

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.1.3

Dhammacakkappavattanasuttaṃ **Avoiding two Extremes and Pursuing the Middle Path**



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Dhammacakkappavattanasuttaṃ	Avoiding two Extremes and Pursuing the Middle Path
Ekaṃ samayaṃ bhagavā bārāṇasiyaṃ viharati isipatane migadāye.	At one time the Bhagavā was dwelling in the deer park, in Isipatane near Bārāṇasi.
Tatra kho bhagavā pañcavaggiye bhikkhū āmantesi.	At that time the Bhagavā addressed the group of five Bhikkhus.
“dveme, bhikkhave, antā pabbajitena na sevittabbā. Katame dve?”	“These two aims, O’ Bhikkhus, should not be pursued by someone who has left the householders life. Which are the two?”
Yo cāyaṃ kāmesu kāmasukhallikānuyogo hīno gammo pothujjaniko anariyo anattasaṃhito, yo cāyaṃ attakilamathānuyogo dukkho anariyo anattasaṃhito.	There is the practice of rolling in sensual pleasures, which is low, common, belonging to an ordinary man, unworthy and not connected to the goal, and the practice of self-mortification, which is painful, unworthy and not connected to the goal.
Ete kho, bhikkhave, ubho ante anupagamma majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṃvattati”.	These two aims, O’ Bhikkhus, have been left aside by the Tathāgata who practices the Middle Path that leads to Buddhahood, leads to insight, knowledge, tranquillity, wisdom, full enlightenment and Nibbāna.
“Katamā ca sā, bhikkhave, majjhimā paṭipadā tathāgatena abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṃvattati?”	What, O’ Bhikkhus, is this Middle Path practiced by the Tathāgata that leads to Buddhahood, to insight, knowledge, tranquillity, perfect wisdom, full enlightenment and Nibbāna?
Ayameva ariyo aṭṭhaṅgiko maggo, seyyathidaṃ—sammādiṭṭhi sammāsaṅkappo sammāvācā sammākammanto sammā-ājīvo sammāvāyāmo sammāsati sammāsamādhi.	It is the Eightfold Noble Path which is right view, right thought, right speech, right action, right livelihood, right effort, right awareness and right concentration.

Ayaṃ kho sā, bhikkhave, majjhimā paṭipadā tathāgatenā abhisambuddhā cakkhukaraṇī ñāṇakaraṇī upasamāya abhiññāya sambodhāya nibbānāya saṃvattati.	This, O’ Bhikkhus, is the Middle Path practiced by the Tathagata that leads to Buddhahood, leads to insight, knowledge, tranquillity, perfect wisdom, full enlightenment and Nibbāna.....
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