

Exploring the sacred, ancient path in the original words of the Buddha

Chapter ONE:

1 So Fortunate who Encounters

1.1.1 Bahujanahitasuttaṃ - *For the Benefit of Many*

1.2 dullabho - so rare.

1.2.1 Ekapuggalavaggo - *The One Person*

1.2.2 Puggalavaggo - *The Two Rare Individuals*

1.2.3 Dullabhasuttaṃ - *Difficult to Encounter*

1.2.4 Pātubhāvasuttaṃ- *Rare Manifestations*

1.2.5 Brahmajālasuttavaṇṇanā - *So rare*

1.2.6 Dutiyachiggaḷayugasuttaṃ - *The Second Simile of the Turtle*

1.3 appakā te manussesu - so Few out of Many Human

1.3.1 Saṅgārasuttaṃ - *The Questions of Saṅgāro*

1.3.2 Orimatīrasuttaṃ - *The Hither and the Further Shore*

1.3.3 Pāraṅgamasuttaṃ - *The Going Beyond*

1.3.4 Catutthavaggo - *The Few and the Many*

1.3.5 Maṇḍūkadevaputtavimānavatthu - *The Frog Transforms into a Deva*

1.3.6 Tamotamasuttaṃ - *From Darkness or Brightness to Brightness or Darkness*

1.3.7 Hirīsuttaṃ - *By Sense of Shame*

1.3.8 Caṅkamasuttaṃ - *Bound together by Inclinations*

1.3.9 Saṅghabhedasuttaṃ - *The Schism in the Saṅgha*

1.4 tena me samaṇā piyā - That is why the Samaṇās are Dear to me

1.4.1 Rohinītherīgāthā - *That is Why They are so Dear to Me*

1.4.2 Esa Bhagavato sāvaka-saṅgho - *The Aryan Disciples*

1.4.3 Dhajaggasuttaṃ - *Verses for Protection*

1.4.4 Araññasuttaṃ - *Serene Dwelling in the Forest*

1.4.5 Cūḷagosinḅasuttaṃ - *Like Milk and Water Dwelling in Harmony*

1.4.6 Ānāpānassatisuttaṃ - *Free from Prattle and Chatter is this Assembly*

1.4.7 Karaniyasuttaṃ - *Pursuing their own good*

1.4.8 Sāmaññaphalasuttaṃ - *Pointing out the Way to One who is Lost*

Chapter TWO:

2 Itthiyā vā purisena vā gahaṭṭhena vā pabbajitena vā sāmaññena vā brahmaññena vā brahmacariyena vā – A Path which is the Same for Each and Everyone

2.1.1 Kesamuttisuttaṃpart one - *Don't Believe in Tradition, in Hearsay, in Teachers but your own
– part one*

- 2.1.2 Kesamuttisuttam part two - *Don't Believe in Tradition, in Hearsay, in Teachers but your own Experience - part two*
- 2.1.3 Abhiñhapaccavekkhitabbhānasuttam - *Born of One's own Kamma*
- 2.1.4 Paṭhama-asappurisasuttam - *About an Unworthy Person*
- 2.1.5 Sevittabbasuttam - *What one should Associate with?*
- 2.1.6 Cintīsuttam - *The Characteristics of Foolish and of Wise People*
- 2.1.7 Paṭhamapaṭipadāsuttam - *How to Walk the Path Correctly*
- 2.1.8 Dutiyaṭipadāsuttam - *Why one ought to Walk the Path Correctly*
- 2.1.9 Paṭhamasāmaññasuttam - *About Being a Sāmañña and the Fruits thereof*
- 2.1.10 Dutiya-sāmaññasuttam - *The Purpose of Being a Sāmañña*
- 2.1.11 Paṭhamabrahmannasuttam & Dutiya-brahmaññasuttam - *About Being a Brahmañña and the Fruits thereof & The Purpose of Being a Brahmañña*
- 2.1.12 Paṭhamabrahmacariyasuttam & Dutiya-brahmacariyasuttam - *Leading a Holy Life and the Fruits thereof & The Purpose of the Holy Life*
- 2.1.13 Arakasuttam - *Make the Best Use of this Short Life.*
- 2.1.14 Yo ca vassasatamjīve . - *And One who Lives a Hundred Years*

Chapter Three :

