sattamakammasuttam

1. "These four, O bhikkhus, are kammas that are proclaimed by me after having realized them by myself with supreme knowledge. What four?

cattārimāni bhikkhave kammāni mayā sayam abhiññā sacchikatvā paveditāni. katamāni cattāri?

2. There is, O bhikkhus, dark kamma with dark results. There is, O bhikkhus, bright kamma with bright results. There is, O bhikkhus, dark and bright kamma with dark and bright results. There is, O bhikkhus, neither dark nor bright kamma with neither dark nor bright results that leads to the obliteration of kamma.

atthi bhikkhave kammam kanham kanhavipākam. atthi bhikkhave kammam sukkam sukkavipākam. atthi bhikkhave kammam kanhasukkam kanhasukkavipākam. atthi bhikkhave kammam akanham asukkam akanhaasukkavipākam kammakkhayāya samvattati.

3. And what, O bhikkhus, is the dark kamma with dark results? Here, O bhikkhus, a certain person activates an afflictive bodily activity, activates an afflictive verbal activity, activates an afflictive mental activity. Having

activated an afflictive bodily activity, having activated an afflictive verbal activity, having activated an afflictive mental activity, he arises in an afflictive world. As one who has arisen in an afflictive world, afflictive contacts contact him. Being contacted by afflictive contacts, he experiences exclusively painful feelings, just like the hell beings. This, O bhikkhus, is called dark kamma with dark results.

katamañca bhikkhave kammam kanham kanhavipākam? idha bhikkhave ekacco sabyāpajjham kāyasankhāram abhisankhāroti, sabyāpajjham vacīsankhāram abhisankhāroti. so sabyāpajjham kāyasankhāram abhisankhāritvā sabyāpajjham vacīsankhāram abhisankhāritvā sabyāpajjham manosankhāram abhisankhāritvā sabyāpajjham manosankhāram abhisankhāritvā sabyāpajjham lokam upapajjati. tamenam sabyāpajjham lokam upapannam samānam sabyāpajjhā phassā phusanti. so sabyāpajjhehi phassehi phuṭṭho samāno sabyāpajjham vedanam vediyati ekantadukkham. seyyathāpi sattā nerayikā. idam vuccati bhikkhave kammam kanham kanhavipākam.

4. And what, O bhikkhus, is the bright kamma with bright results? Here, O bhikkhus, a certain person activates an unafflictive bodily activity, activates an unafflictive werbal activity, activates an unafflictive mental activity. Having activated an unafflictive bodily activity,

having activated an unafflictive verbal activity, having activated an unafflictive mental activity, he arises in an unafflictive world. As one who has arisen in an unafflictive world, unafflictive contacts contact him. Being contacted by unafflictive contacts, he experiences exclusively pleasant feelings, just like the subhakinha devas. This, O bhikkhus, is called bright kamma with bright results.

katamañca bhikkhave kammam sukkam sukkavipākam? idha bhikkhave ekacco abyāpajjham kāyasankhāram abhisankhāroti, abyāpajjham wacīsankhāram abhisankhāroti. so abyāpajjham kāyasankhāram abhisankhāritvā abyāpajjham vacīsankhāram abhisankhāritvā abyāpajjham manosankhāram abhisankhāritvā abyāpajjham lokam upapajjati. tamenam abyāpajjham lokam upapannam samānam abyāpajjhā phassā phusanti. so abyāpajjhehi phassehi phuṭṭho samāno abyāpajjham vedanam vediyati ekantasukham. seyyathāpi devā subhakinhā. idam vuccati bhikkhave kammam sukkam sukkavipākam.

5. And what, O bhikkhus, is the dark and bright kamma with dark and bright results? Here, O bhikkhus, a certain person activates both afflictive and unafflictive bodily activity, activates both afflictive and unafflictive werbal activity, activates both afflictive and unafflictive mental

activity. Having activated both afflictive and unafflictive bodily activity, having activated both afflictive and unafflictive verbal activity, having activated both afflictive and unafflictive mental activity, he arises in both afflictive and unafflictive world. As one who has arisen in both afflictive and unafflictive world, both afflictive and unafflictive contacts contact him. Being contacted by both afflictive and unafflictive contacts, he experiences a mixture of pleasant and painful feelings, just like human beings, some devas, and some beings in the lower worlds. This, O bhikkhus, is called dark and bright kamma with dark and bright results.

katamañca bhikkhave kammam kanhasukkam kanhasukkavipākam?idha bhikkhave ekacco sabyāpajjhampi abyāpajjhampi kāyasankhāram abhisankhāroti, sabyāpajjhampi abyāpajjhampi vacīsankhāram abhisankhāroti, sabyāpajjhampi abyāpajjhampi manosankhāram abhisankhāroti. byāpajjhampi abyāpajjhampi kāyasankhāram abhisankhāritvā sabyāpajjhampi abyāpajjhampi vacīsankhāram abhisankhāritvā sabyāpajjhampi abyāpajjhampi manosankhāram abhisankhāritvā sabyāpajjhampi abyāpajjhampi lokam upapajjati. menam sabyāpajjhampi abyāpajjhampi lokam upapannam samānam sabyāpajjhāpi abyāpajjhāpi phassā phusanti. so sabyāpajjhehipi abyāpajjhehipi phassehi phuttho samāno sabyāpajjhampi abyāpajjhampi vedanam vedivati vokinnasukhadukkham. sevvathāpi manussā ekacce ca devā ekacce ca vinipātikā. idam vuccati bhikkhave kammam kanhasukkam kanhasukkavipākam.

6. And what, O bhikkhus, is the neither dark nor bright kamma with neither dark nor bright results that leads to the obliteration of kamma? The mindfulness awakening factor, the investigation of dhammas awakening factor, the energy awakening factor, the happiness awakening factor, the tranquillity awakening factor, the samadhi awakening factor, the equanimity awakening factor. This, O bhikkhus, is the neither dark nor bright kamma with neither dark nor bright results that leads to the obliteration of kamma.

katamañca bhikkhave kammam akanham asukkam akanhaasukkavipākam kammakkhayāya samvattati? satisambojjhango, dhammavicayasambojjhango, viriyasambojjhango, pītisambojjhango, passaddhisambojjhango, samādhisambojjhango, upekkhāsambojjhango. idam vuccati bhikkhave kammam akanham asukkam akanha asukkavipākam kammakkhayāya samvattati.

7. "These, O bhikkhus, are the four kammas that are proclaimed by me after having realized them by myself with supreme knowledge."

imāni kho bhikkhave cattāri kammāni mayā sayam abhiññā sacchikatvā paveditānīti.