

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

### Lesson 3.3.4

### Cintasuttaṃ

### Thoughts to be Avoided and to be Performed



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Cintasuttaṃ	Thoughts to be Avoided and to be Performed
“Mā, bhikkhave, pāpakaṃ akusalaṃ cittaṃ cinteyyātha—	“Do not, oh Bhikkhus, fill your mind with evil, unwholesome thoughts—
sassato loko'ti vā 'asassato loko'ti vā, 'antavā loko'ti vā 'anantavā loko'ti vā,	this world is eternal; this world is not eternal, this world is finite, this world is infinite,
'taṃ jīvaṃ taṃ sarīraṃ'ti vā 'aññaṃ jīvaṃ aññaṃ sarīraṃ'ti vā,	this life belongs to this body, another life belongs to another body,
'hoti tathāgato paraṃ marañā'ti vā 'na hoti tathāgato paraṃ marañā'ti vā, 'hoti ca na ca hoti tathāgato paraṃ marañā'ti vā, 'neva hoti na na hoti tathāgato paraṃ marañā'ti vā.	the Tathāgato will exist after death, the Tathāgato will not exist after death, the Tathāgato will exist and not exist after death, the Tathāgato will neither exist nor not exist after death.
Taṃ kissa hetu?	What is the reason for this?
Nesā, bhikkhave, cintā atthasaṃhitā nādirahmacariyakā na nibbidāya na virāgāya na nirodhāya na upasamāya na abhiññāya na sambodhāya na nibbānāya saṃvattati.	These thoughts, oh 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 tranquility, perfect wisdom, full enlightenment nor to Nibbāna.
Cintentā ca kho tumhe, bhikkhave,	You should think, oh Bhikkhus, in this way:
'idaṃ dukkhaṃ'ti cinteyyātha, 'ayaṃ dukkhasamudayo'ti cinteyyātha, 'ayaṃ dukkhanirodho'ti cinteyyātha, 'ayaṃ dukkhanirodhagāminī paṭipadā'ti cinteyyātha.	“This is suffering”; 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?
<p>Esā, bhikkhave, cintā atthasamhitā, esā ādibrahmacariyakā, esā nibbidāya virāgāya nirodhāya upasamāya abhiññāya sambodhāya nibbānāya samvattati.</p>	<p>These thoughts, oh 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>
<p>Tasmātiha, bhikkhave, ‘idaṃ dukkhan’ti yogo karaṇīyo ...pe... ‘ayaṃ dukkhanirodhagāminī paṭipadā’ti yogo karaṇīyo’ti.</p>	<p>Therefore, oh Bhikkhus, you should engage yourselves in the practise of: “This is suffering”; you should engage yourselves in the practise of: “This is the arising of suffering”; you should engage yourselves in the practise of: “This is the cessation of suffering”; you should engage yourselves in the practise of: “This is the path leading to the cessation of suffering.”</p>