3.1 Which is the Ariyo Aṭṭhaṅgiko Maggo

- 3.1.1 Buddhāna sāsanaṃ - *The Teaching of the Buddhas*
- 3.1.2 Sīsapāvanasuttam - *Like a Handful of Leaves*
- 3.1.3 Dhammacakkappavattanasuttam- 1 - *Avoiding two Extremes and Pursuing the Middle Path*
- 3.1.4 Vibhaṅgasuttam- 1 - *What is the Eightfold Noble Path?*
- 3.1.5 Paṭhamaparisuddhasuttam - *Perfectly Pure-1*
- 3.1.6 Dutiya-parisuddhasuttam - *Perfectly Pure-2*
- 3.1.7 Jāṇussoṇibrahmaṇasuttam - *The Maggayāna, the Vehicle of the Path that is Produced from Within*
- 3.1.8 Upaḍḍhasuttam - *The Importance of a Kalyāṇamitta*

3.2 aṭṭhaṅgikamaggam- the eight constituents

- 3.2.0 Samuddakasuttam - *Sown is the Seed*

3.2 sammādiṭṭhi - right view

- 3.2.1 Yamakavaggo - *Seeing the Essence*
- 3.2.2 Vibhaṅgasuttam-2 - *What is Right View?*
- 3.2.3 Dhammacakkappavattanasuttam-2 - *The Four Noble Truths Have to Be Fully Realized*
- 3.2.4 Sammādiṭṭhisuttam - *Assuring the Path*
- 3.2.5 Sammādiṭṭhisuttam - *Who is One holding Right View?*
- 3.2.6 Mahācattārisakasuttam - *Discerning Wrong View and Developing Right View*
- 3.2.7 Bījavaggo - *Neem and Sugarcane*
- 3.2.8 Girimānandasuttam- 1 - *What is Perception of Impermanence?*
- 3.2.9 Anattalakkhaṇasuttam - *Understanding Non I*
- 3.2.10 Kathavatthu - *Refuting wrong Doctrines*

3.3 sammāsaṅkappo - right thoughts

- 3.3.1 Vibhaṅgasuttam-3 - *What is Right Thought?*

- 3.3.2 Āghātavatthusuttaṃ - *Ill will Arising*
- 3.3.3 Vitakkasuttaṃ - *Thoughts to Avoid and to Engage in*
- 3.3.4 Cintasuttaṃ - *Thoughts to be Avoided and to be Performed*
- 3.3.5 Mahācattārīsakasuttaṃ cont.- *Discerning Wrong Thought and Developing Right Thought*
- 3.3.6 Ambalaṭṭhikarāhulovādasuttaṃpart one - *How to Train Oneself and to Confess Shortcomings to One's Elders – part one*
- 3.3.7 Ambalaṭṭhikarāhulovādasuttaṃpart two - *How to Train Oneself and to Confess Shortcomings to One's Elders – part two*
- 3.3.8 Dvedhāvittakkasuttaṃ - *Reducing Wrong Thoughts and Strengthening Right Thoughts– part one*
- 3.3.9 Dvedhāvittakkasuttaṃ - *Reducing Wrong Thoughts and Strengthening Right Thoughts– part two*
- 3.3.10 Lekhasuttaṃ - *Generating Saṅkhāra like Rock, Earth or Water*
- 3.3.11 Girimānandasuttaṃ-2 - *What is Perception of Rejection?*
- 3.3.12 Piyatarasuttaṃ - *Who is Dearer than Oneself?*

3.4 sammāvācā - right speech

- 3.4.1 Puppavaggo - *Words like those of a Flower*
- 3.4.2. Vibhaṅgasuttaṃ-4 - *What is Right Speech?*
- 3.4.3 Vācāsuttaṃ - *What are the Characteristics' of Blameless Speech?*
- 3.4.4 Musāvādasuttaṃ - *The Consequences of Wrong Speech*
- 3.4.5 Upālisuttaṃ- 1 - *How to Conduct Oneself Correctly in Right Speech?*
- 3.4.6 Cundasuttaṃ-1 - *About Speech that should be Avoided and that should be Performed*
- 3.4.7 Tiracchānakathāsuttaṃ - *Avoiding Idle Chatter?*
- 3.4.8 Mahācattārīsakasuttaṃ cont. - *Discerning Wrong Speech and Developing Right Speech*
- 3.4.9 Kosambiyasuttaṃ - *Quarrel Breeds Disharmony*
- 3.4.10 Vivādasuttaṃ - *How Quarrel Arises*
- 3.4.11 Pavāraṇābheda – *Invitation to openness!*
- 3.4.12 Pañhabyākaraṇasuttaṃ - *How Questions should get Answered?*
- 3.4.13 Udāyīsuttaṃ - *How Dhamma should be Taught?*
- 3.4.14 Buddhānussatikathā - sugato - *Which Speech Does a Buddha Utter?*
- 3.4.15 Buddha-apadānaṃ - *Buddha's Instruction*

