

0.0.1 Without Hindrances

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.

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 happiness 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

0.0.1 anīvaraṇasuttaṃ

1. yasmiṃ bhikkhave, samaye ariyasāvako aṭṭhika-tvā manasikatvā sabbacetaso samannāharitvā ohita-soto dhammaṃ suṇāti. pañcassa nīvaraṇā tasmिṃ samaye na honti. satta bojjhaṅgā tasmिṃ samaye bhāvanāpāripūriṃ gacchanti. katamassa pañcanīvaraṇā tasmिṃ samaye na honati: kāmaccchandanivaraṇaṃ tasmिṃ samaye na hoti. vyāpādanīvaraṇaṃ tasmिṃ samaye na hoti. thīnamiddhanīvaraṇaṃ tasmिṃ samaye na hoti. uddhaccakukkuccanīvaraṇaṃ tasmिṃ samaye na hoti. vicikicchānīvaraṇaṃ tasmिṃ samaye na hoti. imassa pañcanīvaraṇā tasmिṃ samaye na honti.

2. katame satta bojjhaṅgā tasmिṃ samaye bhāvanāpāripūriṃ gacchanti: satisambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. dhammavicayasambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. viriyasambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. pītisambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. passaddhisambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. samādhisambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. upekhāsambojjhaṅgo tasmिṃ samaye bhāvanāpāripūriṃ gacchati. yasmiṃ bhikkhave, samaye ariyasāvako aṭṭhikatvā manasikatvā sabbacetaso samannāharitvā ohitasoto dhammaṃ suṇāti. imassa pañcanīvaraṇā tasmिṃ samaye na honti. ime sattabojjhaṅgā tasmिṃ samaye bhāvanāpāripūriṃ gacchantīti.

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.”

