

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.

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.

0.0.1 padhānasuttam

1. cattārimāni bhikkhave sammappadhānāni. kata-māni cattāri?

2. idha bhikkhave bhikkhu anuppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ anuppādāya chandaṃ janeti vāyamati viriyaṃ ārabhati cittaṃ paggaṇhāti padahati.

3. uppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ pahāṇāya chandaṃ janeti vāyamati viriyaṃ ārabhati cittaṃ paggaṇhāti padahati.

4. anuppannānaṃ kusalānaṃ dhammānaṃ uppādāya chandaṃ janeti vāyamati viriyaṃ ārabhati cittaṃ paggaṇhāti padahati.

5. uppannānaṃ kusalānaṃ dhammānaṃ ṭhitiyā asamosāya bhīyobhāvāya vepullāya bhāvanāya pāripūriyā chandaṃ janeti vāyamati viriyaṃ ārabhati cittaṃ paggaṇhāti padahati.

6. imāni kho bhikkhave cattāri sammappadhānānīti.

sammappadhānā,
māradheyyādhībhūtā¹;

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

te asitā,
jātimaraṇabhayassa pāragū.

te tusitā,
jetvāna māraṃ savāhiniṃ²;
te anejā,
(sabbam) namucibalaṃ upātivattā te sukhi-
tāti.

²savāhanaṃ, machasaṃ. ■