

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

Chapter One:

1 So Fortunate who Encounters

[1.1.1 Bahujanahitasuttam](#) - *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 Dullabhasuttam](#) - *Difficult to Encounter*

[1.2.4 Pātubhāvasuttam](#) - *Rare Manifestations*

[1.2.5 Brahmajālasuttavaṇṇanā](#) - *So rare*

[1.2.6 Dutiyachiggalayugasuttam](#) - *The Second Simile of the Turtle*

[1.3 Appakā te manussesu](#) - so Few out of Many Human

[1.3.1 Saṅgāraḥasuttam](#) - *The Questions of Saṅgāraḥo*

[1.3.2 Orimatīrasuttam](#) - *The Hither and the Further Shore*

[1.3.3 Pāraṅgamasuttam](#) - *The Going Beyond*

[1.3.4 Catutthavaggo](#) - *The Few and the Many*

[1.3.5 Mandūkadevaputtavimānavatthu](#) - *The Frog Transforms into a Deva*

[1.3.6 Tamotamasuttam](#) - *From Darkness or Brightness to Brightness or Darkness*

[1.3.7 Hirīsuttam](#) - *By Sense of Shame*

[1.3.8 Caṅkamasuttam](#) - *Bound together by Inclinations*

[1.3.9 Saṅghabhedasuttam](#) - *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 Dhajaggasuttam](#) - *Verses for Protection*

[1.4.4 Araññasuttam](#) - *Serene Dwelling in the Forest*

[1.4.5 Cūlagosiṅgasuttam](#) - *Like Milk and Water Dwelling in Harmony*

[1.4.6 Ānāpānassatisuttam](#) - *Free from Prattle and Chatter is this Assembly*

[1.4.7 Karaniyasuttam](#) - *Pursuing their own good*

[1.4.8 Sāmaññaphalasuttam](#) - *Pointing out the Way to One who is Lost*

[1.4.9 Ratanasuttam](#) - *Taking Refuge in the Three Jewels: the Buddha, the Dhamma and the Saṅgha*

Chapter Two:

[2.1 Kutikasuttam](#) – A Path which is the Same for Each and Everyone

[2.1.1 Kesamuttisuttam Part 1](#) - *Don't Believe in Tradition, in Hearsay, in Teachers but your own – part one*

[2.1.2 Kesamuttisuttam Part 2](#) - *Don't Believe in Tradition, in Hearsay, in Teachers but your own Experience - part two*

[2.1.3 Abhinhapaccavekkhitabbathānasuttam](#) - *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 Pathamapaṭipadāsuttam](#) - *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 Dutiyaśāmaññasuttam](#) - *The Purpose of Being a Sāmañña*

[2.1.11 Paṭhamabrahmannasuttam & Dutiyaśāmaññasuttam](#) - *About Being a Brahmañña and the Fruits thereof & The Purpose of Being a Brahmañña*

[2.1.12 Paṭhamabrahmacariyasuttam & Dutiyaśāmaññasuttam](#) - *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 vassatam jīve](#) - *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 Pathamaparissuddhasuttam - 1](#) - *Perfectly Pure-1*

[3.1.6 Dutiyaaparissuddhasuttam - 2](#) - *Perfectly Pure-2*

[3.1.7 Jānussoṇibrahmaṇasuttaṃ](#) - *The Maggayāna, the Vehicle of the Path that is Produced from Within*

[3.1.8 Upaddhasuttaṃ](#) - *The Importance of a Kalyānamitta*

3.2 Aṭṭhaṅgikammaḡgaṃ- the eight constituents

[3.2.0 Samuddakasuttaṃ](#) - *Sown is the Seed*

3.2 Sammādiṭṭhi - right view

[3.2.1 Sammādiṭṭhi](#) - *Intro. to Sammādiṭṭhi (Yamakavaggo - Seeing the Essence)*

[3.2.2 Vibhaṅgasuttaṃ-2](#) - *What is Right View?*

[3.2.3 Dhammacakkappavattanasuttaṃ-2](#) - *The Four Noble Truths Have to Be Fully Realized*

[3.2.4 Sammādiṭṭhisuttaṃ](#) - *Assuring the Path*

[3.2.5 Sammādiṭṭhisuttaṃ](#) - *Who is One holding Right View?*

[3.2.6 Mahācattārīsakasuttaṃ](#) - *Discerning Wrong View and Developing Right View*

[3.2.7 Bījavaggo](#) - *Neem and Sugarcane*

[3.2.8 Gīrīmānandasuttaṃ - 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: Mind Precedes All Phenomena)

[3.3.1 Vibhaṅgasuttaṃ-3](#) - *What is Right Thought (Sammāsaṅkappo)?*

[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 Ambalattṭhikārāhulovādasuttaṃ part 1](#) - *How to Train Oneself and to Confess Shortcomings to One's Elders – part one*