3.5 sammākammanto - right actions

- 3.5.0 sammākammanto - *Right Actions- Introduction*
- 3.5.1 Vibhaṅgasuttaṃ-5 - *What is Right Action?*
- 3.5.2 Cārittaṃ Vārittaṃ Sikkhāpada - *The Training of Performing and Avoiding*
- 3.5.3 Upālisuttaṃ- 2 - *How to Avoid Wrong Action?*
- 3.5.4 Cundasuttaṃ-2 - *How to Conduct Oneself Correctly in Right Action?*
- 3.5.5 Potaliyasuttaṃ - Paṇātipātaṃ pahāya paṇātipātā paṭivirato – *How to Abandon the Destruction of Life*
- 3.5.6 Daṇḍasuttaṃ - *Why never Beat with a Stick?*
- 3.5.7 Rūpādivaggo - *The One Thing that Upsets the Mind*
- 3.5.8 Methunasuttaṃ - *How to Live a Real Celibate Life?*
- 3.5.9 Mahācattārīsakasuttaṃ cont.- *Discerning Wrong Action and Developing Right Action*
- 3.5.10 Cūḷakammavibhaṅgasuttaṃ: *The result of Unwholesome and Wholesome Actions – part one*
- 3.5.11 Aṅkurapetavatthu - *Not even Harming a Tree*

3.6 sammā-ājīvo - right livelihood

- 3.6.0 Sammā-ājīvo – *Dhammikāsuttaṃ – Introduction to Right Livelihood*

- 3.6.1 Vibhaṅgasuttaṃ-6 - *What is Right Livelihood?*
 3.6.2. Vanijjāsuttaṃ - *Five Kind of Trades to be Avoided*
 3.6.3 Parābhavasuttaṃ - *The Causes of Downfall*
 3.6.4 Kumāraśasuttaṃ - *Result of Ignorance*
 3.6.5 Siṅgālasuttaṃ - *The Buddha's advice to Laypeople -part one*
 3.6.6 Siṅgālasuttaṃ - *The Buddha's advice to Laypeople -part two*
 3.6.7 Dīghajāṇusuttaṃ - *Earning one's Bread honestly by the Sweat of one's Brow*
 3.6.8 Maṅgālasuttaṃ - *Wholesome blessings for a householder fulfilled*
 3.6.9 Cūḷakammavibhaṅgasuttaṃ - *The Result of Unwholesome and Wholesome Actions – part two*
 3.6.10 Sīlānisamaṣsakathā - *What are the Benefits of a Virtuous Life?*
 3.6.11 Paṭhamasamajīvīsuttaṃ - *How a Couple can Meet again for Many Lives?*
 3.6.12 Cakkavattisuttaṃ - *The Duties of a Righteous King*
 3.6.13 Sārāndadasuttaṃ – *How to Live in Harmony and true Democracy?*
 3.6.14 Mahācattārīsakasuttaṃ cont.- *Discerning Wrong Livelihood and Developing Right*
 3.6.15 Sīlappabhedakathā - *Easy to Fall Prey to Breakeage of Sīla*
 3.6.16 Pātimokkhasaṃvarasīlaṃ: okkhittacakkhu, āradhāvīriyo – *Dwelling in Proper Conduct*
 3.6.17 Rajanīyasutta, Vītarāgasutta, Kuhakasutta, Assaddhasutta, Akkhamasutta – *Proper Conduct is the Base of Faith*
 3.6.18 Bhikkhuaparihāniyadhammā – *How the Saṅgha will Live on*
- 3.7 sammāvāyāmo - right effort.
- 3.7.1 Vibhaṅgasuttaṃ-7 - *What is Right Effort?*
 3.7.2 Saṃvarasuttaṃ - *Avoiding Unwholesome and Maintaining the Wholesome*
 3.7.3 Ālasāyanuyoge ādīnavā - *Dangers Attached to Idleness*
 3.7.4 Mātāṅgaputtattheragāthā - *There are Many Excuses*
 3.5.5 Akammaṇiyavaggo - *How to Cultivate One's Mind?*
 3.7.6 Adantavaggo - *How to Train One's Mind?*
 3.7.7 Cundasuttaṃ-3 - *Purifying Oneself by Training One's Mind properly*
 3.7.8 Soṇakoḷivisavaththu - *Balanced Endeavour should Resemble Strings of a Veeṇa properly Tuned*
 3.7.9 Upaññātasuttaṃ - *Never be Content with what is already Attained*
 3.7.10 Mahāniddeśapāḷi - Vīriyasamādāna – *The Undertaking of Effort*
 3.7.11 Assājānīyasuttaṃ - *Eight necessary Qualities to maintain one's posture*
 3.7.12 Kīṭṭāgirisuttaṃ - *Strongly determined effort*
 3.7.13 Mahāgosingasuttaṃ - *Never Relax the cross-legged Position!*
- 3.8 sammāsati - right awareness.
- 3.8.1 Vibhaṅgasuttaṃ-8 - *What is Right Awareness?*
 3.8.2 Satisuttaṃ - *Remaining Sato and Sampajāno*
 3.8.3 Ekadhammasuttaṃ - *How to Develop Awareness?*
 3.8.4 Kāyagatāsativaggo - *The Many Benefits derived from the Bodily Awareness*
 3.8.5 Amatavaggo - *Deathlessness*
 3.8.6 Paṭhamagelannasuttaṃ - *Allow the Time to Ripen*
 3.8.7 Attadīpā, viharatha attasaraṇā anaññasaraṇā – *Be Yourselves an Island*
 3.8.8 Ajitattheragāthā & Kosalavīhārittheragāthā – *Dwelling with Sampajāno*
- 3.9 sammāsamādhi - right concentration
- 3.9.1 Vibhaṅgasuttaṃ-9 - *What, oh Bhikkhus, is Right Concentration*
 3.9.2 Samādhisuttaṃ - *Noble Right Concentration Equipped with its Means and Accessories*

