

### 0.0.1 Without Hindrances

#### 0.0.1 anīvaraṇasuttaṃ

1. “On the occasion, O bhikkhus, when the noble disciple listens to the Dhamma, having made it his aim, having attended to it with all his mind, having collected it together with eager ears, on that occasion the five hindrances do not come to be. On that occasion the seven awakening factors go to full maturation. Which five hindrances do not come to be on that occasion? The hindrance of sensual desire does not come to be on that occasion. The hindrance of ill-will does not come to be on that occasion. The hindrance of sluggishness and lack of mental agility does not come to be on that occasion. The hindrance of restlessness and remorse does not come to be on that occasion. The hindrance of doubt does not come to be on that occasion. On that occasion these five hindrances do not come to be.

yasmiṃ bhikkhave, samaye ariyasāvako aṭṭhikātvā manasikātvā sabbacetaso samannāharitvā ohitasoto dhammaṃ suṇāti. pañcassa nīvaraṇā tasmīṃ samaye na honti. satta bojjhaṅgā tasmīṃ samaye bhāvanāpāripūriṃ gacchanti. katamassa pañcanīvaraṇā tasmīṃ samaye na honati: kāmaccchandanivaraṇaṃ tasmīṃ samaye na hoti. vyāpādanīvaraṇaṃ tasmīṃ samaye na hoti. thīnamiddhanīvaraṇaṃ tasmīṃ samaye na hoti. uddhaccakukkuccanīvaraṇaṃ tasmīṃ samaye na hoti. vicikicchānīvaraṇaṃ tasmīṃ samaye na hoti. imassa pañcanīvaraṇā tasmīṃ samaye na honti.

2. Which seven awakening factors go to full maturation on that occasion? The awakening factor of mindfulness goes to full maturation on that occasion. The awakening factor of investigation of dhammas goes to full maturation on that occasion. The awakening factor of energy goes to full maturation on that occasion. The awakening factor of rapture goes to full maturation on that occasion. The awakening factor of tranquility goes to full maturation on that occasion. The awakening factor of samadhi goes to full maturation on that occasion. The awakening factor of equanimity goes to full maturation on that occasion. On the occasion, O bhikkhus, when the noble disciple listens to the Dhamma, having made it his aim, having attended to it with all his mind, having collected it together with eager ears, on that occasion these five hindrances do not come to be. On that occasion these seven awakening factors go to full maturation.”

katame satta bojjhaṅgā tasmim samaye bhāvanāpāripūriṃ gacchanti: satisambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. dhammavicayasambojjhaṅgo tasmim samaye bhāvanā pāripūriṃ gacchati. viriyasambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. pītisambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. passaddhisambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. samādhisambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. upekkhasambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. yasmim bhikkhave, samaye ariyasāvako aṭṭhikatvā manasikatvā sabbacetaso samannāharitvā ohi-

tasoto dhammaṃ suṇāti. imassa pañcanīvaraṇā tasmim̐ samaye na honti. ime sattabojjhaṅgā tasmim̐ samaye bhāvanāpāripūriṃ gacchantīti.

