiness and suffering' you say. You Gotama, may you disclose to me and happiness and suffering, you Gotama, may you point out to me and happiness and suffering.'

'That feeling one feels', OK Timbaruka, existing as if from the beginning: 'made by one's own is the happiness and suffering', such I did also not say. 'Another feeling, one another feels', OK Timbaruka, existing as if struck by feeling: 'made by others is the happiness and suffering', such I did also not say.

These are for you, Timbaruka, the both ends having to go by; the Tathāgata points out the principle by the middle:

With support of not knowing, inclinations. With support of inclinations, cognition. With support of cognition, name-and-form. With support of name-and-form, hexad-base. With support of hexad-base, touch. With support of touch, feeling. With support of feeling, longing. With support of longing, taking up. With support of taking up, becoming. With support of becoming, birth. With support of birth, ageing-and-death, sorrow, lamentation, suffering, distress, unrest appear. So for this entire mass of suffering the rise is.

However, with complete fading and cessation of not knowing, cessation of inclinations. With cessation of inclinations, cessation of cognition. With cessation of cognition, cessation of name-and-form. With cessation of name-and-form, cessation of hexad-base. With cessation of hexad-base, cessation of touch. With cessation of touch, cessation of feeling. With cessation of feeling, cessation of longing. With cessation of longing, cessation of taking up. With cessation of taking up, cessation of becoming. With cessation of becoming, cessation of birth. With cessation of birth, ageing-and-death, sorrow, lamentation, suffering, distress, unrest cease. So for this entire mass of suffering the cessation is.'

So said, Timbaruko the wanderer said this to the exalted one: 'Excellent, dear Gotama This I goes to Gotama the exalted one, and the principle, and the assembly of almsmen, as refuge. I the follower, have you Gotama for endorser, from this day on while endowed with breath, as the refuge gone to.'

To be Concluded

Samyutta Nikāya
Devatāsamayuttam
Upanīyasuttam
SN1.3

Situated at Sāvatthi.

OK, standing at one end that deity said in the vicinity of the exalted one this verse:

'It is to be concluded, life is short-lived.
Concluded to ageing, no shelters exist.
Beholding this fear in death,
one should make merits bringing happiness.'

[The exalted one]

'It is to be concluded, life is short-lived.
Concluded to ageing, no shelters exist.
Beholding this fear in death,
one should give up the world's bait appeasing the behold.'

To be Viewed

Samyutta Nikāya
Salāyatana-vaggo
Vedanā-samyuttam
Sagāthā-vaggo
Dattabbasuttam
SN36.5

'These three, almsmen, feelings. Which three? Feelings of happiness, feelings of suffering, feelings of neither happiness nor suffering.

Feelings of happiness, almsmen, are to be viewed as from suffering; feelings of suffering are to be viewed as from a spike; feelings of neither happiness nor suffering are to be viewed as from unstableness.

OK from what, almsmen, to an almsman the feeling of happiness is it is viewed as from suffering; the feeling of suffering is viewed as from a spike; the feeling of neither happiness nor suffering is viewed as from unstableness. This is called, almsmen, an almsman who rightly viewed. He cut out longing, turned down the yoke, by the right comprehension of esteem he made an end of suffering.'

*What is happiness he did view from suffering,
suffering he did view from a spike;
neither happiness nor suffering existing he did view from unstableness;
surely he, the almsman who rightly viewed, understands feelings.*

*He, the feelings understanding,
had viewed, in principle, the drainlessness;
after the breaking up of the body, the principle set;
having the revelation, he can not come to reckoning.*

Tranquillity and Insight

Ānguttara Nikāya
Dukanipātapāli
Pathamapaññāsakam
AN2.32

'These two, almsmen, principles have a share in knowing. Which two?

And tranquillity and insight.

Tranquillity, almsmen, when cultivated, what settlement does it partake in?

Mind is cultivated.

Mind cultivated, what settlement does it partake in?

What passion is, that is gotten rid of.

Insight, almsmen, when cultivated, what settlement does it partake in?

Wisdom is cultivated.

Wisdom cultivated, what settlement does it partake in?

