

## Exploring the Ancient Path in the Buddha's Own Words

### Lesson 3.3.3 Vitakkasuttaṃ Thoughts to Avoid and to Engage in



Play Audio

Vitakkasuttaṃ	Thoughts to Avoid and to Engage in
“Mā, bhikkhave, pāpake akusale vitakke	“Do not, O’ Bhikkhus, engage in evil, unwholesome thoughts,
vitakkeyyātha, seyyathidaṃ– kāmavitakkaṃ, byāpādavitakkaṃ, vihiṃsāvitaṅkaṃ.	such as thought of sensual pleasures, thought of aversion, thought of violence.
Taṃ kissa hetu?	For what reason?
Nete, bhikkhave, vitakkā atthasaṃhitā nāḍibrahmacariyakā na nibbidāya na virāgāya na nirodhāya na upasamāya na abhiññāya na sambodhāya na nibbānāya saṃvattanti.	These thoughts, O’ Bhikkhus, are not beneficial, are not well-suited for one who leads the holy life and do neither lead to revulsion, nor to detachment, to cessation, nor to tranquillity, perfect wisdom, full enlightenment nor to Nibbāna.
Vitakkentā ca kho tumhe, bhikkhave,	When thinking, O’ Bhikkhus, you should think:
‘idaṃ dukkhan’ti	This is suffering”;
vitakkeyyātha, ‘ayaṃ dukkhasamudayo’ti vitakkeyyātha, ‘ayaṃ dukkhanirodho’ti vitakkeyyātha, ‘ayaṃ dukkhanirodhagāminī paṭipadā’ti vitakkeyyātha.	you should think: “This is the arising of suffering”; you should think: “This is the cessation of suffering”; you should think: “This is the path leading to the cessation of suffering.
Taṃ kissa hetu?	For what reason?
Ete, bhikkhave, vitakkā atthasaṃhitā ete āḍibrahmacariyakā ete nibbidāya virāgāya nirodhāya upasamāya abhiññāya sambodhāya nibbānāya saṃvattanti.	These thoughts, O’ Bhikkhus, are beneficial, are well-suited for one who leads the holy life and lead to revulsion, to detachment, to cessation, lead to tranquillity, perfect wisdom, full enlightenment and to Nibbāna.

<p>Tasmātiha, bhikkhave, ‘idaṃ dukkhan’ti yogo karaṇīyo ...pe...</p> <p>‘ayaṃ dukkhanirodhagāminī paṭipadā’ti yogo karaṇīyo’ti.</p>	<p>Therefore, O’ Bhikkhus, you should engage yourselves in the practice of: “This is suffering”; you should engage yourselves in the practice of: “This is the arising of suffering”; you should engage yourselves in the practice of: “This is the cessation of suffering”; you should engage yourselves in the practice of: “This is the path leading to the cessation of suffering.”</p>
---	---