

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

### Lesson 3.7.1 Vibhaṅgasuttaṃ What is Right Effort?



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Vibhaṅgasuttaṃ	What is Right Effort?
<p>“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,</p>	<p>“And what, O Bhikkhus, is Right Effort? Here, Bhikkhus, a Bhikkhu generates the will to prevent the arising of unarisen evil unwholesome mental states; he makes strong effort, stirs up his energy, applies his mind to it and strives. To eradicate those evil unwholesome mental states that have arisen in him, he generates the will, makes strong effort, stirs up his energy, applies his mind to it and strives.</p>
<p>anuppannānaṃ kusalānaṃ dhammānaṃ uppādāya chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati,  uppannānaṃ kusalānaṃ dhammānaṃ t̥thitiyā asammosāya bhīyyobhāvāya vepullāya bhāvanāya pāripūriyā  chandaṃ janeti vāyamati vīriyaṃ ārabhati cittaṃ paggaṇhāti padahati–  ayaṃ vuccati, bhikkhave, sammāvāyāmo.”</p>	<p>To develop wholesome mental states that have not yet arisen in him, he generates his will, makes strong effort, stirs up his energy, applies his mind to it and strives.  To maintain wholesome mental states that have arisen in him, not to let them fade away, to multiply them and bring them to full maturity and to full development, he generates his will, makes strong effort, stirs up his energy, applies his mind to it and strives.  This, O Bhikkhus, is called Right Effort.”</p>