What not knowing is, that is gotten rid of.

Or stained from passion, almsmen, mind is not emancipated, or stained from not knowing, wisdom is not cultivated.

OK thus, almsmen, with the fading of passion: emancipation by mentality, with the fading of not knowing: emancipation by wisdom.'

Two Happinesses

Aṅguttara Nikāya
Dukanipātapāli
Dutiyapaṇṇasakam
Sukhavaggo
AN2.66

'These two, almsman, happinesses. Which two?

And happiness by lust, and happiness by abstinence. OK these, almsmen, are the two happinesses.

This is the summit, almsmen, of these two happinesses, this what is: happiness by abstinence.'

Two Powers

Āṅguttara Nikāya

Dukanipātapāli

Adhikaraṇavaggo

AN2.13

'These two, almsmen, powers.

Which two?

And the power of calculation and the power of cultivation.

And which, almsmen, power of calculation?

Here, almsmen, someone thus regularly reflects:

'OK for behaving badly by body, evil ripening is viewed and like in principle and along the nearby and further. OK for behaving badly by speech, evil ripening is viewed and like in principle and along the nearby and further. OK for behaving badly by intellect, evil ripening is viewed and like in principle and along the nearby and further.'

Thus he is calculating, giving up behaving badly by body cultivates behaving well by body, giving up behaving badly by speech cultivates behaving well by speech, giving up behaving badly by intellect cultivates behaving well by intellect; he maintains himself cleanly.

This is called, almsmen, the power of calculation.

And which, almsmen, power of cultivation?

Here, almsmen, an almsmen is just withdrawing from lusts, withdrawing from unwholesome principles, with thoughts with thinking, withdrawal-borne the pleasantness and happiness, he dwells having obtained the first radiance.

From the ease of thoughts and thinking, inner serenity, de-

termination of mind, without thoughts without thinking, concentration-borne the pleasantness and happiness, he dwells having obtained the second radiance.

And from the pleasantness fading he dwells and objective and meditative, aware, and the happiness with the body he does experience, that what nobles disclose: 'An objective meditator, a happy dweller', he dwells having obtained the third radiance.

And from the rejection of happiness and from the rejection of suffering, from the settling down of the just prior contentment and distress, neither happily nor sufferingly, pure objective the meditation, he dwells having obtained the fourth radiance.

This is called, almsmen, the power of cultivation.

OK these, almsmen, two powers.'

Uncultivated

Aṅguttara Nikāya
Ekakanipātapāli
Akammaniyavaggo

AN1.23

'I don't, almsmen, see also another one principle what uncultivated leads to such a great unsettlement as this, almsmen; the mind. The mind, almsmen, uncultivated leads to great unsettlement.'

AN1.24

'I don't, almsmen, see also another one principle what cultivated leads to such a great settlement as this, almsmen; the mind. The mind, almsmen, cultivated leads to great settlement.'

Uptakable

Samyutta Nikāya
Khandhasamyuttam
Dhammadhikavaggo
Upādāniyasuttam
SN22.121

At Sāvatthi.

'I shall point out, almsmen, and the uptakable principles and the taking up. Hear that.

And which, almsmen, uptakable principles, which taking up?

Form, almsmen, an uptakable principle; what there the desire and passion is, that there the taking up. Feeling, almsmen, an uptakable principle; what there the desire and passion is, that there the taking up. Perception, almsmen, an uptakable principle; what there the desire and passion is, that there the taking up. Inclinations, almsmen, an uptakable principle; what there the desire and passion is, that there the taking up. Cognition, almsmen, an uptakable principle; what there the desire and passion is, that there the taking up.

These are called, almsmen, uptakable principles, *this* the taking up.'

Vajirā

Samyutta Nikāya
Bhikkhunīsamyuttam
Vajirāsuttam
SN5.10

Situated at Sāvatthi.

