

### 0.0.1 Destruction

1. Whichever path, O bhikkhus, whichever treading leads to the destruction of thirsting, that path, that treading you must develop. But what path, O bhikkhus, what treading leads to the destruction of thirsting? That is the seven factors of awakening. Which seven? The mindfulness awakening factor, the investigation of dhammas awakening factor, the energy awakening factor, the happiness awakening factor, the tranquility awakening factor, the samadhi awakening factor, the equanimity awakening factor. When thus was said, the venerable Udayi said this to the Auspicious One: “How, O Bhante, are the seven awakening factors developed and made habitual in order to lead to the destruction of thirsting?”

2. “Here, O Udayi, a bhikkhu nurtures the mindfulness awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the mindfulness awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma.

From the destruction of kamma comes the destruction of suffering.”

3. “He nurtures the investigation of dhammas awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the investigation of dhammas awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma. From the destruction of kamma comes the destruction of suffering.”

4. “He nurtures the energy awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the energy awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of

thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma. From the destruction of kamma comes the destruction of suffering.”

5. “He nurtures the happiness awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the happiness awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma. From the destruction of kamma comes the destruction of suffering.”

6. “He nurtures the tranquility awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the tranquility awakening factor into maturation in dependence on seclusion,

in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma. From the destruction of kamma comes the destruction of suffering.”

7. “He nurtures the samadhi awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the samadhi awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma. From the destruction of kamma comes the destruction of suffering.”

8. “He nurtures the equanimity awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in

relinquishment, abundant, exalted, immeasurable, free from affliction. For him nurturing the equanimity awakening factor into maturation in dependence on seclusion, in dependence on fading away, in dependence on cessation, maturing in relinquishment, abundant, exalted, immeasurable, free from affliction, there is the abandoning of thirsting. With the abandoning of thirsting, there is the abandoning of kamma. With the abandoning of kamma, there is the abandoning of suffering. Thus, O Udayi, from the destruction of thirsting comes the destruction of kamma. From the destruction of kamma comes the destruction of suffering.”