

## 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?



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| Akammaniyavaggo  | How to Cultivate One's Mind?  |
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| <p>“Nāhaṃ bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ abhāvitāṃ akammaniyaṃ hoti yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, abhāvitāṃ akammaniyaṃ hotī”ti. Paṭhamāṃ.</p>                    | <p>“I do not see, Bhikkhus, any other single thing that if uncultivated is unmanageable and that thing is the mind.</p> <p>The mind, Bhikkhus, if uncultivated, is unmanageable.</p>              |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ bhāvitāṃ kammaniyaṃ hoti yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, bhāvitāṃ kammaniyaṃ hotī”ti. Dutiyāṃ.</p>                        | <p>I do not see, Bhikkhus, any other single thing that if cultivated, becomes manageable, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if cultivated, is manageable.</p>         |
| <p>“Nāhaṃ bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ abhāvitāṃ mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, abhāvitāṃ mahato anattāya saṃvattatī”ti. Tatiyāṃ.</p> | <p>I do not see, Bhikkhus, any other single thing that, if uncultivated leads to such great disadvantage as the mind.</p> <p>The mind, Bhikkhus, if uncultivated leads to great disadvantage.</p> |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ bhāvitāṃ mahato attāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p>   | <p>I do not see, Bhikkhus, any other single thing, that if cultivated leads to great benefit, that thing, Bhikkhus, is the mind.</p>  |

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| <p>Cittam, bhikkhave, bhāvitam mahato atthāya saṃvattatī”ti. Catuttham.</p>  | <p>The mind, Bhikkhus, if cultivated leads to great benefit.</p>   |
| <p>“Nāham, bhikkhave, aññam ekadhammampi samanupassāmi yaṃ evaṃ abhāvitam apātubhūtam mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, abhāvitam apātubhūtam mahato anattāya saṃvattatī”ti. Pañcamam.</p>   | <p>I do not see, Bhikkhus, any other single thing that if uncultivated remains little and leads to great disadvantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if uncultivated remains little and leads to great disadvantage.</p> |
| <p>“Nāham, bhikkhave, aññam ekadhammampi samanupassāmi yaṃ evaṃ bhāvitam pātubhūtam mahato atthāya saṃvattati yathayidaṃ, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, bhāvitam pātubhūtam mahato atthāya saṃvattatī”ti. Chaṭṭham.</p>         | <p>I do not see, Bhikkhus, any other single thing that if cultivated gets enhanced and leads to great advantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if cultivated and enhanced leads to great benefit.</p>                    |
| <p>“Nāham, bhikkhave, aññam ekadhammampi samanupassāmi yaṃ evaṃ abhāvitam abahulīkatam mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, abhāvitam abahulīkatam mahato anattāya saṃvattatī”ti. Sattamam.</p> | <p>I do not see, Bhikkhus, any other single thing that if uncultivated and neglected leads to great disadvantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if uncultivated and neglected leads to great disadvantage.</p>           |
| <p>“Nāham bhikkhave, aññam ekadhammampi samanupassāmi yaṃ evaṃ bhāvitam bahulīkatam mahato atthāya saṃvattati yathayidaṃ, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, bhāvitam bahulīkatam mahato atthāya saṃvattatī”ti. Aṭṭhamam.</p>        | <p>I do not see, Bhikkhus, any other single thing that if cultivated and developed leads to great benefit, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if cultivated and developed leads to great benefit.</p>                         |