OK then, at an occasion in the forenoon, Vajirā the almswoman having got dressed, having taken up bowl and robe, enters Sāvatthi for a lump of food. Having walked in Sāvatthi for a lump of food, after the meal, having gone back from receiving the lump of food, she approached there where the Blind Men's Grove is for the day's dwelling. Having plunged into Blind Men's Grove she sat down at a certain root of a tree, the dwelling for the day. OK then Māra the evil one approached there where the almswoman Vajirā was to arise lust, fear, the shivers, goose bumps, to drive away through lust almswoman Vajirā from concentration. Having approached the almswoman Vajirā he talks here in verse:

'By whom is this, the being, made?
Where is of the being the maker?
Where is the being risen?
Where does the being cease?'

OK then for Vajirā the almswoman it was like this: OK this verse, now who talks, is it or a human or not a human? OK then to Vajirā the almswoman it was like this: 'OK this verse, it is Māra the evil one. He talks to arise lust, fear, the shivers, goose bumps, to drive away through lust the concentration of me.' OK then Vajirā the almswoman thus finding this Māra the evil one, she gave a talk against the evil Māra in verses:

'Now what 'being' did you came on to,
Māra is your view gone now?
Clearly this pile of inclinations,

here as inference a being is found.

For as with the assembly of the members,
the sound is 'chariot'.

So it is at the masses,
a being exists in consent.

For just suffering appears,
suffering stands and wanes.

No other appears from suffering,
not another ceases from suffering.'

OK then Māra the evil one 'The almswoman Vajirā is familiar with me' grieved, disappointed, he vanished just there.

Wrongness

Aṅguttara Nikāya
Dasakanipātāpāli
Tatiyapaññāsakam
Samaṇasaññāvaggo
Micchattasuttam
AN10.103

'Wrongness, almsmen, having come to it is a defeat, not a victory. And how, almsmen, is having come to wrongness a defeat, not a victory?

For wrong view, almsmen, enables wrong attitude.
For wrong attitude, enables wrong speech.
For wrong speech enables wrong doing.
For wrong doing enables wrong way of life.
For wrong way of life enables wrong exertion.
For wrong exertion enables wrong meditation.
For wrong meditation enables wrong concentration.
For wrong concentration enables wrong knowledge.
For wrong knowledge enables wrong emancipation.

OK so, almsmen, is having come to wrongness a defeat, not a victory.

Rightness, almsmen, having come to it is a victory, not a defeat. And how, almsmen, is having come to rightness a victory, not a defeat?

For right view, almsmen, enables right attitude.
For right attitude enables right speech.
For right speech enables right doing.
For right doing enables right way of life.
For right way of life enables right exertion.
For right exertion enables right meditation.
For right meditation enables right concentration.
For right concentration enables right knowledge.

For right knowledge enables right emancipation.

OK so, almsmen, is having come to rightness a victory, not a defeat.'

Yokeable

Samyutta Nikāya
Khandhavaggo
Khandhasamyuttam
Dhammadhikavaggo
Samyojaniyasuttam
SN22.120

Situated at Sāvatthi.

'I shall point out, almsmen, and the yokeable principles and the yoke. Hear that.

And which, almsmen, yokeable principles, which yoke?

Form, almsmen, a yokeable principle; what there the desire and passion is, that there the yoke. Feeling, almsmen, a yokeable principle; what there the desire and passion is, that there the yoke. Perception, almsmen, a yokeable principle; what there the desire and passion, that there the yoke. Inclinations, almsmen, a yokeable principle; what there the desire and passion, that there the yoke. Cognition, almsmen, a yokeable principle; what there the desire and passion, that there the yoke.

These are called, almsmen, yokeable principles; this the yoke.'

Yokes

Aṅguttara Nikāya
Dasakanipātapaṭī
Pathamapaṇṇāsakam
Nāthavaggo
Samyojanasuttam
AN10.13

'These ten, almsmen, are yokes. Which ten?

The yokes, five with a share in the downward;
The yokes, five with a share in the upward.

Which yokes are the five with a share in the downward?

1. view on embodiment
2. unclarity
3. superstition
4. desire for lust
5. anger

These yokes are the five with a share in the downward.

Which yokes are the five with a share in the upward?

1. passion for form
2. passion for formlessness
3. esteem
4. excitement
5. not knowing

These yokes are the five with a share in the upward.

