

Exploring the ancient path in the Buddha's own words -- Lesson 1.4.6



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Ānāpānassatisuttam

Evam me sutam— ekaṁ samayam bhagavā sāvatthiyam viharati pubbārāme migāramātupāsāde sambahulehi abhiññātehi abhiññātehi therehi sāvakehi saddhim— āyasmatā ca sāriputtena āyasmatā ca mahāmoggallānena āyasmatā ca mahākassapena āyasmatā ca mahākaccāyanena āyasmatā ca mahākoṭṭhikena āyasmatā ca mahākappinena āyasmatā ca mahācundena āyasmatā ca anuruddhena āyasmatā ca revatena āyasmatā ca ānandena, aññehi ca abhiññātehi abhiññātehi therehi sāvakehi saddhim.

Tena kho pana samayena therā bhikkhū nave bhikkhū ovadanti anusāsanti. Apkekacce therā bhikkhū dasapi bhikkhū ovadanti anusāsanti, apkekacce therā bhikkhū vīsampi bhikkhū ovadanti anusāsanti, apkekacce therā bhikkhū tiṁsampi bhikkhū ovadanti anusāsanti, apkekacce therā bhikkhū cattārīsampi bhikkhū ovadanti anusāsanti. Te ca navā bhikkhū therehi bhikkhūhi ovadiyamānā anusāsiyamānā uḷāram pubbenāparam visesam jānanti.

Tena kho pana samayena bhagavā tadauposathe pannarase pavāraṇāya puṇṇāya puṇṇamāya rattiyā bhikkhusaṅghaparivuto abbhokāse nisinno hoti. Atha kho bhagavā tuṇhībhūtam tuṇhībhūtam bhikkhusaṅgham anuviloketvā bhikkhū āmantesi— “āraddhosmi, bhikkhave, imāya paṭipadāya; āraddhacittosmi, bhikkhave, imāya paṭipadāya. Tasmātiha, bhikkhave, bhiyyosomattāya vīriyam ārabhatha appattassa pattiya, anadhigatassa adhigamāya asacchikatassa sacchikiriyāya. Idhevāham sāvatthiyam komudim cātumāsinim āgamessāmī”ti. Assosum kho jānapadā bhikkhū— “bhagavā kira tattheva sāvatthiyam komudim cātumāsinim āgamessatī”ti. Te jānapadā bhikkhū sāvatthim osaranti bhagavantam dassanāya.

Te ca kho therā bhikkhū bhiyyosomattāya nave bhikkhū ovadanti anusāsanti. Apkekacce therā bhikkhū dasapi bhikkhū ovadanti anusāsanti, apkekacce therā bhikkhū vīsampi bhikkhū ovadanti anusāsanti apkekacce therā bhikkhū tiṁsampi bhikkhū ovadanti

anusāsanti, appekacce therā bhikkhū cattārīsampi bhikkhū ovadanti anusāsanti. Te ca navā bhikkhū therehi bhikkhūhi ovadiyamānā anusāsiyamānā uṭāram pubbenāparām visesam jānanti.

Tena kho pana samayena bhagavā tadauposathe pannarase komudiyā cātumāsiniyā puṇṇāya puṇṇamāya rattiyā bhikkhusaṅghaparivuto abbhokāse nisinno hoti. Atha kho bhagavā tuṇhībhūtam tuṇhībhūtam bhikkhusaṅgham anuviloketvā bhikkhū āmantesi – “apalāpāyam, bhikkhave, parisā; nippalāpāyam, bhikkhave, parisā; suddhā sāre patiṭṭhitā. Tathārūpo ayam, bhikkhave, bhikkhusaṅgho; tathārūpā ayam, bhikkhave, parisā yathārūpā parisā āhuneyyā pāhuneyyā dakkhiṇeyyā añjalikaraṇīyā anuttaram puññakkhettam lokassa. Tathārūpo ayam, bhikkhave, bhikkhusaṅgho; tathārūpā ayam, bhikkhave, parisā yathārūpāya parisāya appam dinnam buhu hoti, buhu dinnam bahutaram. Tathārūpo ayam, bhikkhave, bhikkhusaṅgho; tathārūpā ayam, bhikkhave, parisā yathārūpā parisā dullabhā dassanāya lokassa. Tathārūpo ayam, bhikkhave, bhikkhusaṅgho; tathārūpā ayam, bhikkhave, parisā yathārūpam parisam alam yojanagaṇanāni dassanāya gantum puṭosenāpi”.

“Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe arahanto khīṇāsavā vusitavanto katakaraṇīyā ohitabhārā anuppattasadatthā parikkhīṇabhadavasaṃyojanā sammadāññāvimuttā – evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe pañcannam orambhāgiyānam samyojanānam parikkhayā opapātikā tattha parinibbāyino anāvattidhammā tasmā lokā– evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe. Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe tiṇṇam samyojanānam parikkhayā rāgadosamohānam tanuttā sakadāgāmino sakideva imam lokam āgantvā dukkhassantam karissanti– evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe. Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe tiṇṇam samyojanānam parikkhayā sotāpannā avinipātadhammā niyatā sambodhiparāyanā– evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe.

“Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe catunnam satipaṭṭhānānam bhāvanānuyogamanuyuttā viharanti evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe. Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe catunnam

sammappadhānānam bhāvanānuyogamanuyuttā viharanti ...pe... catunnam
 iddhipādānam... pañcannam indriyānam... pañcannam balānam... sattannam
 bojjhaṅgānam... ariyassa atṭhaṅgikassa maggassa bhāvanānuyogamanuyuttā viharanti–
 evarūpāpi, bhikkhave, santi bhikkhū imasmīm bhikkhusaṅghe. Santi, bhikkhave, bhikkhū
 imasmīm bhikkhusaṅghe mettābhāvanānuyogamanuyuttā viharanti...
 karuṇābhāvanānuyogamanuyuttā viharanti... muditābhāvanānuyogamanuyuttā viharanti...
 upekkhābhāvanānuyogamanuyuttā viharanti... asubhabhāvanānuyogamanuyuttā
 viharanti... aniccasaññābhāvanānuyogamanuyuttā viharanti– evarūpāpi, bhikkhave, santi
 bhikkhū imasmīm bhikkhusaṅghe.

Santi, bhikkhave, bhikkhū imasmīm bhikkhusaṅghe
 ānāpānassatibhāvanānuyogamanuyuttā viharanti. Ānāpānassati, bhikkhave, bhāvitā
 bahulīkatā mahaphalā hoti mahānisamsā. Ānāpānassati, bhikkhave, bhāvitā bahulīkatā
 cattāro satipaṭṭhāne paripūreti. Cattāro satipaṭṭhānā bhāvitā bahulīkatā satta bojjhaṅge
 paripūrenti. Satta bojjhaṅgā bhāvitā bahulīkatā vijjāvimuttim paripūrenti.

Majjhimanikāye, Uparipaññāsapāli, Anupadavaggo

abbhokāse	abhi+avakāse	open air, open sky
abhiññātehi	abhjānāti (pp.)	recognised, distinguished, known
āgantvā	ā+gacchatī (ger.)	having come
āhuneyyā		worthy of offering
anāvattidhammā	an+āvatti+dhammā	not + returning +by nature,
anuppattasadathā	anuppatta+sad+atthā	attained + one's own + goal, wealth
anusāsanti		teach, instruct, admonish
anuviloketvā	(ger.)	having looked around
añjalikaraṇyā	añjali+karaṇyā	hands + rising: showing respect by
rising folded hands		
apalāpāyam	a+palāpa+ayam	without prattle +this
āraddhosmi	āraddho+asmī	resolved, resolute + I am
avinipātadhammā	a+vinipāta+dhammā	not + lower fields + by nature
bhāvanānuyogamanuyuttā	bhāvanā+anuyogam+anuyuttā	development + engaging in +
practising		
cātumāsiniyā	cātu+māsiniyā	four + months
dakkhineyyā		worthy of donations
dukkhassantam	dukkha+assa+antam	end of suffering
katakaraṇyā	kata+karaṇyā	done + ought to be done
khīṇāsavā	khīṇa+āsavā	without + impurities, defilements
komudiyā		moon light
nippalāpāyam	ni+p+palāpa+ayam	without + chatter + this
niyatā		sure, certainly
ohitabhārā	ohita+bhārā	laid down + burden
opapātikā		born spontaneously
orambhāgiyānam	ora+m+bhāga +iyānam	below, inferior + parts, section



ovadanti		instruct, exhort
pāhuneyyā		worthy of hospitality
pannarase		on the 15 th day (full moon)
parikkhaya		exhaustion, waste
parikkhīñabha ^v asamyojanā	pari+k+khīna+bhava+samyojanā	
parinibbāyino	completely+destroyed+becoming+fetters	
parisā		one who attains final liberation
parivuto		assembly
patitthitā	pa+titthitā	surrounded
puṇṇamāya		established
puṇṇāya		made full, full moon
putosenāpi	puṭo+aṁsa+api	full
provision bag		container + shoulderbag: with a
rattiyā		
sakideva		night
sambodhiparāyanā	sambodhi+parāyanā	only once
sammadaññāvimuttā	amma+d+aññā+vimuttā	complete enlightenment+final
sāre		right+wisdom+liberation
tadahuposathe	tad+aha+uposathe	the innermost, essence, pith
tanuttā		that + the day + of Uposathe
tuññībhūtam		reduced
vusitavanto	visita+vanto	silent
yojanagananāni	yojana+gaṇanā+ni	fulfilled, accomplished + left
		a yojana + counting, measure of



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