

### 0.0.1 Striving by Restraint

#### 0.0.1 saṃvarappadhānasuttaṃ

1. There are, O bhikkhus, these four strivings. Which four? Striving by restraint, striving by abandoning, striving by maturation, striving by protection.

cattārimāni bhikkhave padhānāni, katamāni cattāri? saṃvarappadhānaṃ pahāṇappadhānaṃ, bhāvanappa-dhānaṃ, anurakkhaṇappadhānaṃ.

2. “And what, O bhikkhus, is striving by restraint? Here, O bhikkhus, having seen a form with the eye, a bhikkhu does not grasp its sign, does not grasp its details, since in consequence of dwelling with this eye faculty unguarded, covetousness and longing [and] evil unwholesome dhammas might flow in, he enters upon the path for its restraint, he protects the eye faculty, he undertakes restraint of the eye faculty. Having heard a sound with the ear, a bhikkhu does not grasp its sign, does not grasp its details, since in consequence of dwelling with this ear faculty unguarded, covetousness and longing [and] evil unwholesome dhammas might flow in, he enters upon the path for its restraint, he protects the ear faculty, he undertakes restraint of the ear faculty. Having smelled an aroma with the nose, a bhikkhu does not grasp its sign, does not grasp its details, since in consequence of dwelling with this nose faculty unguarded, covetousness

and longing [and] evil unwholesome dhammas might flow in, he enters upon the path for its restraint, he protects the nose faculty, he undertakes restraint of the nose faculty. Having tasted a flavor with the tongue, a bhikkhu does not grasp its sign, does not grasp its details, since in consequence of dwelling with this tongue faculty unguarded, covetousness and longing [and] evil unwholesome dhammas might flow in, he enters upon the path for its restraint, he protects the tongue faculty, he undertakes restraint of the tongue faculty. Having touched a tangible with the body, a bhikkhu does not grasp its sign, does not grasp its details, since in consequence of dwelling with this body faculty unguarded, covetousness and longing [and] evil unwholesome dhammas might flow in, he enters upon the path for its restraint, he protects the body faculty, he undertakes restraint of the body faculty. Having cognized a dhamma with the mind, a bhikkhu does not grasp its sign, does not grasp its details, since in consequence of dwelling with this mind faculty unguarded, covetousness and longing [and] evil unwholesome dhammas might flow in, he enters upon the path for its restraint, he protects the mind faculty, he undertakes restraint of the mind faculty. This, O bhikkhus, is called striving by restraint.

katamañca bhikkhave saṃvarappadhānaṃ? idha bhikkhave bhikkhu cakkhunā rūpaṃ disvā na nimittaggāhī hoti nānuyyañjanaggāhī, yatvādhikaraṇametam cakkhundriyaṃ asaṃvutaṃ viharantaṃ abhijjhā domanassā pāpakā akusalā dhammā anvāssaveyyuṃ, tassa saṃ-

varāya paṭipajjati, rakkhati cakkhundriyaṃ, cakkhundriye saṃvaraṃ āpajjati. sotena saddaṃ sutvā na nimittaggāhī hoti nānuyyañjanaggāhī, yatvādhikaraṇametam sotindriyaṃ asaṃvutaṃ viharantaṃ abhiijhā domanassā pāpakā akusalā dhammā anvāssaveyyuṃ, tassa saṃvarāya paṭipajjati, rakkhati sotindriyaṃ, sotindriye saṃvaraṃ āpajjati. ghāṇena gandhaṃ ghāyitvā na nimittaggāhī hoti nānuyyañjanaggāhī, yatvādhikaraṇametam ghāṇindriyaṃ asaṃvutaṃ viharantaṃ abhiijhā domanassā pāpakā akusalā dhammā anvāssaveyyuṃ, tassa saṃvarāya paṭipajjati, rakkhati ghāṇindriyaṃ, ghāṇindriye saṃvaraṃ āpajjati. jivhāya rasaṃ sāyitvā na nimittaggāhī hoti nānuyyañjanaggāhī, yatvādhikaraṇametam jivhindriyaṃ asaṃvutaṃ viharantaṃ abhiijhā domanassā pāpakā akusalā dhammā anvāssaveyyuṃ, tassa saṃvarāya paṭipajjati, rakkhati jivhindriyaṃ, jivhindriye saṃvaraṃ āpajjati. kāyena phoṭṭhabbaṃ phusitvā na nimittaggāhī hoti nānuyyañjanaggāhī, yatvādhikaraṇametam kāyindriyaṃ asaṃvutaṃ viharantaṃ abhiijhā domanassā pāpakā akusalā dhammā anvāssaveyyuṃ, tassa saṃvarāya paṭipajjati, rakkhati kāyindriyaṃ, kāyindriye saṃvaraṃ āpajjati. manasā dhammaṃ viññāya na nimittaggāhī hoti nānuyyañjanaggāhī, yatvādhikaraṇametam manindriyaṃ asaṃvutaṃ viharantaṃ abhiijhā domanassā pāpakā akusalā dhammā anvāssaveyyuṃ, tassa saṃvarāya paṭipajjati, rakkhati manindriyaṃ, manindriye saṃvaraṃ āpajjati. idaṃ vuccati bhikkhave saṃvappadhānaṃ.

