

### 0.0.1 Without Hindrances

anīvaraṇasuttam

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 aṭṭhika-  
tvā manasikatvā sabbacetaso samannāharitvā ohi-  
tasoto dhammaṃ suṇāti. pañcassa nīvaraṇā tas-  
miṃ samaye na honti. satta bojjhaṅgā tasmīṃ sa-  
maye bhāvanāpāripūriṃ gacchanti. katamassa  
pañcanīvaraṇā tasmīṃ samaye na honati: kāmā-  
cchandanīvaraṇaṃ tasmīṃ samaye na hoti. vyāpā-  
danīvaraṇaṃ tasmīṃ samaye na hoti. thīnamid-  
dhanīvaraṇaṃ tasmīṃ samaye na hoti. uddha-  
cakkukkuccanīvaraṇaṃ tasmīṃ samaye na hoti. vi-

cikicchānīvaraṇaṃ tasmim samaye na hoti. imassa pañcanīvaraṇā tasmim 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 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 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 bhāvanā-pāripūriṃ gacchanti: satisambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. dhammavicayasambojjhaṅgo tasmim samaye bhāvanā pāripūriṃ gacchati. viriyasambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. pītisambojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gacchati. pasaddhisambojjhaṅgo tasmim samaye bhāvanāpā-

ripūriṃ gacchati. samādhisambojjhaṅgo tasmim  
 samaye bhāvanāpāripūriṃ gacchati. upekhāsam-  
 bojjhaṅgo tasmim samaye bhāvanāpāripūriṃ gac-  
 chati. yasmim bhikkhave, samaye ariyasāvako  
 atthikatvā manasikatvā sabbacetaso samannāha-  
 ritvā ohitasoto dhammaṃ suṇāti. imassa pañca-  
 nīvaraṇā tasmim samaye na honti. ime sattaboj-  
 jhaṅgā tasmim samaye bhāvanāpāripūriṃ gacchan-  
 tīti.

