

Exploring the Ancient Path in the Buddha's Own Words Lesson 3.7.1



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Vibhaṅgasuttaṃ-7

“Katamo ca, bhikkhave, sammāvāyāmo? Idha, bhikkhave, bhikkhu anuppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ anuppādāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati, uppannānaṃ pāpakānaṃ akusalānaṃ dhammānaṃ pahānāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati, anuppannānaṃ kusalanānaṃ dhammānaṃ uppādāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati, uppannānaṃ kusalanānaṃ dhammānaṃ ṭhitiyā asamosāya bhīyobhāvāya vepullāya bhāvanāya pāripūriyā chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati— ayaṃ vuccati, bhikkhave, sammāvāyāmo.”

Saṃyuttanikāyo, Mahāvaggo, Maggasaṃyuttaṃ, Avijjāvaggo

anuppādāya	anu+p+pādāya	not holding
anuppannānaṃ	anu+p+upajjati (pp.)	not arisen
ārabhati		undertake, start
asamosāya	a+samosāya	absence of+ confusion
bhīyobhāvāya	bhīyo+bhāvāya	more + making: increase
janeti	caus.	to put forth, produce
padahati		strive, exert oneself
paggaṇhāti		take up, stretch forth
ṭhitiyā	f.	stability, persistence
vāyamati		endeavor, strive hard
vepullāya		abundance, full development