- 3.9.3 Samādhisuttaṃ - *How to Develop Samādhi.*
- 3.9.4 Samādhisuttaṃ - *Understanding Things Clearly as they Really Are*
- 3.9.5 Samādhībhāvanāsuttaṃ - *How Concentration Gets Developed*
- 3.9.6 Soṇakoḷivisavatthu cont. - *As a Rock is Never Moved*
- 3.9.7 Paṭhama-ākāśasuttaṃ - *Like Winds in the Sky*
- 3.9.7 Mahākassapatheragāthā – *Meditating in Nature's Calm*

Chapter Four:

4 Enabling Generosity, Compassion and Goodwill

- 4.1.1 Attavaggo - *You are your Own Master*

4.2 Dāna -

- 4.2.1 Dānasuttaṃ - *Do not Miss the Opportunity to Give Dāna!*
- 4.2.2 Dānavatthusuttaṃ - *Reasons for Giving Dāna*
- 4.2.3 Aṅkurapetavatthu - *Giving with the proper Attitude and proper Measure*
- 4.2.4 Paṭhamadānasuttaṃ - *Ways of Giving Dāna*
- 4.2.5 Asappurisadānasuttaṃ - *How Giving Should not be Performed and how it Should be Performed?*
- 4.2.6 Sappurisadānasuttaṃ - *The Giving of a Noble Person*
- 4.2.7 Sappurisadānasuttaṃ - *Gifts from a Noble Person*
- 4.2.8 Kāladānasuttaṃ - *Knowing the Appropriate Time to Give Dāna*
- 4.2.9 Dānānisamsasuttaṃ - *The Benefits Derived from Giving Dāna*
- 4.2.10 Sīhasenāpatisuttaṃ - *Trust only your own Experience*
- 4.2.11 Dānamahapphalasuttaṃ - *The Different Results of the same Donation Depend on the Intention*
- 4.2.12 Samacittavaggo - *The Gift of Parenthood*

4.3 Mettā

- 4.3.1 sayampi dukkhahetuttamiti - *You are Yourself the Cause of Pain.*
- 4.3.2 Ahirājasuttaṃ - *If Metta was Practised*
- 4.3.3 Mettāsuttaṃ - *Eight Advantages of Practicing Metta*
- 4.3.4 Mettāsuttaṃ - *The Eleven Advantages of Practicing Metta*
- 4.3.5 Accharāsaṅghātavaggo - *If Metta is Practised for the Time of only One Finger's-snap*
- 4.3.6 Mettābhāvanāsuttaṃ - *Applied Metta Surpasses All*
- 4.3.7 Ettha ca mettāsahagatenāti mettāya samannāgatena - *How One Should Dwell Suffused with Mettā*
- 4.3.8 Karaṇīyametta Suttaṃ cont. - *How Mettā should be practiced*
- 4.3.9 Maṅgala-āsiṃsanā - *An Ancient Wishing for Wellbeing*

Chapter Five:

