

### 0.0.1 Striving

1. There are, O bhikkhus, these four right strivings. Which four?

2. Here, O bhikkhus, for the non-arising of unarisen evil, unwholesome dhammas, a bhikkhu causes desire to be born, endeavors, initiates effort, asserts the mind and strives.

3. For the abandoning of arisen evil, unwholesome dhammas, he causes desire to be born, endeavors, initiates effort, asserts the mind and strives.

4. For the arising of unarisen wholesome dhammas, he causes desire to be born, endeavors, initiates effort, asserts the mind and strives.

### 0.0.1 padhānasuttaṃ

cattārimāni bhikkhave sammappadhānāni. ka-tamāni cattāri?

idha bhikkhave bhik-khu anuppannānaṃ pāpakānaṃ akusa-lānaṃ dhammānaṃ anuppādāya chandaṃ janeti vāyamati viri-yaṃ ārabhati cittaṃ paggaṇhāti padahati.

uppannānaṃ pāpa-kānaṃ akusalānaṃ dhammānaṃ pahā-ṇāya chandaṃ janeti vāyamati viriyaṃ āra-bhati cittaṃ paggaṇ-hāti padahati.

anuppannānaṃ kusa-lānaṃ dhammānaṃ uppādāya chandaṃ ja-neti vāyamati viriyaṃ ārabhati cittaṃ pag-gaṇhāti padahati.

uppannānaṃ kusalā-

5. For the persistence, non confusion, increasing, full development, maturation and completion of arisen wholesome dhammas, he causes desire to be born, endeavors, initiates effort, asserts the mind and strives.

6. “These, O bhikkhus, are the four right strivings.”

“Those who strive rightly,  
have overpowered Mara’s  
realm;  
they are independent,  
gone beyond the fear of  
birth and old age.

Those contented ones,  
having conquered Mara  
with his army;  
unperturbed are they,  
those happy ones,  
free from all of Namuci’s  
powers.”

naṃ dhammānaṃ t̥hi-  
tiyā asammosāya bhī-  
yobhāvāya vepullāya  
bhāvanāya pāripūriyā  
chandaṃ janeti vāya-  
mati viriyaṃ ārabhati  
cittaṃ paggaṇhāti pa-  
dahati.

imāni kho bhikkhave  
cattāri sammappadhā-  
nānīti.

sammappadhānā,  
māradheyvādhibhūtā<sup>1</sup>;  
te asitā,  
jātimaraṇabhayassa pā-  
ragū.

te tusitā,  
jetvāna māraṃ savāhi-  
niṃ<sup>2</sup>;  
te anejā,  
(sabbāṃ) namucibalaṃ

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<sup>1</sup>māradheyvābhibhūtaṃ, macha-  
saṃ.

<sup>2</sup>savāhanaṃ, machasaṃ.

upātivattā te sukhi-  
tāti.

