

Exploring the Ancient Path in the Buddha's Own Words

Lesson 3.7.5 Akammaniyavaggo & Adantavaggo How to Cultivate One's Mind? & How to Cultivate One's Mind?



Akammaniyavaggo	How to Cultivate One's Mind?
"Nāhaṃ bhikkhave, aññaṃ	"I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if uncultivated is unmanageable and that
abhāvitam akammaniyam hoti yathayidam,	thing is the mind.
bhikkhave, cittam.	
Cittam, bhikkhave, abhāvitam	The mind, Bhikkhus, if uncultivated, is
akammaniyam hotī"ti. Paṭhamam.	unmanageable.
"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if cultivated, becomes manageable, that
bhāvitam kammaniyam hoti yathayidam,	thing, Bhikkhus, is the mind.
bhikkhave, cittam.	
Cittam, bhikkhave, bhāvitam	The mind, Bhikkhus, if cultivated, is
kammaniyam hotī"ti. Dutiyam.	manageable.
"Nāhaṃ bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that, if uncultivated leads to such great
abhāvitaṃ mahato anatthāya saṃvattati	disadvantage as the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, abhāvitam mahato	The mind, Bhikkhus, if uncultivated leads to
anatthāya saṃvattatī"ti. Tatiyaṃ.	great disadvantage.
"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing, that if cultivated leads to great benefit, that
bhāvitam mahato atthāya samvattati yathayidam,	thing, Bhikkhus, is the mind.
bhikkhave, cittam.	



Cittam, bhikkhave, bhāvitam mahato	The mind, Bhikkhus, if cultivated leads to
atthāya saṃvattatī''ti. Catutthaṃ.	great benefit.
"Nāham, bhikkhave, aññam	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if uncultivated remains little and leads to
abhāvitam apātubhūtam mahato anatthāya	great disadvantage, that thing, Bhikkhus, is the
samvattati yathayidam, bhikkhave, cittam.	mind.
Cittam, bhikkhave, abhāvitam	The mind, Bhikkhus, if uncultivated remains
apātubhūtam mahato anatthāya samvattatī'ti.	little and leads to great disadvantage.
Pañcamam.	
"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if cultivated gets enhanced and leads to
bhāvitam pātubhūtam mahato atthāya samvattati	great advantage, that thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, bhāvitam	The mind, Bhikkhus, if cultivated and
pātubhūtam mahato atthāya samvattatī''ti.	enhanced leads to great benefit.
Chaṭṭhaṃ.	
"Nāham, bhikkhave, aññam	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if uncultivated and neglected leads to great
abhāvitam abahulīkatam mahato anatthāya	disadvantage, that thing, Bhikkhus, is the mind.
saṃvattati yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, abhāvitam	The mind, Bhikkhus, if uncultivated and
abahulīkatam mahato anatthāya samvattatī'ti.	neglected leads to great disadvantage.
Sattamam.	
"Nāham bhikkhave, aññam	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if cultivated and developed leads to great
bhāvitam bahulīkatam mahato atthāya samvattati	benefit, that thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, bhāvitam	The mind, Bhikkhus, if cultivated and
bahulīkataṃ mahato atthāya saṃvattatī'ti.	developed leads to great benefit.
Atthamam.	



"Nāhaṃ,	bhikkhave,	аññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi	samanupassāmi	yam evam	thing that if uncultivated and neglected brings such
abhāvitam abahı	ılīkataṃ dukkhādl	hivaham hoti	suffering, that thing Bhikkhus, is the mind.
yathayidam, bhik	khave, cittam.		
Cittaṃ,	bhikkhave,	abhāvitaṃ	The mind, Bhikkhus, if uncultivated and
abahulīkataṃ	dukkhādhivahaņ	n hotī''ti.	neglected leads to great suffering.
Navamam.			
"Nāhaṃ,	bhikkhave,	aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi	samanupassāmi	yam evam	thing that if cultivated and developed bring such
bhāvitam bahul	īkataṃ sukhādhi	ivaham hoti	happiness, that thing, Bhikkhus, is the mind.
yathayidam, bhik	khave, cittam.		
Cittaṃ,	bhikkhave,	bhāvitaṃ	The mind, Bhikkhus, if cultivated and
bahulīkataṃ sukh	ādhivahaṃ hotī"ti	. Dasamaṃ.	developed leads to great happiness.

