

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 Cūḷagosinḡasuttaṃ - *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 sāmañña vā brahmañña vā brahmacariyena vā – A Path which is the Same for Each and Everyone

- 2.1.1 Kesamuttisuttam part 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 Abhiñhapaccavekkhitabbathānasuttam - *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 Dutiyapaṭipadāsuttam - *Why one ought to Walk the Path Correctly*
- 2.1.9 Paṭhamasāmaññasuttam - *About Being a Sāmañña and the Fruits thereof*
- 2.1.10 Dutiyasāmaññasuttam - *The Purpose of Being a Sāmañña*
- 2.1.11 Paṭhamabrahmannasuttam & Dutiyabrahmaññasuttam - *About Being a Brahmañña and the Fruits thereof & The Purpose of Being a Brahmañña*
- 2.1.12 Paṭhamabrahmacariyasuttam & Dutiyabrahmacariyasuttam - *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 Dutiyaparisuddhasuttam - *Perfectly Pure-2*
- 3.1.7 Jāṇussoṇiḥbrahmanasuttam - *The Maggayāna, the Vehicle of the Path that is Produced from Within*
- 3.1.8 Upaḍḍhasuttam - *The Importance of a Kalyāṇamitta*

3.2 aṭṭhaṅgikammaggaṃ- 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 Sammādiṭṭhisuttaṃ - *Who is One holding Right View?*
- 3.2.6 Mahācattārisakasuttaṃ - *Discerning Wrong View and Developing Right View*
- 3.2.7 Bījavaggo - *Neem and Sugarcane*
- 3.2.8 Girimānandasuttaṃ- 1 - *What is Perception of Impermanence?*
- 3.2.9 Anattalakkhaṇasuttaṃ - *Understanding Non I*
- 3.2.10 Kathavatthu - *Refuting wrong Doctrines*

- 3.3 sammāsaṅkappo - right thoughts
 - 3.3.1 Vibhaṅgasuttaṃ-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 Mahācattārisakasuttaṃ 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 Dvedhāvitakkasuttaṃ - *Reducing Wrong Thoughts and Strengthening Right Thoughts– part one*
 - 3.3.9 Dvedhāvitakkasuttaṃ - *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 Piyyārasuttaṃ - *Who is Dearer than Oneself?*

- 3.4 sammāvācā - right speech
 - 3.4.1 Pupphavaggo - *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 Mahācattārisakasuttaṃ 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 Upālisuttaṃ- 2 - *How to Avoid Wrong Action?*
 - 3.5.3 Cundasuttaṃ-2 - *How to Conduct Oneself Correctly in Right Action?*
 - 3.5.4 Pāṇātipātāṃ pahāya pāṇātipātā paṭivirato – *How to Abandon the Destruction of Life?*
 - 3.5.6 Mahācattārisakasuttaṃ cont.- *Discerning Wrong Action and Developing Right Action*
 - 3.5.7 Daṇḍasuttaṃ - *Why never Beat with a Stick?*
 - 3.5.8 Aṅkurapetavatthu - *Not even Harming a Tree*
 - 3.5.9 Rūpādivaggo - *The One Thing that Upsets the Mind*

3.5.10 Methunasuttam - *How to Live a Real Celibate Life?*

3.5.11 Piyavaggo - *Results of Passion*

3.6 sammā-ājīvo - right livelihood

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

3.6.1 Vibhaṅgasuttam-6 - *What is Right Livelihood?*

3.6.2 Vaṇijjāsuttam - *Five Kind of Trades to be Avoided*

3.6.3 Kumāraśāsuttam - *Result of Ignorance*

3.6.4 Dīghajāṇusuttam - *Earning one's Bread honestly by the Sweat of one's Brow*

3.6.5 Siṅgālasuttam - *The Buddha's advice to Laypeople*

3.6.6 Parābhavasuttam - *The Causes of Downfall*

3.6.7 Cūḷakammavibhaṅgasuttam - *The Result of Unwholesome and Wholesome Actions – part two*

3.6.8 Sīlānisamsakathā - *What are the Benefits of a Virtuous Life?*

3.6.9 Paṭhamasamajīvīsuttam - *How a Couple can Meet again for Many Lives?*

3.6.10 Cakkavattisuttam - *The Duties of a Righteous King*

3.6.11 Sārandadasuttam – *How to Live in Harmony and true Democracy?*

3.6.12 Mahācattārīsakasuttam cont.- *Discerning Wrong Livelihood and Developing Right Livelihood*

3.6.13 Sīlappabhedakathā - *Easy to Fall Prey to Breakage of Sīla*

3.6.14 Pātīmokkhasaṃvarasīlam: okkhittacakkhu, āradhāvīriyo – *Dwelling in Proper Conduct.*

3.6.14 Rajanīyasutta, Vītarāgasutta, Kuhakasutta, Assaddhasutta, Akkhamasutta – *Proper Conduct is the base of Faith*

3.6.15 Bhikkhuaparihāniyadhammā – *How the Saṅgha will Live on*

3.7 sammāvāyāmo - right effort.

3.7.0 Right Effort – Sīlalakkhaṇapaṇho – *Proceeding Further on the Path - the Wholesome Base of Sīla is only a Precondition!*

3.7.1 Sammāvāyāmo -Vibhaṅgasuttam-7 - *What is Right Effort?*

3.7.2 ālasāyanuyoge ādīnavā versus āradhāvīriyo ārakkhagocaro - *Beware of the Dangers of Idleness by Keeping up Unyielding Energy!*

3.7.3 Saṃvarasuttam - *How can Right Effort get Perfected?*

3.7.4 Indriyabhāvanāsutta – *Mastering the Sense-faculties*

3.7.5 Akammaniyavaggo & Adantavaggo – *Mastering the Mind*

3.7.6 Indriyasamvarasīlam - *Maintaining one's Object of Meditation unobstructed!*

3.7.7 Cundasuttam-3 - *Purifying Oneself by Training One's Mind properly*

3.7.8 Nīvaraṇapabbam – *Mastering the Hindrances*

3.7.9 Ānāpānassatisutta - Satta Bojjhaṅge – *Perfecting the seven Factors of Enlightenment*

3.7.10 Soṇakoḷivisavattthu - *Balanced Endeavour should Resemble properly Tuned Strings of a Veena*

3.7.11 Upaṇṇātasuttam - *'Let my Efforts be Maintained until I have Attained what is Attainable!'- About strong Determination*

3.7.12 Assajānīyasuttam - *Eight Extolled Virtues that Qualify a Follower of the Path – Working in a balanced way!*

3.8 sammāsati - right awareness.

3.8.1 Vibhaṅgasuttam-8 - *What is Right Awareness?*

3.8.2 Satisuttam - *Remaining Sato and Sampajāno*

3.8.3 Ekadhammasuttam - *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 & Kosalavihārittheragāthā – *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 Samādhibhāvanāsuttaṃ - *How Concentration Gets Developed*
- 3.9.6 Soṅakoḷivisavatthu cont. - *As a Rock is Never Moved*
- 3.9.7 Paṭhama-ākāśasuttaṃ - *Like Winds in the Sky*
- 3.9.7 Mahākassapattheragāthā – *Meditating in Natures 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 Asappurisdānasuttaṃ - *How Giving Should not be Performed and how it Should be Performed?*
- 4.2.6 Sappurisdānasuttaṃ - *The Giving of a Noble Person*
- 4.2.7 Sappurisdānasuttaṃ - *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 Viññānalakkhaṇapañho -

- 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 - dvatimsati 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 -.