OK these, almsmen, are the ten yokes.'

IV. Glossary

Pāli-English

Pāli	English
<i>ājīva</i>	way of life
<i>ākiñcañña</i>	possessionlessness
<i>anattā</i>	not self
<i>anga</i>	member
<i>anicca</i>	unstable
<i>aññāna</i>	ignorance
<i>arahant</i>	virtuous; virtuous one
<i>ariyasāvaka</i>	hearer of what is noble
<i>āsava</i>	drain
<i>avijjā</i>	not knowing
<i>bhava</i>	becoming
<i>bhāvanā</i>	cultivation
<i>bhikkhā</i>	alms
<i>bhikkhu</i>	almsman
<i>bhikkhunī</i>	almswoman
<i>bhuddha</i>	awakened; awakened one
<i>bhūta</i>	essence (from <i>esse</i> 'be': become, ghost, being, result of becoming)
<i>byāpāda</i>	anger
<i>ceto</i>	mentality
<i>cetanā</i>	intention
<i>chandarāgo</i>	desire and passion
<i>citta</i>	mind
<i>dhamma</i>	principle
<i>dhātu</i>	aspect
<i>dosa</i>	hate

Pāli	English
<i>dukkha</i>	suffering
<i>jhāna</i>	radiance
<i>kamma</i>	action
<i>kāma</i>	lust
<i>kāmacchanda</i>	desire for lust
<i>kāya</i>	body
<i>khandha</i>	mass
<i>lobha</i>	greed
<i>magga</i>	way
<i>māna</i>	esteem
<i>manasikāra</i>	attention
<i>mano</i>	intellect
<i>manosañcetanā</i>	willpower (one of the foods to carry on)
<i>micchā</i>	wrong
<i>moha</i>	delusion
<i>ñāna</i>	knowledge
<i>nāmarūpa</i>	name-and-form
<i>nibbāna</i>	peace
<i>nidāna</i>	situation
<i>nimitta</i>	indication
<i>nīvarana</i>	obstruction
<i>paccaya</i>	support
<i>pañc'upādānakkhandhā</i>	five masses-with-the-taking-up
<i>parimukha</i>	peripheral
<i>patigha</i>	friction
<i>patipadā</i>	path
<i>phala</i>	fruit

Pāli	English
<i>phassa</i>	touch
<i>punabbhava</i>	a following becoming
<i>rāga</i>	passion
<i>saddhā</i>	confidence
<i>sakkāya</i>	embodiment
<i>sakkāyaditṭhi</i>	view on embodiment
<i>salāyatana</i>	hexad-base (ṣad° ordinarily chal°: see cha (=six); ṣad reminds of hex-tad (hēk' sād'); hexad or sextet, indicating a group of six)
<i>samādhi</i>	concentration
<i>sammā</i>	right
<i>sampajañña</i>	awareness (mindfulness, consciousness)
<i>samphappalāpa</i>	nonsense
<i>saṃyojana</i>	yoke
<i>saññā</i>	perception
<i>saṅkappa</i>	attitude
<i>saṅkhāra</i>	inclination
<i>sati</i>	meditation
<i>sīla</i>	behaviour
<i>sīlabbata</i>	behaviour and practise
<i>sīlabbataparāmāsa</i>	superstition
<i>somanassa</i>	contentment
<i>sukha</i>	happiness
<i>suññatā</i>	emptiness
<i>tanhā</i>	longing

Pāli	English
<i>thera</i>	elder (vs senior: an elder is more looked upon for guidance with wisdom and a senior is more used about the position in an organisation. One can be a elder without being senior, AN2.38)
<i>thinamiddha</i>	dullness
<i>uddhacca</i>	excitement
<i>uddhaccakukkucca</i>	remorse
<i>upādāna</i>	taking up
<i>upekkhā</i>	objectivity
<i>vedanā</i>	feeling
<i>vicāra</i>	thinking
<i>vicikicca</i>	unclarity
<i>viññāṇa</i>	cognition
<i>vipāka</i>	ripening
<i>vipariṇāma</i>	change
<i>vipassanā</i>	insight
<i>vitakka</i>	thought