Adantavaggo	How to Train One's Mind
"Nāhaṃ bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing, that if untamed leads to great
adantaṃ mahato anatthāya saṃvattati	disadvantage, that thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, adantam mahato	The mind, Bhikkhus, if untamed leads to
anatthāya saṃvattatī"ti. Paṭhamaṃ.	great disadvantage.
"Nāham, bhikkhave, aññam	I do not see, Bhikkhus any other single
ekadhammampi samanupassāmi yam evam	thing that if tamed, leads to great benefit, that
dantam mahato atthāya samvattati yathayidam,	thing, Bhikkhus, is the mind.
bhikkhave, cittam.	
Cittam, bhikkhave, dantam mahato	The mind, Bhikkhus, if tamed leads to
atthāya saṃvattatī"ti. Dutiyaṃ.	great benefit.



"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if uncontrolled leads to great
aguttam mahato anatthāya samvattati	disadvantage, that thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, aguttam mahato	The mind, Bhikkhus, if uncontrolled
anatthāya saṃvattatī"ti. Tatiyaṃ.	leads to great disadvantage.
"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if controlled leads to great benefit, that
guttam mahato atthāya samvattati yathayidam,	thing, Bhikkhus, is the mind.
bhikkhave, cittam.	
Cittam, bhikkhave, guttam mahato	The mind, Bhikkhus, if controlled leads
atthāya saṃvattatī"ti. Catutthaṃ.	to great benefit.
"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if unguarded leads to great
arakkhitam mahato anatthāya samvattati	disadvantage, that thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, arakkhitam mahato	The mind, Bhikkhus, if unguarded leads
anatthāya saṃvattatī'ti. Pañcamaṃ.	to great disadvantage.
"Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if guarded leads to great benefit, that
rakkhitam mahato atthāya samvattati	thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, rakkhitam mahato	The mind, Bhikkhus, if guarded leads to
atthāya saṃvattatī''ti. Chaṭṭhaṃ.	great benefit.
"Nāhaṃ bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing, that if unrestrained leads to great
asaṃvutaṃ mahato anatthāya saṃvattati	disadvantage, that thing, Bhikkhus, is the mind.
yathayidam, bhikkhave, cittam.	
Cittam, bhikkhave, asamvutam mahato	The mind, Bhikkhus, if unrestrained
anatthāya saṃvattatī"ti. Sattamaṃ.	leads to great disadvantage.
Nāhaṃ, bhikkhave, aññaṃ	I do not see, Bhikkhus, any other single
ekadhammampi samanupassāmi yam evam	thing that if restrained leads to great benefit, that



saṃvutaṃ mahato atthāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.

Cittam, bhikkhave, samvutam mahato atthāya samvattatī''ti. Aṭṭhamam.

"Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ adantaṃ aguttaṃ arakkhitaṃ asaṃvutaṃ mahato anatthāya saṃvattati yathayidaṃ, bhikkhave, cittam.

Cittam, bhikkhave, adantam aguttam arakkhitam asamvutam mahato anatthāya samvattatī''ti. Navamam.

"Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ dantaṃ guttaṃ rakkhitaṃ saṃvutaṃ mahato atthāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.

Cittaṃ, bhikkhave, dantaṃ guttaṃ rakkhitaṃ saṃvutaṃ mahato atthāya saṃvattatī''ti. Dasamaṃ.

thing, Bhikkhus, is the mind.

The mind, Bhikkhus, if restrained leads to great benefit.

I do not see, Bhikkhus, any other single thing that if untamed, uncontrolled, unguarded, unrestrained leads to great disadvantage, that thing, Bhikkhus, is the mind.

The mind, Bhikkhus, if untamed, uncontrolled, unguarded and unrestrained leads to great disadvantage.

I do not see, Bhikkhus, any other single thing that if tamed, controlled guarded and restrained leads to great benefit, that thing, Bhikkhus, is the mind.

The mind Bhikkhus, if tamed, controlled, guarded and restrained leads to great benefit.