[3.3.7 Ambalattṭhikārāhulovādasuttaṃ part 2](#) - *How to Train Oneself and to Confess Shortcomings to One's Elders – part two*

[3.3.8 Dvedhāvitakkasuttaṃ part 1](#) - *Reducing Wrong Thoughts and Strengthening Right Thoughts– part one*

[3.3.9 Dvedhāvitakkasuttaṃ part 2](#) - *Reducing Wrong Thoughts and Strengthening Right Thoughts– part two*

[3.3.10 Lekhasuttaṃ](#) - *Generating Saṅkhāra like Rock, Earth or Water*

[3.3.11 Gīrīmānandasuttaṃ-2](#) - *What is Perception of Rejection?*

[3.3.12 Piyatarasuttaṃ](#) - *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 Sammāvācā (Right Speech)?*

- [3.4.3 Vācāsuttam](#) - *What are the Characteristics' of Blameless Speech?*
- [3.4.4 Musāvādasuttam](#) - *The Consequences of Wrong Speech*
- [3.4.5 Upālisuttam](#) - *How to Conduct Oneself Correctly in Right Speech?*
- [3.4.6 Cundasuttam](#) - *About Speech that should be Avoided and that should be Performed (part 1)*
- [3.4.7 Tiracchānakathāsuttam](#) - *Avoiding Idle Chatter?*
- [3.4.8 Mahācattārīsakasuttam](#) - *Discerning Wrong Speech and Developing Right Speech*
- [3.4.9 Kosambiyasuttam](#) - *Quarrel Breeds Disharmony*
- [3.4.10 Vivādasuttam](#) - *How Quarrel Arises*
- [3.4.11 Pavāranābheda](#) – *Invitation to openness!*
- [3.4.12 Pañhabyākarānasuttam](#) - *How Questions should get Answered?*
- [3.4.13 Udāyīsuttam](#) - *How Dhamma should be Taught?*
- [3.4.14 Buddhānussatikathā - sugato](#) - *Which Speech Does a Buddha Utter?*
- [3.4.15 Buddha-apadānam](#) - *Buddha's Instruction*

3.5 Sammākamanto - right actions

- [3.5.0 Sammākamanto](#) - *Right Actions- Introduction*
- [3.5.1 Vibhaṅgasuttam-5](#) - *What is Right Action?*
- [3.5.2 Cārittam Vārittam Sikkhāpada](#) - *The Training of Performing and Avoiding*
- [3.5.3 Upālisuttam- 2](#) - *How to Avoid Wrong Action?*
- [3.5.4 Cundasuttam-2](#) - *How to Conduct Oneself Correctly in Right Action?*
- [3.5.5 Potaliyasuttam - Pānātipātam pahāya pānātipātā pativirato](#) – *How to Abandon the Destruction of Life?*
- [3.5.6 Daṇḍasuttam](#) - *Why never Beat with a Stick?*
- [3.5.7 Rūpādivaggo](#) - *The One Thing that Upsets the Mind*
- [3.5.8 Methunasuttam](#) - *How to Live a Real Celibate Life?*
- [3.5.9 Mahācattārīsakasuttam cont.](#) - *Discerning Wrong Action and Developing Right Action*
- [3.5.10 Cūḷakammavibhaṅgasuttam](#): *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](#) – *Dhammikasuttam – Introduction to Right Livelihood*
- [3.6.1 Vibhaṅgasuttam-6](#) - *What is Right Livelihood?*
- [3.6.2. Vanijjāsuttam](#) - *Five Kind of Trades to be Avoided*
- [3.6.3 Parābhavasuttam](#) - *The Causes of Downfall*
- [3.6.4 Kumāraśāsuttam](#) - *Result of Ignorance*
- [3.6.5 Siṅgālasuttam](#) - *The Buddha's advice to Laypeople -part one*
- [3.6.6 Siṅgālasuttam](#) - *The Buddha's advice to Laypeople -part two*
- [3.6.7 Dīghajānusuttam](#) - *Earning one's Bread honestly by the Sweat of one's Brow*
- [3.6.8 Maṅgālasuttam](#) - *the Householder wholesome Blessings*

[3.6.9 Cūlakammavibhaṅgasuttam](#) - *The Result of Unwholesome and Wholesome Actions – part two*

[3.6.10 Sīlānisamsakathā](#) - *What are the Benefits of a Virtuous Life?*

[3.6.11 Paṭhamasamajivīsuttam](#) - *How a Couple can Meet again for Many Lives?*

[3.6.12 Cakkavattisuttam](#) - *The Duties of a Righteous King*

[3.6.13 Sārandadasuttam](#) – *How to Live in Harmony and true Democracy?*

[3.6.14 Mahācattārisakasuttam cont.](#) - *Discerning Wrong Livelihood and Developing Right*