5 Eliminating the Impurities and Leading towards Liberation.

5.1 The Dormant Impurities: - tayo āsavā

- 5.1.1 Āsavasuttaṃ -
- 5.1.2 Bhavasuttaṃ -

- 5.1.3 Taṇhāsuttaṃ -
- 5.1.4 Taṇhāsuttaṃ -
- 5.2 The Basic Entanglements: - rāga – dosa – moha
 - 5.2.1 Jaṭāsutta -
 - 5.2.2 Antarāmalasuttaṃ -
 - 5.2.3 Lobhasuttaṃ -
 - 5.2.4 Dosasuttaṃ -
 - 5.2.5 Mohasuttaṃ -
- 5.3 The Different Sensations: - tisso vedanā
 - 5.3.1 Vedanāsuttaṃ -
 - 5.3.2 Vedanāsuttaṃ -
 - 5.3.3 Samādhisuttaṃ -
 - 5.3.4 Sukhasuttaṃ -
 - 5.3.5 Pahānasuttaṃ -
 - 5.3.6 Pātālasuttaṃ -
 - 5.3.7 Daṭṭhabbasuttaṃ -
 - 5.3.8 Sallasuttaṃ -
- 5.4 The four Satipaṭṭhānā - cattaro satipaṭṭhānā
 - 5.4.1 Ambapālisuttaṃ -
 - 5.4.2 Ānāpānassatisuttaṃcont -
- 5.5 The four Great Powers - cattaro iddhipādāni
 - 5.5.1 Tikapaṭṭhāna -
 - 5.5.2 Dasa-iddhikathā -
- 5.6 The five Hindrances: - pañcimāni nīvaraṇāni
 - 5.6.1 Nīvaraṇasuttaṃ -
 - 5.6.2 Akusalarāsisuttaṃ -
 - 5.6.3 Nīvaraṇappahānavaggo -
 - 5.6.4 Pacalāyamānasuttaṃ -
- 5.7 The five Strengths - pañcimāni balāni
 - 5.7.1 Saṃkhittasuttaṃ -
 - 5.7.2 Balādisuttadvādasakaṃ -
 - 5.7.3 Vitthatasuttaṃ -
- 5.8 The five great Strengths - pañcimāni indriyāni
 - 5.8.1 Suddhikasuttaṃ -
 - 5.8.2 Paṭhamasotāpannasuttaṃ -
 - 5.8.3 Dutiyasotāpannasuttaṃ -
 - 5.8.4 Paṭhama-arahantasuttaṃ -
 - 5.8.5 Dutiya-arahantasuttaṃ -
- 5.9 The five Bases of Clinging - pañcime upādānakkhandhā
 - 5.9.1 Upādānakkhandhasuttaṃ -
 - 5.9.2 Aniccasuttaṃ -

- 5.9.3 Dukkhasuttaṃ -
- 5.9.4 Anattasuttaṃ -
- 5.9.5 Viññāṇalakkhaṇapañho -

- 5.10 The five factors of endeavor
 - 5.10.1 to be researched..... .
 - 5.10.2 to be researched..... .

- 5.11 The seven Factors of Enlightenment - sattannaṃbojjhaṅgānaṃ
 - 5.11.1 Bojjhaṅgadesanāsuttaṃ -
 - 5.11.2 Daliddasuttaṃ -
 - 5.11.3 Adaliddasuttaṃ -
 - 5.11.4 Paṭhama-uppannasuttaṃ -
 - 5.11.5 Bodhāyasuttaṃ -
 - 5.11.6 Bojjhaṅgasuttaṃ -
 - 5.11.7 Ānāpānassatisuttaṃ cont. -

- 5.12 The seven stages of Purification - sattānī visuddhī
 - 5.12.1 to be researched..... .

- 5.13 The ten Bondages - dasayimāni saṃyojanāni
 - 5.13.1 Saṃyojanasuttaṃ -
 - 5.13.2 Orambhāgiyasuttaṃ -
 - 5.13.3 Uddhambhāgiyasuttaṃ -

- 5.14 The ten Pāramitā - dasa pāramitā
 - 5.14.1 to be researched..... .

- 5.15 The twelve links of the Dependent Origination – dvadāsānī paṭiccasamuppādaṅgaṇī
 - 5.15.1 Paṭhamabodhisuttaṃ -.
 - 5.15.2 Dutiyabodhisuttaṃ -.
 - 5.15.3 Tatiyabodhisuttaṃ -.
 - 5.15.4 Mahāhatthipadopamasuttaṃ -

- 5.16 The thirtytwo Bodhipakkhiyadhammas - dvatiṃsati bodhipakkhiyadhamma
 - 5.16.1 Ānandayācanakathā -
 - 5.16.2 Bodhipakkhiyakathā -
 - 5.16.3 Ānāpānassatisuttaṃ cont -.

- 5.17 The Last Words of the Enlightened One – tathāgatapacchimavācā
 - 5.17.1 Mahāparinibbānasuttaṃ- Tathāgatapacchimavācā -.