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| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ abhāviṭṭaṃ abahulīkataṃ dukkhādhivahaṃ hoti yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, abhāviṭṭaṃ abahulīkataṃ dukkhādhivahaṃ hotī”ti. Navamaṃ.</p> | <p>I do not see, Bhikkhus, any other single thing that if uncultivated and neglected brings such suffering, that thing Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if uncultivated and neglected leads to great suffering.</p> |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ bhāviṭṭaṃ bahulīkataṃ sukhādhivahaṃ hoti yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, bhāviṭṭaṃ bahulīkataṃ sukhādhivahaṃ hotī”ti. Dasamaṃ.</p>       | <p>I do not see, Bhikkhus, any other single thing that if cultivated and developed bring such happiness, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if cultivated and developed leads to great happiness.</p>     |

| <b>Adantavaggo</b>  | <b>How to Train One’s Mind</b>  |
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| <p>“Nāhaṃ bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ adantaṃ mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, adantaṃ mahato anattāya saṃvattatī”ti. Paṭhamaṃ.</p> | <p>I do not see, Bhikkhus, any other single thing, that if untamed leads to great disadvantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if untamed leads to great disadvantage.</p> |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ dantaṃ mahato attāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, dantaṃ mahato attāya saṃvattatī”ti. Duttiyaṃ.</p>      | <p>I do not see, Bhikkhus any other single thing that if tamed, leads to great benefit, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if tamed leads to great benefit.</p>                |

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| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ aguttaṃ mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, aguttaṃ mahato anattāya saṃvattatī”ti. Tatiyaṃ.</p>        | <p>I do not see, Bhikkhus, any other single thing that if uncontrolled leads to great disadvantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if uncontrolled leads to great disadvantage.</p>  |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ guttaṃ mahato atthāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, guttaṃ mahato atthāya saṃvattatī”ti. Catutthaṃ.</p>          | <p>I do not see, Bhikkhus, any other single thing that if controlled leads to great benefit, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if controlled leads to great benefit.</p>                |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ arakkhitaṃ mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, arakkhitaṃ mahato anattāya saṃvattatī”ti. Pañcamaṃ.</p> | <p>I do not see, Bhikkhus, any other single thing that if unguarded leads to great disadvantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if unguarded leads to great disadvantage.</p>        |
| <p>“Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ rakkhitaṃ mahato atthāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, rakkhitaṃ mahato atthāya saṃvattatī”ti. Chaṭṭhaṃ.</p>     | <p>I do not see, Bhikkhus, any other single thing that if guarded leads to great benefit, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if guarded leads to great benefit.</p>                      |
| <p>“Nāhaṃ bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ asaṃvutaṃ mahato anattāya saṃvattati yathayidaṃ, bhikkhave, cittaṃ.</p> <p>Cittaṃ, bhikkhave, asaṃvutaṃ mahato anattāya saṃvattatī”ti. Sattamaṃ.</p>    | <p>I do not see, Bhikkhus, any other single thing, that if unrestrained leads to great disadvantage, that thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if unrestrained leads to great disadvantage.</p> |
| <p>Nāhaṃ, bhikkhave, aññaṃ ekadhammampi samanupassāmi yaṃ evaṃ</p>   | <p>I do not see, Bhikkhus, any other single thing that if restrained leads to great benefit, that</p>   |

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| <p>samvutam mahato atthaya samvattati yathayidam, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, samvutam mahato atthaya samvattati”ti. Atthamam.</p>   | <p>thing, Bhikkhus, is the mind.</p> <p>The mind, Bhikkhus, if restrained leads to great benefit.</p>   |
| <p>“Nāham, bhikkhave, aññam ekadhammampi samanupassāmi yam evam adantam aguttam arakkhitam asamvutam mahato anattāya samvattati yathayidam, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, adantam aguttam arakkhitam asamvutam mahato anattāya samvattati”ti. Navamam.</p> | <p>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.</p> <p>The mind, Bhikkhus, if untamed, uncontrolled, unguarded and unrestrained leads to great disadvantage.</p> |
| <p>“Nāham, bhikkhave, aññam ekadhammampi samanupassāmi yam evam dantam guttam rakkhitam samvutam mahato atthaya samvattati yathayidam, bhikkhave, cittam.</p> <p>Cittam, bhikkhave, dantam guttam rakkhitam samvutam mahato atthaya samvattati”ti. Dasamam.</p>           | <p>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.</p> <p>The mind Bhikkhus, if tamed, controlled, guarded and restrained leads to great benefit.</p>                          |