

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

### Lesson 3.5.7

### *Rūpādivaggo*

### The One Thing that Upsets the Mind <sup>1</sup>



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Rūpādivaggo	The One Thing that Upsets the Mind
Evaṃ me sutāṃ:	Thus it has been heard by me:
Ekam samayaṃ bhagavā sāvatthiyaṃ viharati jetavane anāthapiṇḍikassa ārāme.	At a certain time the Lord was dwelling at Jeta's Grove in Anāthapindika's Park near Sāvatti.
Tatra kho bhagavā bhikkhū āmantesi:	There the Bhagavā addressed the Bhikkhus:
“Bhikkhavo”ti. “Bhadante”ti te bhikkhū bhagavato paccassosum. Bhagavā etadavoca:	“O' Bhikkhus.” “Yes, Badante,” the Bhikkhus replied. The Bhagavā spoke thus:
“Nāhaṃ, bhikkhave, aññaṃ ekarūpampi samanupassāmi yaṃ evaṃ purisassa cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, itthirūpaṃ.	“I cannot perceive, O' Bhikkhus, any other single thing that overpowers and exhausts a man's mind, O' Bhikkhus, like the physical appearance of a woman.
Itthirūpaṃ, bhikkhave, purisassa cittaṃ pariyādāya tiṭṭhati”ti.	The physical appearance of a woman, O' Bhikkhus, takes hold of a man's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekasaddampi samanupassāmi yaṃ evaṃ purisassa cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, itthisaddo.	I cannot perceive, O' Bhikkhus, any other single thing that overpowers and exhausts a man's mind, O' Bhikkhus, like the sound of a woman.
Itthisaddo, bhikkhave, purisassa cittaṃ pariyādāya tiṭṭhati”ti.	The sound of a woman, O' Bhikkhus, takes hold of a man's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekagandhampi samanupassāmi yaṃ evaṃ purisassa cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, itthigandho.	I cannot perceive, O' Bhikkhus, any other single thing that overpowers and exhausts a man's mind, O' Bhikkhus, like the fragrance of a woman.
Itthigandho, bhikkhave, purisassa cittaṃ pariyādāya tiṭṭhati”ti.	The fragrance of a woman, O' Bhikkhus, takes hold of a man's mind entirely.

<sup>1</sup> Aṅguttaranikāyo, Ekakanipātapāḷi

“Nāhaṃ, bhikkhave, aññaṃ ekarasampi samanupassāmi yaṃ evaṃ purisassa cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, itthiraso.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a man's mind, O’ Bhikkhus, like the flavour of a woman.
Itthiraso, bhikkhave, purisassa cittaṃ pariyādāya tiṭṭhati”ti.	The flavour of a woman, O’ Bhikkhus, takes hold of a man's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekaphoṭṭhabbampi samanupassāmi yaṃ evaṃ purisassa cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, itthiphoṭṭhabbo.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a man's mind, O’ Bhikkhus, like the touch of a woman.
Itthiphoṭṭhabbo, bhikkhave, purisassa cittaṃ pariyādāya tiṭṭhati”ti.	The touch of a woman, O’ Bhikkhus, takes hold of a man's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekarūpampi samanupassāmi yaṃ evaṃ itthiyā cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, purisarūpaṃ.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a woman's mind, O’ Bhikkhus, like the body of a man.
Purisarūpaṃ, bhikkhave, itthiyā cittaṃ pariyādāya tiṭṭhati”ti.	The body of a man, O’ Bhikkhus, takes hold of a woman's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekasaddampi samanupassāmi yaṃ evaṃ itthiyā cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, purisasaddo.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a woman's mind, O’ Bhikkhus, like the sound of a man.
Purisasaddo, bhikkhave, itthiyā cittaṃ pariyādāya tiṭṭhati”ti.	The sound of a man, O’ Bhikkhus, takes hold of a woman's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekagandhampi samanupassāmi yaṃ evaṃ itthiyā cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, purisagandho.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a woman's mind, O’ Bhikkhus, like the smell of a man.
Purisagandho, bhikkhave, itthiyā cittaṃ pariyādāya tiṭṭhati”ti.	The smell of a man, O’ Bhikkhus, takes hold of a woman's mind entirely.
“Nāhaṃ, bhikkhave, aññaṃ ekarasampi samanupassāmi yaṃ evaṃ itthiyā cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, purisaraso.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a woman's mind, O’ Bhikkhus, like the taste of a man.
Purisaraso, bhikkhave, itthiyā cittaṃ pariyādāya tiṭṭhati”ti.	The taste of a man, O’ Bhikkhus, takes hold of a woman's mind entirely.

“Nāhaṃ, bhikkhave, aññaṃ ekaphoṭṭhabbampi samanupassāmi yaṃ evaṃ itthiyā cittaṃ pariyādāya tiṭṭhati yathayidaṃ, bhikkhave, purisaphoṭṭhabbo.	I cannot perceive, O’ Bhikkhus, any other single thing that overpowers and exhausts a woman's mind, O’ Bhikkhus, like the touch of a man.
Purisaphoṭṭhabbo, bhikkhave, itthiyā cittaṃ pariyādāya tiṭṭhatī”ti.	The touch of a man, O’ Bhikkhus, takes hold of a woman's mind entirely.