[3.6.15 Sīlappabhedakathā](#) - *Easy to Fall Prey to Breakage of Sīla*

3.7 Sammāvāyāmo - right effort.

[3.7.0 Sīlalakkhanapañho](#) – *Proceeding further on the Path - the Wholesome Base of Sīla is only a Precondition*

[3.7.1 Vibhaṅgasuttam-7](#) - *What is Right Effort?*

[3.7.2 Ālasāyanuyoge ādīnavā versus āradhaviṛiyo ārakkhagocaro](#) - *Beware of the Dangers of Idleness by Keeping up Unyielding Energy!*

[3.7.3 Saṃvarasuttam](#) - *Avoiding Unwholesome and Maintaining the Wholesome*

[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 Nīvaranapabbam](#) – *Mastering the Hindrances*

[3.7.9 Ānāpānassatisutta - Satta Bojjhaṅge](#) – *Perfecting the seven Factors of Enlightenment*

[3.7.10 Sonakolivisavatthu](#) - *Balanced Endeavour should Resemble Strings of a Veeṇa properly Tuned*

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

[3.7.12 Assājānīyasuttam](#) - *Eight Extolled Virtues that Qualify a Follower of the Path - Working in a balanced way!*

3.8 sammāsati - right awareness.

[3.8.0 Samādhisuttam](#) - *The entire Teaching in one Verse!*

[3.8.1 Vibhaṅgasuttam-8](#) - *What is Sammāsati - Right Awareness? - A concern expressed!*

[3.8.2 Satisuttam](#) - *Remaining Sato and Sampajāno*

[3.8.3 Ekadhammasuttam](#) - *The Value of Ānāpānassati and the Fruits gained thereof*

[3.8.4 Ānāpānassatisuttam cont.](#) – *How does the full Cultivation of Ānāpānassati nurture full Development of the four Satipaṭṭhāna?*

[3.8.5 Kāyagatāsativaggo](#) - *The Many Benefits derived from the Bodily Awareness*

[3.8.6 Paṭhamagelannasuttam](#) - *Allow the Time to Ripen - Kālaṃ āgameyya!*

- 3.8.7 Vedānānupassanā – *The particular Importance of Vedanā*
- 3.8.8 Paṭhamaākāśasuttaṃ & Agārasuttaṃ – *Realizing vedanā results in Going Beyond: Sankhyaṃ nopeti vedagū*
- 3.8.9 Pahānasuttaṃ – *How are the Sensations related to rāga, paṭighā and avijjā?*
- 3.8.10 Pātālasuttaṃ – *The Difference between a puthujjano and an ariyasāvako*
- 3.8.11 Sallasuttaṃ – *The Distinction, the Contrast and the Difference between a puthujjano and an ariyasāvako*
- 3.8.13 Cittānupassanā – *The Observation of Mind – Understanding its Character*
- 3.8.14 Dhammānupassanā āyatanapabbaṃ – *Understanding the Contents of the Mind - The Section on the Sense Spheres*
- 3.8.15 Cakkavattisuttaṃ – *Be an Island within Yourself - attadīpā viharatha attasaraṇā anaññasaraṇā*

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 Soṅakoḷivisavattu 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 Ahirājasuttam - *If Metta was Practised*
- 4.3.3 Mettāsuttam - *Eight Advantages of Practicing Metta*
- 4.3.4 Mettāsuttam - *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 Mettābhāvanāsuttam - *Applied Metta Surpasses All*
- 4.3.7 Ettha ca mettāsahagatenāti mettāya samannāgatena - *How One Should Dwell Suffused with Mettā*
- 4.3.8 Karaṇīyamma Suttam 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 Āsavasuttam -
- 5.1.2 Bhavasuttam -
- 5.1.3 Taṇhāsuttam -
- 5.1.4 Taṇhāsuttam -

5.2 The Basic Entanglements: - rāga – dosa – moha

- 5.2.1 Jaṭāsutta -
- 5.2.2 Antarāmalasuttam -
- 5.2.3 Lobhasuttam -
- 5.2.4 Dosasuttam -
- 5.2.5 Mohasuttam -

5.3 The Different Sensations: - tisso vedanā

- 5.3.1 Vedanāsuttam -
- 5.3.2 Vedanāsuttam -
- 5.3.3 Samādhisuttam -
- 5.3.4 Sukhasuttam -
- 5.3.5 Pahānasuttam -
- 5.3.6 Pātālasuttam -
- 5.3.7 Daṭṭhabbasuttam -
- 5.3.8 Sallasuttam -

5.4 The four Satipaṭṭhānā - cattaro satipaṭṭhānā

- 5.4.1 Ambapālisuttam -
- 5.4.2 Ānāpānassatisuttamcont -

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 Viññāṇalakkhaṇapaṇho -

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 -.