

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

### Ānāpānassatisuttaṃ

Evam me sutaṃ– ekaṃ samayaṃ bhagavā sāvattiyam viharati pubbārāme migāramātupāsāde sambahulehi abhiññātehi abhiññātehi therehi sāvakehi saddhim– āyasmatā ca sārīputtena 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. Appekacce therā bhikkhū dasapi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū vīsampi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū tiṃsampi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū cattārīsampi bhikkhū ovadanti anusāsanti. Te ca navā bhikkhū therehi bhikkhūhi ovadiyamānā anusāsiyamānā uḷāraṃ pubbenāparaṃ visesaṃ jānanti.

Tena kho pana samayena bhagavā tadahuposathe pannarase pavāraṇāya puṇṇāya puṇṇamāya rattiyā bhikkhusaṅghaparivuto abbhokāse nisinno hoti. Atha kho bhagavā tuṇhībhūtaṃ tuṇhībhūtaṃ bhikkhusaṅghaṃ anuviloketvā bhikkhū āmantesi– “āraddhosmi, bhikkhave, imāya paṭipadāya; āraddhacittosmi, bhikkhave, imāya paṭipadāya. Tasmātiha, bhikkhave, bhīyosomattāya vīriyaṃ ārabhatha appattassa pattiya, anadhigatassa adhigamāya asacchikatassa sacchikiriyāya. Idhevāhaṃ sāvattiyam komudim cātumāsiniṃ āgamaṣāmi”ti. Assosum kho jānapadā bhikkhū– “bhagavā kira tattheva sāvattiyam komudim cātumāsiniṃ āgamaṣati”ti. Te jānapadā bhikkhū sāvattim osaranti bhagavantaṃ dassanāya.

Te ca kho therā bhikkhū bhīyosomattāya nave bhikkhū ovadanti anusāsanti. Appekacce therā bhikkhū dasapi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū vīsampi bhikkhū ovadanti anusāsanti, appekacce therā bhikkhū tiṃsampi bhikkhū ovadanti

anusāsanti, appekacce therā bhikkhū cattārīsampi bhikkhū ovadanti anusāsanti. Te ca navā bhikkhū therehi bhikkhūhi ovadiyamānā anusāsiyamānā ulāraṃ pubbenāparaṃ visesaṃ jānanti.

Tena kho pana samayena bhagavā tadahuposathe pannarase komudiyā cātumāsiniyā punṇāya punṇamāya rattiyā bhikkhusaṅghaparivuto abbhokāse nisinno hoti. Atha kho bhagavā tuṅhībhūtaṃ tuṅhībhūtaṃ bhikkhusaṅghaṃ anuviloketvā bhikkhū āmantesi – “apalāpāyaṃ, bhikkhave, parisā; nippalāpāyaṃ, bhikkhave, parisā; suddhā sāre patitṭhitā. Tathārūpo ayaṃ, bhikkhave, bhikkhusaṅgho; tathārūpā ayaṃ, bhikkhave, parisā yathārūpā parisā āhuneyyā pāhuneyyā dakkhiṇeyyā añjalikaraṇīyā anuttaraṃ puññakkhettaṃ lokassa. Tathārūpo ayaṃ, bhikkhave, bhikkhusaṅgho; tathārūpā ayaṃ, bhikkhave, parisā yathārūpāya parisāya appaṃ dinnam bahu hoti, bahu dinnam bahutaraṃ. Tathārūpo ayaṃ, bhikkhave, bhikkhusaṅgho; tathārūpā ayaṃ, bhikkhave, parisā yathārūpā parisā dullabhā dassanāya lokassa. Tathārūpo ayaṃ, bhikkhave, bhikkhusaṅgho; tathārūpā ayaṃ, bhikkhave, parisā yathārūpaṃ parisam alaṃ yojanagaṇanāni dassanāya gantuṃ puṭosenāpi” .

“Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe arahanto khīṇāsavā vusitavanto katakaraṇīyā ohitabhārā anuppattasadatthā parikkhīṇabhavasamyojanā sammadaññāvimuttā – evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe pañcannaṃ orambhāgiyānaṃ samyojanānaṃ parikkhayā opapātikā tattha parinibbāyino anāvattidhammā tasmā lokā– evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe. Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe tiṇṇaṃ samyojanānaṃ parikkhayā rāgadosamohānaṃ tanuttā sakadāgāmino sakideva imaṃ lokaṃ āgantvā dukkhassantaṃ karissanti– evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe. Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe tiṇṇaṃ samyojanānaṃ parikkhayā sotāpannā avinipātadhammā niyatā sambodhiparāyanā– evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe.

“Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe catunnaṃ satipaṭṭhānānaṃ bhāvanānuyogamanuyuttā viharanti evarūpāpi, bhikkhave, santi bhikkhū imasmiṃ bhikkhusaṅghe. Santi, bhikkhave, bhikkhū imasmiṃ bhikkhusaṅghe catunnaṃ

sammappadhānānaṃ bhāvanānuyogamanuyuttā viharanti ...pe... catunnaṃ iddhipādānaṃ... pañcannaṃ indriyānaṃ... pañcannaṃ balānaṃ... sattannaṃ bojjhaṅgānaṃ... ariyassa aṭṭhaṅgikassa maggassa bhāvanānuyogamanuyuttā viharanti– evarūpāpi, bhikkhave, santi bhikkhū imasmim bhikkhusaṅhe. Santi, bhikkhave, bhikkhū imasmim bhikkhusaṅhe mettābhāvanānuyogamanuyuttā viharanti... karuṇābhāvanānuyogamanuyuttā viharanti... muditābhāvanānuyogamanuyuttā viharanti... upekkhābhāvanānuyogamanuyuttā viharanti... asubhabhāvanānuyogamanuyuttā viharanti... aniccaaññābhāvanānuyogamanuyuttā viharanti– evarūpāpi, bhikkhave, santi bhikkhū imasmim bhikkhusaṅhe.

Santi, bhikkhave, bhikkhū imasmim bhikkhusaṅhe ānāpānassatibhāvanānuyogamanuyuttā viharanti. Ānāpānassati, bhikkhave, bhāvitā bahulikatā mahapphalā hoti mahānisamsā. Ānāpānassati, bhikkhave, bhāvitā bahulikatā cattāro satipaṭṭhāne paripūreti. Cattāro satipaṭṭhānā bhāvitā bahulikatā satta bojjhaṅge paripūrenti. Satta bojjhaṅgā bhāvitā bahulikatā vijjāvimuttiṃ paripūrenti.

### ***Majjhimanikāye, Uparipaṇṇāsapāḷi, Anupadavaggo***

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



ovadanti		instruct, exhort
pāhuneyyā		worthy of hospitality
pannarase		on the 15 <sup>th</sup> day (full moon)
parikkhayā		exhaustion, waste
parikkhīṇabhavasamyojanā	pari+k+khīṇa+bhava+samyojanā	
	completely+destroyed+becoming+fetters	
parinibbāyino		one who attains final liberation
parisā		assembly
parivuto		surrounded
paṭiṭṭhitā	pa+tiṭṭhitā	established
puṇṇamāya		made full, full moon
puṇṇāya		full
puṭosenāpi	puṭo+amsa+api	container + shoulderbag: with a
provision bag		
rattiyā		night
sakideva		only once
sambodhiparāyanā	sambodhi+parāyanā	complete enlightenment+final
sammadaññāvimuttā	samma+d+aññā+vimuttā	right+wisdom+liberation
sāre		the innermost, essence, pith
tadahuposathe	tad+aha+uposathe	that + the day + of Uposathe
tanuttā		reduced
tuṇhībhūtaṃ		silent
vusitavanto	visita+vanto	fulfilled, accomplished + left
yojanagaṇanāni	yojana+gaṇanā+ni	a yojana + counting, measure of

