## 0.0.1 Kamma (2)

- 1. "These four, O bhikkhus, are kammas that are proclaimed by me after having realized them by myself with supreme knowledge. What four?
- 2. There is, O bhikkhus, dark kamma with dark results. There is, O bhikkhus, bright kamma with bright results. There is, O bhikkhus, dark and bright kamma with dark and bright results. There is, O bhikkhus, neither dark nor bright kamma with neither dark nor bright results that leads to the obliteration of kamma.
- **3.** And what, O bhikkhus, is the dark kamma with dark results? Here, O bhikkhus, a certain person activates an afflictive bodily activity, activates an afflictive verbal

sattamakammasuttam

cattārimāni bhikkhave kammāni mayā sayaṃ abhiññā sacchikatvā paveditāni. katamāni cattāri?

atthi bhikkhave kammam kanham kanham kanham kanha-vipākam. atthi bhikkhave kammam sukkam sukkavipākam. atthi bhikkhave kammam kanhasukkam kanhasukkavipākam akanham asukkam akanham akukavipākam kammakkanham kammakkanham kammakkhayāya samvattati.

katamañca bhikkhave kammam kaṇham kaṇhavipākam? idha bhikkhave ekacco sabyāpajjham kāyasaṅkhāram abhisaṅkhāroti, sabyāpaj-

activity, activates an afflictive mental activity. Having activated an afflictive bodily activity, having activated an afflictive verbal activity. having activated an afflictive mental activity, he arises in an afflictive world. As one who has arisen in an afflictive world, afflictive contacts contact him. Being contacted by afflictive contacts, he experiences exclusively painful feelings, just like the hell beings. This, O bhikkhus, is called dark kamma with dark results.

jham vacīsankhāram abhisankhāroti, sabyāpajjham manosankhāram abhisankhāroti, so sabvāpajjham kāyasankhāram abhisankhāritvā sabyāpajjham vacīsankhāram abhisankhāritvā sabyāpajjham manosankhāram abhisankhāritvā sabyāpajjham lokam upapajjati. tamenam sabyāpajjham lokam upapannam samānam sabyāpajjhā phassā phusanti. so sabyāpajjhehi phassehi phuttho samāno sabyāpajjham vedanam vediyati ekantadukkham. seyyathāpi sattā nerayikā. idam vuccati bhikkhave kammam kanham kanhavipākam.

4. And what, O bhikkhus, is

katamañca bhikkhave kammaṃ sukkaṃ

the bright kamma with bright results? Here, O bhikkhus, a certain person activates an unafflictive bodily activity, activates an unafflictive verbal activity, activates an unafflictive mental activity. Having activated an unafflictive bodily activity, having activated an unafflictive verbal activity, having activated an unafflictive mental activity, he arises in an unafflictive world. As one who has arisen in an unafflictive world, unafflictive contacts contact him. Being contacted by unafflictive contacts, he experiences exclusively pleasant feelings, just like the subhakinha devas. This, O bhikkhus, is called bright kamma with bright results.

sukkavipākam? idha bhikkhave ekacco abyāpajjham kāyasankhāram abhisankhāroti, abvāpajjham vacīsankhāram abhisankhāroti, abyāpajjham manosankhāram abhisankhāroti. so abyāpajjham kāyasankhāram abhisankhāritvā abyāpajjham vacīsankhāram abhisankhāritvā abvāpajjham manosankhāram abhisankhāritvā abyāpajjham lokam upapajjati. tamenam abyāpajjham lokam upapannam samānam abyāpajjhā phassā phusanti. so abyāpajjhehi phassehi phuttho samāno abyāpajjham vedanam vediyati ekantasukham. seyyathāpi devā subhakinhā. idam vuccati bhik-

And what, O bhikkhus, is the dark and bright kamma with dark and bright results? Here, O bhikkhus, a certain person activates both afflictive and unafflictive bodily activity, activates both afflictive and unafflictive verbal activity, activates both afflictive and unafflictive mental activity. Having activated both afflictive and unafflictive bodily activity, having activated both afflictive and unafflictive verbal activity, having activated both afflictive and unafflictive mental activity, he arises in both afflictive and unafflictive world. As one who has arisen in both afflictive and unafflictive world, both afflictive and unafflictive contacts contact him. Being contacted by both afflictive and unafflictive contacts, he experiences a mixkhave kammam sukkam sukkavipākam.

katamañca bhikkhave kammam kanhasukkam kanhasukkavipākam?idha bhikkhave ekacco sabyāpajjhampi abyāpajjhampi kāyasankhāram abhisankhāroti, sabyāpajjhampi abyāpajjhampi vacīsankhāram abhisankhāroti, sabyāpajjhampi abyāpajjhampi manosankhāram abhisankhāroti. so sabyāpajjhampi abyāpajjhampi kāyasankhāram abhisankhāritvā sabyāpajjhampi abyapajjhampi vacīsankhāram abhisankhāritvā sabyāpajjhampi abyāpajjhampi manosankhāram abhisankhāritvā sabvāpajjhampi abyapajture of pleasant and painful feelings, just like human beings, some devas, and some beings in the lower worlds. This, O bhikkhus, is called dark and bright kamma with dark and bright results. jhampi lokam upapajjati. tamenam sabyāpajjhampi abyāpajjhampi lokam upapannam samānam sabyāpajjhāpi abyāpajjhāpi phassā phusanti. so sabyāpajjhehipi abyāpajjhehipi phassehi phuttho samāno sabyāpajjhampi abyapajjhampi vedanam vediyati vokinnasukhadukkham. sevyathāpi manussā ekacce ca devā ekacce ca vinipātikā. idam vuccati bhikkhave kammam kanhasukkam kanhasukkavipākam.

6. And what, O bhikkhus, is the neither dark nor bright kamma with neither dark nor bright results that leads to the obliteration of kamma? The mindfulness awakening katamañca bhikkhave kammam akanham asukkam akanhaasukkavipākam kammakkhayāya samvattati? satisambojjhango, dhammavifactor, the investigation of dhammas awakening factor, the energy awakening factor, the happiness awakening factor, the tranquillity awakening factor, the samadhi awakening factor, the equanimity awakening factor. This, O bhikkhus, is the neither dark nor bright kamma with neither dark nor bright results that leads to the obliteration of kamma.

7. "These, O bhikkhus, are the four kammas that are proclaimed by me after having realized them by myself with supreme knowledge." cayasambojjhango, viriyasambojjhango, pītisambojjhango, passaddhisamboj-jhango, samādhisambojjhango, upekkhāsambojjhango, upekkhāsambojjhango. idam vuccati bhikkhave kammam akanham asukkam akanha asukkavipākam kammakkhayāya samvattati.

imāni kho bhikkhave cattāri kammāni mayā sayam abhiññā sacchikatvā paveditānīti.