

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 oc-

0.0.1 anīvaraṇasuttaṃ

yasmiṃ bhikkhave, samaye ariyasāvako aṭṭhikatvā manasikatvā sabbacetaso saman-nāharitvā ohitasoto dhammaṃ suṇāti. pañcassa nīvaraṇā tasmīṃ samaye na honti. satta bojjhaṅgā tasmīṃ samaye bhāvanāpāripūriṃ gacchanti. katamassa pañcanīvaraṇā tasmīṃ samaye na honati: kāmaccandānīvaraṇaṃ 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.

casion 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 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,

katame satta bojjhaṅgā tasmim̐ samaye bhāvanāpāripūrim̐ gacchati: satisambojjhaṅgo tasmim̐ samaye bhāvanāpāripūrim̐ gacchati. dhammavicaya-sambojjhaṅgo tasmim̐ samaye bhāvanā pāripūrim̐ gacchati. viriyasambojjhaṅgo tasmim̐ samaye bhāvanāpāripūrim̐ gacchati. pītisambojjhaṅgo tasmim̐ samaye bhāvanāpāripūrim̐ gacchati. passaddhisambojjhaṅgo tasmim̐ samaye bhāvanāpāripūrim̐ gacchati. samādhisambojjhaṅgo tasmim̐ samaye bhāvanāpāripūrim̐ gacchati. upekkhāsambojjhaṅgo tasmim̐ samaye bhāvanāpāripūrim̐ gacchati. yasim̐ bhikkhave, samaye ariya-

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.”

sāvako aṭṭhikavā manasikatvā sabbacetaso samannāharitvā ohi-tasoto dhammaṃ su-ṇāti. imassa pañcanī-varaṇā tasmim samaye na honti. ime sattabo-jhaṅgā tasmim samaye bhāvanāpāripūriṃ gacchantīti.