3. And what, O bhikkhus, is striving by abandoning? Here, O bhikkhus, a bhikkhu does not tolerate arisen thoughts of sensual desire. He abandons it, wards it off, exterminates it, puts it out of existence. He does not tolerate arisen thoughts of ill-will. He abandons it, wards it off, exterminates it, puts it out of existence. He does not tolerate arisen thoughts of harming. He abandons it, wards it off, exterminates it, puts it out of existence. He does not tolerate any arisen evil unwholesome dhammas. He abandons them, wards them off, exterminates them, puts them out of existence. This, O bhikkhus, is called striving by abandoning.

katamañca bhikkhave pahāṇappadhānaṃ? idha bhikkhave bhikkhu uppannaṃ kāmavitakkaṃ nādhivāseti, pajahati, vinodeti, vyaṇṭīkaroti, anabhāvaṃ gameti. uppannaṃ vyāpādavitaṅkaṃ nādhivāseti, pajahati, vinodeti, vyaṇṭīkaroti, anabhāvaṃ gameti. uppannaṃ vihiṃsāvitakkaṃ nādhivāseti, pajahati, vinodeti, vyaṇṭīkaroti, anabhāvaṃ gameti. uppannuppanne pāpake akusale dhamme nādhivāseti, pajahati, vinodeti, vyaṇṭīkaroti anabhāvaṃ gameti. idaṃ vuccati bhikkhave pahāṇappadhānaṃ:

4. And what, O bhikkhus, is striving by maturation? Here, O bhikkhus, a bhikkhu brings into being the mindfulness awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation,

maturing in relinquishment. He brings into being the investigation of dhammas awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment. he brings into being the energy awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment. He brings into being the rapture awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment. He brings into being the tranquility awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment. He brings into being the samadhi awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment. He brings into being the equanimity awakening factor, in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment. This, O bhikkhus, is called striving by maturation.

katamañca bhikkhave bhāvanappadhānaṃ? idha bhikkhave bhikkhu satisambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. dhammavicayasambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. viriyasambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. pītisambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. pas-

saddhisambojjhaṅgaṃ bhāveti vivekanissitaṃ virāga-  
nissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. samā-  
dhisambojjhaṅgaṃ bhāveti vivekanissitaṃ virāga-  
nissitaṃ nirodhanissitaṃ vossaggapariṇāmiṃ. upekkhā-  
sambojjhaṅgaṃ bhāveti vivekanissitaṃ virāganissitaṃ  
nirodhanissitaṃ vossaggapariṇāmiṃ. idaṃ vuccati bhik-  
khave bhāvanappadhānaṃ.

5. And what, O bhikkhus, is striving by protection?  
Here, O bhikkhus, a bhikkhu protects an arisen splendid  
sign of samadhi, the perception of skeleton, the percep-  
tion of worm-infested [corpse], the perception of dis-  
coloured [corpse], the perception of festering [corpse],  
the perception of fissured [corpse], the perception of  
bloated [corpse]. This, O bhikkhus, is called striving by  
protection.

katamañca bhikkhave anurakkhaṇappadhānaṃ? idha  
bhikkhave bhikkhu uppannaṃ bhaddakaṃ samādhini-  
mittaṃ anurakkhati aṭṭhikasaññaṃ pulavakasaññaṃ  
vinīlakasaññaṃ vipubbakasaññaṃ vicchiddakasaññaṃ  
uddhumātakasaññaṃ. idaṃ vuccati bhikkhave anu-  
rakkhaṇappadhānaṃ.

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

imāni kho bhikkhave cattāri padhānānīti.

“Restraint and abandoning,  
 maturation and protection;  
 these four strivings,  
 taught by the Kinsman of the Sun;  
 By which an ardent bhikkhu here,  
 can arrive at the destruction of suffering.”

saṃvaro ca pahāṇaṇca,  
 bhāvanā anurakkhaṇā;  
 ete padhānā cattāro,  
 desitādiccabandhunā;  
 yehi bhikkhu idhātāpī,  
 khayam dukkhassa pāpuṇe'ti.

